

SENIOR MOMENTS

A PUBLICATION OF THE RAINBOW SENIOR CENTER AT KRONKOSKY PLACE

MAY 2020



TOGETHER, WE ARE BOERNE STRONG!

ADDRESS

17 Old San Antonio Road
Boerne, TX 78006

WEBSITE

www.rainbowseniorcenter.com

TELEPHONE

(830) 249-2114

CENTER UPDATES

Check out our Facebook page @Kronkosky.place for daily news and updates!

A Letter from the Executive Director

Dear Members and Friends,

It has been over a month since we have closed our doors to the public in an effort to keep the seniors in our community safe. During that time we have made many changes, swiftly yet carefully considered, to ensure that we continue to meet the needs of those we were currently serving, and those that now need us due to COVID-19. We know that this is not an easy time for anyone but we hope that you are taking the necessary precautions to stay home and stay safe.

While the Center may be empty and silent compared to the normal hustle and bustle and sounds of conversation and laughter, our staff continues to serve this great mission and create alternative and innovative ways to serve you. We hope you will find some of these unique and creative opportunities throughout this newsletter to help you stay active and engaged from a distance.

As always, our main priorities are keeping you safe, providing you with services to help you stay mentally and physically active and healthy, and making sure you do not feel alone.

We are looking forward to the day that we can all return safely to congregate together and create more lasting memories filled with value, independence, belonging, and empowerment. If you have any questions, concerns, or just need a friendly voice on the other end of the line to give you hope, please call us at 830-249-2114. We miss you and can't wait to see you soon!

Warm Regards,

Olivia Burdick

Precautionary Measures

We are taking extra precautionary measures to ensure the safety of our staff, volunteers and our seniors. We have implemented a rigorous cleaning schedule, have minimal staff operating at the center, all staff are wearing masks when at the center, temperature checks are conducted on our volunteers before they deliver their Meals on Wheels Route, Meals on Wheels hot and frozen bags are being packed outside to ensure a safe distance of 6 feet apart between people, and contactless delivery of home-delivered meals has been implemented.

Stay In Touch

Rainbow Senior Center is sending out regular communication and updates through voice calls, emails and on our Facebook Page,
<https://www.facebook.com/kronkosky.place/>

To be added to our email list, call 830-249-2114 or email colleen@rainbowseniorcenter.com



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The Rainbow Center at Kronkosky Place, Boerne, TX

A 4C 05-1761

SERVICES

Meals on Wheels Kendall County

During the COVID-19 pandemic, everyone over the age of 55 in Kendall County is eligible to receive home-delivered meals. This program ensures seniors have a hot meal delivery, a wellness check in by a volunteer, phone call check ins daily, and 2 weeks worth of emergency meals.

Call 830-249-2114 or email
mealsonwheels@rainbowseniorcenter.com



FREE RSC Resources:

Grocery Pick up: Please contact RSC at 830-249-2114 if you are in need of an individual to shop for you.

RX Pick up: Please contact RSC at 830-249-2114 if you are in need of an individual to pick up your prescriptions.

Home Health Closet: We continue to meet the needs of our community by offering our equipment loan program of wheelchairs, walkers, canes, bed side toilet, shower chairs, and transport chair. Please call RSC at 830-249-2114 to set up a time for pick up or delivery.

Essential Transportation: If you have an urgent or essential doctor's appointment we can help. Call RSC at 830-249-2114 to be paired with a community volunteer.

Puzzles and Book Loan: Call RSC at 830-249-2114 if you would like to schedule a time for a pick up of puzzles or book or have someone take it to your home.

Dog and Cat Fostering: Looking for a furry companion temporarily? Consider fostering an animal! Please contact Rhonda Minarcin at Hay Dude Critter Rescue 210-273-9414.

Having a hard time coping during COVID-19?

Meet with a counselor from the Ecumenical Center from the comfort of your home. SCHEDULE A WELLNESS CONVERSATION TODAY! (210) 616-0885. (Free of charge.)

9:00am – 5:00pm, Monday through Friday.

Telephone sessions are proven to be as effective as in-person counseling. The Center will continue to meet your needs during this time. We are all in this together!

Other resources in the community include: (for any age)

*Free breakfast/lunch meals will be served M-F for children and their families at Boerne Middle School South and Currington ES. Visit www.boerneisd.net for more information.

*Emergency food pantry at Comfort Table, located at 318 High Street, Comfort, TX, 78013

*If you need food today, Hill Country Daily Bread is available to provide emergency food at their Boerne campus. (830) 755-5200

*If you need groceries or financial assistance due to crisis, please contact Hill Country Family Services at (830) 249-8643.

*First Baptist Church Boerne serves meals to go on Wednesdays. For more information regarding menu and reservations, visit www.fbcboerne.org/midweek.

AT-HOME EXERCISES



Zumba, and other exercise videos will be posted on our Facebook Page.

Please perform these suggested exercises with caution and at your own risk.

Chair Squats

Pretending that you are about to sit down in a chair can strengthen your entire lower body.

1. Stand in front of a chair with your feet as far apart as your hips.
2. Bend your knees while keeping your shoulders and chest upright.
3. Lower your bottom so you sit down.
4. Then push your body back up to return to a standing position.

Single Foot Stand

This exercise helps with balance.

1. Stand behind a steady, unmoveable chair and hold onto the back.
2. Pick up your left foot and balance on your right foot as long as is

comfortable.

3. Place your left foot down and then lift up your right foot and balance on your left foot
You are aiming to be able to stand on one foot without holding the chair for up to a minute.

The Head Turn

This exercise involves a movement you do whenever you shake your head "no".

1. Stand or sit with your back straight and your shoulders relaxed.
2. Turn your head slowly to the right until you feel a light stretch.
3. Hold that position and then turn slowly to the left.

This exercise helps to keep your neck remain mobile.



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The Rainbow Center at Kronkosky Place, Boerne, TX

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EXERCISE YOUR BRAIN!



CROSSWORD PUZZLE

ACROSS

1 Compass direction
4 Bedouin headband cord
8 Short takeoff and landing (abbr.)
12 Sound perception
13 Bowling alley
14 Fertilizer ingredient
15 Slugger's stat
16 Killer whale
17 Earth
18 Neckwear
20 Wisp of smoke
22 Irish exclamation
25 Mede
28 Seven (pref.)
31 Broth (Scot.)
33 Pool rod
34 Land measure
35 Winch
36 Pounds (abbr.)
37 Mountain on

Crete
38 Great (Ger.)
39 Sleep symbols
40 Blacksnake
42 Gob
44 Within (pref.)
46 Irish writing
50 Adroit
52 Indian red powder
55 Wood sorrel
56 Severe
57 Geological vein angle
58 Medieval money
59 Distant (pref.)
60 Grandson of Eve
61 Political party

DOWN

1 Bondsman
2 Babist
3 Viking
4 Verbally



5 Alligator fish
6 Ancient (abbr.)
7 Plant growth
8 Perspiration
9 Three-wheeled vehicle
10 Poetic contraction
11 Latitude (abbr.)
19 Cloche
21 Freedman in Kentish law
23 Father: Arabic
24 Bore
26 Alb (arch.)
27 Headland
28 Filament
29 Mother of Brunhilde
30 Placid
32 Son of Isaac
35 Red deer
39 Zero population growth (abbr.)
41 Between (Fr.)
43 Customs
45 US dam
47 Gangster
48 Field
49 Lady's title
50 Banned pesticide
51 Equal opportunity employer (abbr.)
53 Romanian money
54 Modified Esperanto

Sudoku

Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9.

9	6				1		4	
		8		6			1	
		5		7			2	9
	1		2	9			5	
		4	6			7	8	
		7			4			
	8							
7	5				8		9	

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DIFFICULTY: ★☆☆☆☆

ENIGMATM CRYPTOGRAM

Enigma cryptograms are created from quotations and proverbs from around the world. Each letter stands for another letter. Hint: "T" = "R"

"LKS EAUS VG O WON'E DKOTODLST
DON ZS EKVPN ZM LKS LKANFE LKOL
WOQS KAW ONFTM."

— OXLKVT XNQNVPN

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E025

1	2	3		4	5	6	7		8	9	10	11
12				13					14			
15				16					17			
18				19			20	21				
			22		23	24		25			26	27
28	29	30			31		32			33		
34				35						36		
37				38					39			
40			41			42		43				
		44			45		46		47	48	49	
50	51				52	53	54		55			
56					57				58			
59					60				61			

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A23

Answers located on page 13.

SOCIAL ACTIVITIES

At-Home Activities:

Set up a "Date" with your family/ grand-kids. Ask about their lives and how are they coping during this time. Share with them all the new things you have learned to do!

Play a game via Facetime with your loved ones. Pictionary or hang-man.

Journal. Think of the time you were in a stressful situation and how you survived it. Think of the time you were most happy. Share those feeling on the paper.

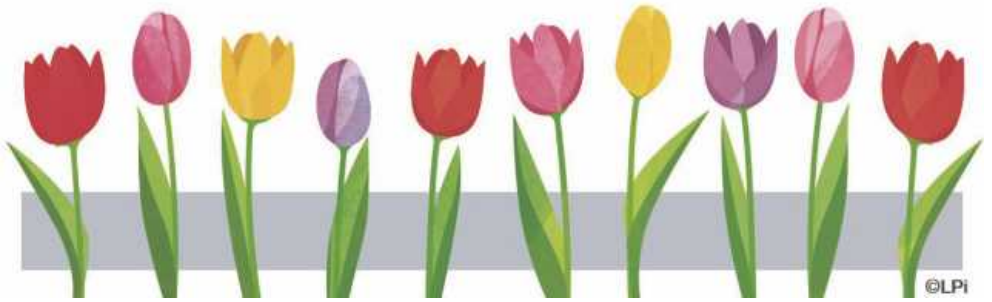
You are loved, write a note to those that care for you or those you care about.

Do arts and crafts:

- Take deep breath and think of what you are feeling.
- Imagine the feelings with colors, shapes, textures.
- Start putting the emotions on the paper, make the page colorful.
- Take a pen and paper and answer the following questions:
 1. What do you see on this image?
 2. What is the image trying to tell you?
 3. What would make this image feel a little better?

Learn something new every day.

Learning new vocabulary words will help with brain exercise.



Christina Rossetti, 'Spring'.

There is no time like Spring,
When life's alive in everything,
Before new nestlings sing,
Before cleft swallows speed their journey back
Along the trackless track –
God guides their wing,
He spreads their table that they nothing lack, –
Before the daisy grows a common flower
Before the sun has power
To scorch the world up in his noontide hour...

No matter how long the winter, spring is sure to follow."

- Proverb from Guinea

What to plant in May for a Summer garden!

Beans (lima and snap), Beets, Broccoli, Brussels Sprouts, Cantaloupe, Carrots, Cauliflower, Celery (after the 15th is better), Chard (early in the month), Cucumbers, Lettuce, Parsnips, Peas, Potatoes, Pumpkins (mid to late in the month), Radish, Squash, Tomatoes, Watermelon.

Happy Birthday!

To all of our members with May birth dates, we wish you a sweet, safe and happy birthday! We hope we can celebrate with you all at RSC soon!

If you have a birthday in May, you will be entered in a drawing to win a floral arrangement from a local Boerne floral shop!



Volunteer Appreciation Luncheon!

We love our volunteers and everything they do that makes Rainbow Senior Center special. Let's celebrate! Please save Saturday, June 6th, 2020 for a Volunteer Appreciation Luncheon. This one is for YOU! Further details to be announced at a later date.

Pen Pal Program

Are you interested in writing letters to a pal? Would you like to receive letters back? Participate in our Pen Pal Program! Please call us at 830-249-2114 or email

colleen@rainbowseniorcenter.com.
Postage and supplies will be provided to you as needed.

SUPPORT OUR COMMUNITY

SHARE YOUR TALENTS! IF YOU HAVE A TALENT SEWING, DRAWING, WRITING OR SOMETHING ELSE, PLEASE SHARE IT WITH OTHERS! THERE ARE MANY OPPORTUNITIES RIGHT NOW TO DO WHAT YOU LOVE WHILE GIVING BACK TO OTHERS!

Quilt Makers: If you would like to do something special for the children in our community by making quilts, the Bunk Bed Ministry would be a perfect opportunity. Karen Fuller is the Coordinator for the Bunk Bed Ministry at First United Methodist Church. Email: karenfuller1115@gmail.com Cell: 713-818-9089

Thank You Letter Campaign: We are looking for individuals to write thank you letters for organizations who have helped RSC and our Seniors during this time. Call RSC at 830-249-2114.

Tied Blanket Project: Are you interested in making a fleece, tied-ends blanket for yourself or others? Please call RSC if you are interested at 830-249-2114.

If you would like share your talent with your RSC members, please call us at 830-249-2114 or email colleen@rainbowseniorcenter.com



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The Rainbow Center at Kronkosky Place, Boerne, TX

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MAY MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				01 Oven Fried Chicken Tenders Mac & Cheese Green Peas
04 Seafood Gumbo Steamed Rice Corn Bread	05 Taco Salad w/ Fixings Charro beans Tortillas	06 Jager Schnitzel Sauerkraut German Potato Salad	07 Chili Cheese Hot Dogs w/ Onions Baked Beans Potato Chips	08 Pecan Crusted Tilapia Red Skin Mashed Potatoes Broccoli
11 Chopped BBQ Sandwich Ranch Style Beans Creamed Corn	12 Smothered Pork Chop Au Gratin Potatoes Red Beets	13 Oven Fried Chicken Mashed Potatoes Corn Biscuit	14 Spaghetti w/ Meatballs Mixed Veggies Tossed Salad Garlic Bread	15 Cajun Style Catfish Wild Rice Brussel Sprouts
18 Beef Sausage & Peppers Boiled Potatoes	19 Pulled Pork Corn Fiesta Blend Veggies	20 Baked Chicken Collard Greens Black-eyed Peas	21 Herb Parmesan Crusted Tilapia Wild Rice Broccoli	22 Oven Roasted Turkey w/ Dressing Sweet Potatoes Green Beans
25 Closed	26 Country Baked Ham Scalloped Potatoes 5 Way Veggies	27 Sweet & Sour Chicken Steamed Rice Japanese Veggies	28 Lemon Peppered Cod Key Largo Veggies	29 Italian Beef Lasagna Peas & Carrots Garlic Bread

VOLUNTEER NEEDS

It only takes one person to make a change, one group to make a difference, and one community to make an impact! Together, we are Boerne Strong.

Volunteer opportunities at the Rainbow Senior Center at Kronkosky Place include: Meals on Wheels drivers, grocery pick-up, pharmacy/prescription pick up, daily phone calls to seniors to check in, and many more. The possibilities of serving our seniors during this time, and always, are endless. We love to hear new ideas of how you would like to serve.

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From the staff...

"I can't begin to express how much I miss y'all. I hope everyone is doing as well as possible under the circumstances. I look forward to the day when we're all back at the senior center harassing each other as usual!" - **Karla**

"I miss you all dearly. I admire the strength and patience of each of our members during this time of uncertainty and change. Thank you for allowing us all at the Rainbow Senior Center to continue to serve you. Together, we are Boerne Strong!" - **Emily**

"I am new to the Boerne area, but during one of the most trying and difficult times in modern US history, you can see the true strength of this community. That's the people. A famous quote by Mr. Rogers that keeps being uttered right now is, 'During difficult times, look for the helpers.' Those are exactly the type of people surrounding the Meals on Wheels program here in Boerne. Thank you to each and every one of you. This community's strength comes from the resiliency you all have shown throughout adversity. Thank you for letting me be a part of this. Keep safe, take care, and keep washing your hands." - **Antonio Walker Jr.**

"Without you coming in, enjoying your social activities and gathering at lunch, there is a huge void. We miss you and the laughs. Do not lose hope! We will be together again soon. Desmond Tutu says, " Hope is being able to see that there is light despite all of the darkness." - **Colleen**

"We will overcome this and soon you will be back at RSC eating lunch with us! 'Kindness and faithfulness keep a king safe, through kindness his throne is made secure. King Solomon" - **Chef Richard**

LET'S PLAY!

Connect 5 in a row (horizontally, vertically or diagonally) to be entered to win a gift card to win a surprise! If you black out your Bingo Card (complete all activities), you will be entered in the drawing three times! You may submit a picture of your completed card to colleen@rainbowseniorcenter.com, mail it to 17 Old San Antonio Road, Boerne, TX 78006 or post it on our Facebook Page! Will you be one of the 3 winners?!

B	I	N	G	O
List: Your 3 favorite songs	Complete: 20 arm curls 20 knee lifts 20 ankle rolls	Take a walk Or Get some sun!	Take 3 deep breaths! in through your nose 1,2,3 Hold 1,2,3 Out through your mouth 1,2,3	Clean out your junk drawer! Throw out trash Wash the drawer Share items you don't need
List: 3 things you are grateful for today!	Call: A friend or family member to check up on them!	Clean out your pantry. Throw out expired items	Take a Tour: Virtual Museum tour online https://tinyurl.com/wp2gmtw 12 famous museums	Name all 50 states No Cheating!
Drink water! 64 oz. a day! Stay hydrated!	Stimulate your mind! Complete one crossword, word search, Sudoku, or other puzzle	Free Space	Reminisce! Look through old pictures	Listen to music that makes you happy!
Start a Journal Write a page a day about whatever is on your mind	Come up with as many words as possible in 2 minutes from CORONAVIRUS	MAIL A LETTER OR CARD TO A friend or family member to tell them you're thinking of them	Dust off that deck of cards! Play a game of Solitaire!	Watch an old movie you haven't seen before. Go ahead have some popcorn!
Put your crafting to the test! Make something beautiful.	List: Three things you love about the Rainbow Senior Center.	Write: A piece of advise that you would give to younger generations!	Write: About your past & how life was when you were younger to share with your grandkids.	Stretch! Open your arms wide and rotate your hands. Give yourself a bear hug. Turn your head left & then right.

ANSWERS

Answer to Sudoku

9	6	3	5	2	1	8	4	7
2	7	8	4	6	9	5	1	3
1	4	5	8	7	3	6	2	9
8	1	6	2	9	7	3	5	4
3	9	4	6	1	5	7	8	2
5	2	7	3	8	4	9	6	1
6	8	9	7	4	2	1	3	5
4	3	1	9	5	6	2	7	8
7	5	2	1	3	8	4	9	6

S	B	E		A	G	A	L		S	T	O	L
E	A	R		L	A	N	E		U	R	E	A
R	B	I		O	R	C	A		D	I	R	T
F	I	C	H	U				F	L	O	C	
			A	D	A	D		A	R	Y	A	N
H	E	P	T		B	R	E	E		C	U	E
A	R	E		H	O	I	S	T		L	B	S
I	D	A		A	U	L	A		Z	E	E	S
R	A	C	E	R		L	U	M	P			
			E	N	T	O			O	G	H	A
D	E	F	T		A	B	I	R		O	C	A
D	O	U	R		H	A	D	E		O	R	A
T	E	L	E		E	N	O	S		D	E	M

"The size of a man's character can be shown by the things that make him angry." - Unknown

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THANK YOU!

THANK YOU to our partners for helping us to serve the Boerne community during the COVID-19 crisis.

1910 Church

Cibolo Creek Church

H-E-B

Hungry Horse

Hill Country Family Services

THANK YOU to the following foundations for supporting the Rainbow Senior Center during this time:

H-E-B

GVTC Foundation

Meals on Wheels America

San Antonio Area Foundation

MAKE A DONATION!

You can depend on the Rainbow Senior Center to continue to deliver. But, we need your help too!

Please consider supporting RSC by donating at one of the following avenues:

Visit: <http://www.rainbowseniorcenter.com/donations/>

Text: "feedasenior" to 44-321

Mail to: Rainbow Senior Center

17 Old San Antonio Rd, Boerne, Texas 78006



How Does COVID-19 Spread?

The best way to prevent illness from COVID-19 is to avoid being exposed to the virus, as there is no vaccine to prevent COVID-19.

According to the CDC, the virus is thought to be spread mainly from person-to-person. This means it may spread between people who are in close contact with one another (within about 6 feet), or through respiratory droplets when an infected person coughs or sneezes.

The CDC also reports that it may be possible for someone to get COVID-19 by touching a surface or object with the virus on it, and then touching their own mouth, nose, or possibly their eyes, but this is not thought to be the main way the virus spread.

The best way to stay healthy is to follow these steps from the CDC:

Wash your hands often with soap and water for at least 20 seconds, especially after being in a public place, or after blowing your nose, coughing or sneezing. If soap and water are not readily available, use a hand sanitizer with at least 60% alcohol.

Avoid touching your eyes, nose and mouth with unwashed hands.

Avoid close contact with people who are sick.



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