Getting Back into Shape

Café Updates

Every day Health & Nutrition

In This Issue

Advanced Line Dancing

Northwest Assistance Ministries (NAM) has many activities to offer for the Young at Heart Senior Center program. Classes range from ballet, to advanced line dancing, to exercise, and more!

To find out more regarding the dates and times of the Young at Heart activities, visit NAM at 15555 Kuykendahl Road, Houston, TX 77090, or call (281) 885-4600.

NAM will be closed on Monday, July 5th in observance of Independence Day. We will reopen on Tuesday, July 6th. Have a safe and happy 4th of July!
Getting Back into Shape

The last fifteen months of our lives has drastically altered our routines. After COVID struck, we were all isolated (albeit for our own good) and were forced to forego many of the beneficial activities that we enjoyed every week. One of the things that many people missed out on was the weekly group exercises that we participated in here at the Young at Heart Center. Now, we find ourselves struggling to reintroduce exercise back into our lives, but don’t get discouraged. You can and will get back into shape and return back to your old self again.

We want to help make that happen, so here are a few tips to consider:

1. See your doctor
2. Go slow
3. Listen to your body
4. Be present as you exercise
5. Eat the right diet
6. Find support in a friend
Just for Laughs

Q: What's red, white, black, and blue?
A: Uncle Sam falling down the stairs!

Q: Where did George Washington buy his hatchet?
A: At the chopping mall!

Computer Tip of the Month

"°"

Ever wonder how to make the "°" symbol for 68° rather than 68 degrees.

Hold "Alt" key down and enter "241" and release "Alt" key.
The 60+ Café to Resume In-person Meals

The 60+ Café has resumed serving in-person meals. In an effort to maintain safety and adhere to social distancing guidelines, our meal service time is now offered in two shifts with the first lunch service from 10:45am until 11:30am. The second shift is 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. Remember that it is important that you order your meal two business days in advance.

Words of the Month

"Swag or Swagger" - Style

"On Fleek" - Attractive

"GOAT" - Greatest of All Time

A Moment of Inspiration

“May we think of freedom, not as the right to do as we please, but as the opportunity to do what is right.”

Peter Marshall
July Birthdays

Idella Ball – 7/23
Gloria Bankston – 7/22
Norma Bellows – 7/10
Lynn Bollwinkel – 7/9
Diane Boundy – 7/18
LaDonna Brogan – 7/18
Kathryn Broussard – 7/14
Shirley Carey – 7/19
Juanetta Cathey – 7/29
Mary Helen Chachere – 7/3
Kathy Chang – 7/8
Helen Chen – 7/16
Jerry Dobbs – 7/27
Thomas Epps – 7/18
Isabel Escauriza – 7/8
Ruby Fuentes – 7/4
Janet Furca – 7/1
Dora Gardner – 7/19
Paul Gelinas – 7/15
Jean Gilbreath – 7/5
Anita Gradwohl – 7/21
Paulette Gross – 7/24
Lucy Guerra – 7/3
Teresa Guerrero – 7/22
Charla Hannibal – 7/21
Connie Hyman – 7/12
Emily Lara – 7/12
Wanda Leverich – 7/10
John J. Lewis – 7/2
Ana Martinez – 7/26
Evelia Martinez – 7/1
Retha Matthews – 7/6
Irma McCall – 7/18
Kay McCarthy – 7/1
Leobardo Moctezuma – 7/19
Debbie Murphy – 7/12
Robert Noonan – 7/13
Diane Noskrent – 7/8
Sandra Nungester – 7/19
Sheila Paton – 7/4
Lila Pender – 7/9
Velma Peterson – 7/26
Karen Ramirez – 7/27
Larry Reynolds – 7/25
Debbie Rod – 7/17
Marcia Shults – 7/7
Peggy Seitsinger – 7/23
Yanick Stam – 7/29
Bill Walker – 7/25
Carolyn Wysocki – 7/26
Spring is alive and well in this back yard . . .

The pileated woodpecker honored us with a visit, dining seriously at one of the pines – its shock of bright red hair bold against shimmering body feathers of black. And weeks ago, the great horned owl perched on high. Surveying a plausible domain, it sat stoic, for hours. Robins, mourning doves, blue jays, cardinals, and several unidentified smaller species entertain during the day.

Of all my avian visitors, I’m particularly drawn to the cardinal. Its vibrant red represents endurance, passion and strength, prompting one to live a colorful life. (Past epistles have noted my interest in the color red.) FYI - cardinals symbolize good family relations, virtue, love, responsibility and balance.

Further enlightenment reveals the pileated woodpecker signifies an ability to find hidden layers. And, if one aligns with the woodpecker, one may be able to see beyond the surface. Hopefully, you, like that persistent bird, never give up on life’s challenges.

Our great horned owl represents intuition – seeing beyond deceit and detecting what others do not see. A needed skill, considering the rash of robo calls/phishing we all encounter.

Daily, the soft ca-COO, ca-COO, ca-COO of some distant mourning dove seeps through our double pain windows. This bird, though a symbol of sorrow and mourning, embodies hope, the same as its white dove cousin. And that cooing creature is a spiritual messenger of faith, love and peace.

The robin, harbinger of spring, is associated with simplicity, hope, grace and a desire for renewal in life. Like February’s transformation from frozen into verdant, we strive for positive change in our lives.

It’s been said that the robin, having failed to pluck thorns from Jesus’ crown managed to tear his own breast, resulting in a crimson stain. So, welcome our robins (year-round, in Houston) and glean much from their presence.

We all know how feisty the blue jay can be; have seen its attitude. This bird stands for accepting who you are, straightforwardness and honesty. And while we strive to achieve such qualities, please conjure up a little tact, though the blue jay lacks this important trait.

Finally, a word about the ever-present squirrel. I once saw an agile fellow tip the ledge of our bird feeder. Clinging to the tree with hind paws, its elastic front paws stretched onto the delicate feeder’s ledge, spilling loose seed below. This squirrel then relished his ill-gotten goods, triumphant over the feeder’s squirrel-proof design.

From the seemingly bionic squirrel to Houston’s avian visitors, be appreciative. We can learn much from God’s creatures.
Senior Safety and Security

Even if you are just an avid watcher of the news in our city and across the country, you are fully aware of how much crime rates have increased. The Houston Police Department along with the Harris County Sheriff’s office, and the Precinct 4 Constable’s office have their hands full with keeping up with the alarming rates at which homicides and violent robberies are happening. This piece is not intended to strike fear in you, but it is meant to remind you that we all must do our part to remain vigilant and smart to avoid becoming an easy target for those who heartlessly prey on others. With that thought, HPD recommends the following things to think about and adopt:

**Crime Prevention Tips**

- **At Home**
  - Keep your doors and windows locked. Too often, criminals get into homes through unlocked doors and windows.
  - Consider installing solid core entry doors with reinforced door frames and dead bolt locks.
  - Identify a “safe room” inside the home where you can go in an emergency. This room should ideally have reinforced doors, an exit to the outside and a telephone.
  - If someone knocks on your door, always verify by telephone that the person works for the company they say they represent and has been sent for a reason. A peephole with a 180-degree viewing angle is excellent for you to verify who is on the other side of your door.
  - Never open your door to anyone you do not know. Exterior lighting provides additional protection from intruders. Remember that criminals may hide in shadows.
  - Always acknowledge a caller at your door to determine who they are and what they want. Some burglars ring the door bell, and if there is no answer, they break in.
  - Have family discussions to prepare all members of your family to become thoroughly familiar with your home safety plan. Mentally review as often as possible the actions you must perform if confronted with an emergency. The plan should become “second nature” to you.

- **In Your Car**
  - Park in a well-lighted area so you can see your car and the surroundings from as far away as possible.
  - Have your car key ready before you approach the car so that you can make your entry into the vehicle as quickly as possible. When you are looking for your keys, you may be distracted from what is going on around you.
  - Glance into the back seat and floor boards of your car before you enter and check for anyone who may be hiding inside. This is particularly important if you drive a van type vehicle.
  - Always lock all doors whether you are in or out of your car. Keep the windows rolled up enough so an arm cannot be inserted through the opening.
  - If you think you are being followed, do not go home. Go to a safe place such as a police station, fire station, business or other populated area.

*cont’d p.8*
Crime Prevention Tips

Senior Safety and Security

In General

- Be aware of your surroundings and trust your instincts. If you sense trouble, get away as soon as possible.
- Show confidence. Walk at a steady pace, keep your head up and avoid carrying lots of packages...It can make you look defenseless.
- Don’t look like an easy target. Robbers want someone who will provide the least resistance. If you look like you know where you are going, walk with your head up and eyes alert, you will most likely be left alone.
- Be observant.
- Remain alert and observe the people around you. Know who is walking behind and in front of you. Things to watch for include suspicious persons or vehicles, people who are wearing inappropriate clothing for the weather (e.g. a long or heavy coat in warm weather), and people just loitering around.
- Walk in well-lit areas. If possible, do not walk alone.
- Be aware of your surroundings. If you think you are being followed, go to a crowded area.
- Do not carry large amounts of money.
- Carry keys in your hand.

If You Are Robbed

- Remain calm.
- Make personal safety the number one priority. Money and property can be replaced.
- Carefully observe the physical characteristics of the robber. Be a good witness. Note as much detail about the suspect(s) as possible. (Age, race, height, facial hair, speech, clothing, odor, etc.)
- When it is safe, notify the police by calling 911.
- Police dispatch will ask for the location of the robbery, whether anyone is injured, the exact time the robber(s) left and their direction of travel, the kind of weapon used, description of the vehicle, the robber(s) description, their clothing, appearance or unique features, money or items taken, and other information to assist responding officers.
- Protect the scene of the crime. Be careful not to touch anything to avoid destroying evidence.
- Ask any witnesses to stay until police arrive. If they cannot stay, get their name, address and phone number.
- Write down all suspect information immediately and do not discuss the robbery with others until questioned by the police. Comparing notes could cause memories to be skewed.
Recipe of the Month

Turkey Cheeseburger Soup

Directions

1. Brown the turkey in a large stockpot over medium-high heat, using a wooden spoon to break it into small pieces as it cooks, 4 to 5 minutes. Drain the meat and transfer it to a small bowl.

2. Add the butter to the stockpot and cook until melted. Then add the onion, carrots, celery and garlic. Cook, stirring, until softened, about 5 minutes. Add the flour, salt, and pepper to taste and cook, stirring, for 1 minute to cook the flour. Add in the chicken broth, potatoes, cauliflower, ground turkey, and stir to combine.

3. Continue cooking until the soup reaches a simmer. Then reduce heat to medium-low, cover and simmer until the potatoes are soft.

4. Transfer the cauliflower and 1 cup of the liquid to a blender and blend* until smooth. Pour the puree back into the soup and stir until combined. Add the cheddar and stir until melted.

5. Serve warm, topped with the scallions and extra cheddar cheese, if desired.

*As always, be extra-careful when blending hot liquids, as they expand when heated. I typically crack open the small vent in the blender lid slightly when blending hot liquids, just to let any excess steam escape.

Submitted by: Carolyn Wysocki
YOUNG AT HEART
MOVIE AND SNACKS DAY

Join us in watching the Academy Award winning film
"The Father"

"THE FATHER"
THURSDAY, JULY 22, 2021

Movie Synopsis:

A man refuses assistance from his daughter as he ages. As he tries to make sense of his changing circumstances, he begins to doubt his loved ones, his own mind and the fabric of his reality.

There is no cost for this event, however, the $1 daily fee does apply. For more information or to sign up, please visit the center’s front desk.

DUPLICATE BRIDGE
RETURNS

Duplicate Bridge will return to our weekly schedule on Monday, July 12 at 12pm with limited access and other restrictions. In an effort to maintain health and safety protocols, reservations will be required in order to play.

Masks are also required inside the NAM building. For more information, please call or text the Bridge coordinator, John McCune at (281) 744-9978.
Senior Fitness Class

Come join us for our Senior Fitness Class on Wednesday mornings at 10:15am. This class includes stretching to promote strength and flexibility for those joints and muscles that were under-utilized during our COVID quarantine. For more information, please contact Eva at (281) 885-4601.

French Class

The French Class will be on Summer break during the months of July and August. The class will restart on Tuesday, September 14th with two class options: a beginner to intermediate class and an advanced class immediately following. If you have ever wanted to learn a foreign language, this is your opportunity. For more information, please contact Eva at (281) 885-4601.
Everyday Health & Nutrition

**STRESS**

A good model of stress management is to be troubled, do something about it, and get beyond it. A bad model is to avoid it and let it accumulate. Make sure to include activities that help you unwind and de-stress, like yoga, exercise, and conversations with friends. Stress only compounds when you just tune out your problems and concerns with TV watching.

**GET OUT!**

Get out! Outdoors that is. The average American spends about 22 hours a day indoors. Getting outside has a host of health benefits, from better moods to deeper sleep. So get outside and take a walk, plant a garden, enjoy dinner on the patio, toss a ball with your grandkids, or have a picnic.

**COFFEE FIRST?**

You know the routine. You roll out of bed and the first thing you do is turn on the coffee pot. Well, did you know that your body wakes up in a state of dehydration because it has been naturally fasting from food and water for seven to eight hours while you slept? While coffee is a liquid, caffeine is a diuretic, which causes your body to lose water.

Failure to properly hydrate before your first cup means you may start your day dehydrated. Simply keep a bottle of water on your nightstand and drink at least eight ounces of water before you switch to coffee.
Did You Know?

- The stars on the original American flag were in a circle so that all the colonies would appear equal.

- Fireworks are a major part of the July 4th celebration because on the first Independence Day in 1777, Americans gathered to watch as the sky illuminated to celebrate the new nation.

- Every 4th of July the Liberty Bell in Philadelphia is tapped (not rung) 13 times in honor of the 13 original American colonies.

- The Declaration of Independence was drafted by Thomas Jefferson.

- There were 56 people who signed the Declaration of Independence.

How You Can Help the Young at Heart Center

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.

We would love to be able to offer additional classes to keep our members fit and fabulous, but volunteers are desperately needed. If you, or someone you know is willing to volunteer their time to teach a class please contact Eva. The following volunteers are needed:

- Library volunteers to maintain our books and library area
- Jewelry-making Teacher
- Book Club Leader
- Tai-Chi Teacher
- Chess Leader
- Dominoes leader
- Ballroom Dance Teacher
- Beginner Line Dance Teacher
- Mah-Jongg Leader
- Walking Club Leader
It is with sadness that we announce the passing of Judy O’Shea, long term Young at Heart member and chairperson of the Advisory Committee. Judy passed away quietly on Saturday, June 26th. Please keep her family in your thoughts and prayers.