

# SUNSHINE CENTER, INC.

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

AUGUST 2017

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. - 3:00 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!



The Federal Communications Commission is recognizing National Fraud Awareness Week (August 4<sup>th</sup> — 10<sup>th</sup>). One scam the FCC is alerting the public to

is the "DO-NOT-CALL-LIST VERIFICATION" SCAM.

### How the scam works:

- You receive a telephone call from someone claiming to be an official of a state Do-Not-Call registry or of an antifraud consumer group. The caller asks if you want to be on a state Do-Not-Call list or to verify your previous registration on such a list.
- Eventually, the caller asks for personal information, like your Social Security, credit card and/or bank account numbers, to confirm that the caller is talking with the correct person.
- Armed with your personal information, the perpetrator can access your accounts and personal records, and often uses this access to steal money, make unauthorized purchases, steal your identity, etc.

### What You Should Know:

- Signing up for state-sponsored Do-Not-Call lists is generally initiated by the consumer. It is usually free.
- Once you are signed up on a state Do-Not-Call registry, there is generally no reason you should receive follow-up calls. You should not need to verify your registration with personal information.
- If the need for follow-up ever does arise, you should never be asked for personal or financial information.

### AUGUST OBSERVANCES

August — like March and April — has no widely recognized holiday in this country. But while March-April have no federal holidays, they do have St. Paddy's Day, April Fool's, Passover, and Easter. But from Independence Day to Labor Day? There is nothing.



The phrase "Dog Days of Summer" describes the most oppressive period of summer, between July 3rd and August 11th each year. But where did the term come from?

The name is a reference to the fact that, during this time, the Sun occupies the same region of the sky as Sirius, the brightest star visible from any part of Earth and part of the constellation Canis Major, the Greater Dog. This is why Sirius is sometimes called the Dog Star.

In the summer, Sirius rises and sets with the Sun. On July 23rd, it is in conjunction with the Sun, and, the ancient Romans believed it gave off heat and added to the Sun's warmth. They referred to this time as *diēs caniculārēs*, or "dog days."

The term "Dog Days of Summer" came to mean the 20 days before and 20 days after this alignment of Sirius with the Sun — July 3 to Aug. 11.

While this period usually *is* the hottest stretch of summer, the heat is not due to any added radiation from Sirius. The heat of summer is simply a direct result of the Earth's tilt.

During summer in the Northern Hemisphere, the tilt of the Earth causes the Sun's rays to hit at a more direct angle, and for a longer period of time throughout the day. This means longer, hotter days.

## DONATIONS FROM FRIENDS

A BIG **THANK YOU** to the following friends for their donations to the Center this past month!

Hanna Martin Napkins  
6 rolls paper towels  
Large coffee  
small plates

Marlene Brockemeier \$20.00

Janice Woerner 2 large pkgs napkins

Jan Harstick Large coffee  
\$20.00  
ketchup

Rita Steffensmeier Large coffee  
Iced Tea

Gloria Vesley 4 notebooks

Bea Seeman \$20

Audrey Maack \$20

Janet Parr \$15

Norma Pagels \$20

## DOG DAZE MACARONI SALAD

2 cups Uncooked Shell Macaroni  
8 oz Cubed Colby Jack Cheese  
3/4 cup Celery, chopped  
1 can (8.5 oz) peas, drained  
4 or 5 Sliced green onion, optional

Cook Shell Macaroni to desired tenderness, rinse with cold water and drain. Combine macaroni with cubed cheese, chopped celery, sliced green onion and peas. Salt and Pepper to taste.

### Prepare Dressing Below:

1 cup Dorothy Lynch Salad Dressing  
1 cup Mayo or Salad Dressing  
1/4 cup Sugar  
1 Tbsp White Vinegar



Mix all together & refrigerate.

True Love isn't  
Romeo and Juliet  
who died  
together.  
It's Grandma  
and Grandpa  
who grew  
old together.



"First we're going to run some tests to help pay off the machine."

## JULY 17TH, 2017 BOARD OF DIRECTORS MEETING

The meeting was called to order by President Steve. Roll call was taken with all members present.

The Minutes of the June 14, 2017, Board Meeting were read. Cecil made a motion to approve and accept the minutes as read. It was seconded by Norma. The motion carried.

Minutes of the General meeting on June 21, 2017 were read.

Norma gave the Treasures Report. Income was \$944.58 and expenses were \$734.64. Virginia made a motion to approve expenses and accept the report. Seconded by Evie. The motion carried.

Transportation Report showed 331 one-way trips. There were new tires put on the van.

### OLD BUSINESS:

- The octagon tables were sold. The purchase of smaller, lighter-weight tables was discussed. The 48" round tables cost \$132. The 60" round tables cost \$173.
- After some discussion, Virginia made a motion to approve and accept the purchase of one of the 48" and one of the 60" tables. It was seconded by Donna. The motion carried. This will be presented to the General meeting
- Contractor options for storm damage from April 15, 2017 work were discussed. There will be an update at the next board meeting and some more discussion.

### NEW BUSINESS:

- The Sunshine Center ad in the area Senior Living would cost \$52. After some discussion, Cecil made a motion to place the ad the same price as last year. It was seconded by Norma. The motion carried.
- Diane gave a report on "Stepping On" continuing seven-week program. This is through the ELVPHD at no charge or cost for us.
- The next Soup/Sandwich luncheon is scheduled for September 28, 2017. After some discussion, Norma made a motion to approve the purchase of five \$50 Chamber Bucks for the raffle. It was seconded by Evie. The motion carried. We will have a bake sale only with the Spring luncheon.

Cecil made a motion to adjourn. It was seconded by Norma. The Motion was accepted and carried by the Board.

Carolyn A. Michaelis, Secretary

**AUGUST**

*Birthdays*

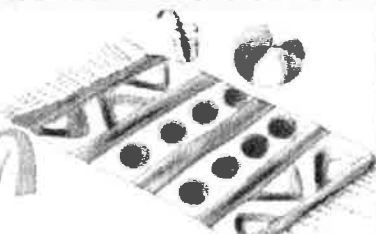
1st	Alfreida Wordekemper	18th	Dennis Michaelis
5th	Sharon Utemark	24th	Bonnie Brachle
7th	Theresa Perry	24th	Fern Thorman
12th	Ken Schenk	25th	Maren Reppert
12th	Illa Stalp	27th	Eileen Stevens
13th	Mike Mack	31st	Lorraine Burger
17th	Ron Schulzkump		

*August Anniversaries*

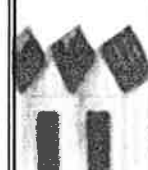
3rd	Edmund/Joan Hagedorn
9th	Cecil/Lavonne Woodka
17th	David/Diane White
20th	Francis/Joan Stalp
22nd	Willie/Jan Harstick
23rd	Chris/Dorothy Batenhorst



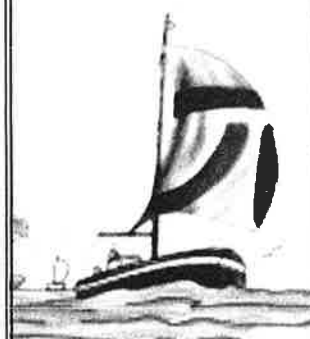
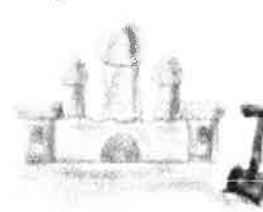
At the Beach



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



BARE FEET	SAILING	SURFBOARD
BEACH BALL	SAND	SURFING
BOAT	SEAGULL	SWIMMING
CLOUDS	SEASHELL	SWIMSUIT
DRIFTWOOD	SEASHORE	T SHIRT
HAT	SKY	TOWEL
KITE	STARFISH	VOLLEYBALL
LIFEGUARD	SUNGLASSES	WADING
OCEAN	SUNSCREEN	WATER
PAIL	SUNSHINE	WAVES
PIER		



Caregiver Tips  
13 Secrets that Make Caregiving Easier  
Part Two  
By Marlo Sollitto

Caregivers struggle with their responsibilities every day. As one problem is solved, a new challenge often arises. There isn't a tell-all book that covers how to approach all the issues you may face, but the following concepts can help get you in the right mindset and make your life a little easier.

**Caregivers' Survival**--Everything you need to care for an elderly family member.

**Look for Non-Verbal Clues**---Body language is a big part of human communication and interaction. Even if your loved one is unable to verbally tell you that something is wrong, their body language can still be used to pick up on changes in their mood and comfort level. If you adopt the attitude of, "Well, if you're not going to tell me what's wrong, then I'm not going to worry about it," you might be missing a critical health problem or personal care need. Be sensitive to subtle non-verbal cues. Their responses, no matter how simple, open the door for you to more accurately understand what they need.

**Be Responsive, but Have Limits**---Being an attentive caregiver doesn't mean you have to jump up every time you are called. Learning to balance a loved one's needs with your other responsibilities takes time and patience. If an issue is not urgent and you can't get to it right away, acknowledge their request and tell them you'll see to it as soon as you can. If they think you are disregarding them, they will likely become angry, and then you have a new problem on your hands. No one wants to feel ignored or like a pest, so balancing boundaries and responsiveness is crucial.

**Be Present**---Caregiving often manifests as an endless list of tasks, but don't get caught in the trap of trying to get it all done at once and simply working "around" the person you are caring for. Take the time to step away from your to-do list and really get a feel for how they're doing. Notice what's in their eyes, their tone of voice, and what they are saying. Spend a few minutes with them and try to enjoy their company. If they sense that you're doing the job because you're interested in their wellbeing, they'll be more cooperative and more willing to help you help them.

**Communicate with Touch**---As we get caught up in the day-to-day tasks of caregiving, we sometimes forget to show affection. Everyone needs some human touch. Giving a hug, holding their hand, or patting them on the arm can make all a difference. Attention and affection make the person you are caring for feel reassured and important.

**Be Non-Judgmental**---It's important to remember that the person you're caring for still has a strong desire to remain independent and in control of their own life for as long as possible. Sometimes, their words or actions stem from a fear of losing independence and not being able to care for themselves anymore. When they need assistance getting up from a seated position, have trouble bathing, or have to give up the keys to the car, it's a dose of reality that the life they once knew is gone forever. Have patience, and practice non-judgment. Try to put yourself in their shoes.

**Build Teamwork**---Work together, not against each other. Being a caregiver requires teamwork between you and the person you are caring for. Of course, it takes two, but the first step is to develop that cooperative attitude yourself. Then, you can work on getting them to adopt the same frame of mind. Everything is a little easier when you're working with someone, rather than against them. Other family members and friends, doctors and nurses are part of the team as well. When everyone is on the same page, this makes it easier to coordinate and become a more efficient care team.