



THE ZONE

Kyle Area Senior Zone Newsletter

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APRIL ISSUE | 2022

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SUPPORT OUR SENIORS

We love KASZ! How about you?!
Thank you for your support!

 <https://kasz.weshareonline.org>

UPCOMING EVENTS— MEMBERS PLEASE WEAR YOUR NAME BADGE TO SIGN-IN

KASZ BIG EVENT! - FAIR

►KASZ Senior Resource Fair
Sat., April 9th 10:00a - 12:00p
Free Community Event for Seniors &
their Caregivers Details on page 6

LET'S HAVE FUN- COMMUNITY EVENTS

►Easter Egg-stravaganza
Sat., April 9th 10:00a - 1:00p
KASZ will be having a booth in this
city event. Details on page 3

►Wiener Dog Races
Sat. & Sun., April 23rd & 24th Time: TBA
KASZ will be having a booth in this
city event. Details on page 3

LET'S DANCE! - SOCIAL EVENT/FUNRAISER

►Country Western Dance
Sun., April 10th 6:00p-9:00p
\$5 donation, food & drinks for purchase

LET'S LEARN! - GUEST SPEAKERS & SR. SERIES

►Pizza Social & Presentation w/
Your Dementia Therapist
Wed., April 13th 1:00p
Caregiver resource Details on pg 6

►Senior Nutrition & Wellness
Program presented by
Hays County Food Bank
Wed., April 20th 1:00p
Cooking Class

►Senior Series w/ Flashpoint Financial
Services
Mon., April 25th 1:00p
Topic: How to gift your Wealth
Details on pg 6

►Guest Speaker: Robert Sorrell
Tue., April 26th during lunch
Topic: Ambulance Service

Get in the Zone! Immerse yourself in a Community of Fun, Active & Energized Adults!

NEWS & MENU

Kyle Area Senior Zone



BIRTHDAYS

- 3rd - Joe Colarusso
- 5th - Don Wenger
- 6th - Ray Najera
- 10th - Sybil Childers
- 14th - Mary Shaw
- 15th - Virginia Bryan
- 20th - Dorothy Womble
- 23rd - Eleanor Phelps



APRIL HOLIDAYS

- National Volunteer Month
- National Stress Awareness Month
- 1st - April Fool's Day
- 15th - Passover begins
- 15th - Tax Day
- 17th - Easter
- 22nd - Earth Day
- 29th - Arbor Day



MENU \$5 PER PERSON

Subject to Change

- 5th - [Hawaiian Bros]
Huli Huli Chicken, macaroni salad, veggies, dessert & beverage
- 12th - [Ilario's]
Spaghetti & meatballs, garlic bread dessert & beverage
- 19th - [Sonic]
Footlong hotdog (chili & cheese), macaroni salad, dessert & beverage
- 26nd - [Chick-fil-a]
Grilled Chicken Market Salad, biscuit, dessert & beverage



MIND TEASER

What falls but never gets hurt?
(answer on pg. 8)



Saturday
May 7th

SAVE THE DATE

8:30a
11:30a

\$6 Pancake Breakfast & Silent Auction Fundraiser

Enjoy 3 pancakes, 2 sausages, scramble eggs, biscuit & a beverage (coffee or orange juice)

Bid on your favorite items for a chance to win at the silent auction. (Do not need to be present to win)

Breakfast Sponsors: ~Pete Longoria w/ Texas Health Plans ~ Whataburger Kyle Location~

LETTER FROM THE BOARD...

HELLO KASZ MEMBERS AND FRIENDS OF KASZ...

April showers bring May flowers, but we are hoping April Showers bring More Volunteers. Did you know April is National Volunteer Month? Research shows that seniors who volunteer can combat depression, stave off chronic pain, and boost brain power. In short, volunteering can promote longevity. So it is fitting that KASZ is kicking off a volunteer drive for the month of April!

KASZ runs solely on volunteers who love & work hard to help support the organization's mission and we are very thankful. Starting this month, you will see a volunteer station displayed on the wall by the kitchen. Folders will hold sign-up sheets & there will be postings of current opportunities for volunteers. After lunches, we will be holding planning meetings for committee start-ups. KASZ's website is under a makeover & the volunteer page will showcase these needs too.



Since we have re-opened from Covid a year ago, we have been averaging around 15 new members a month. That's a ton of untapped talent and ideas! So, we will also be giving opportunities for members to let us know how they can become more involved in KASZ. Who would like to teach conversational Spanish or Sign Language?

Volunteering isn't just limited to KASZ members. We also welcome all ages to come and be part of KASZ in helping with it's mission. Our last big event had volunteers from all over the community. And did you know the KASZ library may become a Girl Scout project? We are grateful for the community support.

Please consider how you can make a difference. Is it by joining a committee? Chairing a committee? Becoming a facilitator? Signing-up for shifts in clean-up, set-up, or decorating? Distribution of newsletters? Writing grants? Answering phones? Let's make April a great month, buzzing with volunteers!

Team KASZ,
Dawn Conley, *Programs & Entertainment Coordinator*



THANK YOU

for your generosity



Please thank these businesses/organizations for their contributions towards helping our Rummage Sale & BBQ Plate Fundraiser be a Success!

A & R Auto Center
2600 Goforth Rd
Kyle, TX 78640

AutoZone Auto Parts
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**Legend Oaks
Rehabilitation and Healthcare**
1640 Fairway
Kyle, TX 78640

Hawaiian Bros
20471 I-35
Kyle, TX 78640

New World Bakery
310 Edwards Dr
Kyle, TX 78640

**HEB - Kyle
Walmart - Kyle**

KASZ IN THE COMMUNITY

KASZ will be participating in two community events this month. Here is where you can find us and how you can help.

EASTER EGG-STRAVAGANZA
April 9, 2022

Loc: Gregg Clarke Park
1231-1301 W Center St, Kyle
Time: 10:00 am - 1:00 pm (event)
Setup: 7:30a - 9:45a

KASZ booth selling:
Smore's on a Stick &
Easter Bunny Tootsie Roll Pops

Looking for volunteers for:

- Booth workers
- Decorating crew
- Donations of Tootsie Roll Pops
- Makers for Bunny Pops

WIENER DOG RACES
April 23 & 24, 2022

Loc: Buda City Park
204 San Antonio Street, Buda
Time: TBA (event)
Setup: TBA

KASZ booth selling:
Smore's on a Stick

Looking for volunteers for:

- Booth workers
- We will have 2 hour shifts for each day

Thank You!

Contact: kasz78640@yahoo.com



Trivia

Stress and anxiety are the same thing.

- A) True
- B) False

(Answer on pg 8)



Sunshine
COMMITTEE

Do you know a KASZ member who needs a Thinking of You, Get Well or Sympathy card?

Please email their name, address (if known) & reason for card to kasz78640@gmail.com

Life's Short, Eat More Pie

Serving Texas since 1988
Happy Baking Y'all!

Julie Albertson & Spencer Thomas
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texaspie@austin.rr.com
512-268-5885 • texaspiecompany.com

PLEASE JOIN US ON SUNDAYS AT THE KYLE AREA SENIOR ZONE FOR A MUSICAL JAM SESSION!

AS THE CENTER IS BEGINNING TO OPEN UP, WE WILL ALSO HAVE GREAT MUSICAL PROGRAMS OF INTEREST TO ALL!

STAY TUNED FOR MORE INFORMATION!!!

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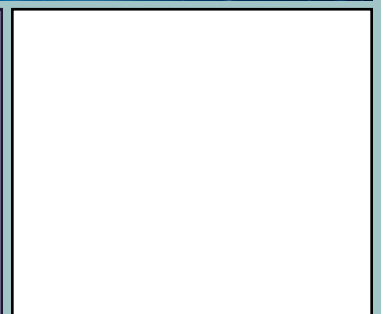
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KASZ APRIL 2022 CALENDAR

DATES, TIMES & PARTICIPATION FEES SUBJECT TO CHANGE

LIMITED LUNCHES: 1ST COME 1ST SERVE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>REINDER: Some activities are held at the Kyle Public Library (550 Scott St.) Please check Location, found under certain activities.</p>					<p>1</p> 	<p>2</p>
<p>3</p> <p>KASZENIARS SINGING CLUB 2:00p - 4:00p</p> <p>COUNTRY WESTERN DANCE (\$5 donation) 6:00p - 9:00p</p> 	<p>4</p> <p>- Crafty Club 1:00p Loc: Krug Activity Center</p>	<p>5</p> <p>- Games 9:00a - Luncheon 12:00p - Games 1:00p-4:00p</p>	<p>6</p> <p>Game Day 1p- 3p</p> 	<p>7</p> <p>- Beg. Line Dance Class 10:30a - 11:30a - Hi Beg./Improver Line Dance Class 12p - 1p - Inter. Line Dance Class/Social 1:15p-2:30p - Game Night 5p- 9p</p>	<p>8</p> <p>The Silver Screen Movie: Singin' in the Rain Time: 4p Hosted by the Kyle Public Library & KASZ Location: Kyle Public Library</p>	<p>9</p> <p>KASZ SENIOR RESOURCE FAIR 10:00a - 12:00p Community Event: Easter Egg-stravaganza (KASZ Participating) 10:00a - 1:00p</p>
<p>10</p> <p>KASZENIARS SINGING CLUB 2:00p - 4:00p</p> <p>COUNTRY WESTERN DANCE (\$5 donation) 6:00p - 9:00p</p> 	<p>11</p> <p>- Senior Crafts 1:00p focus: herbs Loc: Krug Activity Center - Kyle Quilters 6:00p Loc: Krug Activity Center</p>	<p>12</p> <p>- Games 9:00a - Luncheon 12:00p - Games 1:00p-4:00p Blood Pressure Screening 12:30p - 1:30p</p> 	<p>13</p> <p>- Pizza Social & presentation by Your Dementia Therapist <i>Details on pg 6</i> 1:00p - Game Day 1p - 3p (players be considerate of presentation)</p>	<p>14</p> <p>- Beg. Line Dance Class 10:30a - 11:30a - Hi Beg./Improver Line Dance Class 12p - 1p - Inter. Line Dance Class/Social 1:15p-2:30p - Scripture Reflection 2:45p - Game Night 5p- 9p</p>	<p>15</p>  <p>Passover begins</p>	<p>16</p> <p>Kyle Quilters: Sew-all-Day! Potluck (please bring a dish to share) 8:00a - 4:30p</p>
<p>17</p> <p>JAM SESSION Canceled for Easter</p> 	<p>18</p> <p>- Slice of Art 1:30p focus: water coloring Loc: Kyle Public Library</p>	<p>19</p> <p>- Games 9:00a - Luncheon 12:00p - Games 1:00p-4:00p</p>	<p>20</p>  <p>COOKING CLASSES - Senior Nutrition & Wellness Program presented by Hays County Food Bank 1:00p</p>	<p>21</p>  <p>- Domino 10:30a - 12p Hosted by Warm Springs - KASZ Volunteer Day: Focus library shelves 1p - Game Night 5p- 9p</p>	<p>22</p> <p>Community Event: Earth Day Plant Give A Way 5p -7p Loc: Mary Kyle Hartson City Square Park, 101 S. Burlleson St</p> 	<p>Earth day: 10a- 4p Loc: Kyle Public Lib. 23 Wiener Dog Races (KASZ Participating) Buda City Park 204 San Antonio Street, Buda Time: TBA</p>
<p>24</p> <p>Wiener Dog Races (KASZ Participating) Buda City Park 204 San Antonio Street, Buda Time: TBA</p>	<p>25</p> <p>- Sr. Series 1:00p Topic: How Do I Gift My Wealth? presented by Flashpoint Financial Services</p>	<p>26</p> <p>- Games 9:00a - Luncheon 12:00p - Games 1:00p-4:00p Lunch Guest Speaker: Robert Sorrell on Ambulance Service Blood Pressure Screening 12:30p - 1:30p</p> 	<p>27</p> <p>Game Day 1p- 3p</p> 	<p>28</p> <p>- Beg. Line Dance Class 10:30a - 11:30a - Hi Beg./Improver Line Dance Class 12p - 1p - Inter. Line Dance Class/Social 1:15p-2:30p - Scripture Reflection 2:45p - Game Night 5p- 9p</p>	<p>29</p> <p>The Silver Screen Movie: Tarzan the Ape Man Time: 4p Hosted by the Kyle Public Library & KASZ Location: Kyle Public Library</p>	<p>30</p> <p>KASZ SATURDAY NIGHT DANCE & SOCIAL 6:00p- 9:00p \$5 Tip Appreciated</p> 

8 TIPS TO HELP SENIORS CONQUER STRESS

As boomers retire from their jobs at unprecedented rates in the U.S., you'd think they'd be spending their free time with friends, lingering over the morning newspaper and coffee, or taking January vacations in a warm place. But many seniors are finding themselves in a predicament that few anticipate in retirement: parenting for a second time.

Census reports indicate that 2.7 million grandparents are responsible for their grandchildren. Their added duties may be fulfilling, but they may be stressful, too.

In fact, many things can trigger stress among retired adults — paying bills on a fixed income, failing health, caring for ill parents or spouses, or even grandparenting. Excessive stress

can lead to serious health problems.

"When stressed, the body releases substances such as cortisol and adrenaline that affect every organ & can cause muscle tension, insulin secretion, and increased heart rate," said Arthur Hayward, M.D., a geriatrician & the clinical lead physician for elder care with Kaiser Permanente's Care Management Institute.

"You can't avoid stress, but managing it can help preserve your health and well-being," Dr. Hayward added. He recommends identifying & understanding the cause of your stress and finding ways to relieve it, such as these eight tips:

1) Pace yourself. Don't take on too much. Be aware of your limitations.

- 2)** Set realistic goals & expectations, and don't be afraid to ask for help.
- 3)** Plan time for yourself. Recharge your batteries.
- 4)** Exercise & eat a balanced diet. Get plenty of fruits, vegetables, & whole grains.
- 5)** Try relaxation techniques such as meditation or yoga.
- 6)** Get enough sleep. If you have problems sleeping, talk to your doctor. Drinking caffeinated beverages & alcohol can affect your ability to get a good night's sleep.
- 7)** Talk with a loved one or write in a journal.
- 8)** Stay positive. Positive thoughts can make a difference, such as "I am hopeful" or "Things will be better."

For more information, go to kp.org/healthyaging. For questions or advice about a specific condition, talk to your physician. (Courtesy of NewsUSA) ©LPI

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UPCOMING EVENTS

Kyle Area Senior Zone



SENIOR RESOURCE FAIR APR. 9th | 10:00a - 12:00p

This is a free community event, spotlighting programs and services provided by institutions that support seniors and their caregivers in Kyle & the surrounding areas.

Loc: KASZ

PIZZA SOCIAL

Hosted by

Your Dementia
Therapist

Resource for Caregivers of
Individuals w/ Dementia

• EAT • LEARN • SOCIALIZE •

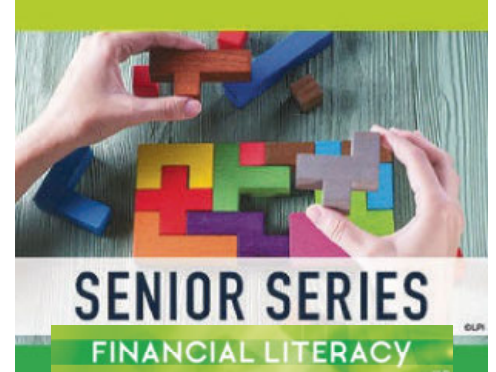
PIZZA SOCIAL APR. 13th | 1:00P - 3:00P

Join us for Pizza, Fun and a Presentation by Your Dementia Therapist. Learn about occupational therapy & an overview on dementia, what to do if your loved one is refusing care, and how we can help!

Coming?

Please email: kasz78640@gmail.com

Loc: KASZ



SENIOR SERIES WORKSHOP APR. 25th | 1:00p

Flashpoint Financial Services presents "How Do I Gift My Wealth?". They will share tips & information on how folks can gift or share their wealth now or later. This is an important topic for any age but we know that achieving your goals and wishes takes planning.

Loc: KASZ

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Kyle Area Senior Zone, Kyle, TX

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HAPPENINGS AROUND YOU*

- **Easter Egg-Stravaganza:** *Sat., 4/9,* - Fun filled event for the community to come out and enjoy a spectacular Easter Egg Hunt. There will be the Easter bunny for photo ops, food, drinks, music, face painting, games and more. *(KASZ will be participating with a booth)*
- **Rheumatoid Arthritis Support Group:** *3rd Thurs. (4/21), 10am,* The group encourages people to share their challenges and successes with fellow members. Hand exercises and different methods of pain relief for hands will be discussed. Loc: OCSC, 420 Bartons Crossing, Buda
- **Earth Day Plant Give A Away:** *Fri., 4/22, 5pm - 7pm,* There will be a give away of 100 plants, a mix of flower and houseplant starts. Free & No registration required. Loc: Mary Kyle Hartson City Sq. Park, 101 S. Burleson St.
- **Celebrate Earth Day:** *Sat., 4/23, 10am - 4pm,* The event has a mix of indoor & outdoor activities to enjoy. Loc: KPL, 550 Scott St.
- **25th Annual Buda Country Fair and Wiener Dog Races:** Sat. & Sun., 4/23 - 4/24, Time: TBA. \$ 5.00 - Gate Admission for adults & kids over twelve (12), Free - Kids under twelve (12). Loc: Buda City Park, 204 San Antonio Street, Buda *(KASZ will be participating with a booth)*
- **Kyle Railroad Depot and Museum** *Every Saturday 10am-2pm* throughout the year welcomes visitors and volunteers.

**Times & Dates Subject to Change*

Email: kasz78640@gmail.com to share community events in newsletter



Easter Egg-Stravaganza ~City of Kyle~

Date: Sat., April 9th

Time: 7:00pm

Loc: Gregg Clarke Park
10:00am - 1:00pm
1231-1301 W Center St

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Legend Oaks, the Heart of Kyle

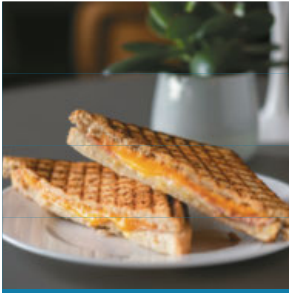
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KASZ IN THE KITCHEN

Have a recipe to share? Email: kasz78640@gmail.com



Waffle Iron Adult Grilled Cheese

When April showers show up, comfort food is on the menu! No wonder April is National Grilled Cheese Month. This year turn an ordinary grilled cheese into an extraordinary experience with this recipe.

2 slices whole wheat bread
1/4 c reduced fat shredded Mexican cheese blend
1 Tbsp olive oil or low-fat mayonnaise
1 large tomato slice
salt and pepper

- While the waffle iron heats, spread the mayonnaise on both slices of bread. Arrange about half to a third of the shredded cheese on one slice and place the tomato slice on top. Sprinkle salt and pepper to taste on the tomato and top with the remaining cheese. Place the second slice of bread on top and carefully lift the sandwich into the waffle iron. Close the lid as far as it will go — don't worry about trying to press it down too much. When you start to get whiffs of deliciousness, open the iron and turn the sandwich so the other side is toward the back. You can also flip the sandwich over if you like — experiment with your waffle iron to see what works best to achieve the right amount of toasting and melting for you. Continue cooking until the cheese is melted and the bread has toasted waffle marks on it. Enjoy!

©LPI

SPRING WORD SCRAMBLE

Instructions: Unscramble the letters to find the Spring words

- f g h s n i i -----
- o s o l b s m -----
- t l u r t y e f b -----
- i l l a a r e c t p r -----
- d l u g y b s a -----
- a m u l b r l e -----
- l r f e o s w -----
- i d e o t s u -----
- o f f a l i d s d -----
- u s i n s n h e -----
- a r i o n w b -----
- a l e d o p t -----



JUST FOR LAUGHS

A retired man now volunteers to entertain patients in assisted living homes and hospitals. He visited one hospital in Brooklyn and brought along his portable keyboard.

After telling jokes and singing songs at patients' bedsides, he said farewell and, "I hope you get better."

One elderly gentleman replied, "I hope you get better, too."

"You don't stop laughing because you grow older. You grow older because you stop laughing."
~Maurice Chevalier



ANSWERS

Mind Teaser: rain

Trivia: B) False - Stress is a physical response to something you feel threatened by. Anxiety is an emotion that's triggered by stress -- you feel apprehensive, nervous, or scared.

Scramble:

fishing, blossom, butterfly, caterpillar
ladybugs, umbrella, flowers, outside
daffodils, sunshine rain, tadpole

