

# SUNSHINE CENTER, INC.

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

SEPTEMBER 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. - 3:00 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!

**Healthy Aging® Month** is, an annual health observance designed to focus national attention on the positive aspects of growing older. There is a need to draw attention to the myths of aging. It's not too late to take control of your health, it's never too late to get started on something new. Below are 10 tips for reinventing yourself during September is Healthy Aging Month:

1. **Do Not Act Your Age** - Do not act your age or at least what you think your current age should act like. What was your best year so far? Picture yourself at that age and be it.
2. **Be Positive** - Be positive in your conversations and your actions. When you catch yourself complaining change the conversation to something positive.
3. **Ditch the Negativity** – Avoid negative friends who complain all the time and talk about how awful everything is.
4. **Walk Tall** - Walk like a vibrant, healthy person
5. **Stand Tall** - Stand up straight! .
6. **How Are Your Pearly Whites?** Research shows people who smile more often are happier. Your teeth are as important to your good health. as the rest of your body. Good oral health is a gateway to your overall well-being.
7. **Lonely?** Pick up the phone and call to do one or more of the following: volunteer your time, take a class, or invite someone to meet for lunch.
8. **Walk 10,000 Steps A Day** - Start walking not only for your health but to see the neighbors. Have a dog? A dog can be a conversation starter
9. **Get Those Annual Check-Ups** - Make this month the time to set up your annual physical and other health screenings.
10. **Find your inner artist.** - Sign up now for fall art or music classes and discover your inner artist!

## September Observances



Sept 3rd Labor Day  
 Sept 9th Grandparent's Day  
 Sept 11th Patriot Day  
 Sept 22nd Falls Prevention Day  
 Sept 23rd Autumn Begins

## Sunshine Center Soup/Sandwich Luncheon

Thursday, September 27th, 2018  
 11:00 A.M. TO 1:00 P.M.



Free Will Offering  
 Carryout's Available  
**PUBLIC INVITED!!**

**THANK YOU** to the Donald E. Nielsen Foundation for their support which allows us to trade in our 2011 Ford Edge for a 2018 model. We appreciate the Foundation's generosity and commitment to the 60+ population of West Point!

Please remember the Center for your transportation needs within the city limits. Call 402-372-3800 for more information.

## DONATIONS FROM FRIENDS

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

Hanna Martin	Small plates, large plates & napkins
Jan Harstick	2 Large Coffee, 12 Rolls Toilet Paper & \$10.00
Linda Baumert	\$20.00
Janice Woerner	8 rolls paper towels
Marlene Brockemeier	\$20.00 for September
Anonymous	\$200.00
Butch & Ken Echtenkamo	Paper Towels & Large Paper Napkins
Sandy Boots	Large Coffee
Cecil Woodka	2 Pool Table Covers
Arlene Manning	2 pkg large plates & Large Coffee
Louise Schulzkump	8 rolls paper towels, Large Coffee
Rita Steffensmeier	2 Large Coffee
Suzann Sanderson	3 pkg napkins
Norma Pagels	\$20.00
Rita McGill	\$15.00
Sandy Boots	\$10.00
Rose Ann Prinz	\$15.00
Americans for Prosperity	Extra Large Coffee

## Memorials

Family Julia Guenther

August 8, 2018

## BOARD OF DIRECTORS MEETING

The meeting was called to order by President Donna. Roll call was taken. Present were Donna, Cecil, Sandy, Theresa, Virginia, and Diane. Absent were Marilyn and Merna.

The Minutes of the July 11, 2018 Board Meeting were read. Theresa made a motion to approve the minutes as read. It was seconded by Virginia. The motion carried.

The Minutes of the 7-18-18 General meeting were read.

Theresa gave the Treasurers Report.

A motion was made by Cecil and seconded by Virginia to approve the expenditures and accept the Treasurers Report. The Motion passed.

The Transportation Report was given. There were 142 one-way trips made in the month of July. Costs for rides is \$1.50 to the Center; \$2.50, if needing assistance; and \$5 for trips to doctor, hair appointments, shopping, etc.

### OLD BUSINESS:

- Estimates of audit costs were shared with the Board. No action was taken at this time

### NEW BUSINESS:

- Upcoming activities and services were reviewed.
- September 27 is our Soup and Sandwich Fundraiser. Raffle prizes were discussed and it was agreed to give out gas cards this year.
- The date of the September Board meeting was changed to September 5, @ 9:15 a.m. due to conflicts on our regular scheduled meeting date.

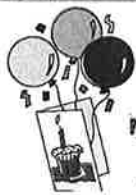
Theresa made a motion to adjourn and there was a second by Virginia. The Motion carried. Meeting was adjourned.

Sandy Boots, Secretary

## Creamy Parmesan Garlic Mushroom

- 4 boneless, skinless chicken breasts, thinly sliced
  - 2 Tbsp. Olive oil
  - Salt Pepper
  - 8 oz. sliced mushrooms
  - ¼ tsp pepper
  - ½ teaspoon salt
  - 2 garlic cloves, minced
  - 1 T flour
  - ½ cup chicken broth
  - 1 cup heavy cream or half and half
  - ½ cup grated parmesan cheese
  - ½ tsp garlic powder ¼ tsp pepper
  - ½ teaspoon salt
  - 1 cup spinach, chopped
- Creamy Parmesan Garlic Sauce:**
- ¼ cup butter

In a large skillet add olive oil and cook the chicken on medium high heat for 3-5 minutes on each side or until brown on each side and cooked until no longer pink in center. Remove chicken and set aside on a plate. Add the sliced mushrooms and cook for a few minutes until tender. Remove and set aside. To make the sauce add the butter and melt. Add garlic and cook until tender. Whisk in the flour until it thickens. Whisk in chicken broth, heavy cream, parmesan cheese, garlic powder, pepper and salt. Add the spinach and let simmer until it starts to thicken and spinach wilts. Add the chicken and mushrooms back to the sauce and serve over pasta as desired.



# September BIRTHDAYS

6th Butch Echtenkamp  
 8th Hubert Kampschneider  
 9th Dorothy Suhr

10th Beatrice Seeman  
 15th Liz Blimeiester  
 22nd Joann Evert  
 23rd Marilyn Bodenschatz  
 25th Margaret Ernesti  
 26th Kathleen Ernesti  
 29th Rita Steffensmeier  
 30th Marvin Kappius

# September

5th Daryl/Sandra Boots  
 12th Paul/Vera Bracht  
 30th Jerry/Theresa  
 Knobbe



## Transportation

Find and circle all of the transportation words that are hidden in the grid. The remaining letters will reveal an additional method of transportation.








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



- |           |                |               |            |
|-----------|----------------|---------------|------------|
| AIRPLANE  | FERRY          | RICKSHAW      | SNOWMOBILE |
| BICYCLE   | GONDOLA        | ROCKET        | SUBMARINE  |
| BLIMP     | HORSE          | ROLLER BLADES | TRAIN      |
| BOAT      | JET            | SCOOTER       | TRAM       |
| CAMEL     | MOPED          | SHIP          | TRUCK      |
| CANOE     | MOTORCYCLE     | SKATEBOARD    | VAN        |
| CARRIAGE  | PARACHUTE SKIS | SKIS          | WAGON      |
| ELEVATOR  | RAFT           | SLED          | YACHT      |
| ESCALATOR |                |               |            |



# September 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<i>Autumn</i> wonders			1
2	3 CENTER CLOSED <b>Labor Day</b>	4 TAI CHI/ EXERCISES 9:00 FOOT CARE 1:00 APPT NEEDED	5 BOARD MEETING 9:15 CARDS 1:00	6 POOL TAI CHI/ EXERCISES 9:00 <b>BLOOD SUGAR SCREENING 10:30-11:30</b>	7 POOL CARDS 1:00	8
9 <b>HAPPY GRANDPARENTS' DAY</b> 	10 POOL	11 TAI CHI/ EXERCISES 9:00 <b>BLOOD PRESSURE SCREEN 12:30-1:00</b> FOOT CARE 1:00 APPT NEEDED	12 POOL CARDS 1:00 (TREATS BY ST. JOE'S)	13 TAI CHI/ EXERCISES 9:00 <b>CRAFT WITH BONNIE 1:00</b> 	14 POOL CARDS 1:00	15
16	17 POOL BINGO 1:00 (TREATS BY PREMIER ESTATES)	18 POOL TAI CHI/ EXERCISES 9:00	19 POOL <b>GENERAL MEETING 11:30</b> CARDS 1:00	20 TAI CHI/ EXERCISES 9:00 <b>CAREGIVER'S SUPPORT GROUP 4:00-5:30</b>	21 POOL CARDS 1:00	22 <b>AUTUMN BEGINS</b> 
23 <b>CHECKERS DAY</b> 	24 COFFEE WITH FRIENDS at ST. JOE'S 10:00 <b>FLU SHOTS 12:30-1:30-BRING YOUR MEDICARE CARD!!!</b> 	25 POOL TAI CHI/ EXERCISES 9:00 <b>FOOT CARE 1:00</b> APPT NEEDED	26 POOL CARDS 1:00	27 <b>WELCOME FUNDRAISER SOUP/SANDWICH LUNCHEON 11-1</b> 	28 <b>BIRTHDAY/ANNIVERSARY PARTY</b> CARDS 1:00 REFRESHMENTS 3:00 	29
30						

# Caregiver Tips

## 10 Signs of Caregiver Stress

By Marlo Sollitto

The demands on a person who is taking care of elderly parents result in a great deal of stress. If caregivers aren't careful, they jeopardize their own health and well-being.

A study of family caregivers found that those who experience caregiving-related stress have a 63% higher mortality rate than non-caregivers of the same age. There are several reasons why stress occurs, such as working too much, not sleeping enough, having to deal with family and work at the same time, and not having as many hours in the day as you need to take care of yourself.

Remember you can't care for your loved one if you are ill yourself. The first step in dealing with caregiver stress is to recognize the signs. Then, you can find ways to deal with it and enlist support or medical help when needed.

### 10 signs of caregiver stress

- 1. Depression.** Symptoms include constant sadness, feelings of hopelessness and increased crying.
- 2. Withdrawal.** This can occur if you are depressed. You may not wish to see family and friends. You may stop taking part in things you used to enjoy.
- 3. Anxiety.** You may feel anxious to get things done or you may feel that you don't have enough time, or about facing another day and what the future holds.
- 4. Anger.** You may start yelling at your loved one more, or have difficulty controlling your temper with other people. Caregivers often become angry at their loved one because they are sacrificing their own lives to care for them. Feeling angry at family members for not helping is also common.
- 5. Loss of concentration.** You are constantly thinking about your loved one and everything that you need to do. As a result, you have difficulty concentrating at home or at work.
- 6. Changes in eating habits.** This results in weight gain or loss, as well as increased illness.
- 7. Insomnia.** You may feel tired, but cannot sleep. Or, you may not feel tired even if your body is tired. You also may wake up in the middle of the night or have nightmares and stressful dreams.
- 8. Exhaustion.** If you frequently wake up feeling you can't get out of bed despite a good night's sleep, you're in distress.
- 9. Drinking or smoking.** You may find that you are drinking or smoking more. Or, you start drinking or smoking when you haven't in the past.
- 10. Health problems.** You may catch colds or the flu more often than usual. This is particularly common in caregivers who do not take care of themselves, by not eating properly and exercising.

# September 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>SUNSHINE, LAUGHTER AND FRIENDS ARE ALWAYS WELCOME AT SUNSHINE CENTER!!!!!!</b>					1
2	3 CENTER CLOSED IN OBSERVANCE OF LABOR DAY	4 MEATBALL STROGANOFF NOODLES VEGETABLE BLEND GRAPE SALAD PEARS BREAD	5 FRIED CHICKEN MASHED POTATOES/GRAVY BEETS WALDORF SALAD BREAD	6 SWISS STEAK DICED POTATOES WAX BEANS DILLY VEGETABLE SALAD CHOCOLATE OATMEAL CAKE BREAD	7 BREADED COD OR CHICKEN BREAD BAKED POTATO SWISS VEGETABLE BLEND WATERMELON BREAD	8
9	10 BREADED PORK CHOP MASHED POT/GRAVY VEGETABLE BLEND COLESLAW STRAWBERRY SHORTCAKE BREAD	11 TURKEY/GRAVY DRESSING OR MASHED POTATOES MIXED VEGETABLES PICKLED BEETS CANTALOUPE BREAD	12 PORK ROAST/GRAVY MASHED POTATOES CARROTS CUCUMBER SALAD CINNAMON APPLE BREAD PUDDING BREAD	13 BEEF PHILLY SANDWICH POTATO SALAD BBQ GREEN BEANS FRESH FRUIT SALAD	14 BREADED HAMBURGER HASHBROWN CASSEROLE VEGETABLE BLEND DEVILED EGGS APRICOTS BREAD	15
16	17 BACON CHEESEBURGER OVEN BROWNED POTATOES BAKED BEANS RASPBERRY APPLESAUCE	18 ROAST BEEF MASHED POT/GRAVY VEGETABLE BLEND STRAWBERRIES SOUR CREAM RAISIN BAR BREAD	19 CHICKEN A LA KING on a BISCUIT BEETS BROCCOLI RAISIN SALAD PEARS	20 PORK TENDERLOIN MASHED POTATOES/GRAVY SCALLOPED CORN WATERMELON BREAD	21 SALMON PATTY OR CHICKEN BREAD PARSLIED POTATOES CREAMED PEAS CUCUMBER SALAD CARROT CAKE BREAD	22
23	24 DIJON HONEY PORK CHOP SWEET POTATOES PEAS FRUITED JELLO COOKIES BREAD	25 CHICKEN ALMONDINE SEASONED RICE GREEN BEANS FRESH PINEAPPLE PEACH COBBLER BREAD	26 CHICKEN FRIED STEAK/GRAVY MASHED POTATOES CORN TOSSED SALAD BREAD	27 PUBLIC WELCOME FUNDRAISER SOUP/ SANDWICH LUNCHEON 11-1	28 UNBREADED POLLOCK OR PORK CUTLET 4 CHEESE ZITA CARROTS 4 BEAN SALAD STRAWBERRIES QUICK BREAD/NUTS	29
30	<b>PLEASE PLAN TO JOIN US FOR A MEAL SOON!!!!!! MEALS ARE SERVED 11:30-NOON WITH RESERVATIONS REQUIRED BY 9:00 A.M. (402) 372-3800 SPECIAL DIETS AVAILABLE BY REQUEST</b>					