

SUNSHINE CENTER, INC.

PROMOTING THE HEALTH, INDEPENDENCE & QUALITY OF LIFE FOR OLDER ADULTS

OCTOBER 2018

140 W. BRIDGE, WEST POINT

Sunshine Center, Inc. is funded by the NENAAA, the City of West Point, donations, and fundraising events. Services are provided without regard to race, color, national origin, handicap or sex. There are no membership fees or attendance requirements. Hours are 8 a.m. - 5 p.m., Monday - Friday. Nutritious, well-balanced meals are served from 11 :30 a.m. - noon with reservations required by 9 a.m. Transportation services are available from 8:30 a.m. - 3:30 p.m. within the City limits of West Point for appointments, errands, shopping, and trips to the Center. Please call in advance to schedule a ride. Call 402-372-3800 for more information. New faces and guests of all ages are always welcome!



NATIONAL APPLE MONTH

October is National Apple Month. There are more than 7,500 different varieties of apples grown worldwide, and in the United States. There are flavors ranging from super-sweet to tart, a variety of colors, and a multitude of uses.

Listed below are four apple varieties and a few of the attributes that make them unique.

Fuji: This crisp, juicy, and bi-colored apple consistently has the highest sugar levels. Fuji apples tend to be larger in size than most and are fantastic for snacking, salads, and baking.

Granny Smith: Granny Smith is crisp and tart, with a lemon-like flavor that is bound to make your mouth water. It's the famously green apple for fresh eating and all types of baking and cooking.

Honeycrisp: This apple has quickly become the most sought-after fall apple. Just like its name implies, Honeycrisp apples are crisp and have a honey-like sweetness. This is a great snacking apple when it's in season.

Gala: This bi-colored apple variety has a mellow sweet flavor with hints of vanilla. It tends to be smaller in size than most apples. Add slices of Gala to a green salad or enjoy the apple with peanut butter or cheese, you really can't go wrong with this great apple.

No matter what variety you choose, you can always feel great about eating apples. They are naturally free of fat, cholesterol, and sodium, low in calories, and a good source of dietary fiber. Apples are also a great baking fruit.



October Observances

- October 8th—Columbus Day
- October 31st Halloween
- National Apple Month
- Breast Cancer Awareness Month
- National Pork Month

MEDICARE PART D Annual Open Enrollment

Oct. 15 - Dec. 7 is the Annual Open Enrollment period for Medicare Part D and Medicare Advantage (Part C) plans. All Medicare beneficiaries are encouraged to review their current prescription drug coverage or their Medicare Advantage plan (if enrolled in one). By the time you read this article you should have received a packet of information from your 2018 plan outlining the changes for 2019. **BE SURE TO READ THE CHANGES!!!** Changes that can occur each year include the premium and/or deductible amounts, adding or dropping coverage for some drugs, changing the Tier level of drugs (which can affect your co-pay amount), and changes in the co-pay amounts themselves. Free, unbiased help with reviewing your coverage and options is available through the NE SHIP. Call for an appointment at Sunshine Center (402-372-3800) and St. Francis Hospital (402-372-2404—Ask for the Gift Shop). Trained SHIP volunteers will be available at both locations. Please call well in advance to schedule your appointment. **DO NOT WAIT** until the end of November to think about this!

THANK YOU

to the following friends for their donations to the Center this past month.

Anonymous	\$71.00 Ketchup/Mustard Salt & Pepper
Janice Woerner	4 pkgs small plates
Lorraine Burger	\$20.00 & large coffee
Carol Elbrecht	\$20.00
Norma Pagels	Large coffee
Marlene Brockemeier	\$20.00
Louise Schulzkump	\$20.00
Mary Jean Hagedorn	\$20.00
Anne Jung	3 pkgs plastic forks
Fern Thorman	Large coffee
Rita Steffensmeier	\$20.00
Susan Robinson	8 rolls paper towels
Sandy Boots	Large coffee

Pecan Praline Cake

- 1 package yellow cake mix
- 1 container coconut pecan frosting
- 4 eggs
- 3/4 cup vegetable oil
- 1 cup water
- 1 cup pecans, chopped

1. Preheat oven to 350 degrees F. Spray Bundt pan with non-stick cooking spray.
2. Add cake mix, frosting, eggs, oil, water and 1/2 of the pecan pieces to a bowl. Mix until combined.
3. Sprinkle the remaining 1/2 of pecans in the prepared Bundt pan, then pour in the cake batter.

Bake for 50 minutes or until a toothpick comes out clean.

BOARD OF DIRECTORS MEETING

September 5th, 2018

The meeting was called to order at 9:15 a.m. by President Donna. All members were present except Sandy B. Diane read the minutes of the Aug. 8, 2018 Board Meeting. Cecil made a motion to approve the minutes as read, 2nd by Marilyn. Motion carried. Minutes of the Aug. 15, 2018 General meeting were not available.

A full Treasurer's report was unavailable as the August bank statements have not yet been received. A full report will be available for the Sept. 19 General meeting.

The Transportation report showed a total of 146 one-way trips for the month of August.

OLD BUSINESS:

The grant application to the Donald E. Nielsen Foundation was approved. A new 2018 Ford Edge was acquired on August 28.

The Audit report letter from Morrow, Davies & Toelle was shared with the Board. The audit looked at the contracted services provided through the NENAAA and did not involve Sunshine Center finances.

The Sept. 27 Fundraiser was discussed and volunteer sheet was passed around.

NEW BUSINESS:

The Food Establishment Inspection Report was shared with the Board. The Dept. of Health was at the Center on Aug. 16 for an unannounced inspection. Issues to be addressed include labeling the Sanitizer bucket, repairing the Island countertop, making sure items in refrigerator are date marked, maintaining hot foods at a minimum temperature of 135 degrees or higher, and air drying ALL dishes.

Diane priced a new Island countertop from Ortmeier True Value. Theresa made a motion to replace the countertop, 2nd by Merna. Motion carried.

A new 75 gallon hot water heater had to be installed. A motion was made by Theresa, 2nd by Marilyn to pay for the heater out of the General Fund and to use any remaining funds from the Nielsen Foundation grant if they approve. Motion carried.

October activities/services were discussed. The next Board meeting will be Oct. 8th at 9:15 a.m.

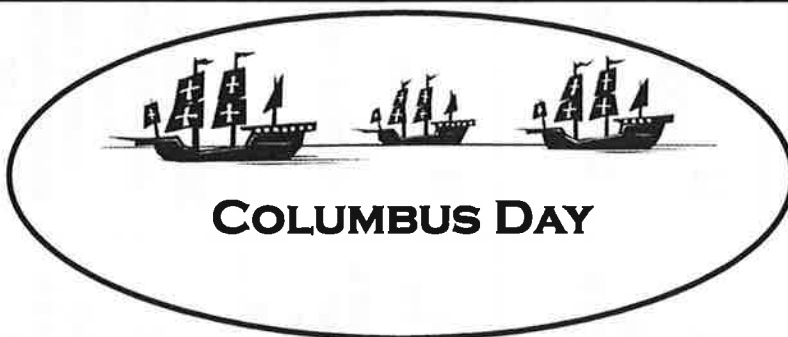
Motion to adjourn was made by Virginia, 2nd by Merna. Motion carried. Meeting Adjourned

Diane White, Manager

Sixty Might be
the new Forty
But 9:00 is the
new Midnight

October Birthdays

3rd	Evie Howser	9th	Kuei Tung	20th	Don Luebbert
4th	Rose Plummer	10th	Theresa Knobbe	26th	Bill Hunke
5th	Neva Pflueger	11th	Rodger Anderson		
6th	Jerome Knobbe				
9th	Lynn Stofferahn				



COLUMBUS DAY

S K H X C K A B U T Q E X P L O R E R E U G
 C A I F R A F L G U N E W W O R L D U M H K
 T P I F X F S M L Y C O L U M B U S O E T Z
 R S U L Y E R F Z O D I S C O V E R Y L A L
 K I N G C R E W N F V A X T S L Y Z E B I F
 S C F N S D C U H K N P W T N L P Y X X N X
 P H E K W I N F C Q D V Z C O I I I P J O H
 C L I A P N Y U D H D V U O M E N S E U A O
 J H A P C A C U J A P O F C R V T A D S G L
 O P R K S N M E Z T X Y G E N N A N I Z G I
 A I S I D D C H O L Q A J A B O N T T Q X D
 Q M N P S B N A C A Q G M N O O F A I Z H A
 V H E D A T K L G N P E X W H Q Q M O N I Y
 G B D R I I O X S T M E C C G L P A N Z P V
 N O J E I E N P D I W X F L K Z T R D H R D
 C E L I P C S T H C S A R A W A K I J P M S
 C N P D M A A Y E E K Y I I H E A A D W D C
 R O R R M T H N I M R R Z M L A T U W G S C

ATLANTIC
NEW WORLD
HOLIDAY
GOLD
CLAIM
SPAIN












VOYAGE
COLUMBUS
EXPLORER
SHIPS
AMERICA
FERDINAND

NINA
CHRISTOPHER
EXPEDITION
SANTA MARIA
DISCOVERY
ARAWAK

TAINO
PINTA
KING
INDIES
SAIL
OCEAN

October 2018



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 BINGO 1:00  INTERNATIONAL COFFEE DAY	2 POOL TAI CHI/ EXERCISES 9:00 FOOT CARE 1:00 APP'T NEEDED	3 POOL CARDS 1:00	4 POOL TAI CHI/ EXERCISES 9:00	5 POOL CARDS 1:00	6  WORLD SMILE DAY
7 	8 POOL BOARD MEETING 9:15 COLUMBUS DAY	9 POOL TAI CHI/ EXERCISES 9:00 BLOOD PRESSURE SCREEN 12:30-1:00 FOOT CARE 1:00 APP'T NEEDED	10 POOL CARDS 1:00 (TREATS by ST. JOE'S)	11 POOL TAI CHI/ EXERCISES 9:00	12 POOL CARDS 1:00	13
14  DESSERT DAY	15 POOL BINGO 1:00 (TREATS by PREMIER ESTATES)	16 POOL TAI CHI/ EXERCISES 9:00 MEDICARE PART D 2-4 (by appt.)	17 POOL GENERAL MEETING 11:30 CARDS 1:00	18 POOL TAI CHI/ EXERCISE 9:00  CAREGIVER'S SUPPORT GROUP 4:00-5:30	19 POOL CARDS 1:00	20 
21  SWEETEST DAY	22 POOL COFFEE with FRIENDS at ST. JOE'S 10:00 made with Love CRAFT with BONNIE 1:00	23 POOL TAI CHI/EXERCISES 9:00 FOOT CARE 1:00 (APPT' NEEDED) MEDICARE PART D 2-4 (by appt.)	24 POOL CARDS 1:00	25 POOL TAI CHI/ EXERCISES 9:00	26 POOL BIRTHDAY/ ANNIVERSARY PARTY CARDS 1:00 REFRESHMENTS 3:00	27
28  CHOCOLATE DAY	29 POOL BINGO 1:00 CAT DAY 	30 POOL TAI CHI/ EXERCISES 9:00  MEDICARE PART D 2-4 (by appt.)	31 POOL CARDS 1:00 HALLOWEEN 	OCTOBER IS BREAST CANCER AWARENESS MONTH 		

CAREGIVER TIPS

“Caregiver Fatigue”

(Excerpt from Silver lining.com)

“Caregiver fatigue” is a serious condition characterized by a gradual lessening of compassion over time. First diagnosed in the 1950’s by nurses who worked directly with trauma victims, the disorder now extends to any caregiver who experiences emotional, mental, or physical exhaustion – sometimes referred to as “burnout.” The most important way to prevent caretaker fatigue is simply to recognize that it can occur and be on the lookout for red flags or warning signs that tend to creep into the caregiver’s personal and professional lives (often without even realizing it.) Symptoms include:


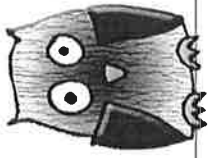
- Anxiety and stress
- Bitterness toward friends or family who do not help “as much as they could”
- Change in appetite or sleep habits
- Decrease in energy
- Decrease in experiencing pleasure
- Decrease in productivity
- Failing health – frequent headaches, back pain, muscle aches
- Feeling depressed, helpless, hopeless, or trapped
- Impaired motor skills (slow or clumsy)
- Inability to concentrate or focus
- Isolation from others
- Lowered immunity (readily susceptible to colds, illness)
- New feelings of incompetence and self-doubt
- Over-reaction to small disturbances
- Pervasive negative attitude
- Procrastination (more than usual)
- Profound exhaustion, tiredness (not relieved by sleep)
- Skipping work or coming in late
- Taking out frustrations on others
- Using food, drugs or alcohol to cope

A caregiver experiencing burnout feels empty and beyond the capacity to provide care. For many caretakers, the emotional fatigue is greater than the physical exhaustion. With caretaker fatigue, feelings of anger and resentment at the care recipient can occur followed by feelings of guilt. Caretaker fatigue has a variety of causes including being over-extended and receiving little to no appreciation or recognition. The Silver Lining is that caregivers can take steps to keep or regain balance in their lives including:

- Adopt healthy eating, exercising, and sleeping habits
- Be gentle with yourself – avoid self-destructive behavior
- Communicate your feelings
- Create time away from caretaking
- Keep a sense of humor
- Know that you are not alone and seek support
- Nourish your creative side and outside interests
- Practice relaxation techniques
- Set Boundaries. Don’t be too afraid, proud, or shy to ask for help.
- Find the Silver Lining!

If you are a caretaker, or have a caretaker, please be mindful of “caretaker fatigue” and take measures to keep the symptoms at bay or when they do arise, seek assistance.

October 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 SALISBURY STEAK/GRAVY MASHED POTATOES CARROTS PEA SALAD CHERRY COBBLER BREAD	2 FRIED CHICKEN MASHED POTATOES/ GRAVY BEETS CONFETTI SALAD APRICOTS BREAD	3 BREADED PORK CHOP/ GRAVY OVEN BROWN POTATOES VEGETABLE BLEND SPICED APPLE RINGS SOUR CREAM RAISIN BAR BREAD	4 LIVER & ONIONS OR BAKED STEAK MASHED POTATOES/GRAVY GREEN BEANS FRUITED JELLO BREAD	5 SALMON PATTY OR PORK CUTLET BAKED POTATO BROCCOLI/CHEESE PEACHES QUICK BREAD with NUTS	6
7	8 CHICKEN FRIED MASHED POTATOES /GRAVY PEAS CUCUMBER SALAD STRAWBERRY SHORTCAKE BREAD	9 BBQ RIB DICED POTATOES BALSAMIC BRUSSEL SPROUTS FRESH FRUITSALAD BREAD	10 MEATLOAF MASHED POTATOES/GRAVY CORN GRAPE SALAD BREAD	11 HAM SCALLOPED POTATOES VEGETABLE BLEND DILLY VEGETABLE SALAD CHOCOLATE OATMEAL CAKE BREAD	12 BREADED COD OR CHICKEN BREAST PARSLIED POTATOES PEAS & CARROTS RASPBERRY APPLESAUCE BREAD	13
14	15 BEEF PHILLY SANDWICH POTATO SALAD BAKED BEANS JW FRUIT SALAD COOKIES	16 TURKEY/GRAVY SWEET POTATO CASSEROLE WAX BEANS WALDORF SALAD BREAD	17 PORK TENDERLOIN MASHED POTATOES/ GRAVY BEETS BROCCOLI/RAISIN SALAD BREAD	18 FRIED CHICKEN MASHED POTATOES/ GRAVY MIXED VEGETABLES LIME PEAR SALAD BREAD	19 UNBREADED POLLOCK OR BAKED STEAK DICED POTATOES GREEN BEAN CASSEROLE DEVILED EGGS PEACHES BREAD	20 
21	22 SAUCY APRICOT CHICKEN OVEN BROWNED POTATOES VEGETABLE BLEND DARK CHERRIES PUMPKIN DESSERT BREAD	23 BBQ PORK CHOP HASHBROWN CASSEROLE SQUASH TOSSED SALAD PEARS MUFFIN with Nuts	24 STUFFED CHICKEN BREAST BAKED POTATO CREAMED CORN FRESH FRUIT SALAD APPLE CRISP BREAD	25 HOT BEEF SANDWICH MASHED POTATOES/ GRAVY VEGETABLE BLEND PICKLED BEETS PEACHES & CREAM BAR	26 UNBREADED COD OR HAMBURGER PATTY FOUR CHEESE BAKED PASTA CARROT CASSEROLE CUCUMBER SALAD APPLESAUCE BREAD	27
28	29 SALISBURY STEAK/GRAVY MASHED POTATOES CARROTS PEA SALAD CHERRYCOBBLER BREAD	30 FRIED CHICKEN MASHED POTATOES/ GRAVY BEETS CONFETTI SALAD APRICOTS BREAD	31 BREADED PORK CHOP/ GRAVY SWEET POTATOES VEGETABLE BLEND SPICED APPLE RINGS SOUR CREAM RAISIN BAR BREAD	<p>PLEASE PLAN TO JOIN US FOR A MEAL SOON!!!!!!</p> <p>MEALS ARE SERVED 11:30-NOON</p> <p>WITH RESERVATIONS REQUIRED BY 9:00 A.M.</p> <p>(402) 372-3800</p> <p>SPECIAL DIETS BY REQUEST</p>		

Trick or treat