

PATRICK HAYS SENIOR CENTER

WHERE THE YOUNG AT HEART COME TO PLAY



QUARTERLY NEWSLETTER



FEBRUARY/MARCH/APRIL



JUST IN CASE.....

JANUARY AND FEBRUARY ARE THE WORST WINTER WEATHER MONTHS IN OUR AREA. REMEMBER, THE HAYS CENTER WILL BE OPEN UNLESS THE MAYOR CLOSES ALL CITY DEPARTMENTS. IF THE STREETS ARE BAD, PLEASE DO NOT TRY TO COME. IF YOU SLIP AND FALL OR HAVE AN ACCIDENT IT MAY BE QUITE A WHILE BEFORE SOMEONE CAN GET HELP TO YOU. ALWAYS CARRY A BLANKET IN YOUR CAR DURING THE WINTER MONTHS. WE WANT YOU TO STAY SAFE .

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- How We Got This Name
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- Puzzles & Fun

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 **Phone:** 501-975-4297

 **Web:** www.nlr.ar.gov/hayscenter

FROM THE DIRECTOR

Good Bye—Hello—Good Bye—Hello

During 2020 there were many changes to all lives and also changes at the Hays Center. Bernadette left the city for another job in August. I was given the opportunity to be your Interim Director for the past five months. It has been a pleasure to serve you during this period.

With a new year comes changes....the city of North Little Rock has a new Mayor, Terry Hartwick. Mayor Hartwick has employed Steven Carr to be the new Hays Center Director. He is from North Little Rock, so he knows "our town".

If you see a new face walking through the center (he likes to do walk-about) stop him and introduce yourself.

In the May-June-July issue, Steven will introduce himself to you and tell you more about himself.

The Hays Center has remained open since July. Both of the pools and all locker rooms are available. There is a limited capacity in each pool...the aerobic pool is 14 and the lap pool is 3.

The exercise equipment is open on a scaled back arrangement so that everyone using the equipment so that everyone using it can remain safe. All equipment is sanitized after each use.

Many have asked if we will be giving the vaccine here. At this time the answer is no. But, as you know from the past 9 months things change daily. If we do begin the administer the vaccine, we post it on our facebook page and our NLR website page.

For now, as we begin to hear of a new strain of the virus, please wear your mask whenever out in public. Wash, wash, wash your hands and stay away from everyone. I know you are tired of hearing this—I know I am—but we as ARKANSANS—we have to fight this mess and first it hard.

Please take care of yourself and stay well and safe.

We want to see you again soon.

Susan

WE STILL GOT MASKS

Are your face masks wearing out??? We still have masks available. If you are in need of a larger size, please call Connie and tell her you need the "other" size. There are plenty of colors and prints available. They are \$3.00 each.



Gardening 101

It is a new day and a new year, and I think everyone is ready for a clean slate. It is a great time to take stock of last year's garden and make plans for the coming season. What worked, and what didn't?

Planning is a great way to jumpstart success.

If you grow your own vegetable transplants, start seeds of cabbage, broccoli and cauliflower indoors. Grow lights or LED light kits will give you sturdier transplants, but it usually does take six to eight weeks to grow them.

If you still have spring-blooming bulbs that you haven't planted, get them in the ground as soon as possible. Remember they need to be exposed to 12 to 16 weeks of low temperatures if they are going to perform at their peak.

Camellias have never had as many flower buds as they do this year. Sasanqua camellias are in bloom and doing well. Hard freezes might nip a few open flowers, but new buds continue to grow and add to the display. Japonica camellias have larger blooms and foliage, and they can be more sensitive to cold. If you have flower buds showing color and a cold snap is predicted, you might want to cut some to enjoy indoors.

This is the middle of the dormant season. If you have hardy trees or shrubs that need to be moved to another part of the yard, from now through mid-March is ideal. Dig the new hole before you dig up the plant, and try to get the plant back in the ground quickly. The roots are sensitive to cold and drying winds. Water them after transplant and pay attention to water needs if we don't get ample rainfall.

One of the best stress reliefs is playing in the dirt

DOG TOWN: The story dates back to the early 1900's when saloon patrons in Little Rock rounded up stray dogs, crossed the Main Street bridge and dumped them on the north side (then known as Argenta). Their motive, the story goes, was revenge after Argenta separated from Little Rock in 1904. The citizens of Argenta fed these strays and adopted them and the name "dogtown" was given to the north side of the river. Argenta grew economically with the emergence of three major railroads and related industries. But lacking any government, Argenta developed

A WILD REPUTATION AS A TOWN OF DRINKERS, GAMBLERS AND VAGRANTS. MANY IMMIGRANTS FROM ALL OVER THE WORLD EVENTUALLY CAME TO ARGENTA. THEY FOUND JOBS WITH THE RAILROADS, STOCKYARDS, COTTONSEED MILLS, COTTON COMPRESSES, LUMBER YARDS, GRAIN ELEVATORS, ICE PLANTS AND SERVICE PROVIDERS. ARGENTA BUSINESS LEADERS WORRIED ABOUT THEIR TOWN'S

REPUTATIONS AND WORKED TO IMPROVE IT BUT RESENTED WHATEVER LITTLE ROCK HAD TO SAY ABOUT IT. IN A NEWS BRIEF FROM THE GAZETTE, ARGENTA RESIDENTS HAD COME UP WITH A NAME OF THEIR OWN FOR LITTLE ROCK— SOUTH ARGENTA!



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INTERNAL MEDICINE CLINIC





Nine Steps to a Better Allergy Season

1. Don't stop to smell the flowers. Yes, they're pretty, but sniffing a daffodil or tulip could aggravate your symptoms. Fragrances and pollen from star jasmine, narcissus, gardenia and lily of the valley are most likely to make you sneeze. Allergy-friendly plants and flowers include gladiolus, periwinkle, begonia, bougainvillea, iris and orchid, says Clifford Bassett, medical director of Allergy and Asthma Care of New York.

2. Wash your hair. Your hair is a pollen magnet, so take care not to pollinate your house when you go indoors. If you fall asleep with pollen in your hair, it will attach to your pillow, potentially causing nighttime allergy flare-ups. "Wash your hair before you go to bed at night, so it's not trapped right next to your nose, where you're inhaling it," says Joseph Leija, an allergist at Loyola University Health System's Gottlieb Memorial Hospital in Melrose Park, Illinois. Go a step further by washing bed linens at least once a week in 130-degree F water, which will rid your bed of pollen and kill dust mite eggs – another symptom trigger.

3. Don't line dry. Hanging laundry outside is a surefire way to capture allergens. Pollen will easily stick to linens, towels and whatever else is on the line. If you must air dry, do so indoors.

4. Eat right. You can fight allergies with your diet. Vitamin C-rich foods have been shown to unblock clogged sinuses, so load up on grapefruit, oranges, kale, mustard greens, broccoli and brussels sprouts. Research suggests that quercetin – found in black tea, green tea, apples, red onions and berries – inhibits the release of histamines, which trigger itching, sneezing, a runny nose and watery eyes. And pineapple and papaya contain bromelain, a mixture of enzymes thought to improve seasonal allergy symptoms.

5. Wear sunglasses. "Be a movie star," Bassett says. Wearing oversized shades can "block out pesky pollens from getting into your eyes and eyelids." Also smart? Sport a pollen mask and gloves while you're outside, and avoid touching your face and eyes.

6. Forget the fan. Beat the heat with air conditioning, not fans. Window fans can invite pesky pollen and mold spores into your home. When you're in the car, you should likewise keep cool with AC. Sorry, sunroof!

Nine Steps to a Better Allergy Season Cont'd

7. Stay inside. Stay indoors as much as possible, Leija suggests. Rather than running outside, for example, take your exercise routine to the nearest gym. Since plants typically pollinate in the early-morning hours, it's particularly important to postpone outside activity until after 12 p.m. The American Academy of Allergy, Asthma & Immunology's National Allergy Bureau displays pollen and mold counts for every area in the country on its website. When levels are particularly high, you'll know to take extra steps to limit your time outside. The highest pollen levels are typically recorded on warm, dry and windy days, while the lowest are on windless, wet and cloudy days.

8. Maintain the dog. When your golden retriever frolics in the grass, he collects allergens such as mold and pollen. Wash his paws before allowing him back into the house.

9. Leave your shoes at the door. It's not just your dog who tracks allergens inside the house. Pollens can hitch a ride inside on shoes, so take them off either before stepping foot indoors or immediately upon entry.

Kale & Carrot Soup

Ingredients

4 Whole Carrots
½ tsp Fennel
1 inch Fresh Ginger
½ lb Fresh Kale
¼ Whole Lime
½ tsp Salt
1 tlbs Sunflower Oil

PREPARATION OF THIS HEALTHY RECIPE

Chop kale & carrots. Place in a pot and add water until vegetables are just covered. Boil with all ingredients until kale is soft and easy to chew. Easy to chew means easy to digest.

This soup was developed primarily to relieve acid reflux. Kale and bitters reduce stagnation in the digestive tract and clear heat. Carrot and vegetables with beta-carotene reduce Pitta. Fennel improves digestion without increasing Pitta. Fresh ginger is an anti-inflammatory that improves digestion as well. Lime reduces acidity in the stomach. Soups in general are easy to digest, an essential quality to recover from any digestive tract ailment



NORTH TO ALASKA



The Hays Center is planning to return to Alaska leaving on August 28th with an overnight at a Seattle hotel before boarding the Regal Princess, sailing August 29th thru September 5th. The cruise will travel through the scenic inside passage, featuring Ketchikan, famous for totem poles and salmon swimming beneath shops and cafes. You will view the towering cliffs of Endicott Arm Fjord and Dawes Glacier. You will port at Juneau, home of the Mendenhall Glacier which is great for whale watching opportunities. Next on your cruise you will anchor in Skagway with the White Pass Railroad which travels the route of the historic gold rush thru the Yukon Pass. You will also visit quaint Victoria which is like

traveling back in jolly ole England. Cost for inside cabins is from \$2,250 each and balconies from \$2,940. These are based on double occupancy. The costs include your roundtrip from Little Rock, Seattle hotel with breakfast, pier transfers, gratuities, insurance, taxes and fees. You are welcome to add excursions to each of the ports at your own expense.

To get started on your trip, call Carol Bajorek at 501-771-0987.

If you have any questions regarding this cruise, you may call Carol or Susan at 501-975-4297.

This is a great trip...my second time going back.



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Holiday Craft

EASTER DIY DECORATION

DIRECTIONS



Supplies:
 metal flower pot
 floral foam
 floral picks
 mini carrots
 garden trellis
 Easter sign
 white chalk paint
 glue gun and glue sticks

Paint two coats of chalk paint around the outside edges of the flower pot. When dry sand over the letters to make them stand out. Dab some of the same chalk paint all over the trellis to give it more of an aged wrought iron look. Place a large piece of the floral foam inside of the pot, and stuff small pieces around it to make it nice and tight. Place the trellis in the pot, up against the back. Hot glue it in a couple places to the back of the pot. Add your floral picks and then set the carrots randomly inside the florals. You can just drape the sign over the top of the trellis. That way, if you want to use it past Easter, you can change it out. If you want to make it permanent, hot glue the back of the sign to the trellis.

VARICOSE VEINS? TIRED AND ACHING LEGS?

They could be a sign of vein disease.



Venous reflux can cause these signs and symptoms¹:

- Varicose Veins
- Swelling
- Itching
- Heaviness or tiredness
- Aching
- Cramping
- Restlessness
- Open skin sores

CVI Risk Factors¹:

- Family History
- Lack of exercise
- Leg injury or trauma
- Prolonged sitting or standing
- Obesity or excess weight
- Current or previous pregnancies
- Smoking

If venous reflux is left untreated it may worsen over time and develop into a more serious form of vein disease called chronic venous insufficiency, or CVI.²

Learn more about symptoms, risk factors, and treatments at [Medtronic.com/VeinDisease](https://www.Medtronic.com/VeinDisease)

References

- ¹ Criqui MH, Denenberg JO, Langer RD, Kaplan RM, Fronck A. Epidemiology of Chronic Peripheral Venous Disease. In Bergan JJ, Bunke-Paquette N, eds. *The Vein Book*. New York, NY: Oxford University Press; 2013:27-36
- ² Eberhardt RT, Raffetto JD. Chronic venous insufficiency. *Circulation*. July 22, 2014; 130(4):333-346

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<http://printablesudoku.blogspot.com>

Hidden Objects Puzzle

Can you find the twelve hidden objects?



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