

Austintown Senior Center



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June 2021

A Letter From The Director

At long last we have re-opened! We are operating with a limited schedule but that will change as more people start returning to the center. We must comply with the guidelines established by the governor, fortunately, these restrictions seem to be easing. Hopefully we will be back to normal operations before the end of summer.

When you come to participate in our senior focused activities, there are a few new rules: you will have your temperature screened automatically upon entry, you will be asked to show your COVID vaccination card (first time only), and someone will then check you in. We ask that you wear a mask at all times except eating and drinking (nursing a cup of coffee for 5 hours to keep your mask off will be frowned upon). Social distancing is also required, so please comply with markers on the floor and seating distances for activities. Meals will be boxed to avoid over handling, and we ask that you wash your hands frequently.

We have added a number of safety measure to the center to insure a safer environment. We have added ultraviolet lights in the ceiling, ultraviolet generators in the HVAC system, portable HEPA filter units, and ozone generators in each room. We have been told by members that the reduction of allergens by the aforementioned measures has created an atmosphere that greatly reduces allergy suffering while at the center. We can all breathe easier.

We have also added new carpeting throughout the center and a vestibule door. Because of the new carpet we have eliminated decaf coffee from our beverage menu as decaf stains are next to impossible to remove.

If we all work together to comply with the COVID restrictions in place, we can have a wonderful time at the center and the sooner we might get back to our pre-COVID lives.

Jim Henshaw

Furry Friends Bring Great Health Benefits

Having a four-legged, furry companion is good for our mental and physical well-being. A pet provides unconditional love and a sympathetic ear on difficult days. For older adults, the health benefits of having a pet are numerous.

Let's look at a few reasons why pets are good for us and why an older adult might want to adopt a senior pet.

4 Reasons to Adopt a Pet

1. **Unconditional support:** Animals are typically loyal creatures that stick by us through thick and thin. They are there for us in ways most people can't be. Sometimes it's listening when we are sad, other times hearing our joys and secrets. For an adult who has recently experienced the loss of a loved one, a pet makes an ideal companion during the process of grieving and healing. The individual has someone counting on them and giving them purpose.
2. **Stress and anxiety relief:** Research shows that pets lower stress levels and blood pressure. The very act of petting a furry friend is soothing. Finding natural remedies for reducing stress is important for maintaining optimum health.
3. **Activity:** An older adult might be reluctant to go for a walk around the neighborhood on their own but will happily share the journey with a pet. Walking is one of the best forms of exercise for people of all ages, but especially for seniors. It helps maintain stamina and balance while reducing the risk for depression.
4. **Socialization:** Pets attract attention and make new friends easily. If you routinely take your pet for a walk, it won't be long before you make new friends, both human and animal. It's a great way to get to know the neighbors.

Continue on next page...



Austintown Senior Center

112 Westchester Drive
Austintown OH, 44515
Phone: 330-953-1416

www.austintownseniorcenter.org

Hours

Monday—Thursday 8am—3pm
Friday 8am—1pm

Furry Friends continued...

Tips for Adopting a Pet

First, consider your budget. Some breeds of cats and dogs are more expensive to maintain. It might be higher grooming expenses, a specialty food, or more frequent veterinary care. Before you adopt a pet, make sure you are confident you can afford the monthly expenses.

Next, learn more about the animal's disposition and needs. For example, a dog like a Jack Russell Terrier may require more exercise than, for example, a family with two working adults can safely manage. A calmer breed might be better.

Also take the home environment into consideration. If you don't have outdoor living space or easy access to a park, a cat could be a better choice. Some families also find birds make good companions.

One last tip is to consider adopting an older pet. They generally make great companions for seniors. Most are house-trained and past the exhaustingly active puppy stage. Local shelters often have photos of the animals up for adoption on their websites. You can log on and read more about them before leaving home.

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Monthly Schedule – General Classes

Mondays

- 9:00 - Video Class
- 9:00 - Bible Study
- 9:30 - Total Body Sculpt
- 10:00 - Sewing
- 10:00 - Card Playing
- 10:00 - Bingo
- 10:00 - Painting Class
- 10:30 - Senior Spinning
- 11:00 - Ballet Barre
- 11:30 - Chair Volleyball
- 11:00 - Lunch
- 12:00 - Bridge
- 1:00 - Computer Class

Tuesdays

- 9:00 - Video Class
- 9:30 - Senior Outreach Services
- 10:00 - Card Playing
- 10:00 - Bingo
- 10:00 - Drum Your Way Fit
- 10:30 - Walking Group
- 11:00 - Chair Yoga
- 11:00 - Lunch
- 1:00 - Computer Class
- 1:00 - Mahjong

Wednesdays

- 9:00 - Bible Study
- 9:00 - Video Class
- 9:00 - Blood Pressure Checks
- 10:00 - Bingo
- 10:00 - Card Playing
- 10:00 - Sewing
- 1:00 - Dominos
- 12:00 - Pizza Party
- 11:30 - Beginner's Ukulele Class
- 12:30 - Ukulele Class
- 12:30 - Movie Matinee
- 1:00 - Computer Class



Call **Danielle Thompson**,
Community Marketplace Consultant

216.978.7888

5900 Landerbrook Dr., Ste. 300,
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Danielle.Thompson@CareSource.com

OUR MISSION

To make a lasting difference in our members' lives by improving their health and well-being.

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Monthly Schedule – General Classes

Thursdays

9:00 - Video Class
 9:00 - Wood Carving
 9:30 - Senior Outreach Services
 10:00 - Bingo
 10:00 - Card Playing
 10:00 - Sewing
 10:30 - Video Chair Yoga
 11:00 - Lunch
 11:30 - Chair Volleyball
 1:00 - Bingo

Fridays

9:00 - Bible Study
 9:00 - Video Class
 9:00 - Senior Spinning
 10:00 - Senior Sculpt
 10:00 - Bingo
 10:00 - Card Playing
 10:00 - 500 Bid
 10:00 - Fencing
 12:00 - Lunch and Learn

This is a general schedule, classes and topics are subject to change.

Trips and seasonal seminars occur monthly.

For a complete schedule, check our website, Facebook, or come in to pick up a physical copy.

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Jim Henshaw

Marketing & Technology

Director

Jessica Ricker

Logistics Coordinator

Bruce Ricker

Membership Coordinator

Linda Beilby

Cooks

Denise Shelton

Recipe of the Month

Poor Man's Lobster

Servings: 4

2 cups water
1 tablespoon vinegar
1 teaspoon Old Bay seasoning
1 pound frozen haddock
Melted butter
Lemon wedges

Place water, vinegar, and Old Bay seasoning in a large skillet. Add haddock. Bring to a boil.

Reduce heat and simmer 20 minutes or until fish is cooked through. Drain liquid. Serve fish with butter and lemon.

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Using Technology to Connect and Combat Loneliness

For better or worse, technology is here to stay. Nearly extinct are letters written between family and friends or lengthy phone conversations while tethered to a coiled phone cord. In its place are emoticons, text messages, emails, Messenger, Twitter, Facebook, video chatting, and a plethora of other avenues to connect.

While older adults are the fastest growing segment of the online population (and utilizing Facebook, Google, YouTube and Instagram), nearly a third of adults ages 65 and older say they've never used the internet and half don't have internet access at home. And that number grows exponentially after age 75.

This digital divide increases social isolation among adults as we grow older. Research demonstrates that chronic loneliness is as hazardous to the health as smoking. Those who experience chronic loneliness are 50 percent more likely to die prematurely due to cardiovascular disease, stroke, and dementia than those with healthy social relationships.

Thankfully, connecting with family and friends is not as overwhelming as it may appear. There is help. Senior centers, local Eldercare Centers, and public libraries often offer computer labs and technology classes that encourage active aging. These are a great means to gather stress-free support in learning to safely navigate cell phones and computers as well as understanding the ins and outs of search engines, news sites, email, and social media.

Various forms of technology can help seniors combat isolation by easily connecting them to friends and family.

- **Smartphones:** Smartphones can serve as a useful part of anyone's daily life. Apps such as Google Maps, travel and transportation reservation apps, grocery and other retail shopping apps, Medisafe, Airbnb, and gaming apps such as Luminosity can keep individuals informed, as well as boost cognitive function for aging adults, and make it easier to get out.
- **Video Chat:** With a larger geographical distance between families, busy schedules, and job requirements, visiting in person might be difficult on a regular basis. Video chat is the next best option to a face-to-face conversation because it allows users to hold conversations with and to see each other in real time. This is a great option for extended family such as grandparents and aunts and uncles wanting to visit. This feature comes standard on many phones, tablets, and laptops. Skype, FaceTime, or Messenger are very popular and user friendly.
- **Social Networking:** Facebook remains the top social networking site and is easy to stay connected with family and friends. This medium allows us to see photos of loved ones as well as comment on posts and exchange messages privately through Messenger. Instagram is another medium where people can share and comment on photos with loved ones, as well as send private messages.
- **Blogging:** Another great way to stay connected with others is through blogging. Normally, blogs are maintained by an individual and offer the opportunity for followers to comment. Various websites offer free, easy-to-use blogs, such as blogger.com, wordpress.com, and livejournal.com. Youtube.com is a video-sharing website where individuals can view, upload, and share videos with friends and family and start a video blog (or Vlog).

Whether it's emailing, texting, blogging, or talking, making use of technology has a positive impact because we communicate more frequently with family, reconnect with loved ones, combat loneliness, keep up with community developments, and manage health issues.

The Austintown Senior Center has a variety of computer classes available for all experience levels. Ask us today for upcoming classes!

Austintown Senior Center
112 Westchester Drive
Austintown Ohio 44515
330-953-1416

Austintown Senior Center

Did You Know?...

The Center has over 2800 registered members

We offer nearly 100 unique classes

Members must be age 60 or older and independent

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