For the second time in a year and a half, the Young at Heart Center here at NAM has had to temporarily pause in-person activities. While socialization is very important, the resurgence of COVID-19 has forced us to place senior health and safety above the need for face to face interaction.

At this juncture, it is very important that the whole community be vaccinated and adhere to CDC recommendations in order to drive down the COVID infection rate. It would be impossible to predict when that might take place, but please be sure to do your part. In the meantime, we want to remain connected with you to keep virtual activities available so that you may maintain your fitness levels both physically and mentally. Continued on pg. 2
In order to keep you connected with us, we utilize Zoom video conferencing and if you have never used Zoom, you will find that it’s easier than you think. We want you to be able to navigate the Zoom app and connect with any virtual activities that you might be interested in joining. With this in mind, we want to reassure you that we are available to offer you assistance in getting connected. If you have a computer, tablet, or smartphone, we can help you connect with Zoom, so if you desire one on one tutorials or would like to have a practice Zoom session, please contact Eva at (281) 885-4601.

For more information regarding virtual activities, please see the calendar at the end of this newsletter.

**HOLIDAY CLOSURE**

All NAM program areas will be closed on Monday, September 6th in observance of Labor Day. We will reopen on Tuesday, September 7th. Have a safe and happy holiday!
Foods like dark, leafy greens, oranges, and tomatoes—even fresh herbs—are loaded with vitamins, fiber, and minerals. Try sprinkling fresh herbs over a salad or whole wheat pasta, making a red sauce using canned tomatoes (look for “low sodium” or “no salt added”), fresh herbs, and spices, adding diced veggies like peppers, broccoli, or onions to stews and omelets to give them a boost of color and nutrients.

**NOT ALL FATS ARE CREATED EQUAL**

Not all fats are bad. Foods with monounsaturated and polyunsaturated fats are important for your brain and heart. Limit foods with trans fats (like cookies, crackers, fried foods, stick margarine, and shortening), which increase the risk for heart disease. Good sources of healthy fat include olive oil, nuts, seeds, certain types of fish and avocados. Try adding avocado to your smoothie, sprinkling nuts or seeds on your salad, adding salmon or tuna to your diet twice weekly, or swapping processed oils (like canola or soybean oil) for oils that are cold-pressed, like extra-virgin olive oil and sesame oil.

**MAKE YOUR PLATE COLORFUL**

Foods like dark, leafy greens, oranges, and tomatoes—even fresh herbs—are loaded with vitamins, fiber, and minerals. Try sprinkling fresh herbs over a salad or whole wheat pasta, making a red sauce using canned tomatoes (look for “low sodium” or “no salt added”), fresh herbs, and spices, adding diced veggies like peppers, broccoli, or onions to stews and omelets to give them a boost of color and nutrients.

**DON'T SKIP BREAKFAST**

Some people skip breakfast because they think it will help them lose weight, but a healthy breakfast that is high in fiber and low in fat, sugar, and salt can kickstart a balanced diet and can help you get the nutrients you need for good health. Try a whole-grain, lower sugar cereal with skim milk and sliced fruit or scrambled eggs with green or red peppers and low-fat cheese in a tortilla for a tastier and healthier breakfast option.
Join us for a Medicare Informational and Question and Answer Session with Mike Raszka from Team Raszka Insurance on Friday, September 10th at 10:30 a.m. Mike can typically be found at a table on the first-floor lobby of NAM and he is usually available to answer Medicare questions, but since the senior center is temporarily closed, we thought that we might make Mike available to answer your questions virtually. Medicare Open Enrollment, which takes place from October 15th through December 7th, is just around the corner and now is the time to think about joining, switching or dropping a plan. Your coverage will begin January 1st (as long as your plan gets your request by December 7th, so make an educated and informed selection by getting the information you need. Mike will be sharing about new and exciting benefits and changes that you will need to know about, so if you are interested in joining this virtual event, please contact the main number of Young at Heart at (281) 885-4600 or Eva at (281) 885-4601.

Pour yourself a cup of your favorite coffee or tea on Tuesday, September 14th at 10 a.m. and connect with Eva on Zoom to chat and catch up with friends. We’d love to see your face and know how you’re doing, so plan on connecting with us. Even if you can’t log in from your computer, you can join the meeting audio by dialing in from your phone. For more information and log in details, please contact Eva at (281) 885-4601. She’ll be waiting for you!
I was looking for a 2-gallon chemical sprayer to deliver fertilizer to plants in the yard. I went to a website and found 203 results with 48 per page. The search brought up many that were NOT 2 GALLONS. To narrow the search, do a CTRL + F; enter "2 " and see the occurrences of "2 ". Next, I tried another site just to compare and/or see what others exist.

**Computer Tip of the Month**

*Internet Shopping*

Many thanks to Mark Tyler, our volunteer Computer Class teacher, for our tip of the month. Mark helps us to learn new computer skills each month.

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**Words of the Month**

“clap back” – to respond to an insult with an equal or greater insult
“beat your face/cake your face”- apply makeup
“extra” – if you’re being difficult to deal with; high maintenance

**Moment of Inspiration**

“Go the extra mile; it’s never crowded.”
60+ Café

Due to overwhelming 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.

Nutrition Education

Join us for our monthly virtual Nutrition Education class on Wednesday, September 15th at 10 a.m. In this session, we learn and discuss topics related to good health and nutrition and everyone who logs in receives a special gift to help jumpstart their healthy habits. For more information or log-in details please contact Anna at (281) 885-4619.

French Class

Bonjour! The French Class is scheduled to restart on Thursday, September 16th with two class options: a beginner class at 9:30 a.m. and an intermediate class at 10:30 a.m. Boost your brain power and improve your memory by learning a new language. This class will be offered virtually over Zoom, so for more information and log-in details, please contact Eva at (281) 885-4601.
September Birthdays

Charity Burr – 9/6
Rosabel Carlos – 9/22
Faustina Casorla – 9/7
Betty Clifton – 9/20
Patsy Coffman – 9/4
George Conter – 9/14
Eugenia Creag – 9/6
John Danner – 9/26
Eugene Doba – 9/11
Elaine Donica – 9/8
Susan Ei Kaseeh – 9/6
Dianna Epps – 9/11
Barbara Ervin – 9/29
Earl Fergus – 9/10
Egbert Flowers – 9/23
Suzanne Gosselin 9/15
Eugene Gugel – 9/10
Maryann Gulledge – 9/14
Rosa Hernandez – 9/2
Wessilee Holgate – 9/22
Mary Huber – 9/27
Caroline Ikediashi – 9/23
Catherine Irvin – 9/6
LaNelle Johnson – 9/19
Edith Jordan – 9/25
Ethel Kregel – 9/11
Shu-Jn Lin – 9/16
Betty Lubrano – 9/21
Don Lucas – 9/6
Paul Maggio – 9/25
James McCoy – 9/14
Maureen McClellan – 9/15
Terry Mills – 9/11
Helen Morris – 9/7
Jan Morrow – 9/4
Ruth Noonan – 9/16
Guadalupe Palos – 9/21
Maria Pasku-Dazdja
William Powers – 9/17
Celeste Sater – 9/6
Jean Teyssot – 9/28
Bobbie Turner – 9/20
Mary Tyler – 9/8
Phyllis Walker – 9/2
Conrad Walker – 9/25
Bobby Walters – 9/18
Jeanette Ward – 9/12
Edith Weber – 9/5
Kenneth Wilkins – 9/23
By September, when you read this, I’ll have recovered from my July 22 hand surgery, nothing too tricky, thank you; and can again manage the keyboard. That’s why I offer, ahead of Eva’s early fall deadline, sightings of late June and early July.

A snail, smaller than my pinky fingernail, has taken up residence on the backyard fence. Its yellow-orange hue contrasts with the hunter green fence, making it easy to spot.

The tiny visitor reminds me of its infamous relative, the slug. Years ago, ravenous slugs ate their way through thriving Hostas, brought, incidentally, from Aunt Edna’s yard in far-off Yankee land. I tried puddles of beer and shards of egg shells, but nothing deterred those tenacious pests. The no-doubt-heirloom plants were lost.

And since writing last month about “light” in our lives, I offer another such example. At a certain time of morning a patch of sunlight appears on the kitchen ceiling. I discovered that trapezoid-shaped “skylight” while enjoying the TV room’s recliner. From the vantage point of that chair, the northwest corner of our cozy “home theatre,” there’s a sightline past the fridge, onto portions of the kitchen ceiling and through to breakfast room windows. As sunlight hits the Terra Cotta tile it reflects onto the kitchen ceiling, just above the fridge. Then, following the sun’s movement, that shimmer reverses its trek and disappears through the windows - an abbreviated aurora borealis.

And, while my son Greg visits family in Birmingham, grandpuppies, affectionately called Puppy-Poohs, are with us for a week of summer camp. The tiny yard of their garage apartment offers little to explore, while here, we’ve “lions and tigers and bears, oh my!”

Irene and Lupita arrived on Sunday, July 4, mid-morning, armed with plush beds, select dog food, individual bowls and yummy treats. They settled into familiar sleeping quarters, (aka, the laundry room), and all went well until the onslaught of holiday hoopla.

Understandably, “bombs bursting in air” set the pair to frantic barking. And the following two nights, though celebrations had calmed, complaints continued. By Wednesday evening, though, the two had given up nocturnal scavenger hunts/frenzied barking, and reclaimed a laid-back status.

I wonder, have Seattle and Houston switched modi operandi? In late June, according to the Houston Chronicle, a high of 108 degrees roasted that northwest area; and rain, seeking Texas hospitality, moved here.

While drizzly weather and random downpours put a damper on canine camping, birds are delighted. Pliable earth offers easy-to-extract appetizers and avian residents revel in that wide-ranging buffet.

Moreover, in Mid-July, a flitting hummingbird appears at breakfast room windows. I’ve learned that hummingbird wings move in a figure-eight pattern, an age-old sign of continuity. Symbolically, its long-distance flying skill is associated with endurance; and, having seen the zippy little bird, I should expect joy, love and good luck.

Additionally, we’ve a small turtle, six inches or so, dubbed Ms. Maxine. She disappears amid flourishing cannas at the far back of the yard - plodding between potted Aloes, a mysterious batch of Malabar spinach and other greenery.

Maxine is patient to the nth degree. She hurries only when startled and her slow rate of metabolism guarantees a long life.

Maxine and I know that rushing is bad for the psyche. Likewise, joy, love and good luck are welcome; not to mention endurance. I urge you all to follow suit.
The COVID-19 pandemic, unfortunately, continues to be a problem for the entire population. Vaccines are highly effective against severe illness, but the Delta variant causes more infections and spreads faster than earlier forms of the virus that causes COVID-19. If you have been fully vaccinated (meaning it has been two weeks since your second dose of a 2-dose series, like Pfizer or Moderna vaccines, or 2 weeks after a single dose vaccine, like Johnson and Johnson) there are still precautions that you need to take. The Centers for Disease Control and Prevention are recommending the following protocols:

- You may resume activities that you did prior to the start of the pandemic.

- To reduce your risk of being infected with the Delta variant, and possibly spreading it to others, wear a mask indoors in public if you are in an area of substantial or high transmission.

- You are recommended to wear a mask regardless of the level of transmission if you have a weakened immune system or if, because of your age or an underlying medical condition, you are at increased risk for severe disease, or if a member of your household has a weakened immune system, is at increased risk for severe disease, or is unvaccinated.

- If you travel inside the United States, you do not need to get tested before or after travel, or self-quarantine after travel.

- You need to pay close attention to protocols at your international destination before you travel outside the United States.
  - You do NOT need to get tested before leaving the U.S. unless your destination requires it.
  - You still need to show a negative test result or documentation proving recovery from COVID-19 before boarding an international flight to the United States.
  - You should still get tested 3-5 days after international travel.
  - You do NOT need to self-quarantine after arriving in the U.S.

- If you’ve had close contact with someone who has tested positive for COVID-19, you should get tested 3-5 days after your exposure, even if you don’t have symptoms. You should also wear a mask indoors in public for 14 days following exposure or until your test result is negative. You should isolate for 10 days if your test result is positive.

- People who have a condition or are taking medications that weaken the immune system, should continue to take all precautions recommended for unvaccinated people until advised otherwise by their healthcare provider.
Recipe of the Month

Old-Fashioned Custard Ice Cream

Ingredients

2 cups sugar, divided
4 large eggs, separated
1 tablespoon cornstarch
2 quarts milk, divided
1-pint heavy cream
2 tablespoons vanilla

Directions

Make a custard: Cream 1 cup sugar and egg yolks thoroughly. Whisk in cornstarch. Heat 1-quart milk in a large pot on medium heat, then stir in egg mixture. Cook only until the mixture reaches the boiling point. Let cool. To the cooled custard, add cream, remaining quart milk, remaining 1 cup sugar and vanilla. Beat egg whites until stiff, but not dry and fold into milk mixture. Freeze according to ice cream maker’s directions. Makes one gallon of ice cream.

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.
· Fall colors are caused by the amount of sugar in leaves. The redder the leaf the more sugar that leaf is storing. That is why maple trees are so vibrant.

· Birds spend most of the fall migrating. Whether traveling from one state to another, from North America to South America, or from the North Pole to the South Pole, many birds spend this season traveling to mating grounds or finding food.

· Fall is caused by the Earth’s tilt, not our distance from the sun. When the northern hemisphere tilts towards the sun, we get warmer. When it tilts away, we get colder. Fall and spring are the times of transition.

· Johnny Appleseed was a real person. You’ve probably heard the story of the guy who walked through large swaths of the American Midwest, planting apple trees as he went, but you probably also assumed he was a character out of folklore. His real name was John Chapman.

· There are more babies born in September than any other month.

**HOW CAN YOU 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.
IT IS WITH SAD HEARTS THAT WE ANNOUNCE THE PASSING OF:

Travis Conboy on May 30, 2021. Travis and his wife, Benny, were participants in the Exercise class. Please remember Benny and their family in your prayers.

Johnnie Emberton on August 8, 2021. Johnnie played Bingo here at Young at Heart and participated in the 60+ Café lunch program. Please remember her family in your prayers.
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