

THE GRAPEVINE

FROM CAPITAL CITY ACTIVITY CENTER

UPDATE: CENTER OPENING

Beginning in July, Capital City Activity Center will offer very limited in house classes: exercise, Tai Chi, and Spanish. There are several reasons for this:

1. Even though the Governor has lifted the COVID mandates, Capital City Activity Center still must follow CDC, Cabinet for Health and Family Services and Department of Aging and Independent Living guidelines. And no matter what stage our reopening is, if Franklin County COVID numbers are in the red, the Center will have to close again.
2. The classes the Center is offering do not require any interaction or sharing of objects or space. We'll still have to social distance until guidance changes.
3. The Center remodeling is still a work in progress. Although the contractors are doing a great job, there have been some unforeseen delays. The project began in September 2020 because the Center needed to change some areas to be in compliance with CDC guidelines.
4. The FCCOA Board is having to establish policies and procedures for the coming future. Because of limited space, we've had to figure out how many people can fit into the space, establish a registration procedure, and figure out how much time we need to clean the surfaces in the room.
5. Because no one except meals clients have been active in over a year, every member will need a new assessment. Please stop by the Center to pick up an assessment or call the Center and we'll mail you one.

Please see pages 4 and 8 for further guidance. If you want to participate in the July offerings. Or call the Center, 502-223-5794, for further information.

JULY 2021

202 Medical Heights Dr. Frankfort, KY 40601 | Facebook: Capital City Activity Center
Phone: 502-223-5794 | Fax: 502-227-8019 | Website: www.frankfortkyseniors.org

SAVE THE DATE for GIVE65 EVENT

Capital City Activity Center is teaming up with Home Instead Charities during the Give65 Event July 13-16. Funds raised will stay in Franklin County and will support transportation services at the Center when the Center reopens.

In addition to helping older adults in Franklin County, any donations have the chance to be matched by Home Instead Charities. Every organization that participate is eligible for up to \$5000. Matching grants always go quickly, so we encourage you to give right away when the event kicks off—9 am July 13.



FRIDAY YARD SALES 8 am—1 pm

Do you have items to sell? We have a way for you to sell them.

Call the Center, 223-5794, by noon on Wednesday and request a parking space. **Each space is \$5.00.**

On Friday, come to the Center to set up. Bring your own table(s) and chairs. You can pay for your space when you come. **And come to the Center to shop on Friday!**



2 THANKING OUR SUPPORTERS



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DOROTHY BARKER**
Jean Haydon

**IN MEMORY OF
RUTH WHITE BLACKWELL**
Patricia R. Thomas

**IN MEMORY OF
FRANCES IRENE DENNIS**
Jane Smith

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Patricia R. Thomas

**IN MEMORY OF
CHARLIE SEMONES**
Pat Price

**IN MEMORY OF
MARVIN WHISMAN**
Mary Whisman



**IN HONOR OF
MARCHELE JENKINS'
55TH BIRTHDAY**
Kent Dotson

**IN HONOR OF
FRED WINGATE'S BIRTHDAY**
Jennie Weddle

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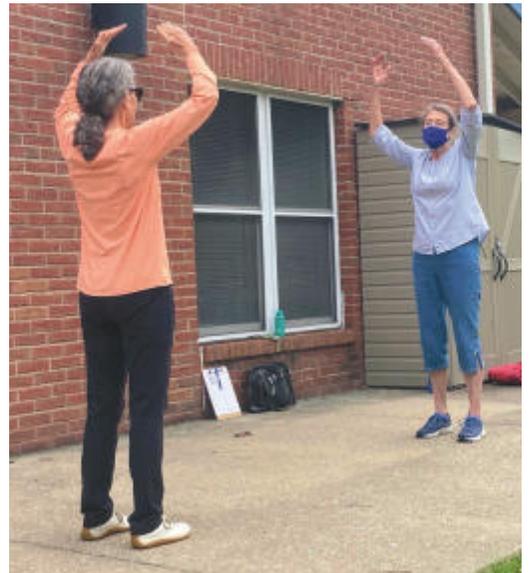


Thank you, representatives of Franklin Co. Professional Firefighters for shopping for seniors! Kroger West gave them a 10% discount, and they bought canned vegetables, peanut butter and soup which they donated to the Capital City Activity Center. The Franklin County fire stations will be accepting canned good and nonperishable items from the public on the last Saturday of each month. They plan to regularly contribute to the Center. Pictured at left with Activity Center Director MarcheLe Jenkins are Lucas Cummins and Chris Daniel of Franklin County Professional Firefighters.



Thank you Lions Club, especially Stan & Linda McDougal, President Bob Logan, Teresa & Cecil Warner and Caleb Manley, for helping to pass out lunches to the seniors who drive by and pick up a lunch. They volunteered the week of June 7-11. Bob Logan (pictured right) hands a hot meal to a Franklin Co. senior.

Look at what's been happening. 3



Dr. Jan Weisberg

Summer is upon us with its heat and sun. Families are off to the beach to soak it up, and many of us are spending hours in the garden or pool. The American Academy of Dermatology estimates that 1 in 5 Americans will develop skin cancer in their lifetime. Skin cancer is the most common cancer in the US, and unprotected UV exposure is the most preventable risk factor for skin cancer.

There are ways to help mitigate the harmful rays of the sun. The sun's rays are strongest between 10 AM and 2 PM and seeking shade is always an option. Wear a light weight and long sleeve shirt, pants, a wide brimmed hat and sunglasses with UV protection, when possible. (This is ideal, but rarely do I see families at the beach following this advice.)

The most common preventive measure is to use sunscreen. I read four different articles written by different dermatologists as to their favorite sunscreens, and they were not in agreement. There is agreement that you should apply a broad spectrum, water resistant sunscreen with an SPF (sun protective factor) of 30 or higher to all skin not covered by clothing. This should be re applied every 2 hours or after



swimming or sweating. They also generally prefer lotions since sprays are inconsistent, and sticks require 4 swipes on each area.

Last year articles were published showing that sunscreens were readily absorbed, and the chemicals were present in the bloodstream shortly after application. These may even remain present up to 3 weeks. Some of the levels were above those deemed acceptable by the FDA.

A tan is a sign that your skin has been injured. The American Academy of dermatology states "whether you're exposed to the sun's UV rays or visit an indoor tanning salon, every time you tan, your skin is damaged." When your skin is damaged the aging of the skin accelerates, and the risk of skin cancer increases. Skin cancer, if found early, is easily treatable. This includes melanoma which is the deadliest form of skin cancer. If you've noticed new lesions, lesions that are changing size or getting darker, or develop asymmetry or irregular borders you should contact your physician.

Have a fun summer, hug all those family members and friends that you have not seen for a year as we start on the path to a more normal life.



WHAT RE-OPENING WILL LOOK LIKE

Once Capital City Activity Center opens, as we've stated elsewhere, everyone here will follow CDC and

Cabinet for Health & Family Services, Dept. of Aging and Independent Living guidelines. These guidelines apply to all 195 senior centers in Kentucky. As of mid-June, below are a few guidelines:

- Wearing masks is optional.
- Everyone will maintain social distance.
- If the number of COVID cases in Franklin Co. puts us in the 'red' category, the Center will close until Franklin Co. is out of the red.
- We anticipate additional requirements.

In addition, Capital City Activity Center will require the following:

- Everyone must attend an orientation meeting. At that time, if you haven't filled out a reassessment, you will take time to fill it out. Everyone will receive a tour of the building and have an opportunity to ask questions about new policies and procedures and space usage.
- EVERYONE must make reservations to attend any activity or eat lunch. Because of social distancing, space will be limited, and it will be really important for us to know who will be attending lunch or events. (You can sign up for more than one meal or activity at the same time.)
- Center hours of operation will most likely be limited in the beginning. The Center spaces will need to be cleaned frequently and certainly between activities in the same room, and the inmates from the jail are no longer here. So current staff will be responsible for keeping the Center clean and sanitary.

CAPITAL CITY ACTIVITY CENTER DONATION

DETACH AND MAIL TO CAPITAL CITY ACTIVITY CENTER

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Lunch is available for pick up to anyone over 60 between 11:30 a.m.—12:15 p.m. Call the Center, 502-223-5794, 24 hours ahead of time to order.</p> <p>Skim milk, wheat bread and butter are served with each meal—except where noted.</p>			<p>01 Meatballs w/ Mushroom Gravy and Noodles Green Beans Mandarin Oranges/ Banana</p>	<p>02 Creamy Chipped Beef on Wheat Toast Lima Beans Mandarin Orange Delight</p>
<p>05</p>  <p>Center is closed.</p>	<p>06 Cheddar Baked Fish Au Gratin Potatoes Green Beans Fruit Salad</p>	<p>07 Baked Potato w/Sour Cream, Broccoli Bacon Bits, Cheese Black Eye Pea Salad Applesauce</p>	<p>08 Vegetable Beef Stew Southern Lima Beans Cheesy Corn Muffin Mandarin Oranges/ Banana</p>	<p>09 Turkey & Noodles Mixed Vegetables Blend w/Margarine Gelatin Delight</p>
<p>12 BBQ Baked Chicken Baked Beans Creamy Coleslaw Fruit Cup</p>	<p>13 Meatballs w/Sweet & Sour Sauce Green & Wax Beans Brown Rice Mandarin Oranges</p>	<p>14 Chicken Florentine w/Spinach, Penne Pasta Tossed Salad Strawberry Delight Gelatin</p>	<p>15 Chef Salad w/Turkey Northern Beans Pineapple & Mandarins</p>	<p>16 Chicken Pot Pie Garlic Lima Beans Mandarin Orange/ Bananas</p>
<p>19 Country Fried Chicken Mashed Potatoes w/ Gravy Lima Beans w/ Onion Chilled Peaches</p>	<p>20 Sloppy Joe on Bun Deluxe Baked Beans Creamy Coleslaw Mixed Fruit</p>	<p>21 Salmon Patty w/Dill Sauce Baked Potato Broccoli Cuts Chilled Peaches</p>	<p>22 Vegetarian Bean Soup Grilled Chicken Sandwich Saltine Crackers Mandarin Oranges/ Banana</p>	<p>23 Fried Chicken Livers Creamed Potatoes Lima Beans w/ Onion Applesauce</p>
<p>26 Chicken Strips Macaroni & Cheese Green Beans Ambrosia</p>	<p>27 Beef & Bean Chili Tossed Salad w/ Dressing Pineapple/Mandarin Orange Cornbread</p>	<p>28 Red Beans & Ham Mixed Greens Deluxe Cornbread Mandarin Oranges</p>	<p>29 Meatballs w/ Mushroom Gravy and Noodles Green Beans Mandarin Oranges/ Banana</p>	<p>30 Creamy Chipped Beef on Wheat Toast Lima Beans Mandarin Orange Delight</p>



Sudoku

Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9.

			3	9				
4			6			2		
		3	5		1			
2		5				7	4	
	1	4	7					9
9				3				
5						4		3
		1			7			
			2	6				

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DIFFICULTY: ★☆☆☆☆

ENIGMA™ CRYPTOGRAM

Enigma cryptograms are created from quotations and proverbs from around the world. Each letter stands for another letter. Hint: "J" = "N"

"NLXSSOHA LEEGQ LTGO NHTOJCQFTI,
WBQS LTGO X RELN LEEGQ LTGO X
CEZ."

— XBSFEH BJGJERJ

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E001

ENIGMA™ CRYPTOGRAM

Enigma cryptograms are created from quotations and proverbs from around the world. Each letter stands for another letter. Hint: "Y" = "N"

"BGXZL-RTYLPLYPDD TD EWP GPDCFE
XN NFZEEPTYA WTAW-RTYLPLYPDD
XCE."

— APXGAP DZYEZJZYZ

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E012



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Helping Hands Food Pantry Fridays, 9:30—11 am



Eligibility:

- 18 years of age or older
- resident of Franklin Co.
- ONE box per household per month

Current Procedure:

1. Between 9 a.m. Monday morning and Wednesday noon call the Center, 502-223-5794, to reserve a box. The number of boxes available is limited, so please call early in the week.
2. Make arrangements to pick up your box between 9:30 and 11 a.m. on Friday. Pull into the drive through to pick up your box. If you do not pick up your box by 11 a.m. Friday, the box will be given to the next person on the list.

Part of God's Pantry in Lexington, KY, the Food Pantry accepts donations from B's Bakery, Big Lots, Kroger, Little Casear's Pizza, Panera, Papa John's Pizza, Poppy's Bakery and Walmart. In FY 2020 over 4800 participants received food from the Helping Hands Food Pantry.

ONLINE OFFERINGS

Line Dances!

- Pocket of Hearts (new Intermediate)
- Temptation (review Intermediate)
- July 5-15

After July 15 Capital City Activity Center will rotate the line dances already posted—for you to review.

Four Tai Chi for Arthritis with Victoria videos are now available.

IF you are NOT currently signed up for any of the videos and would like to be, this is how to access the videos: email arobbins@fcco.com.

**PHONE CALL BINGO
TUESDAYS, 6, July 13, July 20, July 27
2:00 pm.**

No registration necessary.

1. Download 2 Bingo cards from the Internet, call the Center and ask us to mail you 2 cards OR stop by the Center and pick up cards.
2. On any Tuesday in July about 2 p.m., call **(502) 209-7085** from your phone—either land line or cell phone. They'll tell you what to do.

INDOOR ACTIVITIES

**Exercise with Karen
Monday & Wednesday, 10:30 am**

Karen is back—inside this month. Reservations required.

**Tai Chi for Arthritis
Tuesday, 10 am**

Join Victoria for indoors Tai Chi. Reservations required.

Line Dancing Begins July 12 Indoors!

**Mondays, beginning July 12:
Intermediate, 1-3 pm.**

**Thursdays, beginning July 15:
Beginners, 1-2 pm.
Beginner Plus, 2:30-3:30 pm**

Call the Center, 223-5794, to reserve a

spot for any of the line dancing classes right. If you'd like to attend a second class on the same day, you can be on the waiting list for your second choice.

Nutrition

Wednesday, July 21, 9 am

Friends from KSU are back! Happy will be talking about My Plate and the importance of eating balanced meals. Happy promises a game and prizes! Reservations required.

**Beginner's Spanish Class
Wednesday, July 21 1:30 pm**

Join Emilio Santellana for a monthly Spanish lesson. Reservations required.

PROCEDURE FOR ATTENDING ALL INDOOR ACTIVITIES

1. **Call the Center, 502-223-5794, to make a reservation for the activity (activities) you plan to attend.** Space is limited because of social distancing.
2. **Be sure you have a 2021 reassessment.** You can stop by the Center to pick one up early, or fill it out after your first class.
3. Park in the back parking lot.
4. Enter the building through the double doors at the rear of the building. (The rest of the Center is off limits until further notice.)
5. Your class will meet in what used to be the Nancy Wilson Craft Room.
6. Masks are optional.
7. There is an accessible rest room, and the Center will provide bottled water only.
8. Maintain social distancing during your activity and break.



**Aqua Aerobics
Juniper Hills Pool**

**Mon, Wed, Thurs
10 am**

\$1.00 per session

- ◆ Capital City Activity Center will update the Sitter List in July. If you would like your name to be included on the list or would like your name to be added to the list, please contact the Center, 502-223-5794, or arobbins@fcco.com.
- ◆ Are you in need of hearing aid batteries? The Center has several sizes and might be able to provide you with some. Contact the Center, 502-223-5794.
- ◆ Beginning July 1, 2021, each member of Capital City Activity Center will have to fill out a reassessment for the state. This process must be repeated annually. Assessments are available for you to pick up at the Center, or call 502-223-5794 and ask for one to be mailed to you.



Banana Split Oatmeal

Ingredients:

- 1/3 c. oatmeal (dry, quick cooking)
- 1/8 t. salt
- 3/4 c. water (very hot)
- 1/2 banana, sliced
- 1/2 c. frozen yogurt, non-fat

Directions:

1. In a microwave safe cereal bowl, mix together the oatmeal and salt. Stir in water.
2. Microwave on high for 1 minute. Stir. Microwave on high for another minute. Stir again.
3. Microwave on high an additional 30-60 seconds until the cereal reaches the desired thickness. Stir again.
4. Top with banana slices and frozen yogurt.

Join Us for A Virtual Estate Planning Workshop ... Thursday, April 29, 2021 at 6:00 p.m.

This workshop will cover FAQs and common misconceptions regarding wills and trusts, asset protection, Medicaid qualification and much more! The virtual workshop will be conducted via zoom. Registration is required. Please call, text or email us to register. Upon registration, you will be provided a link to join in remotely.

Please feel free to contact us if you'd prefer to schedule a confidential one-on-one appointment. We are currently offering virtual appointments as well as in-person appointments for those who prefer an in-person experience.



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HELP STOP ELDER ABUSE



During World Elder Abuse Awareness Month, Attorney General Cameron's Medicaid Fraud Unit and Office of Senior Protection are joining forces to raise awareness about how to protect seniors from abuse in all its forms. Whether you are the family member of an aging loved one or a senior yourself, our offices stand ready to help you and those you love avoid neglect, exploitation, and physical or financial abuse.

Our Medicaid Fraud Unit is committed to investigating, and when necessary, prosecuting those who seek to abuse, neglect, or exploit elderly patients in nursing homes, Medicaid healthcare facilities, or personal care homes. We believe every patient deserves to be treated with dignity and respect, and we do not tolerate abuse or neglect from those charged with their care. If you suspect patient or resident abuse, neglect, or exploitation, report the incident to our office by completing our online form at ag.ky.gov/MedicaidFraud or call our hotline at 1-877-228-7384.

In addition to assisting vulnerable adults, our office also endeavors to protect Kentucky's seniors from the financial abuse and devastation often associated with scams and fraud. Because of their financial stability and nest egg savings, seniors make attractive targets for scammers and fraudsters.

Far too many Kentucky seniors have suffered financial loss due to scams. In 2020 alone, Kentucky seniors reported nearly \$3 million in losses to our office, and sadly, these statistics may represent a fraction of actual losses. Data from AARP Kentucky shows \$15.8 million in fraud losses by seniors during that same year.

Our Office of Senior Protection assists senior victims of fraud and provides information about the common tactics scammers use to carry out their schemes. While there are many types of scams and fraud, seniors can protect themselves from common scams by following these tips:

- If anyone instructs you to urgently send money, provide credit card information, wire money, or purchase gift cards, it's a scam!
- Be skeptical of anyone who calls asking for verification of your Social Security or Medicare number or insurance information;

- Regularly monitor your bank and credit card accounts for suspicious activity. Promptly report unauthorized charges to your bank or credit union.
- Kentucky seniors should also watch out for an old scam that has been on the rise in the last month, the grandparent scam. In this scheme, scammers claim to be with your loved one, often a grandchild, who is in trouble and urgently needs money. To avoid this scam, watch out for callers who ask you to keep quiet about the incident and not share information with your family or friends.
- Remember - scammers do their research. Just because a caller knows your name and the identities of your loved ones doesn't mean they are who they say they are.

Our best advice: Every unsolicited call, text message, and email should be considered suspect.

If you are contacted by someone you do not know, stop and pause before acting. Contact a trusted friend, and always independently verify information before responding or sending money.

If you or someone you know has been the victim of a scam, don't be afraid to report the incident to our office by completing our online scam complaint form at ag.ky.gov/scams. It is important to act quickly, as we may be able to help you avoid further financial harm.

LaDonna Koebel is the Executive Director for the Kentucky Attorney General's Office of Senior Protection and Mediation.

Farmers' Market Vouchers

Applications for vouchers will be taken on Tuesdays, June 22—July 27, 10-11:30 am.

You must be a Franklin County resident. Income guidelines will apply. Call the Center, 223-5794, for more information.



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THE GRAPEVINE

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FROM THE DIRECTOR, MARCHELE JENKINS

I am so happy that the Center is able to offer some indoor programming in July. And we'll add programs and services as the remodeling is finished and according to CDC and KY Health & Family Services, Dept. of Aging and Independent Living guidelines. Even though things and services are beginning to open in full, all 195 senior centers in Kentucky must follow these guidelines. We're starting with exercise and Spanish classes because these classes don't require physical contact or sharing objects or surfaces. Also, it will allow us to work out the kinks in the registration system that the Center will use in the foreseeable future.

Beginning in July, I will be making a series of videos that will be available on Facebook and our web page. I'll be answering questions and explaining some of the decisions that the board has made. Topics like Why has the Center not reopened? Or Why do I need a reservation before I come? Also, I'll be giving you a glimpse of your new center. The remodeling is progressing, and I think you'll find a very different look when you return. If you have questions or topics for these short videos, please email me, mjenkins@fcco.com.

No one wants 'normal' any more than I do. But normal will just look different for the foreseeable future, and it's subject to change with changing regulations.

Blessings,
Marchele

CONTACT CAPITAL CITY ACTIVITY CENTER

502-223-5794

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