Out of an abundance of concern for the health and safety of our senior community, the Young at Heart Center has once again closed its doors. COVID-19 infection rates have risen very quickly and large gatherings are being discouraged by the CDC and the Houston Health Department. All in-person activities have ceased and we have, again, shifted to virtual activities.

Please connect with us on Zoom to take part in this month’s virtual activities. If you have questions concerning how to connect, please contact Eva at (281) 885-4601.
To boost your brain, go for a quick walk. Moderate exercise boosts short-term memory more than sitting. If you can’t walk easily, pedaling a stationary bike for 10 minutes at a level of effort similar to what you would do when you walk provides similar results.

Sore knees can really hamper your routine. One of the most common causes of knee pain is weakness in the thighs and hips which absorb impact. That’s why building up those muscles through strengthening exercises can help. Want to stretch and strengthen your muscles? Join us for our Senior Fitness Class on Wednesday mornings at 10:15am. This class includes stretching to promote strength and flexibility for joints and muscles.

SODIUM REDUCTION

Did you know that you can reduce your sodium intake and still cook with salt? According to the CDC, Americans get more than 70% of their sodium from processed and restaurant foods. If you cut back on those foods, your sodium levels will drop so you can worry less about what comes out of the saltshaker. Our bodies actually need a bit of sodium for muscle and nerve function as well as blood pressure and blood volume regulation. Just remember that too much can raise blood pressure and trigger fluid buildup in some people. Healthy adults should aim for 2,300 mg or less per day (the amount in 1 teaspoon of table salt), but people with hypertension should limit their intake to 1,500 mg or less per day.
In these very uncertain times, it is vital for people of all ages to follow CDC guidelines and adhere to recommendations that promote good health and safety for all. While it is important to follow protocol, it is equally important that seniors do the things that will keep them socially engaged and connected with friends. Seniors, in particular, are especially vulnerable to feelings of isolation and loneliness. Older adults who reside in senior living communities are typically more active and social because of their connections with neighbors. While some choose to continue to stay home, it is important to do your best to remain social because socialization can potentially:

- Increase immune system response
- Help you feel connected and supported by others
- Decrease cognitive loss
- Decrease feelings of depression and anxiety
- Decrease health complications from conditions like obesity and heart disease

The Young at Heart Center staff is working each week to provide activities to help you get/remain socially connected. Coaching is available if you would like to learn how to connect to our virtual activities. For more information, please contact Eva at (281) 885-4601.
Just for Laughs

Q. Why don’t mummies go on summer vacation?
A. They’re afraid to relax and unwind.

Q. What did the bread do on summer vacation?
A. Nothing. It just loafed around.

Computer Tip of the Month

Passwords

Use the special character associated with the number. "l" and "!" or "0" and ")"

These two characters can be anywhere in your password.

Just be consistent with which comes first.
Due to the concern for community health and safety, the 60+ Café is once again, closed for in-person dining. If you would like to receive weekly frozen meals, please contact Anna at (281) 885-4619 or Eva at (281) 885-4601. You will receive a total of 3 meals weekly.

Stroke Awareness Seminar

Log-in to join us for a virtual seminar on the topic of “Stroke Awareness” on Friday, August 13th. Hear from nurse educators with HCA Houston Northwest Hospital as they share details about the early signs of a stroke and have your questions addressed in this session. For log-in details, 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. Class times will be announced soon. For more information, please contact Eva at (281) 885-4601.
August Birthdays

Grace Ayodele -- 8/3
Charles Barham – 8/7
Cynthia Barham – 8/21
Donald Bowen – 8/31
Debbie Buchanan – 8/24
Estelle Campbell – 8/11
Maria Wilma Calderon – 8/8
Oziel Casanova – 8/22
LaNell Champion – 8/10
Marcia Dandy – 8/27
Kathryn Delaitsch – 8/10
Norma De Jong – 8/8
Deborah Perry – 8/11
L’Tanya Evans – 8/28
Virginia Ferrell – 8/4
JoAnn Fisher Brooks – 8/27
Phyllis Gipson – 8/17
David Graham – 8/22
Marilyn Greer – 8/21
Cheryl Hadden – 8/3
Urseline Harris – 8/26
Wilfred Harold – 8/13
Sarah Hayward – 8/21
Peter Herbert – 8/24
Moira Horsford – 8/16
Eloise Howard – 8/16
Ronnie Johnston – 8/7
Eileen Lessick – 8/11
Herbert Leyendecker – 8/1
Janice Loocke – 8/20
Jo Miller – 8/9
Isabel Miranda – 8/28
Isabel Miranda – 8/28
Bonnie Pacher – 8/6
Emma Perez – 8/13
Georgette Popeney – 8/27
Frances Read – 8/1
Don Rosseisen – 8/27
Mimose Saint Jean – 8/1
Lark Small – 8/22
Vipin Tolat – 8/32
“Let there be light . . .”

How many readers remember the fierce storm of Tuesday night, May 18? Bolts of lightning, like disco-era strobe lights, illuminated the narrow perimeters of my blackout curtains; each strike followed by deafening thunder.

Ancient cultures, would have credited Zeus, the Greek god of sky and thunder or his Roman counterpart, Jupiter, with such goings-on. My trusty Merriam-Webster’s Collegiate Dictionary defines such mythical activity as “. . . a discharge of atmospheric pressure.” And, according to Google, thunder usually takes five seconds to travel a mile. Counting the seconds between a lightning flash and thunderous boom determines how far one is from a lightning strike.

Fabled or otherwise, I felt the fury of that storm.

In the right-hand corner of our breakfast room hangs a planter of variegated ivy. Suspended by macramé near wide slider windows, its huddled-together foliage grows decidedly toward that sunny opening. A single thirty-six-inch leggy strand has escaped the planter and likewise basks in the sun. On June 10, before rotating the lopsided greenery, my son and I took pictures. Within five days that dangling strand had fully faced the light and in seven days, clustered leaves had grown upright, steadily turning toward brightness.

This bathroom, circa 1970, boasts a sunken tub. Within the back wall of that debacle of design is a window - thirty-six inches by seventeen inches. A white fabric shower curtain, no vinyl – ever, has long since replaced the aluminum-framed builder-grade glass door. Of an early morning, sun reflects that window’s elongated shape, projecting it onto and through the woven shower curtain. This creates a rectangle of brightness within the room proper, further enhanced by the opposite-facing wall of mirrors.

And remember my courtyard of thriving cast iron plants? After a rainfall, tiny droplets cling to each leaf’s slender tip; and voila, a nature-made prism!

I cherish my nineteen assorted plants, strategically placed throughout this downstairs. Should one or another need more direct light, I give a gentle turn. Similarly, one’s challenges in life need redirection and time to resolve. Have patience, like that bunched-up ivy, and lean toward the light.

A fierce electrical storm, like a rock concert, (and I use the term “concert” loosely”) is chaotic, a visual and audio extravaganza. In the midst of such real-life “disturbances” employ relaxed breathing: inhale for four counts, hold for seven, exhale for eight; repeat, as the storm passes.

And should you receive a lightning-fast epiphany –some reprieve, or acceptance or insight – show gratitude. In the meanwhile, cling, like that resolute raindrop, to hope. And by reflecting your brighter thoughts to others, you mirror optimism.
Senior Safety and Security

We’re heading into the heart of Hurricane Season and hopefully by now you are prepared for anything. One thing that we sometimes fail to consider is what we should do if the power goes out. The recent winter storm was a rude awakening of what can potentially happen when we lose power. As it relates to food, you still have to eat.

Thunderstorms, hurricanes, wildfires and other weather-related events are causing an uptick in electrical outages, which can span a few hours or a few days. But with a little advance planning and some creativity, your meals don’t have to be limited to beans out of a can.

Preparation for a lack of power starts with the usual supplies of flashlights, batteries and first aid items, but you’ll also want to have an ample supply of pantry staples, water and a manual can opener if you normally use an electric version. But even without electricity, you can cobble together a satisfying meal to feed yourself and your family. Here are some tips and recipe ideas for eating safely and deliciously when the power is out.

**TURN TO YOUR PANTRY**

The best (and safest!) way to eat during a power outage is by having a versatile, stocked pantry that can be used to make meals in a pinch. It’s best to have items already in place and make sure you are checking expiration dates – yes, cans of beans do expire. Water also has an expiration date, so if you are stockpiling water, make sure to check that as well. Having a good arsenal of dry spices, plus vinegars and oils, will help you add flavor to any dish. Here are a few suggestions for items from the pantry:

Overnight oats: Mix oats and water as directed on the package (cold water works) and let sit covered overnight. Lots of toppings, including cinnamon, syrup, honey, fruit and nuts can jazz this up.

Banana and nut butter: It’s simple, but satisfying, says Kim. You can mash it together or just spread the nut butter on the banana for a protein boost.

SPAM or bean salad: If you don’t like SPAM, you can swap the canned meat out for beans instead. Simply chop up radishes if you have them, add in dried herbs, olive oil, vinegar and a little lemon juice and mix it together. This will give you different textures, soft and crunchy, and different flavors. If you don’t have radishes you can add nuts or seeds for crunch or chopped up carrots.

Tuna salad with avocado and crackers: No mayo, no problem. Avocado makes a great substitute for mayonnaise that can be mixed into any canned or pouch tuna. Mash in dried chili flakes and pickles for more flavor.

**CREATIVE COOKING**

Even without electricity you may be able to do some actual cooking. You can use an outdoor gas or charcoal grill as usual. Even a firepit can work in a pinch for heating up hot dogs, or lay a camping cook grate over the top for some flame broiling. You can boil water, soup or use a cast iron frying pan to cook with either the grill or the grate.

With access to outdoor flames you can create a variety of meals from your fridge or freezer, especially if you defrost some meat.

Marinades: If you have access to defrosted meat you can create a few quick marinades like soy sauce, honey, garlic and olive oil or lemon juice, dill, garlic and mustard.

Quesadillas: These cook quickly over the fire if you have tortillas, cheese, veggies and meat.

Tin foil packets: You can also make a wide variety of meals in tin foil packets. Simply put your choice of protein, vegetables and marinade in foil and cook on the grill or campfire.
Raid the Refrigerator

If your power outage is less than two hours you don’t need to worry about the perishables in your fridge going bad. But if your outage lasts longer, the refrigerated food is what you want to use up first. Some refrigerators may keep food cold up to four hours, but it’s dependent on how tight a seal your model has and how often the fridge is opened. If the refrigerator is still at 40 degrees Fahrenheit or below, food is still safe to eat, according to the Food Safety and Inspection Service of the U.S. Department of Agriculture, but go by sight and smell — never taste — to determine if food has gone bad.

Many refrigerated items can last longer at room temperature, including fruits and vegetables like apples, tomatoes, carrots, and harder cheeses like cheddar, avocados and breads should remain good to eat beyond a few hours. Obviously, a salad works, but think about incorporating those items into more creative meals:

Gazpacho: You may consider taking some of these vegetables and making a gazpacho if you have the tomatoes.

Panzanella salad: If you have day-old bread you can also make a panzanella salad, simply tossing that semi-stale bread with vegetables, olive oil and vinegar. Toss in any herbs you had in the refrigerator or pull dried herbs from your pantry.

Avocado “toast”: If you have bread that’s still fresh (you can even use crackers), mash together avocado, red pepper flakes, salt, pepper and lime juice if you have it. Spread on bread or crackers.

Turn to the Freezer

Banana and nut butter: It’s simple, but satisfying. You can mash it together or just spread the nut butter on the banana for a protein boost.

SPAM or bean salad: If you don’t like SPAM, you can swap the canned meat out for beans instead. Simply chop up radishes if you have them, add in dried herbs, olive oil, vinegar and a little lemon juice and mix it together. This will give you different textures, soft and crunchy, and different flavors. If you don’t have radishes you can add nuts or seeds for crunch or chopped up carrots.

Tuna salad with avocado and crackers: No mayo, no problem. Avocado makes a great substitute for mayonnaise that can be mixed into any canned or pouch tuna. Mash in dried chili flakes and pickles for more flavor.
Join us on Thursday, August 26th at 10am for a virtual seminar. The seminar will be hosted by RSVP and the topic to be covered is “Top Ten Medicare Scams”. Grab a cup of coffee and learn what scammers are up to and have your questions answered. This presentation will be offered over Zoom, so if you are interested, please contact Eva for log-in information.
Recipe of the Month

Pineapple Lemonade

Ingredients

½ cup sugar
1 cup lemon juice
1 cup pineapple juice
2 tablespoons lime juice

Directions

1. To make the simple syrup, combine sugar and 1 cup water in a medium saucepan over medium heat, stirring until the sugar has dissolved; let cool.

2. In a large pitcher, whisk together simple syrup, lemon juice, pineapple juice, lime juice and 5 cups water. Place in the refrigerator until chilled.

3. Serve over ice.

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.
As you age, medications, illness (colds, flu, gum diseases, etc.) and allergies all can change your sense of smell and taste and that can potentially affect your diet and health.

Around the time the hair on your head starts to disappear, it can show up in the strangest places. This can mean large hairs in older guys' noses and ears. Older women may notice small hairs on their chins. This is all caused by changes in our hormones.

Our sleeping patterns can shift as we age, so we get sleepier earlier and wake up earlier. Even though folks over 65 tend to wake up during the night, most say they regularly get a good night’s sleep.

Baby boomers and older adults report less stress than their younger counterparts, according to the American Psychological Association’s annual Stress in America report.

The longer you’re alive, the more gravity brings you down. The spaces between the bones in your spine -- called vertebrae -- get closer together. That can make you about an inch shorter as you get older.

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
<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>2</td>
<td>60 + Café Meal Delivery Day</td>
<td>60 + Café Meal Delivery Day</td>
<td>60 + Café Meal Delivery Day</td>
<td>60 + Café Meal Delivery Day</td>
</tr>
<tr>
<td></td>
<td>10am Virtual Bingo</td>
<td>10am Virtual Bingo</td>
<td>10am Virtual Bingo</td>
<td>10am Virtual Bingo</td>
</tr>
<tr>
<td>3</td>
<td>9</td>
<td>10:30am Nutrition Education Class</td>
<td>10am Virtual Bingo hosted by Devoted Health</td>
<td>10am Virtual Presentation: &quot;Top 10 Medicare Scams&quot;</td>
</tr>
<tr>
<td></td>
<td>60 + Café Meal Delivery Day</td>
<td>60 + Café Meal Delivery Day</td>
<td>60 + Café Meal Delivery Day</td>
<td>60 + Café Meal Delivery Day</td>
</tr>
<tr>
<td>4</td>
<td>11</td>
<td>18</td>
<td>19</td>
<td>26</td>
</tr>
<tr>
<td></td>
<td>10:30am Virtual Bingo</td>
<td>10am Virtual Bingo</td>
<td>10am Virtual Bingo</td>
<td>10am Virtual Presentation: &quot;Top 10 Medicare Scams&quot;</td>
</tr>
<tr>
<td>5</td>
<td>12</td>
<td>20</td>
<td>27</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>10am Virtual Bingo</td>
<td>10am Virtual Presentation: HCA Houston NW Hospital—Topic: Stroke Awareness</td>
<td></td>
</tr>
<tr>
<td>6</td>
<td>13</td>
<td>21</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>10am Virtual Bingo</td>
<td></td>
<td></td>
</tr>
<tr>
<td>7</td>
<td>14</td>
<td>22</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>10am Virtual Bingo</td>
<td></td>
<td></td>
</tr>
<tr>
<td>8</td>
<td>15</td>
<td>23</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>10am Virtual Presentation Day</td>
<td></td>
<td></td>
</tr>
<tr>
<td>9</td>
<td>16</td>
<td>24</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>10am Virtual Presentation Day</td>
<td></td>
<td></td>
</tr>
<tr>
<td>10</td>
<td>17</td>
<td>25</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>10am Virtual Presentation Day</td>
<td></td>
<td></td>
</tr>
<tr>
<td>11</td>
<td>18</td>
<td>26</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>10am Virtual Presentation Day</td>
<td></td>
<td></td>
</tr>
<tr>
<td>12</td>
<td>19</td>
<td>27</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>10am Virtual Presentation Day</td>
<td></td>
<td></td>
</tr>
<tr>
<td>13</td>
<td>20</td>
<td>28</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>10am Virtual Presentation Day</td>
<td></td>
<td></td>
</tr>
<tr>
<td>14</td>
<td>21</td>
<td>29</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>10am Virtual Presentation Day</td>
<td></td>
<td></td>
</tr>
<tr>
<td>15</td>
<td>22</td>
<td>30</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>10am Virtual Presentation Day</td>
<td></td>
<td></td>
</tr>
<tr>
<td>16</td>
<td>23</td>
<td>31</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>10am Virtual Presentation Day</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Young at Heart Senior Center Activities**

- **Monday, August 2nd:**
  - 60+ Café Meal Delivery Day
  - 10am Virtual Bingo

- **Tuesday, August 3rd:**
  - 60+ Café Meal Delivery Day
  - 10am Virtual Bingo

- **Wednesday, August 4th:**
  - 10:30am Nutrition Education Class
  - 10am Virtual Bingo

- **Thursday, August 5th:**
  - 10am Virtual Bingo hosted by Devoted Health

- **Friday, August 6th:**
  - 10am Virtual Presentation: HCA Houston NW Hospital—Topic: Stroke Awareness

- **Monday, August 9th:**
  - 60+ Café Meal Delivery Day

- **Tuesday, August 10th:**
  - 60+ Café Meal Delivery Day

- **Wednesday, August 11th:**
  - 10:30am Virtual Bingo

- **Thursday, August 12th:**
  - 10am Virtual Presentation Day

- **Friday, August 13th:**
  - 10am Virtual Presentation Day

- **Monday, August 16th:**
  - 60+ Café Meal Delivery Day

- **Tuesday, August 17th:**
  - 60+ Café Meal Delivery Day

- **Wednesday, August 18th:**
  - 10am Virtual Bingo

- **Thursday, August 19th:**
  - 10am Virtual Presentation Day: "Top 10 Medicare Scams"

- **Friday, August 20th:**
  - 10am Virtual Presentation Day

- **Monday, August 23rd:**
  - 60+ Café Meal Delivery Day

- **Tuesday, August 24th:**
  - 60+ Café Meal Delivery Day

- **Wednesday, August 25th:**
  - 10am Virtual Bingo

- **Thursday, August 26th:**
  - 10am Virtual Presentation Day

- **Friday, August 27th:**
  - 10am Virtual Presentation Day

- **Monday, August 30th:**
  - 60+ Café Meal Delivery Day

- **Tuesday, August 31st:**
  - 10am Virtual Bingo