

Senior centers, inc

**Monday– Friday
8am to 4pm**

March 2019



We provide community members age 60 and over an outlet for their creative talents, while allowing them to pursue particular interests.



INSIDE

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FOSTER GRANDPARENT PROGRAM

PROGRAM SPOTLIGHT

We need to change age-segregated institutions and policies in order to nurture each generation and our interdependence. Who better to lead this battle than our elders?"

Donna Butts, author lecturer, & advocate

You may remember that last month in our foster grandparent update, I wrote a bit about what intergenerational programming is, and I told you that this month I would share some information about its benefits. Below is an excerpt from an article about intergenerational programming that I found at seniorlifestyle.com. The statistics quoted are from a study done by Generations United, an organization dedicated to improving the lives of children, youth and older adults through intergenerational collaboration, public policies, and programs. If you would like to read the entire article, the link is: seniorlifestyle.com/fun-value-intergenerational-programming/

BENEFITS FOR OLDER ADULTS

45% of Americans working in retirement say they want to work with youth.



HAPPY BIRTHDAY TO THE VOLUNTEERS CELEBRATING THIS MONTH!

Ruby Whitlow

Marian Thomas

Barbara Greer

Carole Simms

Audrey Hickman

Jacquelyn Cook

Older adults who regularly volunteer with children burn 20% more calories per week, experienced fewer falls, were less reliant on canes, and performed better on memory tests than their peers. Older adults with dementia and other cognitive impairments experience more positive effects during interactions with children than they did during non-generational activities.

BENEFITS FOR CHILDREN

In schools where older adults were a regular fixture, children had more improved reading scores compared to their peers at other schools.

Interacting with older adults enables youth to develop social networks, communication skills, problem-solving abilities, positive attitudes toward aging, a sense of purpose and community service. Youth involved in intergenerational mentoring programs are 46% less likely to begin using illegal drugs, 27% less likely to begin using alcohol, and 52% less likely to skip school.

Children and youth gain positive role models with whom they can interact.

We *knew* that the FG program benefits both the volunteer and the children.

Resources Available



Vicki Goetz, our service coordinator, is available Monday- Friday from noon to 4pm to assist in linking seniors with various programs and services. She can help determine eligibility and assist with paperwork for housing, food stamp and medicaid applications, commodity box applications, Medicare, HEAP applications, House Helpers program, home repair information, and TARPS applications. weatherization programs and the Homestead Exemption Program.

May joy and peace
surround you,
Contentment latch
your door,
And happiness be with
you now,
And bless you evermore.

-Irish proverb

Crafts and Classes

3/4 Cooking Class

This month's cooking project will be banana bread in celebration of Banana Month.

3/7 Craft with Carol

Learn how to make a shamrock decoration from puzzle pieces. Check out the example in the cabinet outside Tammy's office.

3/12 Library Class- Laptops and Tablets

The library will be bringing in laptops and tablets to give you the basics about how to work them. This is a monthly class on the second Tuesday at 9:30.

3/21 Craft with Sherri

Making a tabletop no-care Zen garden is on the agenda using sand, air plants and rocks in a glass container. Zen gardens are used to promote serenity and tranquility.

3/28 Craft with Tammy

Tammy will demonstrate how to make earrings using fabric and beads.

EXERCISES

Mondays, Wednesdays and Fridays:

Burst Exercises

A fast-paced 4 minute mini workout for older adults.

Tuesdays: Exercise Surprise

Thursdays: Beach Volleyball

Speakers

Mar. 19 11:45 OH Extension-
Jay Gerken

Mar. 21 11:30 Women's History
Trudy Fails

Trips and Special Events

3/1 Tea and Soda Bread with Julie

Traditional Irish soda bread will be served with tea as you chat with Julie and brainstorm program ideas.

3/5 Mardi Gras Celebration

Join in the celebration with paczkis and coffee.

3/8 Out to Lunch

Spring Buffet is our lunch destination this month followed by Big Lots and Dollar Tree shopping

3/13 Breakfast Bunch at Nick's Café

Nick's is famous for their huge portions-truly big enough to share! .

3/14 St Patrick's Day Party

Have some green eats and drinks with us to celebrate. Don't forget to wear your green or risk a pinch!

3/20 Walk in the Park

It's the official start of spring so we'll dust off our walking shoes and head to Swan Creek Metropark (weather permitting).

3/22 Bowling

Pack your lunch or bring money for pizza.

MARCH ACTIVITY CALENDAR

2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 10:30 Tea & Soda Bread w/ Julie 11- Burst
4 11- Burst Exercises 12:15 Cooking: Banana Bread All day BPs	5 10:30 Paint with Christine 11:30 Mardi Gras Celebration 12:15 Exercise Surprise	6 11- Burst 12:15 Dice Grab Bag	7 10:30 Craft w/ Carol- Shamrock Decoration 12:15 Beach V'ball	8 10:45- Burst 11- Out to Lunch Spring Buffet & shopping
11 10- Ceramics 11- Burst Exercises All day BPs	12 9:30- Library Laptop Class 10:30 Paint with Christine 12:15 Exercise Surprise 12:30 Bingo w/ Keith	13 9:30 Breakfast Club– Nick’s Cafe 1- Burst Exercises	14 11– St. Paddy’s Day Party 12:15 Beach V'ball	15 9- FGP Mtg. 11- Burst Exercises 12:15 Movie: Once
18 9:30 Mercy Nurses 11- Burst Exercises	19 10:30 Paint with Christine 11:45 Jay Gerken 12:30 Stretch Exercises	20 1st day of Spring 11 Burst 12:15 Walk in the Park– Swan Creek	21 10:30 Craft w/ Sherri- Zen Gardens 11:30 Women’s History Speaker 12:15 Beach Volleyball	22 10:30- Burst Exercises 10:45 Bowling
25 10:00 Ceramics 11 Burst Exercises 12:15 Bingo	26 9:30 Commodities & Health Screens 12:15 Beach Volleyball 12:30 Movie- Oklahoma	27 10:30 Therapy Dogs 11- Burst	28 10:30 Craft w/ Tammy– Fabric Earrings 12:15 Beach Volleyball	



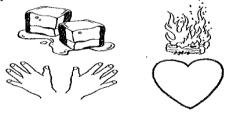
9 WAYS TO ACTIVATE POSITIVE AGING IN YOUR LIFE

- **Stay physically active**
At least 30 minutes of movement or exercise every day. Aerobic exercise is good for us and aids brain function in older adults while strength training is good for bones, muscles and joints. Physical activities help keep us active and feeling good in general. Exercising outdoors can also provide social interactions and friendships. Everyone's health is different so be sure to check with a health professional before engaging in any physical activity.
- **Exercise your brain**
Engage in mentally challenging activities and never stop learning new things. Embrace what you love and seek opportunities to exercise your mind through reading, writing, conversation and debate. Try to engage in activities which require our brains to do some thinking. Simple activities such as reading a book, doing Sudoku or crosswords puzzles, etc. can help our brains stay alert.
- **Adopt a healthy lifestyle**
By this time in our lives we have heard this message a million times but healthy eating, moderate sleep, good weight management and no smoking or drinking can help you to feel fresh and energetic to take on the challenges of the day.
- **Stay connected to other people**
Treasure and nurture the relationships with your spouse or partner, your family, friends and neighbors. Reach out to others in your community, including the young people. Stay involved with news and latest developments, engaging a positive community attitude. Everyone has a world of their own. However, maintaining social interactions and relationships can help you feel more optimistic about life. Other people matter.
- **Create positive emotions for yourself**
Experiencing positive emotions is good for your body, your mental health, and for how you relate to the world around you. Practice **positive emotion exercises (see below)** and learn to feel good about your age. Being optimistic and feeling good about yourself can help you to cope with its challenges.
- **Don't sweat the small stuff**
Accept what you cannot do and ask for help. Don't worry too much; most people enjoy helping. Don't be too rigid in your ways, keep flexible and go with the flow.
- **Set yourself goals and take control**
It is important to have goals in life and to take control to achieve them. Being in control of your actions gives you a sense of mastery and leads to accomplishments that you can be proud of, giving you a sense of purpose and meaning. If you are able to control important aspects of your life, you are one step closer to achieve positive aging.
- **Minimize life stress**
Stress is a part of everyone's life, and it's very natural. Stress can affect our lives negatively, depending on the kind of stress it is. We won't be able to prevent stress completely, but we can manage it so it doesn't affect our lives too much. Learning how to cope with stress can promote positive aging. A great way to control or even eliminate stress is to **practice mindfulness (see below.)** Try to minimize your stress- Learn to unwind, relax and "smell the roses".
- **Have regular medical check-ups**
Take advantage of health screenings and engage in preventive health behavior. Many symptoms and illnesses are managed successfully by taking charge of your and your partner's health.

BRAIN EXERCISE

YOU NEED TO THINK LITERALLY TO SOLVE THESE WORD PICTURES.

1.



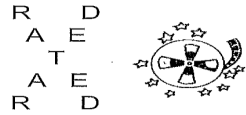
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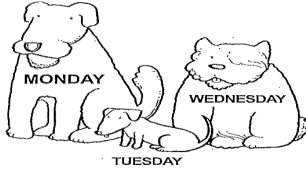
8.

MATHH

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10.



11.

PIECE

12.



- Answers**
1. Cold hands, warm heart
 2. Downgraded
 3. Aimless wandering
 4. X-rated movie
 5. Uproar
 6. Money talks
 7. Running on empty
 8. Faulty math
 9. Pickup line
 10. Every dog has its day
 11. Piece of pie
 12. Peace, two or victory