



# ST. GEORGE ACTIVE LIFE CENTER

For Active Adults | 60+ Forever Young

## CENTER INFORMATION

245 N. 200 W.

St. George, UT 84770

phone: 435.634.5743

web: <http://>

[coa.washco.utah.gov/st-george/](http://coa.washco.utah.gov/st-george/)

Facebook: <https://>

[www.facebook.com/](https://www.facebook.com/)

[StGeorgeActiveLifeCenter/](https://www.facebook.com/StGeorgeActiveLifeCenter/)

## HOURS

Tuesday -Friday

9:00 am - 4:00 pm

(Closed Saturday thru Monday)

## LUNCH

Tuesday -Friday

11:30 am -12:30 pm

Suggested Donation \$3.00

## THRIFT SHOPPE' AND BOUTIQUE

Tuesday -Friday

9:30 am - 1:30pm

We take donations!

## CENTER STAFF

Supervisor: Jeanie Johnson

Meals on Wheels: Linda

Dial-a-Ride: Deanna Bringham

Director: Jacob Browning



## August 2021

### HOT AUGUST NIGHTS...AND DAYS

We are in the middle of one of the hottest summers ever here in the western United States. Sometimes, the summer heat makes our achy arthritic joints less painful. But it also makes us vulnerable to dehydration. Remember to drink plenty of water. With dehydration comes disorientation so we may not remember that we need to drink or eat. Food is just as important as water. It's sometimes hard to eat in the heat, so check out our watermelon salad recipe on page 17 for a cooling treat that's good any time of the day.

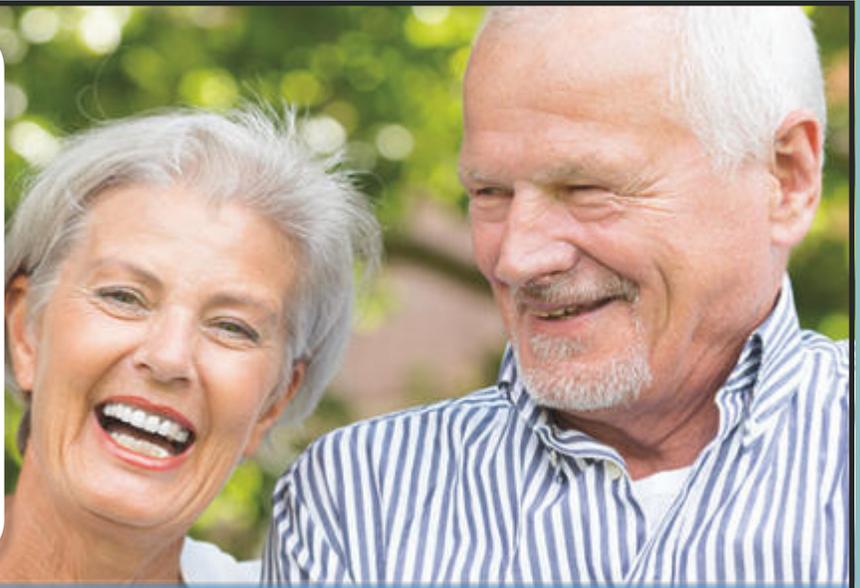
### TIPS AND TRICKS FOR SUMMER SURVIVAL

While we're hiding from the burning sun, this is a great time to get organized and ensure you're set up for surviving the weather and that you're prepped for emergencies. Set a timer on your phone to remind yourself to eat or drink, if necessary. We've had some power outages this summer so make sure your flashlights have fresh batteries. Keep shelf-stable snacks and meals in your pantry so you don't need to open your refrigerator and let the cold air out. Get a thin towel wet and wrap it around your neck to stay cool if the AC isn't running. And remember to take water, keys, glasses, and phone with you when you leave the house, just in case you need to call for help. Or have a sudden desire for ice cream. Stay cool!

The adult version of "head, shoulders, knees and toes" is "wallet, glasses, keys and phone."

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## INDEPENDENT \* ASSISTED \* MEMORY CARE

*Our community features an environment rich in daily activities; all day restaurant style dining; 24-hour staffing & emergency response; shuttle and appointment transportation; housekeeping & laundry services; beauty salon & barber shop; gym & exercise programs; library & garden areas!*



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Need a ride to a medical appointment, to pick up a prescription or groceries?

## CALL DIAL-A-RIDE

**435-256-6343**

Between 8:00 am—12:00 pm, or leave a message anytime!



Transportation Available  
Tuesday through Friday  
9:30 am—2:30 pm

**PLEASE SCHEDULE AT LEAST  
THREE DAYS IN ADVANCE!**

SUGGESTED DONATION:

**\$3.00 ONE WAY, or \$5.00 ROUND TRIP.**

Please State Clearly:

- 1) First & last name, telephone number, and home address.
- 2) Date & time you would like to be picked up at home.
- 3) Destination name, with complete address.
- 4) Appointment time (if applicable).
- 5) Time you would like to be picked up and taken home.
- 6) Any special condition such as mobility aids or personal attendant travelling with you.

# ZION EYE INSTITUTE



**Jason Ahee, M.D.**  
*Cataract/Lasik Surgeon*



**Jayson Edwards, M.D.**  
*Corneal/LASIK/Cataract Surgeon*



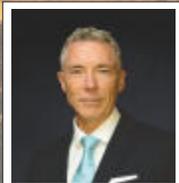
**Derrek Denney, M.D.**  
*Cataract/Lasik Surgeon*



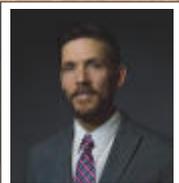
**Joshua Schliesser, M.D.**  
*Pediatric Eye Specialist/ Surgeon*



**Jeffrey Ricks, O.D.**  
*Optometrist*



**Jason Hauck, O.D.**  
*Optometrist*



**Matheson Harris, M.D.**  
*Oculofacial/Reconstructive Surgeon*



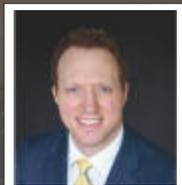
**Jason Wickens, M.D.**  
*Vitreoretinal Surgeon*

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# 4 For Your Health

## HOW TO BUILD HEALTHIER SLEEP RITUALS



Many people have heard that getting a good night's sleep is important, but few understand just why that is. Good sleep has many health benefits ranging from lowering the risk for depression and high blood pressure to preventing poor eating habits. Some research even links poor sleep to dementia and heart disease. The science is undeniably clear on why you need to get a full night of quality sleep.

But how much sleep each night is enough? Unfortunately, there's no right answer because the range for "normal" sleep duration varies widely. Older adults are more likely to experience sleep issues. Some struggle to fall asleep, and others have a tough time staying asleep. Sleep experts say the key to quality sleep often lies in developing healthy, consistent bedtime rituals.

### WAYS TO IMPROVE SLEEP QUALITY AND DURATION

Cut the caffeine: A cup of coffee in the morning to get you up and running is generally not going to disrupt your sleep. But consuming too much coffee or having it late in the day likely will. Try to avoid caffeinated foods and beverages in the afternoon or evening.

Avoid liquids late in the day: Another issue that can contribute to poor sleep is drinking too many liquids in the evening. This will likely increase the number of times you have to get up and use the bathroom during the night.

Limit alcoholic beverages: It is a myth that a glass of wine or other type of alcohol after dinner will help you sleep better. While it might make you drowsy at first, after a few hours it acts as a stimulant that can actually

prevent you from sleeping.

Exercise early in the day: Getting plenty of exercise during the day also can help you get a good night's rest. It's generally best to work fitness activities into your schedule early in the day.

Try a "cat" nap: Some people find taking a 20-minute nap early in the afternoon keeps them from becoming overly tired later in the day. That might make it easier to relax in the evening and drift off to sleep.

Explore relaxation techniques: From counting backwards from 1,000 to practicing deep breathing, your nights might improve if you are able to relax and unwind. Relaxation Exercises to Help Fall Asleep (see page 6) has different techniques you can try.

Create a positive sleep environment: One final suggestion is to take a look at your sleeping area. Do you have curtains that block out light? Is the space quiet during the overnight hours? Are you keeping televisions, tablets, and devices turned off and out of reach? Having a peaceful environment is important for preventing insomnia and other sleep problems.

### SEEK PROFESSIONAL HELP

If you've tried all of the suggestions listed above and still find sleep to be elusive, it's probably time to get some professional assistance. The next step should be to schedule an appointment with your primary care physician. They can help identify if your insomnia is an issue such as a thyroid problem or a side effect of a medication.

Your family doctor can also refer you to a specialist for a sleep study if they are unable to find another cause of the problem. The bottom line is to not accept that poor sleep is just a normal part of aging.

## PHARMACY FRAUD

Prescriptions in the United States exceed \$300 billion per year and a large portion of those prescriptions are covered by government programs like Medicare, Medicaid or Tricare. Because of the size of these programs, fraud is rampant within these programs. You can do your part to help reduce the cost of fraud in prescription drugs by taking a few simple steps.

- Check your pills when you pick them up. Pay attention to the size, shape and color of your prescriptions. If a prescription doesn't look the same, talk to the pharmacist before you leave.
- Count your pills. Fraud sometimes occurs when your plan is billed for 30 pills but you get fewer. This may also prevent you from filling your prescriptions when you need them. Take a minute to count your pills before you leave the pharmacy.
- Check your Explanation of Benefits. Each month, you should receive a statement showing what your plan has paid for your prescriptions. Checking this statement may reveal if your pharmacy billed your plan for things you didn't receive.
- Opt out of automatic refills for "As Needed" mail order prescriptions. If you use a mail order pharmacy, you may have the option to automatically refill your prescriptions. If you have any that you take infrequently, or less often than prescribed, automatic refills could give you higher quantities of your medication than needed. While not fraud, it is considered waste and increases the cost of prescriptions for everyone.

If you have questions or suspect that you may be a victim of fraud, contact the Senior Medicare Patrol at (435) 673-3548.

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## RELAXATION EXERCISES TO HELP FALL ASLEEP (FROM SLEEPFOUNDATION.ORG)



There are countless ways to activate our body's relaxation response, but the goal is always the same. These exercises lower one's heart rate and blood pressure, slow and deepen breathing, and create an increased sense of well-being. Research has shown that these changes help us fall asleep, demonstrating that relaxation techniques can help reduce the symptoms.

### TIPS FOR TRYING RELAXATION EXERCISES

Before you try relaxation exercises to help you fall asleep, here are some helpful tips to keep in mind.

- While these exercises can be helpful tools on their own, they may be more effective when combined with other improvements to your sleep hygiene, such as maintaining a consistent sleep schedule and cultivating daytime habits that promote sleep.
- Just like learning any new skill, relaxation exercises take practice. Repetitive and ongoing use of relaxation exercises is usually more effective than one-time or short-term use.
- While it's tempting to look for the best and most effective relaxation techniques, what's most important is to find what works for you. That may take some experimenting, so if one exercise doesn't work, just try another.

The following techniques are general overviews of different techniques. For more in-depth information and specifics, visit <https://www.sleepfoundation.org/sleep-hygiene/relaxation-exercises-to-help-fall-asleep>. [Youtube.com](#) also has some excellent videos for guided meditations and relaxing music.

### Breathing Exercises

Taking slow, deep breaths is one of the easiest and most basic ways to engage your body's natural relaxation response. If you find yourself lying awake in bed, start by taking 10 deep breaths. This alone can begin to slow the breath and create a sense of calm. If you're looking for other breathing exercises, here are a few to try.

### Visualization Exercises

Another way to engage the body's natural relaxation response is to use visualization exercises. These techniques rely on using mental images to create a sense of well-being in the body, which can reduce stress and help you fall asleep.

### Progressive Muscle Relaxation

Progressive muscle relaxation is based on the idea that it's hard to be tense when your muscles are relaxed. This exercise is performed by methodically tensing and relaxing 16 different muscle groups, one by one.

### Biofeedback

Biofeedback is a bit more involved than other relaxation exercises because it relies on technology. This technique uses electronic devices to help users monitor processes within the body that are normally unconscious, like brain waves, heart rate, breathing, and body temperature. The idea behind this mind-body technique is that, by monitoring these body processes users can begin to exert some control over them.

**AARP Driver Safety Class will resume on September 10th.** For more information and to register for the class, contact Victor Lorch at (435) 772-5620.

**Dixie Poets**

1st and 3rd Tuesdays at 1:30—3:30pm

**Free Attorney Service**

Wednesday, August 4th at 2:00 pm; Thursday, August 12th at 1:30 pm; Thursday, August 26th at 1:30 pm. Please make an appointment with Linda.

**Long-term Medical Question**

Get some answers to your questions regarding long term medical care and insurance, 1ST Wednesday of month 12:30

**Parkinson's Meeting**

For caregivers and people with Parkinson's. 3rd Wednesday of the month at 10:30 am.

**LECTURES AND EVENTS**

**Love One Another Class**

Taught by Pat Sapio, this event will be held May through August. Starting Thursday May 6th @10:00 -11:30 am. \$1.00 Donation

**The Mindset of Happiness and Joy**

Tuesday, August 3rd (last class) 10:30-11:30 AM. This course will teach the principles of mind, consciousness, and thought. A new perspective on psychology, mindset, motivation, and how habits are formed and changed. Knowing how these principles work in our everyday lives will help shape our mindsets to live a more fulfilling and joyful life. (Instructor: Derek Applegate)



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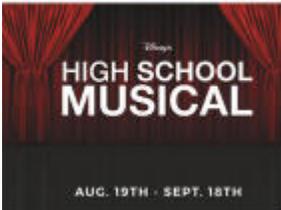
**THE SECRET GARDEN**

JAN. 14TH - FEB. 20TH



**BEST OF BROADWAY 2**

MAR. 4TH - APR. 10TH



**HIGH SCHOOL MUSICAL**

AUG. 19TH - SEPT. 18TH



**39 STEPS**

OCT. 7TH - OCT. 30TH



**ANNIE GET YOUR GUN**

APR. 29TH - MAY. 29TH



**SOUTH PACIFIC**

JUNE 24TH - JULY 24TH



**WHITE CHRISTMAS**

NOV. 18TH - DEC. 18TH

PURCHASE TICKETS AT [SGMT.ORG](http://SGMT.ORG)

CLASS	DESCRIPTION	DAY(S)	TIME	DONATION
Acrylics Painting	Learn interesting techniques to paint photo-realistic style art, using acrylic paints. All levels welcome.	Wednesday	1:00—3:30	\$2.00
Arthritis Foundation Exercise Program	Activities also include endurance-building activities, balance exercises, and relaxation techniques.	Tuesday	10:45-12:00	\$1.00
Ballet	Beginning ballet consists of barre exercises to improve core strength, flexibility, and coordination.	Thursday	11:00—12:15	\$1.00
Billiards (open play)	We have two billiards tables available.	Tuesday—Friday	9:00—3:55	\$1.00
Bingo (60+ only)	Join us for fun rounds of bingo! You must be 60 or older to play.	Friday	10:00—11:30	—
Blood Pressure/Sugar Screening	Please be fasting for sugar screening test.	Thursday	9:00—11:00	-
Bunco (game)	Bunco is a parlor game, The object is to score points while taking turns rolling three dice in a series of rounds.	First Tuesday of the month	1:00-3:00	\$1.00
Cardio Drumming	This fun class is a full-body cardio and core strengthening workout, complete with rhythmic drumming.	Thursday	9:00—10:00	\$1.00
Ceramics	Bring your own bisque or green ware, or purchase items in class. We have our own kiln. All levels welcome.	Tues/Wed/Thurs/Fri (open) no instructor	9:00—3:55	\$2.00
Computer Support	This is a drop-in clinic for anyone that needs help with computers.	Tuesday—Friday	9:00—11:30	\$2.00
Five Crowns Card Game	Five Crowns is a progressive rummy-style game that has five suits.	Wednesday	12:00—1:30	\$1.00
Grief Support Group	A safe place to express feelings and thoughts as well as learn healthy coping mechanisms.	Wednesday	2:00—3:30	\$1.00
Gym Workout	The exercise room with upgraded equipment is open for use all day.	Tuesday—Friday	9:00 — 3:55	\$1.00
Hand and Foot/Rummikub/Skip-Bo	Popular multi-player games. Pick your favorite!	Wednesday and Friday	9:00—11:30	\$1.00
Knitting and Crocheting	Meet other like-minded people and turn your yarn into something spectacular. Any handiwork.	Tuesday	1:00—3:00	\$1.00
Line Dancing—Advanced	This is the most difficult level of line-dancing classes we offer.	Thursday	1:30—3:30	\$1.00
Line Dancing—Beginning	We do all kinds of line dances to all different kinds of music. Tempos range from the cha-cha to the waltz.	Wednesday	9:00—10:30	\$1.00
Line Dancing—intermediate	Same as beginner level, but with dances rated "improver" or "high beginner."	Tuesday	9:00—10:30	\$1.00

# Activities List

9

CLASS	DESCRIPTION	DAY(S)	TIME	DONATION
Oil Painting	This class is for all levels of painters. Work on projects, learn new techniques.	Tuesday	9:00—3:00	\$2.00
Party Bridge	A trick-taking game using a standard 52-card deck.	Wednesday & Friday	12:00—3:00	\$1.00
Pickleball	Pickleball is a paddle sport that combines elements of badminton, tennis, and table tennis.	Wednesday—Friday	1:30—4:00	\$1.00
Pinochle	A trick-taking card game typically for two to four players and played with a 48 card deck.	Wednesday & Thursday	12:30—3:00	\$1.00
Rummikub	Rummikub Game Day!	2nd & 4th Tuesdays	1:00—3:00	\$1.00
Social Singles	This is a group for planning friendship-based outings with other seniors.	Friday	12:30—1:30	\$1.00
Stretch Class	Gentle stretching for the entire body, head to feet.	Thursday	10:00—11:00	\$1.00
Stretch and Relaxation	Get more limber and learn some great techniques to help melt those aches and tension away. Please bring your own mats and be ready to relax!	Tuesday	2:30—3:30	\$1.00
Table Tennis	Paddles are provided. We have tables available.	Tuesday	9:00—12:00	\$1.00
Tai Chi	This is a great class for beginners and involves gentle stretching, breathing, and meditation in motion.	Wednesday	10:30—11:30	\$1.00
Tai Chi (5 County)	Teaches basic elements of Tai Chi. Sign up with 5 County (see page 14)	Thursday	12:30—1:30	Free
Tap—Beginning	Will resume in September	<del>Wednesday</del>	<del>12:30—1:30</del>	<del>\$1.00</del>
Tap—Intermediate	Will resume in September	<del>Wednesday</del>	<del>1:30—2:30</del>	<del>\$1.00</del>
Tap—Advanced	Will resume in September	<del>Wednesday</del>	<del>2:30—3:30</del>	<del>\$1.00</del>
Ukulele Class	Class will be practice sessions for the summer.	Thursday	2:00-3:00	\$1.00
Vital Life Fitness	Strength/ resistance training is one of the best things you can do to avoid injuries, prevent osteoporosis, and keep your metabolism revving.	Tuesday	1:30-2:30	\$1.00
Watercolor Painting	From beginner to advanced painters are welcome in this class.	Thursday	11:30—3:30	\$2.00
Wii Bowling	Players interact with the gaming system by a remote control to simulate playing sports or engaging in exercise.	Thursday	1:00—2:00	\$1.00
Yoga	Yoga combines physical and mental disciplines to achieve a peaceful and strong body and mind.	Tuesday	9:00—10:00	\$1.00
Yoga (Gentle Stretch)	Similar to regular yoga with an emphasis on stretching.	Friday	9:00—10:00	\$1.00
Zumba	A mix of low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party.	Friday	10:00—11:00	\$1.00



Solution on page 11

## ACROSS

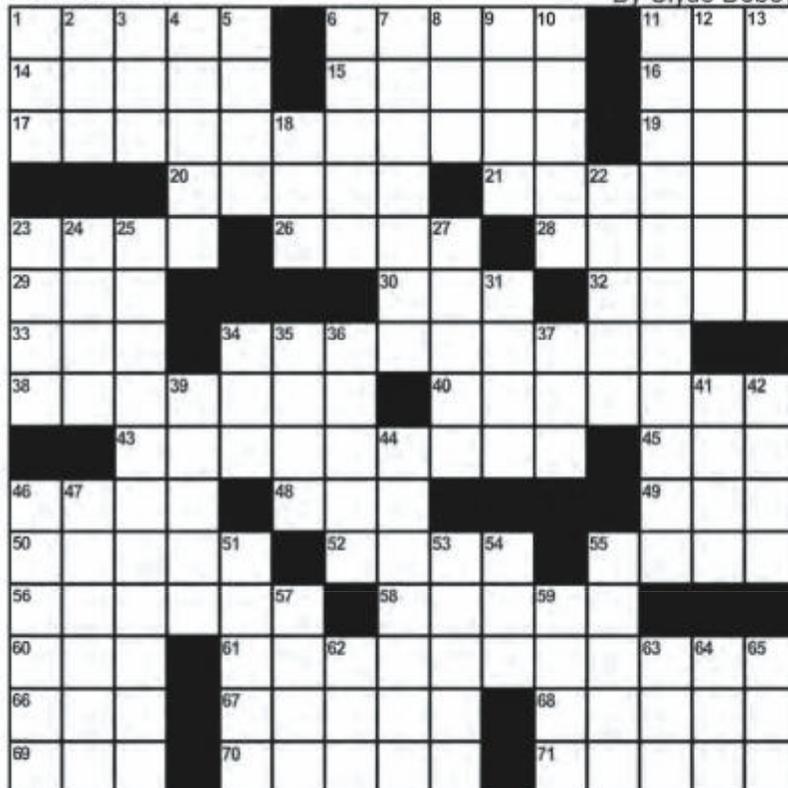
- |  |                                     |
|--|-------------------------------------|
| 1) Dried coconut meat                  | 40) Touches down                    |
| 6) Brenda of comics                    | 43) Little Dipper part              |
| 11) Hair-styling goop                  | 45) In need of restocking           |
| 14) Like some garments                 | 46) Nuclear power plant measures    |
| 15) Rapid transit?                     | 48) Comstock's contents             |
| 16) Genetic trait carrier              | 49) Wallet item                     |
| 17) Time right before eating?          | 50) Map in a map                    |
| 19) Type of welder                     | 52) Russian river or mountain range |
| 20) "In your face!" e.g.               | 55) Word with "happy" or "shot"     |
| 21) African antelope                   | 56) Pasta shape                     |
| 23) Chlorophyllous organism            | 58) Bring into law                  |
| 26) House of Lords member              | 60) Poem type                       |
| 28) Portion                            | 61) Some large things on stage      |
| 29) "... heat, ___ gloom of night ..." | 66) Mineo of film                   |
| 30) ___ Miguel (Largest of the Azores) | 67) Like a moth-eaten coat          |
| 32) Pasty-faced                        | 68) Cessation of hostilities        |
| 33) Lao-tzu's philosophy               | 69) Bracket shape                   |
| 34) European high spot                 | 70) Tyrants (Var.)                  |
| 38) Teach                              | 71) Female gossip                   |

## DOWN

- 1) Small part of the works
- 2) Common pronoun
- 3) School bake-sale org.
- 4) Cyma \_\_\_ (molding type)
- 5) It can be measured in square yards
- 6) Restaurant row?
- 7) Most tangy
- 8) Request to Pat Sajak, sometimes
- 9) Crucifix
- 10) Commit a faux pas with a chip?
- 11) Place with many desks
- 12) Embellish
- 13) Sycophant
- 18) Baby barker
- 22) Donkey's Asian cousin
- 23) Begin a pot
- 24) Large amount
- 25) Surge, as of political action
- 27) Morocco's capital
- 31) Casa kitchen crock
- 34) Leave scratches on, e.g.
- 35) Dog in army fatigues
- 36) Jacket named for a statesman
- 37) Football fill
- 39) Math subgroup
- 41) Sandwich staple
- 42) Folk-dance component
- 44) Less stressed
- 46) Sugar that's a component of RNA
- 47) Relating to a battery terminal
- 51) Penny-pinching
- 53) Rooney and Warhol
- 54) Drink from the dish
- 55) Look too long
- 57) Piccadilly Circus figure
- 59) Job application datum
- 62) "Carte" starter
- 63) Mother superior inferior
- 64) Leaf-peeper mo.
- 65) Land's end

## GR-GREAT

By Clyde Dobej





## AUGUST

Solution on page 11

Find the words in the grid. When you are done, the unused letters in the grid will spell out a hidden message. Pick them out from left to right, top line to bottom line. Words can go horizontally, vertically and diagonally in all eight directions.

```

S G N I M M I W S T H E R E L
A T L V G N I B M I L C O E Y
F A F G E O F D I T O H V S C
U O B A R B E Q U E V A C G E
N R Y C R O N S I C R S A N G
T S N O T C E I A T L Y M I L
N S E E B R T N K L I L P K A
E F N V I O O O A G H I I C D
N N R F A E A B D I E M N A I
I W L I I C E T K I A A G P O
H N D N E S A I I S R F C K L
S A G P A N N T E N S E B C U
N U T B I G D N I H G A P A S
U V I N G N E S W O E Y E B S
S T F I S H I N G K N G H Y T

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#### Signs that hospice may be needed:

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## GRATITUDE IS ABOUT ATTITUDE



Taking time to smell the flowers may seem cliché, but being grateful while rushing through the daily grind or disappointments in life may be a good way to begin the day.

It isn't easy to be grateful all the time, especially when navigating through life's challenges, but learning to be grateful for even the smallest things in our lives — and living in the moment and noticing all the reasons to be thankful — can do wonders for mental health and make it more bearable to get through the tough times.

It is understandable when seniors are overwhelmed with the adverse aspects of their lives, such as the loss of loved ones, diminished health, and little to do after a lifetime of caring for children or navigating a busy career. These things can take a toll on a person's feeling of self-worth and mental health. Countless articles about striving for happiness abound, but being happy is not a one-size-fits-all cure.

### GRATITUDE BENEFITS

Many studies demonstrate that gratitude has a distinctively influential connection between health and happiness, and for many, it can be a means to cope with dark days. Practicing gratitude is easy to do once the individual begins to make a habit of it — and the benefits can be enormous.

The list is long, but some of the many benefits of living a grateful life include:

- Greater happiness
- Improved health
- Strengthened relationships

- Increased spiritualism
- More contentment
- Better sleep
- Increased energy

### DEVELOP AN ATTITUDE OF GRATITUDE

While encouraging people to be grateful is great, being grateful together is much more powerful and effective. When we collaborate with loved ones or friends, it benefits everyone. While life can be challenging and often devastating, it can also be a wonderful time in life, with the help of some simple tools to maneuver through the challenges. Gratitude is a great tool that can make a difference in quality of life.

Think about developing a habit of practicing gratitude with a friend. The results may be surprising and life-changing!

- List three things you are grateful for each day. This quickly puts life into perspective.
- Send thank you cards to old friends, family, or acquaintances, thanking them for their care and friendship.
- Keep a gratitude journal to help focus on the wonderful aspect of the day and to provide a reference for those times when life is hard.
- Say thank you when you wake up. A new day is never promised, so being grateful every morning starts the day off on the right foot.
- Find the light in the dark. Think of the good during the bad times to help refocus your attitude.



## THE HEALTH BENEFITS OF WATERMELON



As the weather heats up, so does our need for hydration and healthy snacks. A ripe, juicy watermelon satisfies your thirst and goes the extra mile toward helping maintain a healthy diet. But did you know that not only does this picnic staple taste sweet and is delicious, but is also rich in lycopene and Vitamin C?

Lycopene, an antioxidant, can be found mostly in red fruits and vegetables, such as tomatoes, watermelons, red oranges, and pink grapefruits. You may be surprised to learn this health-boosting nutrient can also be found in apricots, red cabbage, and asparagus. Watermelon has more of this nutrient than any other fruit or veggie — even tomatoes. To load up on lycopene, choose a ripe melon with bright red flesh and opt for the seedless variety as it has more lycopene than those with seeds.

### TRY WATERMELON TO PROTECT YOUR CELLS

Antioxidants play a significant role in protecting your cells against free radicals (natural and environmental occurring), which may play a role in heart disease, cancer, and other diseases.

Watermelon is no one health trick pony; it also contains vitamin C, which the body needs to boost immunity and produce collagen, promoting healthy skin. Studies suggest that vitamin C may reduce the risk of age-related skin damage, such as wrinkling. If watermelon had not already made enough of a case as to why it should be added to a healthy diet, this show-off fruit boasts a few more health benefits. It is even more pleasing to the palate for anyone looking to boost their vitamin intake; watermelon includes these nutrients: Vitamin A, Potassium, Magnesium, and Vitamins B1, B5,

and B6.

For most adults, their body consists of 60% water, and to function optimally; it needs proper hydration. Drinking enough water each day is vital for regulating body temperature, keeping joints lubricated, preventing infections, delivering nutrients to cells, and keeping organs functioning properly. Being well-hydrated also improves sleep quality, cognition, and mood. As the thermometer rises, so does our need for more water.

### SNEAK IN WATER THROUGH THIS TASTY TREAT

If you struggle to meet the recommended 6 – 8 glasses of water a day, fresh fruits, like watermelon, which is 92% water (probably could have guessed that from the name), can be a delicious solution for adding more water into your diet. This health-conscious melon is a versatile food, try cutting it up and add to a summer beverage or a salad, or freeze and use as ice cubes in your favorite lemonade. What something a little more filling? Blend watermelon, strawberries, yogurt, and a drizzle of honey, for a delicious breakfast smoothie.

While watermelon can be consumed any time of the year, summer seems to be its sweet spot offering the perfect combination of refreshment and nutrition. Maybe you'll experience one more unexpected benefit, as this summertime classic invokes memories that will bring a smile to your face.

Want to kick up your watermelon consumption, without raising the temperature in the kitchen? Try this simple salad:

*(Continued on page 17)*

*(Continued from page 16)*

## **WATERMELON SALAD WITH CUCUMBER & FETA**

Watermelon  
Feta cheese (squares or crumbles)  
Mini cucumbers  
Fresh herbs such as basil or mint  
Lemon or balsamic vinegar



- Cube and chill watermelon (the quantity varies on the amount of desired servings).
- Slice mini cucumbers (leave unpeeled for added crunch and nutrition).
- Tear or chiffonade herbs.
- Toss cubed watermelon with the feta cheese, sliced cucumbers, and herbs.
- Serve chilled and top with a squeeze of lemon or drizzle of balsamic vinegar.

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## Gratitude Journal

Date:

Daily Intention: \_\_\_\_\_

Today I am Grateful For:

1) \_\_\_\_\_  
\_\_\_\_\_

2) \_\_\_\_\_  
\_\_\_\_\_

3) \_\_\_\_\_  
\_\_\_\_\_

A Goal for Tomorrow:

\_\_\_\_\_  
\_\_\_\_\_

Happiness Level:



Date:

Daily Intention: \_\_\_\_\_

Today I am Grateful For:

1) \_\_\_\_\_  
\_\_\_\_\_

2) \_\_\_\_\_  
\_\_\_\_\_

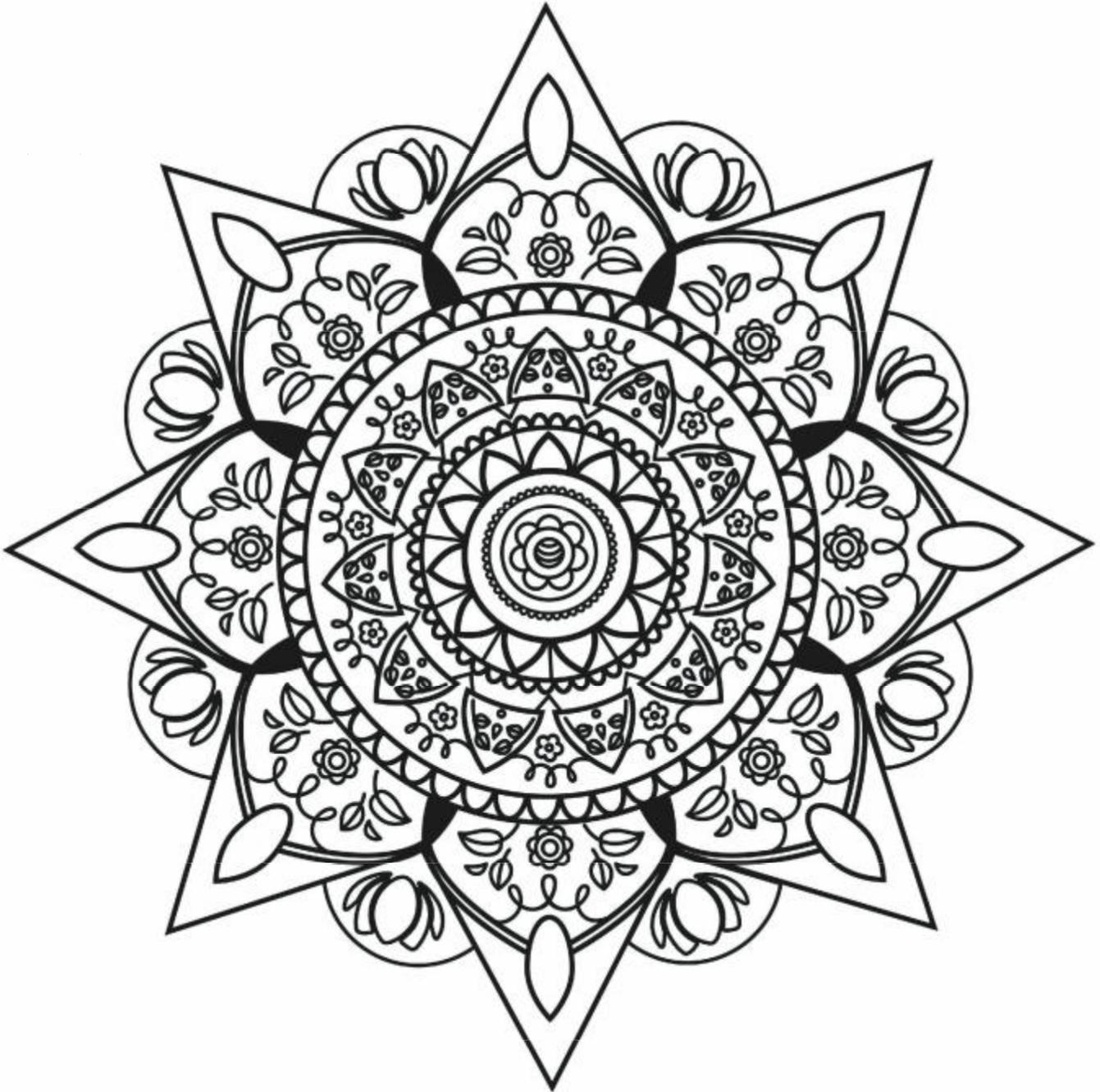
3) \_\_\_\_\_  
\_\_\_\_\_

A Goal for Tomorrow:

\_\_\_\_\_  
\_\_\_\_\_

Happiness Level:





Bald Decision  
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[montaymandala.com](http://montaymandala.com)

# 20 Monthly Menu

## St. George Active Life Center August 2021

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Salisbury Steak w/ Gravy Parslied Carrots Green Peas Mashed Potatoes Dinner Roll Fresh Seasonal Fruit Milk Margarine	4 Chicken Salad on Croissant Beet Salad Grapes Oatmeal Raisin Cookie Milk Lettuce   Tomato   Onion Diet - Vanilla Wafers	5 Cheesy Pizza Bake Italian Veg Blend Spinach Salad Garlic Texas Bread Tropical Fruit Milk Salad Dressing	6 Glazed Ham Cut Yams Mixed Vegetables Macaroni Salad Dinner Roll Fresh Seasonal Fruit Milk Margarine
10 Breaded Chkn Cordon Bleu Green Beans Spinach Salad Rice Pilaf Wheat Bread Tropical Fruit Milk Margarine Salad Dressing	11 Sloppy Joe Tater Tots Coleslaw Wh Wht Hamburger Bun Hot Spiced Fruit Sugar Cookie Milk Ketchup Diet - Vanilla Wafers	12 Turkey Tetrizzini Stewed Tomatoes Capri Veg Blend Texas Bread Fresh Seasonal Fruit Milk	13 Homemade Meatloaf w/ Gravy Mashed Potatoes Parslied Carrots Creamed Peas Dinner Roll Pineapple Tidbits Milk Margarine
17 BBQ Pork Spinach Greens Coleslaw Macaroni and Cheese Cornbread Strawberry Gelatin w/ Fruit Milk Margarine Diet - Fruited Gelatin	18 Honey Lime Chicken Breast Cabbage and Carrots Sugar Snap Peas Buttered Rice Dinner Roll Grapes Milk Margarine	19 Swiss Steak California Veg Blend Whole Kernel Corn Egg Noodles Wheat Bread Fresh Seasonal Fruit Milk Margarine	20 Turkey Shepherd's Pie Garden Vegetable Blend Spinach Salad Dinner Roll Hot Spiced Apples Milk Margarine Salad Dressing
24 Hawaiian Chicken Haystack (White Rice) (Tomatoes and Green Peppers) Cucumber Salad Pineapple Tidbits Milk	25 Pot Roast w/ Gravy Mixed Vegetables Spinach Salad Mashed Potatoes Wheat Bread Fresh Seasonal Fruit Milk Salad Dressing Margarine	26 Potato Crusted Pollock Black Beans Coleslaw Corn Tortilla Spanish Rice Applesauce Milk Taco Sauce	27 Meatballs w/ Spaghetti Sauce Penne Pasta Parslied Carrots Brussels Sprouts Texas Bread Peach Crisp Milk Diet - Hot Peaches
31 Sliced Tky Breast w/ Gravy Green Beans and Onions Mixed Green Salad Mashed Potatoes Texas Bread Citrus Fruit Cup Milk Salad Dressing			<p>A suggested donation of \$3.00 is requested from seniors 60 and older.</p> <p>Persons under 60 can enjoy a meal for \$7.00</p> <p>Milk and Bread served with all meals.</p> <p>Follow Us on Facebook @triocommunitymeals.com</p>

