

April 2021

SENIOR MOMENTS

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Taking a Flattering Selfie

Even if you've never taken a "selfie," you've undoubtedly heard of them and probably seen your fair share. A "selfie" is a photograph you take of yourself (with or without others) using your cell phone's camera while holding it at arm's length.

Taking a selfie sounds relatively easy... but is it? Yes, pointing the camera at yourself and shooting is simple enough. But, taking a selfie that's flattering is a whole different ball game. Figuring out how to take a flattering selfie can take time and practice. Most people end up with quite a few rejected shots before getting that one selfie they like enough to share with other people.

Here are a few pointers that can help make taking a good selfie a little less challenging.

A few helpful tips...

POSITIONING THE CAMERA

Hold your phone slightly above eye-level so you're looking up at it rather than straight at it usually results in a flattering shot. It will reduce shadows on your face and helps camouflage a double chin, bags under eyes, and wrinkles.

ADJUSTING FOR LIGHT

Lightening can make or break a selfie. Find an even source of light. Make sure the source of light is facing you. You don't want the light coming from behind you. For example, stand or sit looking at a window instead of with your back toward the window. If you're outside, stand in either full sun or full shade. Don't mix the two.

TILTING THE HEAD

Tilting of the head can be very flattering. Try tilting your head at different angles until you find the position you like best. Take shots from both your left and right sides to check out both perspectives. And, if you worry about having a double chin, extend your neck a bit forward to accentuate your jawline.

FINE-TUNING THE EXPRESSION

Whether or not to smile in a selfie is an interesting question and one that people answer differently. Some folks like to look happy rather than showing it with their lips. That means smiling with your eyes rather than with your mouth. Other people believe it's best to smile naturally. That means a genuine smile and not a forced smile.

SELECTING THE BACKGROUND

Most people want to be the star of their selfies. So that means the focus should be on you and not on whatever is behind you. Choose backgrounds that are not distracting. Make sure to think about what else is in the shot, because you don't want that sink of dirty dishes or trash can to ruin an otherwise great selfie.



International Fun at Work Day

International Fun at Work Day is always April 1st.

Fun at Work Day is a day to have fun at work for once.

Ideally, work should be fun. But normally, work is not intended to have fun. It's intended to get work done. You're a very lucky person, if you if you can get work done and have fun doing it. The lucky souls in this situation, love their job.

Unfortunately, all of us are not lucky enough to have a job that's fun to do. If that's you, then today is a day just for you! Think of ways to make your job more fun and exciting. Look to do some fun things at work today, even if it takes away from production just a wee bit.

At Columbus Community Center, we honestly do have fun every single day! That credit goes to all the amazing seniors that stop in and visit while participating in our programs!!!

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Columbus Community Center, Columbus, NE

A 4C 05-1066

Menu

APRIL 2021

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|---|---|
| | | | 1 Goulash Lettuce Salad Corn Garlic Bread Oranges | 2 Fish Fillet Scalloped Potatoes Carrots Dinner Roll Applesauce Squares |
| 5 Chicken Strips Mashed Potatoes & Gravy Buttered Beets Dinner Roll Tropical Fruit | 6 Glazed Ham Loaf Sweet Potatoes Broccoli Dinner Roll Apricots | 7 Polish Sausage Buttered Potatoes Sauerkraut Muffin Baked Apples | 8 Hamburger Stroganoff over Mashed Potatoes Green Beans Dinner Roll Pears | 9 Pulled Pork on a Bun Tri Taters Lima Beans Dinner Roll Applesauce |
| 12 Chicken Fried Steak Mashed Potatoes & Gravy Carrots Dinner Roll Peaches | 13 Steak & Mushrooms Buttered New Potatoes Mixed Vegetables Dinner Roll Mixed Fruit | 14 Ham Salad on Croissant Potato Salad Pickled Beets Oranges | 15 Sloppy Joe Coleslaw Baked Beans Applesauce Cookie | 16 Salisbury Steak Mashed Potatoes & Gravy California Blend Dinner Roll Pineapple |
| 19 Lasagna Lettuce Salad Carrots Garlic Bread Ambrosia Salad | 20 Pork Chop Mashed Potatoes & Gravy Brussel Sprouts Dinner Roll Peaches | 21 Taco Potato Boat Potato, Meat, Lettuce & Cheese Muffin Apricots | 23 Beef Tips & Gravy Mashed Potatoes Peas Dinner Roll Applesauce Squares | 24 Baked Chicken Breast Rice Pilaf Green Beans Dinner Roll Oranges |
| 26 BBQ Riblet Baked Potato Carrots Dinner Roll Grapefruit Sections | 27 Swiss Steak Baked Potato Mixed Vegetables Dinner Roll Oranges | 28 Roast Beef Mashed Potatoes & Gravy Corn Dinner Roll Tropical Fruit | 29 Hamburger on a Bun Tri Taters Broccoli Mixed Fruit Cookie | 30 Chicken Fried Chicken Mashed Potatoes & Gravy Wax Beans Dinner Roll Applesauce |

Building a Better Sandwich

The sandwich has long been popular as a quick, convenient way to enjoy a tasty meal. A sandwich is a great way to serve up leftovers or any odds and ends taking up space in your refrigerator. If prepared while keeping an eye on nutritional value, a sandwich can be a healthy choice that's good for you and tastes great.

Being creative with your ingredients can help you build sandwiches that are healthy, delicious, and never boring. Make sure the ingredients in your sandwiches complement one another and blend well. Avoid using too many contrasting flavors that may take away from the overall appeal of your sandwich.

You may want to give the following ingredients a try next time you hunger for a sandwich.

Suggestions for healthier sandwich fixings...

BREADS: Use breads high in fiber and low in calories. High fiber breads, wheat and whole grain breads, will keep your hunger satisfied longer. Try English muffins, tortillas, pitas, and rolls for a different taste and texture.

MEATS: Lean meats like turkey, fish, or chicken are high in protein and low in fat and calories. They also taste great. For a vegetarian option, try using a few tablespoons of hummus in place of meat.

CHEESE: Because cheese is high in fat and calories, it's best to use it sparingly. Opt for a reduced fat cheese or try including a little grated cheese or mixing a small amount of cheese in with other fixings.

PRODUCE: Be generous when filling your sandwich with vegetables and fruits. Try something different like cucumbers, spinach, kale, roasted red peppers, asparagus, pineapple, melon, pears, apples, or grapes.

CONDIMENTS: The healthiest choices of condiments are those low in calories and unhealthy fats. Try mustard, salsa, hot sauce, horseradish, relish, hummus, reduced fat mayonnaise made with olive oil, or a drizzle of olive oil and vinegar.



Thinking about Moving and Downsizing?

There are plenty of good reasons why moving into a smaller home may be the right move for those of us in the later decades of life. A smaller home can mean lower costs. A smaller home can mean less housework and upkeep. A smaller home can mean less extra space we rarely use. A smaller home can also mean fewer stairs to climb. The list goes on.

Leaving a home where we've made roots and memories isn't an easy proposition. Of course, it involves work and can be a stressful...*even emotional*... experience. But moving to a new place can also be an exciting adventure.

When it comes to moving, the right preparation can make the difference between a positive experience and a negative experience. The following tips are from folks who have survived downsizing from a larger home to a smaller dwelling.

A few tips from folks who have downsized...

Don't jump in. Really think about your reasons for moving and how downsizing will make your life better. You don't want any surprises or regrets after you've already made the move.

Think about what you need in a new home. It's important to find a new home that's right for you with a floor plan that works for you at your current stage of life. For example, you may want your master bedroom to be on the main floor instead of up a flight of stairs and/or you may not need a large dining room if you no longer do much entertaining in your home.

Be prepared for the costs of selling and buying. There are hidden costs associated with selling a home and purchasing another. There are closing costs, attorney fees, appraisal fees, etc.

Give yourself enough time. Moving is a time-consuming process. Make sure to give yourself time for everything that goes into it. Just sifting through all the "stuff" you've collected over the years will be a lengthy proposition.

Sort strategically. When it comes to tackling all your possessions, figuring out what to do with everything can be difficult. Separate items into four categories: Items to bring with you, items to donate to charity, items to give to loved ones and friends, and items to toss out.

Ask for help. Your family and friends can be valuable resources when it comes to downsizing and moving. When you're sifting through your possessions, someone else's opinion can give you a less personal or emotional perspective. Extra, and perhaps younger, hands are also valuable for lifting heavier objects.

Use a trustworthy moving company. Do not hire movers until you've done some research and made some calls. Professional movers should be reputable, licensed, and insured. Get prices from a few different companies and compare them. Make sure they'll be able to meet your needs, and make sure everything is spelled out in the contract. Some movers also offer packing and unpacking services for an additional cost.

Pack according to destination. Pack items together that will end up in the same place in your new home. For example, pack kitchen items together, bedroom items together, and bathroom items together.

Label every box. When packing items into moving boxes, it helps to use labels. Make a label for each box that lists its contents and where the items will go in the new house. You may want to purchase a label maker, which can make things easier than writing everything down yourself.

Have one or two "Open me first" boxes. There are certain things you'll want to have access to as soon as you arrive in your new home. Place these items in boxes labeled "Open me first." List the items on the outside of the box as well.

Spread the news. The people, businesses, and other places or resources that need an accurate address for you can seem to add up to an almost endless list. It's up to you to notify most of these contacts. Of course, you'll inform family and friends, but you'll also want to give your new address to your bank, your doctor's office, your dentist's office, your veterinarian, your place of worship, your lawyer, your insurance providers, your credit card issuers, etc. You'll need to update your driver's license and car registration as well. If you belong to any clubs or organizations, you'll want to let them know as well.

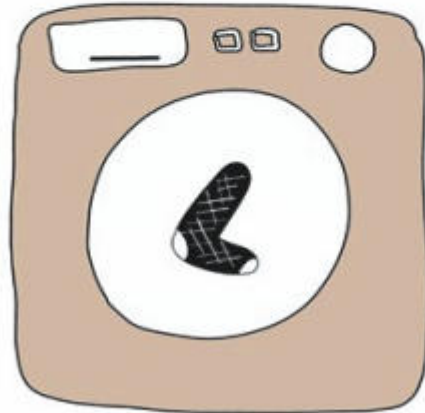
Remember, it's okay to feel a little sad. Even if you're thrilled about moving, you're bound to feel at least a little melancholy about leaving your old home behind. It might be especially hard if you've lived there a long time or you're moving a significant distance away. Being sad about moving is completely normal. It's nothing to be concerned about as long as the feelings are temporary, manageable, and don't linger too long. If you find yourself feeling overwhelmed by sadness or depression, speak with your doctor. You might need a little help dealing with the emotions.





A sock lost in the dryer
comes back as Tupperware
lid that doesn't fit any of
your containers.

- Author unknown



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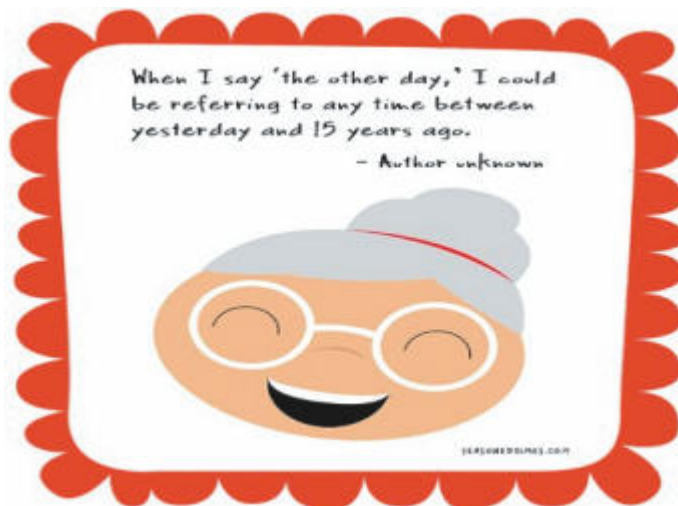


- 4/1 Gwen Murcek
- 4/1 Karen Wright
- 4/2 Carolyn Wilke
- 4/4 Leona Stone
- 4/6 Ellen Nelson
- 4/7 Paula Jacks
- 4/7 Pamela Cuba
- 4/9 Emily Hastings
- 4/10 Larry Schmidt
- 4/12 Lorraine Mann
- 4/12 Janet Zulkoski
- 4/12 Betty Zoucha
- 4/14 Gary Sedlacek
- 4/15 Rama Badje
- 4/16 Bernie Kampschneider
- 4/16 Sandra Francois
- 4/17 Audrey Fuchs
- 4/18 Jim Albracht
- 4/18 Helen Rosendahl
- 4/19 Marguerite Melcher
- 4/25 Kathy Engelbert
- 4/28 Betty Kampovitz



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POWER OF ATTORNEY

If you are in need of a general power of attorney or a health care power of attorney, Legal Aid of Nebraska will be providing a power of attorney clinic in May. The sign-up sheet is available at the senior center. You will be contacted to gather the necessary information and to discuss your needs. Your documents will be drafted and sent to you for review. On Friday, May 28, appointments will be scheduled to get your documents signed and notarized here at the Community Center.



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This Day In History...

1 Oliver Pollack invents the dollar sign \$ (1778)

1 Daytime soap opera General Hospital first airs on ABC (1963)

3 The Pony Express begins delivering the mail. (1860)

4 Martin Luther King Jr. is assassinated. (1968)

4 The North Atlantic Treaty Organization (NATO) is signed. (1949)

6 The first modern Olympic games opens in Athens, Greece (1896)

6 Twinkies hit the market. The first Twinkies were banana-filled (1930)

7 The musical *South Pacific*, by Rodgers and Hammerstein, opens on Broadway. (1949)

8 Hank Aaron of the Atlanta Braves hits his 715th home run to surpass Babe Ruth's 714 home run record. (1974)

9 Confederate General Robert E. Lee surrenders to Ulysses S. Grant at Appomattox Courthouse, ending the Civil War. (1865)

10 The "unsinkable" RMS Titanic departs on its maiden voyage from Southampton, England. (1912)



Walk on The Wild Side April 12th

Walk on Your Wild Side Day encourages us to take a chance. Use this day to do something out of the ordinary, unusual or even extraordinary.

To participate in this special day, you don't have to do something dangerous, like hang gliding or parachuting. And, please don't do something dangerous or illegal.

Rather, think of something that the normal and usual, "you" would not do. Then, kick your shoes off and go do it..... just go wild. After you have performed this wild and crazy thing, don't forget that you have Facebook bragging rights.

There are two things that may have led to the inspiration for this day. In 1956 Nelson Algren published the novel *A Walk on the Wild Side*. And, *Walk on the Wild Side* was a song written and sung by Lou Reed in 1972. Or, perhaps they were unrelated, and someone independently decided the world needed a day to cut loose and just go wild.



Memory Boosting Foods

Have you ever put an item somewhere safe so you wouldn't lose it and then you forget where you put it? Memory loss is a common phenomena when you get older but did you know certain food items can strengthen your memory?

Memory Strengthening Foods:

- **Cruciferous vegetables-broccoli, cabbage and dark leafy greens.**
- **Berries-blackberries, blueberries and cherries**
- **Omega-3 Fatty Acids-Seafood, algae, salmon, Bluefin tuna, sardines and herring.**
- **Walnuts**

For more information visit www.eatright.org



This Day In History...

10 The PGA was formed, and the first professional golf tournament was held. (1916)

12 By an Act of Congress, Puerto Rico becomes a U.S. territory. (1900)

14 President Abraham Lincoln is shot by John Wilkes Booth at Ford's Theater in Washington, D.C. He died the next day. (1865)

15 The Titanic hits an iceberg in the Northern Atlantic Ocean as sinks. (1912)

18 The Great San Francisco earthquake hits, killing 700 people. (1906)

19 The Revolutionary War begins. (1775)

19 Timothy McVeigh bombs the Federal Building in Oklahoma City, killing 168 people and injuring hundreds more. (1995)

20 Two teenage boys go on a shooting rampage in Columbine High school in Littleton, Colorado. One teacher and 12 students are killed. (1999)

27 Senior citizens take note, the first Social Security checks were distributed on this day in 1937.

30 The Vietnam War ends with the fall of Saigon (later renamed Ho Chi Minh City) (1975)

April 30th is

National Honesty Day

This day encourages us to be honest today, and every day. We honestly believe you try your best to be honest.

Honesty is a great virtue. If we want people to believe us when it's important, then we need to be open and honest all of the time. We all know about the boy who cried wolf. When a wolf actually appeared, no one believed him. Celebrate National Honesty Day in a completely open and honest way.

To be totally honest, there are few rules for this special day.....just be honest.

**If you ask me,
you'll regret it.**



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Eating Right While Eating Out

Many restaurants are required to provide easy to access nutrition information about their foods and beverages right on the menu. However, Restaurants aren't required to have nutrition information available if they have fewer than 20 locations. One of the best ways to make smart choices when dining out is to look up the restaurants nutrition information for their menu items before arriving.

If you have a smart phone or computer you can download or look up different nutrition information calculator websites like CalorieKing, www.calorieking.com. Calorie King is one website that shows you the nutrition facts for menu items at different restaurants.

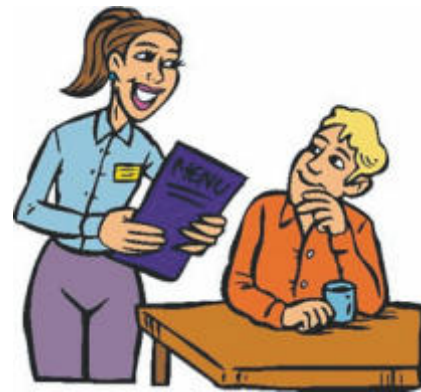
Arriving at the Restaurant

Once you are in the restaurant consider the following tips when you're deciding what to order. Limit items that are fried or served in sauces because they are high in calories and saturated fat. Some terms to be mindful of include:

- Crunchy, Crispy, Battered and Breaded
- Creamy, Cheesy, Alfredo

Menu Items that are often lower in calories and may be more healthful options include terms, such as:

- Baked, Grilled, Roasted, Steamed
- ♦ Al Fresco, Marinara



Healthful tips

Buns: Most restaurants serve their sandwich options on white buns. For a healthier option, choose whole-grain buns where available.

Condiments: Ask for mustard instead of mayonnaise, this can save you a significant number of calories and saturated fat.

Chicken: Select a grilled chicken sandwich or a small order of chicken nuggets. Consider grilled chicken nuggets where available.

Grains: Opt for a whole grain when available.

Fruits: Add an order of apple slices, unsweetened applesauce or a fruit cup on the side.

Vegetables: Add tomatoes, onions and lettuce to your sandwiches. If you're ordering fries, get a kids' size, or split a small order with someone else, or order a small side salad instead of fries.

Dairy: For a beverage, choose fat-free or low-fat milk. If dairy is not an option, opt for water and avoid soft drinks, which are a significant source of added sugars.

Simple Ways to Spend Less

Spending money when you don't have to makes absolutely NO sense... NO matter how much money you may or may not have. However, most of us do end up spending more money than we have to more often than we realize.

You don't have to become a "scrooge" or "penny-pincher" to want to live a more frugal lifestyle. And, living a more frugal lifestyle does not have to mean missing out on things in life that make you happy or help you feel fulfilled. Embracing a more frugal lifestyle can simply mean becoming more aware of how and why you're spending your money.

A few \$ saving tips...

Identify your spending habits. If you do not follow a budget on a regular basis, try taking a close look at where your money goes each month. It could be a real eye-opening experience. You may be surprised to find you have some expenses you may not need or even use. There may even be some ongoing chargers you are unaware of that are draining your finances on a regular basis. For example, you might be paying for a cable television channel you never watch, subscribing to a magazine you never read, or purchasing food items that expire before you get around to eating them.

Take advantage of age discounts. There are countless discounts available once you reach your "seasoned" years. Becoming eligible for senior discounts is one of the perks of getting older. So why not take advantage of it? Many businesses and establishments offer discounts to older patrons, including restaurants, hotels, museums, movie ticket counters and concession stands, department stores, grocery stores, auto repair shops, health/beauty spas, etc. – Some senior discounts are not advertised to the public so make sure to inquire about them. It never hurts to ask.

Buy generic. In many cases, consumers who purchase brand-name products end up paying more for items of equal or perhaps less quality than people who buy generic items. Most stores... whether grocery, drug, or retail... offer their own store brands. Very often, these brands are manufactured by the very same companies that produce the equivalent brand-name products. When it comes to prescription medications, identical generic versions are available for most branded drugs. Talk with your doctor about generic medications. Another way your doctor can help you save on your medications is by giving you samples of your prescriptions. Drug manufacturers often leave a large quantity of samples with doctors' offices. Ask about samples the next time you visit your doctor.

Reevaluate your health insurance coverage. Shop around. Do not assume that your current insurance plan, prescription drug plan, or supplemental Medicare coverage is the best option out there today. Assistance is available through your state's Senior Health Insurance Program (SHIP), a free health insurance counseling service for Medicare beneficiaries and their caregivers.

Think about relocating or downsizing. If you're living in a home with a lot more space than you need or utilize, you might want to think about moving to a smaller place. Not only would a home with less square footage and/or acreage cost less to maintain, it would also take less of your time, worry, and energy as well. If you're thinking about moving from your current location, it might be worth your while to look at another part of the state – or even a different part of the country – where the cost of living is lower. You may find a location that appeals to you where the cost of living is a fraction of what you're currently spending.



STINGY OLD LAWYER

A stingy old lawyer who had been diagnosed with a terminal illness was determined to prove wrong the old saying, "You can't take it with you."

After much thought and consideration, the old ambulance chaser finally figured out how to take at least some of his money with him when he died.

He instructed his wife to go to the bank and withdraw enough money to fill two pillowcases. He then directed her to take the bags of money to the attic and leave them directly above his bed.

His plan: When he passed away, he would reach out and grab the bags on his way to heaven. Several weeks after the funeral, the deceased lawyer's wife, up in the attic cleaning came upon the two forgotten pillowcases stuffed with cash.

"Oh, that old fool," she exclaimed. "I knew he should have had me put the money in the basement."

A DAY ON THE LINKS

Four men were out golfing.

"These hills are getting steeper as the years go by," one complained.

"These fairways seem to be getting longer too," said one of the others.

"The sand traps seem to be bigger than I remember them too," said the third senior.

After hearing enough from his senior buddies, the oldest and the wisest of the four of them at 87 years old, piped up and said, "Just be thankful we're still on the right side of the grass!"



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