



July 2022

SENIOR MOMENTS

3111 19th Street | Columbus, NE 68601 • (402) 563-4444

At the Columbus Community Center, it is our mission to be a hub in Columbus that compliments existing services and fosters ongoing community engagements by providing programs and activities that support the independence, health and well-being of active adults aged sixty and older.



The Advisory Board, Staff and Volunteers are committed to the following core values:

Professionalism/Integrity: To be professional, honest and ethical in all decision-making and action.

Community: To promote diversity and inclusion of all older adults in our programs. To be dedicated to making the City of Columbus a wonderful place to live for all ages through work and professional life.

Compassion: To demonstrate empathy and sincerity in assisting clients, caregivers and family members.

Excellence in Service/Innovation & Creativity: To strive to be among the best senior centers in Nebraska through commitment to excellence, constantly seeking new, creative and innovative approaches to service delivery.

Nutrition Services
Exercise Classes

Health Clinics
Health Education
Entertainment

Diet Classes
Support Groups

The Future Of The Seniors Is In Our Hands

Happy Fourth of July



The Fourth of July—also known as Independence Day or July 4th—has been a federal holiday in the United States since 1941, but the tradition of Independence Day celebrations goes back to the 18th Century and the American Revolution. On July 2nd, 1776, the Continental Congress voted in favor of independence and two days later delegates from the 13 colonies adopted the Declaration of Independence, a historic document drafted by Thomas Jefferson. From 1776 to the present day, July 4th has been celebrated as the birth of American independence with festivities ranging from fireworks, parades and concerts to more casual family gatherings and barbecues.



National Hop-A-Park Day

National Hop-A-Park Day on the first Saturday of July creates an opportunity to explore the parks in your area and learn more about your community.

Celebrate the nice weather on a holiday week while enjoying the public parks, green spaces and outdoors as much as possible. Another benefit of the day is getting away from technology, televisions, and our phones. While you're out, take a stroll or throw a frisbee around. Many parks are centerpieces of our communities making it possible for many who don't have a yard to enjoy time in some outdoor space. As you're enjoying the space, visit with neighbors, savor a picnic lunch or read a book you've been long wanting to dive into.

Being able to access green grass and hear the birds singing in the trees positively impacts our daily lives. Playing outdoors and expending our lungs, making human contact in an open space, in nature sweetens life a little every day. Parks bring nature to us.

Support your local parks by keeping them clean too. If you take it in, take it out with you.



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Menu

JULY 2022

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Chicken Fried Chicken Mashed Potatoes & Gravy Buttered Beets Dinner Roll Fruit Salad
4 CLOSED FOR HOLIDAY	5 Bacon Cheeseburger Pickle Potato Salad Mixed Fruit Salad Cookie	6 Chicken Strips Mashed Potatoes & Gravy Broccoli Dinner Roll Pineapple	7 Glazed Ham Loaf Sweet Potatoes Green Beans Dinner Roll Oranges	8 Hamburger Stroganoff Mashed Potatoes Brussel Sprouts Dinner Roll Pears
11 Swiss Steak Baked Potato Cauliflower Dinner Roll Oranges	12 Steak w/ Mushrooms Buttered New Potatoes Mixed Vegetables Dinner Roll Mixed Fruit	13 Ham Salad on Croissant Cucumber Salad 3 Bean Salad Strawberries & Bananas	14 Pork Roast Mashed potatoes & Gravy Green Beans Dinner Roll Applesauce	15 Salisbury Steak Mashed Potatoes & Gravy California Blend Dinner Roll Pineapple
18 Lasagna Lettuce Salad Corn Garlic Bread Ambrosia Salad	19 Pork Chop Mashed Potatoes & Gravy Brussel Sprouts Dinner Roll Applesauce	20 Taco Burger on Bun w/ lettuce, cheese Potato Salad Fruit Cocktail	21 Creamed Chicken on Biscuit Broccoli & Cauliflower Dinner Roll Peaches Cookie	22 Parmesan Chicken Breast Baked Potato Mixed Vegetables Dinner Roll Pears
25 BBQ Riblet Scalloped Potatoes Carrots Dinner Roll Oranges	26 Roast Beef Mashed Potatoes & Gravy Broccoli Dinner Roll Pineapple	27 Polish Sausage Buttered Potatoes Sauerkraut Muffin Peaches	28 Sloppy Joe on Bun Tri Taters Baked Beans Baked Apples	29 Cabbage Roll Parslied Potatoes Lima Beans Garlic Roll Mixes Fruit
				1% Milk and butter for roll served with each meal.

JULY 2022

Events

Monday	Tuesday	Wednesday	Thursday	Friday
				1 10:00 Line Dancing
4 Closed Happy Fourth of July	5 9:00 FROG Class 10:00 FROG Class 11:30 Music by Julie Couch Crazy 8's Cards Pinochle	6 Pie Day 10:00 Line Dancing 10:30 Bible Study 1:00 Women's Bible Study	7 9:00 FROG Class 10:00 FROG Class 10:30 TOPS #529 Sew Together	8 10:00 Line Dancing All 4 Fun Pitch
11 10:00 Line Dancing Fat Quarters Quilters Evening Guild (N)	12 9:00 FROG Class 10:00 FROG Class 10-11:30 Blood Pres- sure Clinic by Angel Care B-D Alumni Dale's Alumni Calico Quilters - Xmas in July Crazy 8's Cards Card Sharks	13 Pie Day 10:00 Line Dancing 10:30 Bible Study 1:00 Women's Bible Study 12:45 Bingo by St. Croix Canasta	14 9:00 FROG Class 10:00 FROG Class 10:30 TOPS #529 11:00 Music by John Johnson 1:00 Advisory Board Birthday Celebra- tion Dinner	15 10:00 Line Dancing Jolly Pitchers
18 10:00 Line Dancing Featherweights (D) Auction Pitch Card Queens Bakers Dozen	19 9:00 FROG Class 10:00 FROG Class 11:30 Merry Makers Music—Kim Eames Pinochle 1:00 Caregivers Support Group	20 Pie Day 10:00 Line Dancing 10:30 Bible Study 1:00 Women's Bible Study Fat Quarters Quilters Evening Guild (D)	21 9:00 FROG Class 10:00 FROG Class 10:30 TOPS #529 9-12 Blood Pres- sure Clinic by Meridian Gardens 12:45 MOVIE	22 10:00 Line Dancing NAOMIS
25 10:00 Line Dancing 1:00 Alzheimer's Support Group Fabulous Four	26 9:00 FROG Class 10:00 FROG Class 12:30 Bingo by Promedcare Calico Quilters	27 Pie Day 10:00 Line Dancing 10:30 Bible Study 1:00 Women's Bible Study Crazy 8's Cards EMANON Cards	28 9:00 FROG Class 10:00 FROG Class 10:30 TOPS #529	29 10:00 Line Dancing

July Birthdays

7/1 Dorothy Graybill
7/1 Pat Heimes
7/3 Jean Beiermann
7/3 Marlene Fink
7/4 Suzanne Totten
7/8 Janice Cothorn
7/8 Kelly McGowan
7/8 Barb Van Dyke
7/8 Thrina Brezenski
7/9 Joanne Mancuso
7/9 Tony Divis
7/10 Jan Maschino
7/12 Betty Brichacek
7/12 Betty Molacek
7/12 Kathy Eller
7/13 Delores Wieser
7/13 Maxine Bredahl
7/13 Floyd McAuley
7/14 Shirley Hoessel
7/14 Lugene Torczon
7/14 Dick Breyer
7/15 Carol Winter
7/16 Regina Egger
7/16 LaDonna Davis
7/17 Loretta Dixon
7/19 Veronica Kiuntke
7/19 Carol Grape
7/19 Kenneth Johnson
7/21 Dolly Kuta
7/22 Theresa Petr
7/22 Leona Prosocki
7/22 Janice Engelbert
7/24 Verla Ann Stoakes
7/24 Don Cielocha
7/24 Norma Dreifurst
7/26 Iola Werts
7/29 Ed Heimann
7/31 Jane Konicek
7/31 Bonnie Summers

**Celebrate
With a
Bang!!!**



BEES are BENEFICIAL



It's no secret that bees make honey, but did you know that we also rely on bees for agriculture and food production, ecological balance, biodiversity, and medicinal uses? Bees are vital to life. Over the past 50 years, the amount of crops that depend on pollinators (i.e. fruit, vegetables, seeds, nuts and oilseed) has tripled. Bee-pollinated crops contribute to approximately one-third of the total human dietary supply. The annual global production of food that depends directly on pollination is worth between \$235 and \$577 billion.

The health of bees and the survival of a variety of species are indicative of the health of the environment. Changes in the development and health of bees aid researchers in detecting changes in the environment and allowing them to plan interventions and take any necessary precautionary measures to conserve nature.

Along with food production and environmental stability, bees offer honey that humans use not just for food, but medicinal uses as well. Many researchers claim that honey has powerful antioxidant, antimicrobial, anti-inflammatory, and anticancer properties. And honey isn't the only bee product that can benefit human health.

It is clear that bees aren't just helpful, they are absolutely necessary for the balance of our ecosystem, the health of our environment and the production of our food worldwide. Plus, they provide humans with a variety of products to improve health and quality of life. Without bees, the world as we know it would not exist.

Beneficial Bee Products

Propolis—a resin that bees create that is used for wound healing

Bee Bread—a mixture of pollen and nectar (used as the primary food source in the hive) that is harvested and consumed by humans


Bee Pollen—a mixture of flower pollen, nectar, enzymes, honey, wax, and bee secretions that can be taken as a supplement

Royal Jelly—a gelatinous substance secreted by bees that humans can take as a supplement which may help with a variety of physical ailments

Beeswax—used in skin and hair care products for added nutrients and moisturization

Bee Venom—contains a component that can fight cancer and can be found in products like extracts, supplements, moisturizers and serums

		
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Easy Peanut Butter and Honey Fudge

Ingredients

- 1 cup granulated sugar
- 1/4 cup non dairy milk such as unflavored coconut milk or oat milk
- 1 cup natural creamy peanut butter
- 3 tablespoons raw organic honey
- 1 1/2 teaspoons vanilla extract



Instructions

- * Brush an 8x8 baking pan with a little olive oil.
- * Put sugar and milk in a small pot and bring to a boil. Boil for 3 minutes, stirring often and turn the heat off.
- * Slowly add peanut butter and honey and stir well. Add vanilla extract and stir until the ingredients are mixed.
- * Pour the mixture into the baking pan and refrigerate for at least 6 hours. Refrigerate overnight for a harder texture.

Emily's Honey Lime Coleslaw

Ingredients

- 1-1/2 teaspoons grated lime zest
- 1/4 cup lime juice
- 2 tablespoons honey
- 1 garlic clove, minced
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1/4 teaspoon crushed red pepper flakes
- 3 tablespoons canola oil
- 1 small head red cabbage (about 3/4 pound), shredded
- 1 cup shredded carrots (about 2 medium carrots)
- 2 green onions, thinly sliced
- 1/2 cup fresh cilantro leaves



Instructions

Whisk together the first 7 ingredients until smooth. Gradually whisk in oil until blended. Combine cabbage, carrots and green onions; toss with lime mixture to lightly coat. Refrigerate, covered, for 2 hours.

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Ideas for eating fresh herbs

Herbs can add flavor without guilt to many foods. Here are some suggestions.
If you can't find fresh herbs, try dried (1 tablespoon fresh herb = 1 teaspoon dried herb).

Basil



- **Used in a variety** of Mediterranean and Asian cuisines
- **Serve fresh tomato slices** with a drizzle of olive oil, freshly ground pepper & chopped basil
- **Main ingredient in pesto** — Grind with olive oil, fresh garlic, and pine nuts or walnuts
- **Chop fresh leaves**, and add to green or pasta salads, dips, soups, vegetable dishes, eggs, fish, lamb, and chicken

Cilantro/ coriander



- **Cilantro is the fresh leaves** of coriander used widely in Chinese, Thai, and Mexican dishes
- **Add fresh, chopped cilantro** to salsa, tacos, spring rolls, pasta salads or stir fry



Dill

- **Key ingredient** in many pickled foods
- **Add to potato soup** or salad, coleslaw, savory quick breads or muffins, green salads or pasta salads
- **Sprinkle chopped dill** on baked or grilled fish with fresh lemon

Rosemary



- **Finely chop fresh leaves** or grind dried leaves to release flavor
- **Use as a rub** for roasts or in marinades for meats or mushrooms
- **Combine with other** savory herbs such as thyme, oregano, marjoram, and sage to flavor grilled vegetables or meat
- **Excellent with potatoes** — grilled, roasted, baked, potato salad or soup

Oregano



- **Used widely** in Greek and Italian cooking
- **Great in tomato dishes**, on pizza, or with pasta, pork, and chicken
- **Add fresh oregano leaves** to green salads, fresh salsa, and chilled gazpacho
- **Pair with feta cheese** and tomato in omelets



Thyme

- **Great in herb vinaigrette** or cooked tomato dishes with basil, oregano, marjoram, and garlic
- **Add fresh leaves to eggs**, pizza, pasta, and herb breads

Mint



- **Used in Indian and Middle Eastern** dishes
- **Add chopped, fresh mint leaves** to iced tea or fresh lemon water
- **Excellent with lamb**, yogurt, grain, and vegetable dishes
- **Key ingredient** in raita (yogurt sauce) and tabouleh (bulgur salad)



One of the
flowers below is
missing from
the bouquet?
Can you find it?



BREAKING NEWS!

This heat wave is brutal! Not only is it hot enough to fry an egg on the sidewalk, but you can use your mailbox as a toaster oven.



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I hired a pool boy for the summer.

Next year I'm hoping to afford the pool.



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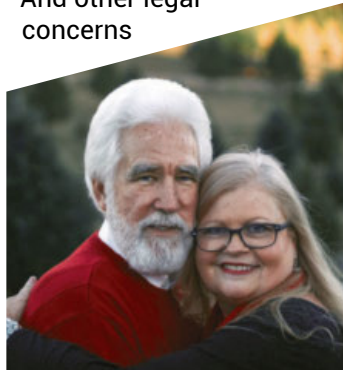
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This advertisement was supported by grant number 139-2020-VA1029 awarded by the Office for Victims of Crime, Office of Justice Programs, U.S. Department of Justice, through the Nebraska Crime Commission.



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Every Day Health

How to Stay Sharp as You Age

By Krisha McCoy

Medically reviewed by Cynthia Haine, MD

Tips for Staying Mentally Sharp as a Senior

Promising research indicates that taking the following steps can help keep your mind sharp as you age:

Control cholesterol problems and high blood pressure. These conditions can increase your risk for heart disease and stroke, which are thought to contribute to the development of certain types of dementia. Cardiovascular health—having healthy blood sugar, cholesterol levels, and healthy weight, and not smoking—was associated with better cognitive function in a 2014 study published in PLoS One.

Don't smoke or drink excessively. Because these are both seen as putting you at increased risk for dementia, kick the habit if you smoke and, if you drink, do so only in moderation.

Exercise regularly. Regular physical activity is thought to help maintain blood flow to the brain and reduce your risk for conditions such as high blood pressure that are associated with the development of dementia. Consistent vigorous exercise helps lower the risk for dementia, according to a study published in Annals of Medicine in 2015.

Eat a healthy diet. People who consume plenty of vegetables and fatty fish and keep away from saturated fats are thought to have a lower risk for cognitive decline,

Stimulate your brain. People with less education are at a higher risk for dementia, according to the Alzheimer's Association, because mental stimulation throughout your lifetime is important for your brain health. Keep your mind active by increasing your level of social interaction, learning new skills, playing challenging games, and doing other activities that require an engaged mind. People who are more socially and intellectually involved are less likely to develop dementia.

Marie Suszynski also contributed to this report.



Puzzle Solution



Summer Tips for Caregivers

Summer's here and the heat is on! Here are some great tips for keeping your loved safe.

- Hydration, hydration, hydration...Keep your loved one hydrated. Have a large ice water always available and encourage your loved one to drink water throughout the day, even if they're not particularly thirsty. As adults age the amount of water retained by the body decreases substantially.
- Limit sun exposure between the hours of 10am & 3pm. Try to plan short outings either early or later in the day when the temperatures are milder. Bring along sunscreen, sunglasses and a hat for outdoor activities.
- Never leave a loved one in a car while running errands.
- Make sure your loved ones wear lightweight, loose fitting clothing, giving the body breathing room.
- Block direct sunlight in the house by keeping curtains and blinds closed in order to keep the house cool longer.
- Encourage good summer nutrition by having a variety of fresh fruit, vegetables and healthy snacks on hand. You can make balanced meals and snacks with the wide variety of cool foods and pre-made items available. Consider having items such as low fat cheeses, nut butters and nuts, pre-cooked grilled chicken, and yogurt. Pre-cut some fruit and vegetables to have an easy, hydrating snack on hand. Plan several small meals rather than 2 large ones.





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"Every day is a new
opportunity to begin
again."

- Dalai Lama



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