Welcome Back

Welcome back to the Young at Heart Senior Center! We are super excited to have everyone back. We have gone the extra mile to make everyone who returns feel as comfortable as possible. We are adhering to safety protocols so that the center will be as sanitary as possible especially since our members are all over fifty years of age. When you enter the front doors here at NAM, you are asked to wear a mask. This is for the safety of all our staff and any visitor who enters our campus. Remember that NAM is here to help all our neighbors in need, so consider that there may be a neighbor in our community who may be immunocompromised, so please wear a mask.

Once you arrive on the second floor, you will be temperature screened at the reception desk before being allowed to enter the center doors. As a reminder, everyone is asked to enter through the front door so that this screening can take place. Your $1 daily fee will then be collected. To minimize your time at the reception desk, please have exact change ready or you may consider paying by check in advance for the entire month. Upon entrance into the center, you will be required to wear your mask unless eating or drinking. Please adhere to 6-feet social distancing guidelines, so although we are happy to be together again, you are asked to refrain from shaking hands, hugging, or greeting anyone with a kiss.

Those who ride the Young at Heart bus will be required to receive temperature screening prior to boarding the bus. A mask is required on the bus for the duration of the trip and because of social distancing, seating on the bus is limited. Please follow the instructions of the driver. Some of the seats are marked as closed seating to allow for distancing.
Welcome Back (cont.)

Please do not move or remove any markers on the seats. We’re sorry, but you will only be permitted to sit in designated seats and there is no compromise for this protocol.

The 60+ Café will begin serving hot meals again on Wednesday, June 2. To allow for social distancing, our diners will be asked to choose between two lunch periods with the first serving time being from 10:45am until 11:30am. The second will begin at 11:45am and goes until 12:30pm. In order to dine with us, you MUST reserve your meal in advance.

We are so pleased to be able to reopen, but remember that our goal is to keep everyone safe, healthy and socially engaged. While we respect everyone’s right to choose how they want to live while we remain in this pandemic, we also have the responsibility to care for the wellbeing of all our members. Thank you in advance for helping us meet the needs of our neighbors.

Words of the Month

Increase your vocabulary and expand your brain power with our words of the month. This month’s words are:

Bi-polar - having two opposite or contradictory ideas

metaphor - a figure of speech in which a word or phrase literally denoting one kind of object or idea is used in place of another to suggest a likeness or analogy between them

Just for Laughs

Q: Why couldn’t the bicycle stand up by itself?
A: It was two-tired.

Q: Did you hear about the guy who cut off the left side of his body?
A: He’s all right now.

A Moment of Inspiration

“A good father is one of the most unsung, unpraised, unnoticed, and yet one of the most valuable assets in our society.”

- Billy Graham
Did You Know?

1. Research shows that more father-child contact within the first 10 years lead to kids with fewer behavioral problems and high marks on reading achievement tests.

2. Even though we get the same amount of genetic mutations from our parents, we actually use more of the DNA we get from our dads. Knowing this information can help in the study of diseases. For example, the severity of a disease can be different if passed down from the mother or the father.

3. In a study of working mothers and fathers in focus groups by researchers, it was found that men have to deal with their feelings when it comes to balancing family and fitness.

4. In the U.S., there are about 2 million single fathers.

5. Charles Darwin, the “father of evolution” was also a devoted father to his 10 kids (two of whom died in infancy). In a time when childrearing was seen as women’s work, he played a central role in educating and raising his children.

COMPUTER TIP OF THE MONTH

Remember starting to write on a sheet of paper THEN wadding it up and throwing it into the trash? It is NOT any fun doing it on a computer! But DELETING IT is just as quick!

Click anywhere on the document.

“Alt+A”, then “Del” key.

And the page is clean.

If an "oops" occurs;

“Ctrl + Z” will bring it back (if you do Ctrl + Z, before touching ANY KEY!)
The 60+ Café will resume serving in-person meals on Wednesday, June 2, 2021. In an effort to maintain safety and adhere to social distancing guidelines, our meal service time will be offered in two shifts with the first lunch service from 10:45am until 11:30am. The second shift will be from 11:45am until 12:30pm. Please contact us to reserve your space for lunch. You may call Anna at 281-885-4619 or Eva at 281 885-4601.

June Birthdays

Ruby Abbott -- 6/16
James Allen – 6/30
Olga Amador – 6/30
James Botsford – 6/15
Barbara Day – 6/16
Roy Digges – 6/13
Louis Debois – 6/6
Roy Digges – 6/13
Markey Dubose – 6/5
Antonio Garcia – 6/13
Frances Gaspar – 6/24
Jose Gonzalez – 6/17
Letha Hampton – 6/13
Caroline Herbert – 6/22
Jose Hernandez – 6/1
Maria Hayashi – 6/11
Dean Hughes – 6/14
Shirley Hyman – 6/6
John Jacobi – 6/28
Linda Johnson – 6/5
Robert Johnson – 6/25
Joyce Joubert – 6/15
Richard Kregel – 6/18
Elsie Largent – 6/15
Marie LaRocca – 6/9
Diane LaRochelle – 6/17
Larry Liveringhouse – 6/3
Maryann Lucas – 6/30
John Lyke – 6/19
Maria Matos – 6/4
John McCune – 6/28
Marie Morgan – 6/6
Johanna Peters – 6/10
Dorothy Rosenbalm – 6/1
Betty Rosprim – 6/2
Lina Setyanto – 6/19
Rudy Setyanto – 6/17
Mary Ellen Streidel – 6/1
Isabel Toala – 6/19
June Walker – 6/5
Dora Williams – 6/16
Carol E. Wright – 6/25

In Memoriam

Since the center has been closed, we wanted to take time to remember some of our friends who are no longer with us. Please remember to say a prayer for their family and loved ones and if you know of one of our friends whom has recently passed away, please be sure to let Eva know.

Dorothy Williams-Henry – 4/2020
Alice Howard – 4/2020
Shirley Blackmon – 4/2020
James “Jim” Krupp – 5/2020
Mary Jane Carmichael – 9/2020

Anibal Ambert – 12/2020 (not a YAH member, but a wonderful musician that played at the center often)
Ronald Spooner – 2/2021
Ruth Quance – 4/2021
Log in and join us for Wellness Wednesdays! This month, you can still connect with us for Wellness Wednesdays with TAMU Agrilife. Log-in for the virtual platform is easy. For dates, please see the attached calendar at the end of this newsletter.

If you need help getting connected, or for more information on any scheduled activities for the Young at Heart Center, please contact Eva at 281-885-4601.

**WELLNESS WEDNESDAYS WITH A&M AGRILIFE**

Want to learn more about being healthy and well? Virtual wellness classes covering varying topics are available each Wednesday at 10 a.m. through a partnership with Texas A&M Agrilife. Learn from topics like “Rethink Your Drink” or “Shaking that Salty Habit”. For more information and log-in details, please contact Eva at 281-885-4601 or egalloway@namonline.org.

**Y@H Senior Center Activities**

Activities are back with the reopening of the Young at Heart Senior Center. Please join us for Bingo, Yoga classes, Ballet classes, and more. Please check out the calendar on the last page for all activity dates and times.

For more information on any scheduled activities for the Young at Heart Center, please contact Eva at 281-885-4601.

**YOGA CLASS**

Come join us for our Yoga Class on Thursdays at 11:00 a.m. This class promotes balance, strength and flexibility. For more information, please contact Eva at 281-885-4601.

**BALLET CLASS**

Join us for Ballet Class on Thursday mornings at 9:45 a.m. This class is great for stretching and muscle strength. No previous experience is required. For more information, please contact Eva at 281-885-4601.
Whether you are ready or not, Hurricane Season has arrived! Already, there is activity on the waters, so Houston residents should be prepared right now to shelter-in-place in the event of an emergency. The time to be ready is now! With that, we wanted to again offer this list of items that the Houston Office of Emergency Management suggests that should be included in a Shelter in Place Emergency Kit:

- Water (one gallon per person per day, for drinking and sanitation—up to a 7-day supply).
- Non-perishable food (up to a 7-day supply per person).
- Battery-powered radio (with extra batteries) or hand-crank radio.
- Weather radio with tone alert and extra batteries.
- Flashlight and extra batteries.
- First-aid supplies.
- Whistle to signal for help.
- Filter mask or cotton t-shirt, to help filter the air.
- Moist towelettes, garbage bags, soap, disinfectant, and plastic ties for personal sanitation.
- Wrench or pliers to turn off utilities (water and electric).
- Manual can opener if your kit contains canned food.
- Plastic sheeting and duct tape to shelter-in-place.
- Plastic tarps for emergency roof repair.
- Items for unique family needs, such as daily prescription medications, infant formula, or diapers.
- Mess kits, paper cups, plates, and plastic utensils.
- Cash and change.
- Paper towels.
- Fire extinguisher.
- Blankets
- Rain gear, sturdy shoes, long pants, and gloves.
- Matches in a waterproof container.
- Important family documents such as copies of insurance policies, identification, birth certificates, passports, and bank account records in a waterproof, portable container.
- A stuffed animal or toy for your child and something to help occupy their time, like books or coloring books. If this includes a hand-held video game, make sure you have extra batteries.

This is not an exhaustive list, but it’s a great start. The important thing to remember is to be prepared.

For more information, please visit www.houstonoem.org
This piece comes to us from the pen of Rosemary Mackin, who is one of our own Young at Heart members. Rosemary is a gifted writer who has the ability to paint “word pictures” and she has generously agreed to share some of her writings with us. If you like this piece, check out more of Rosemary’s writings on her blog, www.succinctlysaid.com

***This month we’d like to revisit a piece from a few years ago. Since many of us still aren’t traveling at this time, we thought it might be fun to reread a piece that Rosemary penned while traveling. Enjoy!

**Diversions while traveling**

We visit my family in Birmingham as often as possible and I wrote the following reflecting a trip in 2011. At the onset of that journey, I’d decided to note quirky signage. My first glimpse of clever marketing appeared in Vidor, Texas. There, an eatery proudly proclaimed: grits, waffles and southern accents served. Vidor is also Where the music begins, referring to its Texas Star Music Festival; and where one can find Cow Bayou, though cows were markedly absent that day. Crossing the Sabine River into some tiny town I read: Vegas Attitude, LA Latitude, a bit of bravado for small community life. And farther down the road a motel boldly asked: Need More Sizzle? Love Shack.

Whizzing past Exit 64, we declined its enticing offer to Hold Baby Alligators. Next, a glimpse of Whiskey River, surely the subject of some country and western song. This was followed by a towering and clever bill board: TALL OUTDOOR TYPE SEeks RELATIONSHIP, though I’d forgotten the gist of that looming message. Soon we’d crossed the awesome Mississippi River, with its strong currents and plodding barges. Just over that impressive bridge I welcomed the heartwarming statement: Smile, Your Mom Chose Life; and prayed the message might positively influence hesitant young girls. Somewhere along the way Ben Franklin smiled from the face of a bill board’s exaggerated $100.00 bill. His sobering message: THE OUTCOME OF THIS BOARD IS INCOME, touting some small-town bank. Later, an oversized Slinky invited travelers to Dine and Unwind at a national restaurant chain.

Soon greenery met us - long stretches of the stuff. It compensated for ubiquitous advertising and run-away highway signs. We drove through miles of low-lying forest, its trees closely-grown. Those areas gave way to clumps of pine which stood like recruits at ease. Gradually, as the highway snaked through imposed-upon woodlands, the gangling soldiers evolved into full-fledged regiments. And I pictured endless acres of once-pristine forests; of Native Americans; of scenes from “Little House on the Prairie...”

And the people! In Hattiesburg, Mississippi, a local hotel produced wedding attendees. One woman looked splendid dressed all in white: a gold-sequined tam, flowing pant, strappy shoes – ample figure straining a gold-stitched tunic. Her counterpart, also in white, hovered proudly at her side. His look: sharply creased trouser pleats, crisply ironed shirt and patent leather shoes. Snazzy Outfits greeted us with Have a blessed day.

Approaching the outskirts of Tuscaloosa, we bypassed Moundville Archaeological Park. Checking later on line, I discovered this park contains one of the largest prehistoric Native American settlements in the U.S. Yet another mental reflection into the past.

Soon, the real shocker, debris from an estimated mile-wide spring tornado: acres of splintered telephone poles, trees, wrecked homes and businesses. One apartment building, cut precisely in half, displayed a closet with its contents intact! Can a tornado
evenly split a building or perhaps the wrecking ball had been at work? The Red Cross and National Catastrophe Team were methodically on the scene. Seeing storm wreckage on TV does not compare to on-the-spot visuals. “Actual footage” on TV gives a movie-like sensation; driving through a demolished area simply shocks.

I liked the names of small towns in Alabama, towns to make southern author Eudora Welty proud. Eutaw, Aliceville, Demopolis, Boligee and Cuba. Mississippi produced Kewanee, Toomsuba and Lake Okatibbee. And those who’ve read Kate DiCamillo’s Because of Winn-Dixie will be happy Piggly Wiggly and Winn-Dixie are alive and well in Alabama and Mississippi.

Kudos to an eighteen-wheeler carrying products from McNicholas Quality Perforated Products. The truck was cleverly painted to resemble a gigantic piece of the company’s perforated metal. Lettering read: The Hole Story. Other readable trucks: Our Driving Force is People; Alpha and Omega Express; and Double A Plumbing which featured a single upper case /A/!

We enjoy ongoing visits to Birmingham, but have yet to investigate Moundville Archaeology Park. Though I’ll continue to note interesting verbiage from the mundane to lofty and definitely plan to people-watch.

It’s the best way to get from here to there.

If you have a talent for sewing or crafting, join us on Tuesdays for Helping Hands where volunteers create unique handcrafted items to support the senior program. For more information about how you can volunteer, please contact Crystal at 281-885-4604.
FATHER'S DAY MANCAKES

A Father's Day Brunch is a perfect way to celebrate the dads in your life on their special day. These “mancakes” contain beer and bacon: a dad’s favorite things. Enjoy!

INGREDIENTS:

• 8 slices bacon
• ½ cup packed brown sugar
• 1 teaspoon vegetable oil, or as needed
• 1 ½ cups all-purpose flour
• 3 tablespoons white sugar
• 1 ½ teaspoons baking powder
• 10 fluid ounces dad’s favorite beer, or more if needed
• 3 tablespoons unsalted butter, melted
• 1/2 teaspoons salt
• ½ teaspoon vanilla extract, optional

DIRECTIONS:

1. Preheat oven to 350 degrees F (175 degrees C). Line a baking sheet with aluminum foil. Place a wire rack on top of baking sheet; place bacon strips on wire rack.

2. Bake in the preheated oven for 10 minutes; remove from oven and sprinkle tops of bacon strips with half the brown sugar. Return to oven and bake 10 more minutes. Remove from oven and flip bacon to other side; sprinkle with remaining brown sugar and bake until bacon is crisp and brown sugar is golden brown, 10 to 15 more minutes. Remove bacon, let cool, and crumble into small pieces.

3. Lightly grease a skillet with vegetable oil and place over medium-high heat.

4. Whisk flour, white sugar, and baking powder in a large bowl; in a separate bowl, whisk beer, melted butter, salt, and vanilla extract. Lightly stir the liquid ingredients into the flour mixture to make a smooth batter. Stir candied bacon pieces into the batter.

5. Pour batter into the hot skillet 1/2 cup at a time and cook until edges are browned, about 2 minutes; flip pancake and cook until golden brown and the center is set, 3 to 5 more minutes.

If you would like to share your favorite recipe with our Joy Journal readers, please submit your recipe to Eva at egalloway@namonline.org or drop it off at the NAM Young at Heart Center.
Another Reason to Eat Your Carrots

When you feel “young at heart” but your joints don’t feel the same way, remember to eat your carrots. Those wonderfully orange veggies get their vibrant orange color from a pigment called beta carotene which has been proven to be an anti-inflammatory and pain reliever.

Blast Belly Fat

Avocados are rich in phytosterols and monounsaturated fats that reduce hunger, prevent carb cravings and switch on liver genes that help you burn abdominal fat for fuel. Scientists agree that one small avocado daily could potentially help you slim down 40% faster and burn up to 4 pounds of belly fat each month. Additionally, the CDC reports that shedding belly fat could cut your risk of heart disease, cancer and diabetes in half.

For a Healthy Garden

Ground-up eggshells are rich in calcium, which strengthens plants’ cell walls promoting growth and curbing ailments like root rot. Eggshells are great for all plants, but are especially beneficial for roses and tomatoes.
HOW YOU CAN HELP THE YOUNG AT HEART CENTER

Helping Hands Volunteers

Calling all sewers and crafters! Helping Hands needs volunteers to sew or craft to create unique one of a kind items to be sold in support of the senior center. If you are creative and want to help the senior center thrive, please consider becoming a part of a fantastic team that contributes so much to do great things. Please see Eva for more information.

Fitness Class Substitute Teacher

We are seeking a volunteer to substitute as leader for our Wednesday Fitness Class. If you have a passion to help seniors become/remain physically fit, please contact Eva.
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