June 1st officially began this year’s Hurricane Season but in light of our area’s recent weather events, the importance of preparation has been underscored. While there are no guarantees for surviving a disaster unscathed, your chances are greater when you choose to be proactive versus reactive. Planning ahead and application of the lessons that we learned during Hurricane Harvey and some of the more recent weather events reminds us of the importance of having a plan in place.

Continues on page 2
According to Ready Houston, in an actual emergency, we are often forced to rely on our own resourcefulness. It’s simply a matter of knowing how to respond when disaster strikes. Consider that in 95 percent of emergencies, bystanders or the victims themselves are the first to provide emergency help or to perform a rescue. Couple that with how often emergency personnel are overwhelmed during severe disasters like hurricanes and floods. It would only be natural that delays might be experienced while first responders are trying to reach local neighborhoods. That’s why residents should plan and prepare before a disaster strikes; stay informed before, during and after a disaster; and get to know neighbors, particularly those too elderly or too ill to independently plan and prepare themselves for a disaster. Communication and planning are key to keeping our families, homes and neighborhoods safer from disasters. When individuals and their neighborhoods are prepared to mutually assist each other in the event of a disaster, lives can be saved, property can be spared and emergency services can focus on reaching the most devastated areas first.

Consider the following preparation tips:

- Build an emergency kit.
- If you require assistance in the event of an evacuation, call 311 to register for help.
- Get a waterproof bag or container for your kit items.
- Keep a list of contacts in your emergency kit so that you can stay connected to family and friends.
- Make sure you have a non-electric phone in your home.
- Decide on a meeting place outside the home so that if disaster strikes your family will know where you can reunite.
- Establish a plan about what to do if you need to evacuate with or without your pets.
- Have on hand one gallon of water per person/pet per day for at least 5-7 days.
- Purchase water purification drops or tablets or a water filtration system.
- Get to know your neighbors and those who might need assistance or who may be able to provide assistance.
- Be sure to have plenty of your prescription medications and pain relievers on hand.
- Stock your first aid kit with standard items (like rubbing alcohol, sterile adhesive bandages in assorted sizes, adhesive tape, gauze pads, medical gloves, antiseptic, tweezers, scissors, thermometer, etc.)
- Have an extra set of car and house keys.
- Gather ready-to-eat, non-perishable, high-protein foods.
Continued from page 2

- Keep an escape tool in your car.
- Get waterproof containers for your important documents.
- Shelter up: During a flood, the safest place in a house is the upper floors.
- Buy disposable plates, cups, and utensils.
- Be sure to have plenty of batteries and flashlights.
- Get a whistle to signal for help if needed.
- Get a manual can opener in case of a power outage.
- Get a battery-powered or hand-crank flashlight, radio, and phone charger.
- Get ample personal sanitation supplies on hand (toilet paper, moist towelettes, toothbrush/toothpaste, and incontinence supplies)
- Have tools ready if needed (hammer, screwdrivers, wrenches, pliers) because you may possibly need to turn off utilities.

This list is certainly not exhaustive. There are so many more things that you should consider as we enter this hurricane season. The real take-away here is to simply be prepared. If you would like more information, please visit www.readyhoustontx.gov

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YAH CLOSURES/CANCELLATIONS

INDEPENDENCE DAY 7/04

NAM will be closed on Tuesday, July 4 in observance of Independence Day. We will reopen on Wednesday, July 5. Have a safe and happy holiday.

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WORDS OF THE MONTH

Let’s bridge the generational divide by learning slang words used by teenagers and young adults. These are words you might hear your grandchildren say:

“stan” – extreme fan
“flexin on ‘em” – showing off to others
“woke” – aware; conscious
FRIENDLY REMINDERS

Daily Fee
Don’t forget to stop by our reception desk prior to participating in any YAH activities. This includes all regular activities and CWJF brunches. The $1 daily fee is a small amount that does big things as it helps to support the YAH daily operations. Thank you!

Consider this...
Checking in at the YAH reception desk is more important than you know. In the event of an emergency, we need to know that you are, in fact, inside the building. We need to be able to report to first responders if someone may need assistance, so do yourself and us a favor and ALWAYS check in at the reception desk.

YAH Membership Fee Reminder
Please be aware that the collection of annual membership renewal fees has restarted. The YAH membership fee is $35 annually. This applies only to members who joined the center on or after October 1, 2018.

**Potential new members may visit the center twice before membership commitment is required for continued participation.

A MOMENT OF INSPIRATION
“We’re blessed with the opportunity to stand for something—for liberty, freedom, and fairness. And these are things worth fighting for, worth devoting our lives to.”

Ronald Reagan (40th President of the United States)

JUST FOR LAUGHS
Q: What do you get when you cross a dinosaur with fireworks?
A: Din-o-mite!

Q: What does the Statue of Liberty say when visitors leave?
A: “Stay in torch!”
Fourth of July Celebration
Come join us on Monday, July 3 for lunch and a patriotic celebration. Wear your red, white and blue and celebrate Independence Day with your café friends. We’ll play games and award prizes, so please be sure to order your meal.

Fact or Fiction
Dine with us on Monday, July 10 and learn some interesting facts when you decide if our statements are fact or fiction. Please order your meal by Wednesday, July 5.

Bingo Extravaganza
Come dine with us on Wednesday, July 12 and let’s all play bingo. It’s our monthly Bingo Extravaganza where we play for fun prizes. Our host for this event is Devoted Health, so Rose will be available to answer your Medicare questions as well. Please sign up for this event by Monday, July 10.

Ice Cream Social
Come dine with your café friends on Wednesday, July 19 and help us celebrate National Ice Cream Month with an Ice Cream Social. It’s hot outside, but with ice cream, it’s always cool inside. Be sure to order your lunch by Monday, July 17.

National Junk Food Day
Join us for lunch and learn nutrition facts about some of your favorite junk foods. We’ll even share one “junk” treat with everyone, so please order your meal by Wednesday, July 19.

Crossword Puzzle Day
Come enjoy lunch with your café friends on Monday, July 24 and give your brain a workout as you solve a crossword with the diners at your table to win a prize for all. Please order your meal by Wednesday, July 19.

Nutrition Education Cooking Demo
Dine with your café friends on Wednesday, July 26 and see our cooking demo. The recipe is always simple to prepare and relates to our Nutrition Education handout for the month. Everyone who desires to do so can sample the featured dish, so remember to order your meal by Monday, July 24.

Monthly Birthday Celebration
Celebrate June birthdays with us in our monthly Birthday Celebration on Friday, June 23. Please sign up by Wednesday, June 21.

Hollywood Trivia
Join us for lunch on Monday, July 31 and see how much you can remember from Hollywood days gone by. Please remember to sign up by Wednesday, July 26.
LUNCH BUNCH
Come dine with the YAH Lunch Bunch on Tuesday, July 11. A few times a year, we board the YAH bus and enjoy lunch together at a local restaurant. This month we will dine at the Adriatic Café. This restaurant boasts that almost everything they serve is hand-made daily right in their restaurant. They cook with a special olive oil and bake their own bread fresh every day. All their sauces are prepared to order. We will depart from NAM at 11:00 AM and will return by 1:30 PM. The cost of lunch is on your own and the $1 daily fee applies. If you would like to join the Lunch Bunch, you may sign up at the YAH reception desk. Remember that space on the bus is limited to 14. Come dine with us!

DAY TRIP
Come join us for a day trip on Thursday, July 27 as we take a historical trip to tour the San Jacinto Monument and Museum. You will learn interesting facts about Texas history and 18 minutes that changed the world. Following our tour, we will then enjoy lunch together at the famous Monument Inn. The bus will depart from NAM at 9am and will return by 3:30pm. The cost for this trip is $15 and the cost of lunch is on your own. Fees are due at sign-up and the deadline to do so is Wednesday, July 19. There are no refunds for trips, so please consider this before signing up. For more information, please see Eva.

BINGO
Come join us in the Card Room every Monday, Wednesday, and Friday morning at 10:00am for Bingo. Join the fun to win practical or fun prizes. For more information, please stop by the YAH reception desk.
MINDFULNESS CLASS
Does life have you stressed? Join us on July 10 in Conference Room B from 10:30 to 11:30 for a Mindfulness Class. Learn strategies for relaxation and distressing. To sign up, please visit the YAH reception area.

FUN AND GAMES WITH KELSEY CARE
Join us in the dining area on Monday, July 17 at 10:30am for an hour of fun and games with Birdie, a representative from Kelsey Care Advantage. Birdie will return to YAH to play fun games and award prizes to winners. If you have general Medicare questions or would like to ask questions related to Kelsey Care plans, Birdie will be able to answer those as well. For more information, please see Eva.

BALLET CLASS
Join us on Thursday mornings at 11am for Ballet Class. This class is great for balance, strengthening, and flexibility. For more information, please stop by the YAH reception desk.

SENIOR FITNESS CLASS
Come join us on Wednesday mornings at 10:15am for our Senior Fitness Class. This class includes light cardio and walking to keep you moving. For more information, please stop by the YAH reception desk.
BRAIN GAMES

“Word Parts”

The word “bather” is defined as a person that takes a bath or goes swimming. In this game, however, the definition is given not of a word, but of its parts. For example, given the first clue “Louisville Slugger”, plus the second clue, “the opposite of him”, the answer is bather (bat + her). Now, you try:

1. Coca-Cola’s first diet drink + to allow __________
2. For each + verdict deciders __________
3. Stylish, fashionable + Barbie’s beau __________
4. To sharpen + a pig’s hangout __________
5. To spray tiny droplets of water + formation of iron oxide on steel __________
6. Commercial, for short + clergyman __________
7. Cleopatra’s snake + first letter of the alphabet + an old piece of cloth + you and me __________
8. A baseball hat + sick, unwell + March/April’s Zodiac sign __________
9. Mr. Rather + place for cold cuts, cheeses, salads, etc. + not off __________
10. Person who uses scuba gear + the opposite of stand + the penultimate letter of the alphabet __________
11. Performer who overacts + to mimic someone scornfully __________
12. Hawaiian singer, Don __________ + to expectorate + Mr. Gore __________
13. Opposite of out + a devotee of a celebrity + to attempt __________
14. Note that follows do, re, … + black bird + hand gesture used for hello or goodbye __________

See answers at the end of this newsletter
Avoid Bug Bites

Use bee balm to avoid bug bites. Bee balm’s colorful flowers are beautiful, but that’s not the only reason to grow it in your garden: It’s strong aroma deters mosquitoes and other bugs while attracting creatures that feast on them, such as hummingbirds and butterflies. And there’s more: It’s loaded with anti-inflammatory and antimicrobial compounds that help prevent infections and skin irritation if you do ever get a bug bite! Simply plant bee balm anywhere you want to keep away pests. Also, crush the leaves and rub on your skin as natural insect repellent or on any bites or rashes for quick relief.

The Very Versatile Veggie: Celery

Celery is perhaps the most famous for being a so-called “negative-calorie” food because it takes more energy to eat a stalk of celery than you get from the food itself! But it’s so much more than a smart diet food. It adds just the right amount of texture and flavor to tuna salad. It also can be braised, boiled, sautéed and served raw as an elegant crudite. Unwashed, refrigerated celery stays good for about one week or more.

Erase stains on plastic

The containers you use to store your homemade pasta sauce are sporting orange stains that won’t wash away. The save: Cut a lemon in half and rub the cut side of the fruit on the discolored areas. Let dry, then wash as usual. The fruit’s citric acid has a gentle bleaching action to eliminate stains. Bonus: Lemon also neutralizes odors!
JULY BIRTHDAYS

Julia Baptista – 7/12
LaDonna Brogan – 7/18
Kathryn Broussard – 7/14
Mary Helen Chachere – 7/3
Helen Chen – 7/16
Jerry Dobbs – 7/27
Isabel Escauriza – 7/8
Ruby Fuentes – 7/4
Dora Gardner – 7/19
Paul Gelines – 7/15
Anita Gradwohl – 7/21
Alicia Green – 7/28
Paulette Gross – 7/24
Lucy Guerra – 7/3
Teresa Guerrero – 7/22
Charla Hannibal – 7/21
Nora Huston – 7/4
Wanda Leverich – 7/10
Iretha Matthews – 7/6
Irma McCall – 7/18
Kay McCarthy – 7/1
Robert Noonan – 7/13
Lila Pender – 7/9
Tanya Pilant – 7/2
Yanick Stam – 7/29
Harriet Teitelbaum – 7/3
Gwendolyn Wilkins – 7/17
Carolyn Wysocki – 7/26
"Let there be light..."

The rising sun is an indecisive jokester. It can randomly splash warming glows or pinpoint illuminating rays. And I’ve witnessed such a mischievous beam. It hid behind a single canna leaf, transforming that foliage into an elongated electric bulb. Its contrived green glow persisted until the golden orb reached its upward climb, as it must—leaving the cannas stripped of momentary glory. Likewise, should a fixed ray of sun reflect onto the rusty bird feeder, a surreal patch of blinding light appears—an anomaly within back yards.

And of an early morning, shadowed tree branches waltz across breakfast room walls and over a glass-topped table. Acrobatic squirrels cause leafy branches to sway, allowing the east-rising sun to splash my kitchen with gentle movement.

Further, one early morning in May, sunlight streamed, as usual, through the den’s sliding glass doors. At that point, while surveying my wild kingdom, an image of my youngest daughter appeared within leafy backyard cannas!

No way! I mused, seeking an explanation. Simply put, a playful shaft of sunlight had traveled some twenty feet across the den, striking a large photo of my three girls. It paused at the corner of that picture frame, reflecting my daughter’s sun-streaked image through transparent doors and onto the back yard!

Had Helios, ancient Greek god of the sun, run amok? More to the point, energy-efficient, argon-filled, double-paned clear glass is the culprit. After all, Andersen patio doors do mirror in duplicate. Moreover, twin reflections travel across that wall of glass, moving as I move and, depending on my position in that room, items quadruple! Flared burgundy lamp shades, like ubiquitous skirts of the 50s, jitter bug across invisible glass—a virtual fun house of mirrors.

And most afternoons, light streams through a front sidelight, striking my antique clock’s beveled façade. As the sun begins to set, so moves that bias-cut, rainbow-edged reflection—a moveable feast! Meanwhile, shadowed tree branches creep across front room walls and floors, in sync with the descending sun.

Because this house is virtually wrapped in (mostly) uncovered glass, such visions occur. Multiple reflections, dancing across patio doors, are explicable. Likewise, that glowing leaf and swatches of swaying trees. Still, a smiling photo of my youngest, nestled within backyard foliage, mystifies! Perhaps that ancient deity is up to old ‘ole tricks, after all!
SENIOR SAFETY AND SECURITY

Fall Prevention Reminders (Part 2)

Fall prevention is key in helping you to remain healthy, active, and aging in place. In last month’s edition of the Joy Journal, we included the first of two parts of fall prevention reminders. This month we are including part 2 because we want to help you remain safe and vigilant against injuries that can be debilitating.

Remember that it’s important to stay active because being active can lower your risk for falling. Regular exercise can help:
- Improve balance.
- Strengthen muscles.
- Increase flexibility.
- Keep your body strong.
- Help speed recovery time, if you do fall.

Get different types of exercise. Try including stretching, flexibility, and balance exercises. You might also include muscle-strengthening (like lifting weights or gardening, and aerobic activities (like walking, swimming or dancing). Remember to consult your physician before beginning any exercise routine.

Choose a healthy diet because this helps to keep your body strong and your mind clear. This makes you less likely to fall and prevents injury if you do. A healthy diet includes variety, moderation (limit fats, cholesterol, sodium and added sugars), proportion (eat more grains, veggies, and fruits than meats ad high-fat foods. Eat foods that are high in calcium to prevent Osteoporosis. This disease weakens bones and increases the risk of breaking a bone if you fall. Choose foods like low-fat milk, yogurt and cheese, dark-green veggies (like Kale and Collard Greens), and canned fish with edible bones, like salmon and sardines. Check with your health care provider before increasing your calcium intake.

A few other things to remember is to get your vision checked at least once a year because vision problems increase your fall risk, talk to your doctor regarding medical conditions like Arthritis, and Diabetes which can affect your balance, and be proactive. Wear medical alert bracelets or medical tags at all times, keep emergency phone numbers in a handy place, and talk to your friends and family about what to do if you do happen to fall.
Recipe of the Month

GUACAMOLE

Guacamole is everyone’s favorite appetizer. Creamy and chunky with a subtle touch of heat, this dip goes well with just about anything including tortilla chips, and it’s the perfect appetizer for your 4th of July barbecue. Enjoy!

Ingredients

1/2 small yellow or 1/4 red onion, minced
2 cloves garlic
2 teaspoons kosher salt
3 ripe Hass avocados
2 to 4 tablespoons roughly chopped fresh coriander (cilantro)
1 ripe plum tomato, cored and diced
1/2 to 1 whole jalapeno (with seeds), minced

DIRECTIONS

1. Soak the onion in cold water for 15 minutes. Drain and transfer to a large bowl.
2. On a clean work surface, mash the garlic and salt with a flattened cook’s knife to a paste. Transfer the paste to the bowl with the onion.
3. Using a knife cut the avocados in half, rotating around the seeds. Remove the seeds and discard. Using the knife, carefully make several slashes in the avocado flesh. Using a spoon, scoop the avocado flesh into the bowl with the onion and garlic. Repeat with the remaining avocados.
4. Add the coriander, tomato, and jalapeno to taste to the avocados. Using a rubber spatula or large fork, mix until just combined, keeping the guacamole chunky. Season with salt and pepper to taste. Serve immediately.

Source: Food Network

If you would like to share your favorite recipe with our Joy Journal readers, please submit your recipe to Eva at egalloway@namonline.org or drop it off at the NAM Young at Heart Center.
HELPING HANDS VOLUNTEERS

Calling all sewers and crafters! Helping Hands needs volunteers to sew or craft to create unique one-of-a-kind items to be sold in support of the senior center. If you are creative and want to help the senior center thrive, please consider becoming a part of a fantastic team that contributes so much to do great things. Please see Eva for more information.

VOLUNTEER BUS DRIVERS

Young at Heart needs weekly volunteer drivers and a substitute volunteer to drive our 14-passenger bus to pick up members and transport them to NAM from 7:45am to 9:30am on Monday, Wednesday, and Friday. No special license is required.

BINGO CALLERS

YAH is seeking a volunteer to serve as Bingo caller each Wednesday, and someone to serve as a substitute Bingo caller for Monday, Wednesday, and Friday. If you are available please call Eva at 281 885-4601. Training will be provided.
DID YOU KNOW?

- Pucker up because a one-minute kiss burns about 26 calories.
- In Germany, the shhh sounds literally means hurry up.
- Bats hang upside down because their legs are too weak to support their weight.
- The medical term for writer’s cramp is graphospasm.
- The United States is the largest country named after a real person (Amerigo Vespucci).

BRAIN GAME ANSWERS

1. Tablet (Tab + let)
2. Perjury (per + jury)
3. Chicken (chic + Ken)
4. Honesty (hone + sty)
5. Mistrust (mist + rust)
6. Administer (ad + minister)
7. Asparagus (asp + A + rag +us)
8. Capillaries (cap + ill + Aries)
9. Dandelion (Dan + deli + on)
10. Diversity (diver + sit+ Y)
11. Hammock (ham +mock)
12. Hospital (Ho + spit + Al)
13. Infantry (in + fan + try)
14. Microwave (mi + crow + wave
<table>
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<tr>
<th>Date</th>
<th>Activity 1</th>
<th>Activity 2</th>
<th>Activity 3</th>
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<td>3</td>
<td>9:30am Exercise Class</td>
<td>10:30am Bingo</td>
<td>10:30am Mindfulness Class</td>
<td>12pm Duplicate Bridge</td>
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<td>7</td>
<td>9:30am Exercise Class</td>
<td>10:30am Bingo</td>
<td>10:30am Intermediate French</td>
<td>11:30am 60+ Café</td>
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<td>10:30am Bingo</td>
<td>10:30am Intermediate French</td>
<td>12pm Beginners French</td>
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<td>10:30am Bingo</td>
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<td>11:30am 60+ Café</td>
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<td>28</td>
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<td>10:30am Bingo</td>
<td>10:30am Intermediate French</td>
<td>Food Day</td>
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**July 2023**

**Young at Heart Senior Center Activities**

**Monday**
- 9:30am Exercise Class
- 10:30am Bingo
- 11:30am 60+ Café

**Tuesday**
- Closed

**Wednesday**
- 9:30am Advanced Line Dancing
- 10:30am Wii Bowling
- 11:30am 60+ Café/Ice Cream Social

**Thursday**
- 9:30am Exercise Class
- 10:30am Bingo
- 11:30am 60+ Café/Ice Cream Social

**Friday**
- 9:30am Exercise Class
- 10:30am Bingo
- 11:30am 60+ Café/Ice Cream Social

**July 4th Activities**
- 10:00am Helping Hands w/ Kelsey Care
- 10:30am Fun & Games w/ Kelsey Care
- 11:30am 60+ Café

**4th of July Celebration**
- 12pm Duplicate Bridge

**Special Events**
- July 3rd: Freedom 757 Celebration
- July 4th: Independence Day Celebration
- July 5th: July 4th Breakfast

**Happy 4th of July!**