



SUNSHINE CENTER, INC.

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

APRIL, 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.

Welcome
Spring!

Springtime in Nebraska is 70-degree temperatures one day and 20-degree temperatures the next. Springtime in Nebraska is a warm, sunny day followed the next day by blizzard conditions and an eight-inch snowfall that will melt in a couple days. Springtime in Nebraska is hurricane force-like winds that tear apart your hairdo and almost rip your clothes to shreds. Springtime in Nebraska is tornado and flood warnings.

Being the Hardy Nebraskans that we are, we accept these weather inconsistencies and dream of these Springtime pleasures:

- Inhaling the fresh smell of Spring in the air
- The hope of bright sunshine for a few days in a row
- The first pretty little spring flowers poking out of the dirt
- Waking up to tweeting birds outside the window
- Walking out the door with just a sweater on, instead of a down parka
- Taking a walk without shivering
- Seeing the rain through the rays of sunshine
- Sweeping away the dead winter leaves from the front porch
- Cleaning out the planting beds & pots
- Replacing the crunchy plants by the front door with happy spring flowers
- Opening a window for fresh air to clear out the stale air of winter
- The happy moment you first notice pink blossoms

APRIL OBSERVANCES

April 1st April Fools Day
April 16th Easter Sunday
April 18th Tax Filing Deadline



SUNSHINE CENTER SOUP/SANDWICH LUNCHEON AND BAKE SALE



APRIL 27TH, 2017
11:00 AM—1:00 PM
THE PUBLIC IS WELCOME
CARRY-OUTS AVAILABLE

The Alzheimer's Association

will hold a 3-part Education Series at the Sunshine Senior Center

Monday, April 10th, from 4:00-5:00 PM.
TOPIC: *KNOW THE TEN SIGNS*

Monday, April 17th, from 4:00-5:00 PM.
TOPIC: *THE BASICS: MEMORY LOSS, DEMENTIA AND ALZHEIMER'S*

Monday, April 24th, from 4:00-5:00 PM
TOPIC: *EFFECTIVE COMMUNICATION STYLES*

If interested, please RSVP to 800.272.3900 or to echentland@alz.org.

Walk-ins will be welcome.

Food and beverages will be provided by Cuming County Alzheimer's Alliance.



**ANNOUNCING
Tai Chi Classes**
Tuesday & Thursday Mornings
Starting April 4
@ 9:00 a.m.

DONATIONS FROM FRIENDS

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

Fern Thorman	\$30.00	Kay Papstein	200 Napkins, Large Coffee, 2 pkgs small paper plates
Gary Linder	Tuned Piano		
Evie Howser	6 Paper Towels	ANONYMOUS	4 Boxes Kleenex, 8 Rolls Paper Towels, 12 Rolls Toilet Paper, Dish Soap, Hand Soap, 36 Napkins, 60 Small Paper Plates
Mildred Toelle	\$20.00		
Rose Ann Prinz	\$15.00		
Dennis/Audrey Kaup	Large Coffee		
Janice Woerner	12 Roll Toilet Paper		
Marlene Brockmeier	\$20.00	Audrey Maack	\$20.00
Anonymous	\$20.00	Marcella Schlecht	12 Rolls Toilet paper

Crustless Smoked Turkey & Spinach Quiche

3/4 cup (4 oz) cubed, smoked turkey ham
1/4 cup chopped onion
1/8 teaspoon freshly ground black pepper
3/4 cup (3 oz), shredded swiss cheese, divided
1 cup fresh spinach leaves
1/2 cup evaporated milk
1/4 cup (1 oz) shredded cheddar cheese
2 large eggs
2 large egg whites
1/2 cup all purpose flour
1 teaspoon baking powder

Add ham, onion, and pepper to pan sauté over medium high heat for 4 minutes or until ham is lightly browned. Sprinkle 1/4 cup shredded swiss cheese in a 9 inch pie plate coated with cooking spray. Top with ham mixture. Combine remaining 1/2 cup swiss cheese, spinach and next 5 ingredients (through egg whites) in a large bowl stir with a whisk. Combine flour and baking powder in a bowl, add flour mixture to egg mixture and blend. Pour over the ham mixture. Bake at 350 degrees for 45 minutes or until a knife inserted into center comes out clean

THE BOARD OF DIRECTORS MEETING MARCH 8th, 2017

The meeting was called to order by President Steve. Roll call was taken with all members present. Minutes of the Board of Directors Meeting for February 13, 2017 were read. A motion was made by Bill and seconded by Norma to approve the minutes as read. Motion carried. The minutes of the February 15th General meeting were read. There was no discussion. The Treasurer's report was given. A motion was made by Rodger and seconded by Carolyn to approve the expenditures and accept the report. Motion carried. There were 267 one way trips for the month of February.

Old Business: The carpets at the center will be cleaned on March 9th and help would be needed to move the chairs and tables.

New Business: The date for the annual Board of Directors dinner will be March 30th at JD's. April activities were discussed. There will be a series of Alzheimer's education on April 10th, 17th, and 24th from 4-5p.m.

The center will be closed on Good Friday.

The April fundraiser was discussed. The raffle prizes will be gas cards in the amount of \$50.00. Sign up sheets to help with the fundraiser will be available soon. Also, this time a bake sale will be part of the fundraiser.

A motion was made by Norma and seconded by Bill to adjourn. Motion carried.

Theresa Perry, Secretary



National Volunteer Week April 23-29

The key to our success
Rests in people like you
Who embody the spirit of greatness
By saying,
"Yes I can and you can, too!"

*May your Easter be happy,
May your day be bright,
May you enjoy your treats,
And sweet delights,*

*But remember the meaning,
Remember God's gift
Remember the resurrection,
May your soul uplift*

April Birthdays

Roger Flock	6th
Audrey Kaup	7th
LeRoy Albus	7th
Duane Benne	12th

Anita Batenhorst	12th
Steve Lorensen	14th
Ida Bracht	16th
Garrey Kindschuh	18th
Peggy Watson	19th
Carolyn Michaelis	20th

Hanna Martin	22nd
Edna Bettenhausen	22nd
Janice Ernesti	24th
Ann Wolff	28th

Happy Birthday !!

Spring

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

ALLERGIES
 APRIL
 BASEBALL
 BEES
 CROCUSES
 CYCLAMENS
 DAFFODILS
 DANDELIONS
 EASTER
 EQUINOX
 FLOWERS

FROGS
 GOLF
 GRASS
 GREEN
 GROWTH
 IRISES
 LILIES
 MARCH
 MAY
 NEW LEAVES
 PLANTING

RAIN
 RENEWAL
 ROBINS
 SEASON
 SNOWMELT
 SOFTBALL
 SPRING BREAK
 SPRING CLEANING
 TULIPS
 WARMER
 WET

Caregiver Tips

How to Safely Pick a Loved One (or Yourself) Up After a Fall

By Anne-Marie Botek

The answer to this complex question depends on a variety of situational factors—the most important factor is whether or not the person was injured by their tumble. When in doubt, it's always safest to call 9-1-1 for help. Longtime caregiver and AgingCare.com Expert, Carol Bradley Bursack also suggests seeking out caregiver training courses, which typically cover topics such as how to safely assist a fallen loved one.

There are some general guidelines that can help you get a loved one upright—without hurting them or yourself in the process. Keep in mind, these strategies should only be used when you know your loved one hasn't been injured.

Tips for picking up someone that has fallen

1. Stay calm and help your loved one to remain calm by encouraging them to take slow, deep breaths.
2. Examine them for injuries—bruises, possible sprain, broken bones.
3. If they have a serious injury (e.g. a broken bone), then don't move them. Call 9-1-1, and keep your loved one as warm and comfortable as possible until help arrives.
4. If they aren't badly hurt and they want to get up, proceed slowly and stop at any point if they become stuck or too tired to get all the way up.
5. Find two sturdy chairs. Place one next to your loved one's head and the other down by their feet. (Keep in mind, your loved one needs to be the one doing the physical work of getting up. You're just there to help guide them and keep them steady, not lift their weight.)

How to get back up after you have fallen

1. Stay calm.
2. Examine yourself for injuries—bruises, possible sprains, broken bones.
3. If you are confident you haven't broken any bones or experienced a serious injury, search for the nearest piece of sturdy furniture. (A chair would be ideal.)
4. Roll onto your hands and knees, then crawl or drag yourself over to the piece of furniture.
5. Get into a kneeling position and place your arms on a stable area of the piece of furniture (e.g. the seat of the chair).

Why falls should never remain secret

Even though one-third of adults age 65 and older experience a fall each year, fewer than half of these individuals tell their physician about it, according to the Centers for Disease Control and Prevention. Falls are often seen as embarrassing indicators of an adult's decline and their impending dependency on others for assistance, so it's natural to want to keep such incidences a secret.

Regardless of whether it was you (the caregiver) who experienced the fall or your loved one, it's essential to notify a doctor about the event. He or she can make sure you or your loved one didn't sustain any invisible injuries as a result of the fall, and suggest ways to prevent unnecessary tumbles.

You should also tell at least one friend or family member about the fall, so that they can be on the lookout in case you or your loved one need help in the future. If falls are becoming more frequent, you might also want to consider investing in an emergency alert device or an automatic fall detection system.

6. Help your loved one roll over onto their side, assist them into a kneeling position. If they suffer from sore knees, a towel placed underneath the knees can make them more comfortable.
7. Move the chair closest to their head directly in front of where they are kneeling so that they can place their hands on the seat, evenly.
8. Ask your loved one to lean on the seat as they bring one leg forward and place that foot on the floor.
9. Move the second chair directly behind your loved one, then ask them to use their arms and legs to push themselves up, then sit back into the second chair. You can use your hands to keep your loved one steady, but keep your back upright and make sure they are doing the physical work to lift themselves.
10. Notify their doctor that they've had a fall.

6. Bring one knee forward and place your foot on the floor.
7. Using your arms and leg simultaneously, push yourself up and pivot your bottom around until you're sitting on the piece of furniture.
8. Stay sitting until you're confident you can move around without hurting yourself or falling again.
9. If you find that you are unable to get up after falling, stay calm and try to alert someone to your predicament. While you're waiting for help, endeavor to keep warm and move around slowly to avoid placing too much sustained pressure on any one area of your body.
10. Notify your doctor that you've had a fall.