



# EVANS SENIOR CENTER AT HOME EDITION

APRIL/MAY  
2021  
NEWSLETTER

## April & May Key Dates

APR. 4 (Sunday)  
Easter

APR. 22 (Thursday)  
Earth Day

MAY 9 (Sunday)  
Mother's Day

MAY 31 (Monday)\*  
Memorial Day

\*City Offices Closed

## Evans Center

4330 Dudley Ave,  
Grove City, OH 43123  
Phone: 614-277-1060  
Monday-Friday  
8 a.m.-5 p.m.



The Evans Center remains closed until state pandemic restrictions concerning senior recreation centers are lifted. We appreciate your patience as we work through the uncertainty. Staff are available to answer phone calls and emails.

# COTA//Plus Offers Convenient Transportation



COTA//Plus, the on-demand transportation service implemented through a partnership between the City of Grove City and COTA, services more than 22 square miles of Grove City and Jackson Township.

Users download a free app (search for “COTA Plus”) from the Google Play Store or the Apple App Store, or call 614-308-4400 to schedule a ride within Grove City and Urbancrest, Monday through Friday from 5:30 a.m. to 8 p.m. Within 15 minutes of the request, a six-person, ADA-accessible vehicle operated by a COTA driver will arrive to take the rider to the requested destination. Accessing the COTA app or placing a call makes the return trip equally convenient.

COTA//Plus fees are \$2 each way for seniors, charged to the user’s COTA//Plus account.



## **COTA//PLUS**

- Senior: \$2 each way
- Call: 614-308-4400
- Promo Code: COTASEN

# HEALTH & WELLNESS

## DON'T DELAY THE TALK: AN EARLY ALZHEIMER'S DIAGNOSIS CAN MAKE A BIG DIFFERENCE

After 30 years of painting commercial buildings, Mario Martinez of San Jose, California, had experienced days like this before — grueling hours under a sun-soaked sky, doing back-breaking work. He loved his job, but after spending hours outside he was ready to go home. Mario bent down to pick up his paintbrush, roller and can. Turning back to look at his day's work, he paused. His heart sank. He knew something was wrong.

"Mario came home and told me he had painted the wrong side of the doors on the building," his wife Veronica said. "It was alarming because he's been painting buildings for years and never made this kind of mistake. It worried us both." The couple had both noticed that Mario seemed to be more forgetful recently, but neither had shared their concerns with the other. Now that Mario's memory lapses were interfering with his work, it was time to talk.



### TAKE ACTION THROUGH CONVERSATION:

"Veronica told me I was asking for more and more help," Mario said. "I told her that I was forgetting a lot of the things she asked me to do. The more we talked, the more I realized I had a problem. I was forgetting many moments in my life and not enjoying activities that I had enjoyed before."

The couple's difficult conversation led Mario to his doctor's office, and he was eventually diagnosed with Alzheimer's disease.

Mario is not alone. He is one of more than 5 million Americans living with Alzheimer's — a fatal brain disease that causes problems with memory, thinking, and behavior. Every 65 seconds someone in the United States develops Alzheimer's disease and it's the country's sixth-leading cause of death.

Despite Alzheimer's growing impact, many families struggle with discussing the issue. A recent Alzheimer's Association survey reveals

that 72 percent of Americans say that talking to close family members about cognitive decline would be challenging for them. However, having these difficult, but important conversations sooner can prevent a crisis and improve health options and outcomes.

#### Reach out for help

To encourage and help more families discuss cognitive problems sooner, the Alzheimer's Association, in partnership with the Ad Council, has launched the "Our Stories" campaign. "Our Stories" features real stories of people who noticed cognitive changes in a family member and took the first, difficult step to initiate a conversation.

"It's understandable that many families are reluctant to express their concerns and start a conversation, but there are good reasons to do so," said Ruth Drew, director of information and support services, Alzheimer's

Association. "Initiating conversations sooner can enable early diagnosis, which offers many important benefits, including allowing more time for critical care planning, better disease management and providing diagnosed individuals a voice in their future care."

The "Our Stories" website, <https://ourstories.alz.org>, offers families tools and resources, including customizable conversation starters, a list of early signs and symptoms of Alzheimer's, benefits of early diagnosis, a downloadable discussion guide and other resources.

Whether you're noticing changes in yourself or a loved one, starting a conversation about Alzheimer's can be difficult, but it can make a big difference and there are resources to help. When something feels different, it could be Alzheimer's — now is the time to talk.

(Courtesy of BPT)

## RECIPE OF THE MONTH



### WAFFLE IRON ADULT GRILLED CHEESE

- 2 slices whole wheat bread
- 1 Tbsp olive oil or low-fat mayonnaise
- ¼ cup reduced fat shredded Mexican cheese blend
- 1 large tomato slice
- salt and pepper

**Go beyond the griddle:** A quick glance around your kitchen might reveal a small appliance that doesn't get as much use as it should. If you've got a waffle iron, then you have a panini press that's perfect for making gooey grilled cheese sandwiches! Best of all, you can lose the butter on the outside of the bread, turning this sandwich date into a calorie buster.

**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.

# HUMOR

## QUOTE

“Age is an issue of mind over matter. If you don't mind, it doesn't matter.”

~ Mark Twain

## WORKOUT

Woman to her friend:

I feel like my body has gotten totally out of shape, so I got my doctor's permission to start exercising.

I decided to take an aerobics class for seniors. I bent, twisted, gyrated, jumped up and down, and perspired for an hour.

But, by the time I got my leotards on, the class was over.

## GENIE JOKE

A man was walking down the beach and came across an old bottle. When he picked it up and pulled out the cork, a genie appeared.

The genie said, “Thank you for freeing me from the bottle. In return, I will grant you three wishes.”

The man replied, “Great! I always dreamed of this and know exactly what I want. First, I want one billion dollars in a Swiss bank account.”

Poof! There was a flash of light, and a piece of paper with account numbers appeared in his hand.

The man continued, “Next, I want a brand new red Ferrari.”

Poof! There was a flash of light, and a new, bright red Ferrari appeared.

“Finally,” the man said, “I want to be irresistible to women.”

Poof! There was a flash of light, and he turned into a box of chocolates.

## THE VETERAN

~ Dorothy Parker

When I was young and bold and strong,  
Oh, right was right, and wrong was wrong!  
My plume on high, my flag unfurled,  
I rode away to right the world.  
"Come out, you dogs, and fight!" said I,  
And wept there was but once to die.

But I am old; and good and bad  
Are woven in a crazy plaid.  
I sit and say, "The world is so;  
And he is wise who lets it go.  
A battle lost, a battle won -  
The difference is small, my son."  
Inertia rides and riddles me;  
The which is called Philosophy.



## SMALL-TOWN JUSTICE

A police officer in a small town stopped a motorist who was speeding down Main Street. "But officer," the man said, "I can explain."

The officer snapped, "Just be quiet, or I'll let you cool off in jail until the chief gets back!"

The man continued to plead, "But officer, I just wanted to say ..."

"I said to keep quiet!" the officer yelled. "Now you're going to jail!"

A few hours later, the officer checked up on his prisoner and said, "Lucky for you that the chief's at his daughter's wedding. He'll be in a good mood when he gets back."

"Don't count on it," said the man in the cell. "I'm the groom!"





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 Board of Commissioners  
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 Senior Options 614-525-6200  
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**GROVE CITY AREA SENIOR CLUB**  
*Supporting the Evans Center*

NOW ACCEPTING ANNUAL DUES FOR 2021  
 \$5 for residents

Please

**CENTER STILL CLOSED DUE TO COVID-19**

Center welcoming!

Center is open 8 a.m. - 5 p.m., Monday - Friday.  
 Senior Club meetings are at 1 p.m., first Wednesday of each month.

**Evans Center • Grove City Parks & Recreation**  
 4330 Dudley Ave., Grove City, OH 43123  
 614-277-1060 • [GroveCityOhio.gov](http://GroveCityOhio.gov) • [Facebook](https://www.facebook.com/GroveCityOhio) • [Instagram](https://www.instagram.com/GroveCityOhio) • [TikTok](https://www.tiktok.com/@GroveCityOhio) • [YouTube](https://www.youtube.com/GroveCityOhio)

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# 7 Tips for Making Nutritious Smoothies

Smoothies can be a quick and delicious way to add fruits, vegetables and protein to your daily diet. On a hot day, a frozen smoothie can be refreshing. For cold days, you can opt for comfort foods, such as chocolate, bananas and oatmeal.

The downside is that smoothies can also be high in sugar, calories and carbs. Full-fat yogurt, ice cream and sugar-laden fruit juices are just a few of the ingredients that can make these tasty treats a lot less healthy.

With careful planning, however, you can make smoothies at home that taste delicious while still being good for you. Here are a few tips for doing so.

1. **Freeze fresh fruit:** Instead of relying on packaged smoothies or bags of frozen fruit that may contain added sugar, slice and freeze fresh fruit. Create combinations that you store in a freezer bag you can pull out and throw in the blender. Berries, bananas, pineapple, blueberries, grapes, peaches, and mangos are a few fruits that taste great in smoothies.
2. **Sweeten with care:** Skip sweetened yogurt, store-bought fruit juices and honey, which can increase calories as well as sugar. Instead, opt for natural sweeteners like dates, avocados, agave or pure maple syrup. Bananas in moderation can work too.
3. **Don't overlook veggies:** You can also sneak some fresh veggies into your smoothies to enhance the nutrients without changing the taste. Spinach is a popular choice. As are beets, sweet potatoes and carrots. Experiment with a few combinations until you find one you like.
4. **Pump up the protein:** Those who live with a chronic illness or who are recovering from surgery need more protein than usually. Adding protein to your smoothies is one way to do it. Greek yogurt, walnuts, almond butter, chia seeds, natural peanut butter, almond milk and protein powder are a few ways to include this important nutrient in your diet.
5. **Inflammation fighters:** You can increase the benefits a smoothie provides by adding a few inflammation-fighting ingredients. Fresh ginger, whole flax seed, cinnamon and cherries are all known to help.
6. **Increase hydration:** Adding a little extra hydration to your smoothie can help prevent dehydration. Most fruits are naturally hydrating. You can also make ice cubes out of coconut water or throw a few cucumber slices into your blender.
7. **Focus on fiber:** Many of the ingredients listed above, such as berries, flax seed, walnuts and spinach, contain fiber. Making sure you incorporate some into your smoothie can help improve the regularity of your digestive system, as well as aid in managing cholesterol.



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[TheAshfordGroveCity.com](http://TheAshfordGroveCity.com)

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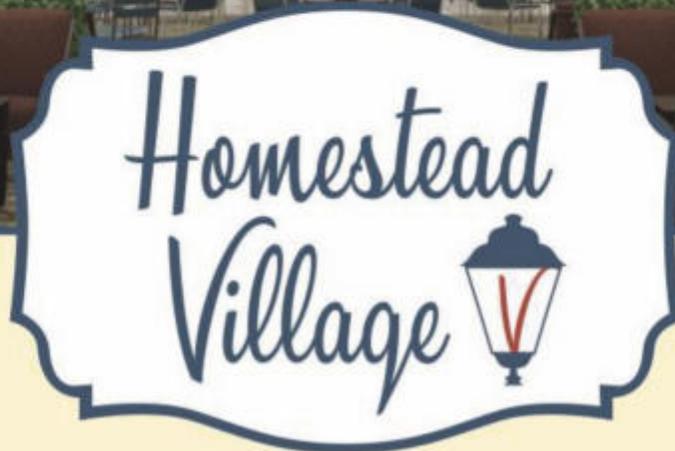
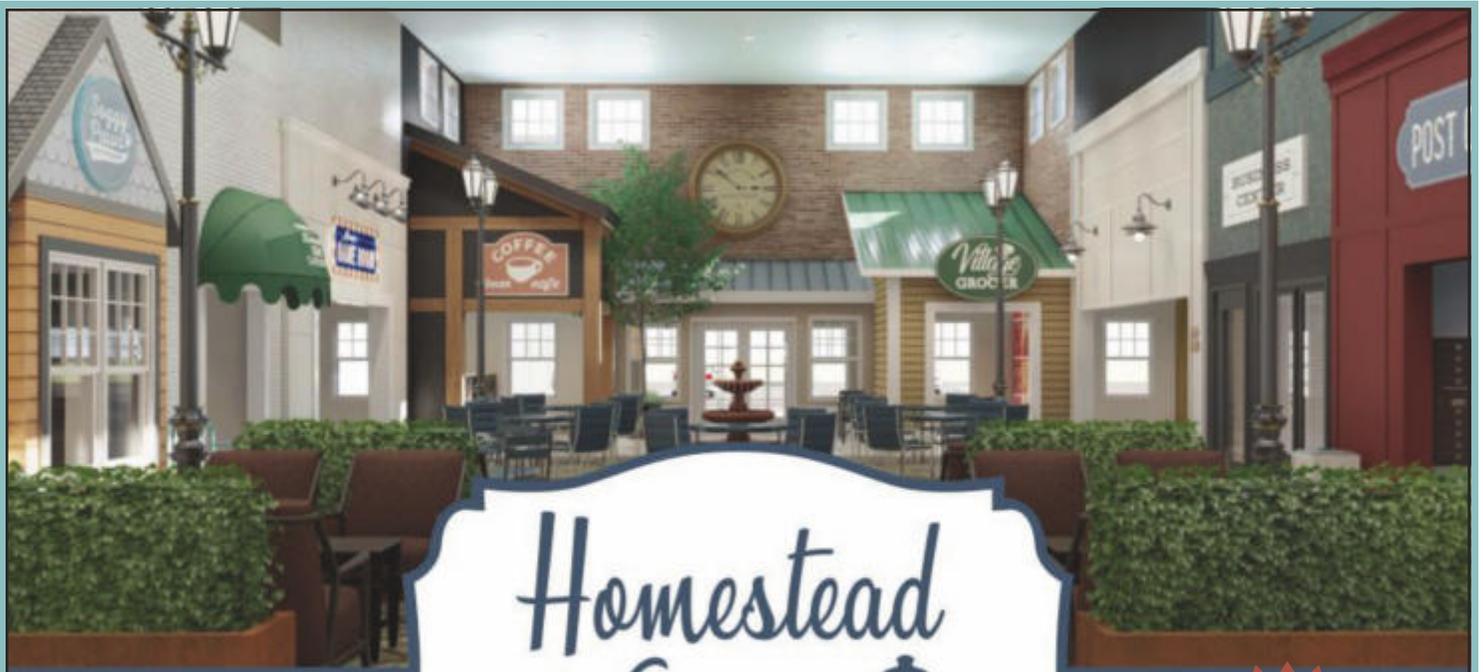


**We are always looking for  
instructors to teach classes  
for adults and seniors.**

If you have a special skill or practical knowledge or experience in an area that you would like to share, we would like to work with you to set up a program or a volunteer opportunity.

Contact Tammy Jefferson at 614-277-1060 to discuss opportunities.





# NOW LEASING

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We provide communal spaces and places to connect. It's a social experience, unlike any other independent, active 55+ community. Our Village full of amenities is where neighbors come together to build new friendships and enjoy The Village lifestyle.

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# Evans Center Walking Paths

Senior Center

Starting/Ending Point



Trail 1  
0.25 miles

Trail 3  
0.60 miles

Trail 2  
0.40 miles

