Emotional wellness is just as important as being physically well. Emotional wellness impacts whether you have the ability to successfully handle life’s stresses and adapt to change and difficult life events. We would like to share with you a few tips for improving your emotional health. This will be the first of two parts in our effort to encourage emotional wellness.

- Build Resilience

People who are emotionally well have fewer negative emotions and are able to bounce back from difficulties faster. This quality is called resilience.

Continues on page 2
Learning healthy ways to cope and how to draw from resources in your community can help you build resilience. In order to build resilience, you might try to:

1. Develop healthy physical habits.
2. Take time for yourself each day
3. Look at problems from different angles. Learn from your mistakes.
4. Practice gratitude
5. Explore your beliefs about the meaning and purpose of life
6. Tap into social connections and community (like the YAH center)

- **Reduce Stress**
Everyone feels stressed from time to time. Stress can give you a rush of energy when it’s needed most. But if stress lasts a long time—a condition known as chronic stress—those “high alert” changes become harmful rather than helpful. Learning healthy ways to cope with stress can also boost your resilience.

1. Get enough sleep
2. Exercise regularly
3. Build a social support network
4. Set priorities
5. Show compassion for yourself
6. Try relaxation methods
7. Seek help

- **Get Quality Sleep**
To fit in everything we want to do in our day, we often sacrifice sleep. But sleep affects both mental and physical health. It’s vital to your well-being. When you’re tired, you can’t function at your best. Sleep helps you think more clearly, have quicker reflexes and focus better. Take steps to make sure you regularly get a good night’s sleep.

1. Go to bed and get up each day at the same time
2. Sleep in a dark, quiet place
3. Exercise daily
4. Limit the use of electronics
5. Relax before bedtime
6. Avoid alcohol before bedtime and stimulants like caffeine or nicotine
7. Consult a health care professional if you have ongoing sleep problems

If you are interested in learning more about emotional wellness and mindfulness, join our Mindfulness Classes this month. See part two of this article next month.

Continues on page 3

Source: www.nih.gov
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, day trips, and movie day. 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

“Your present situation is not the final destination. Keep going!”
–Anonymous

JUST FOR LAUGHS

Q: Did you hear the rumor about butter?
A: Well, I’m not going to go spreading it!

Q: Why did the belt go to jail?
A: Because it held up a pair of pants

COVID 19 Reminder

COVID 19 rates in the Houston/Harris County area are currently rising, so if you feel sick, please stay home until you are symptom free. If you have tested positive for COVID 19, please stay home until you have a negative test. Let’s keep our senior community safe!

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:

“V” – short or very
“hit a lick”– to steal something
“high key” – a lot, wanting everyone to know something
National Ice Cream Day
Join us for lunch and a cool treat on Wednesday, August 2 as we celebrate National Ice Cream Day. Be sure to order your meal.

National Watermelon Day
Dine with us on Friday, August 4 and help us celebrate National Watermelon Day. There will be a slice of cold watermelon for all. Please be sure to order your meal by Wednesday, August 2.

Lunch and Learn
Come dine with your café friends on Wednesday, August 9 and hear vital information regarding a new transportation program through the Harris County Area Agency on Aging. To participate, please order your meal by Monday, August 7.

Name that Tune
Dine with your café friends on Friday, August 18 and test your musical knowledge as we play a round of Name that Tune. Please order your meal by Wednesday, August 16.

National Senior Citizens Day
Come dine with us on Monday, August 21 and help us celebrate National Senior Citizens Day. This day recognizes the achievements of the more mature members of our community. Please order your meal by Wednesday, August 16.

Bingo Extravaganza
Come dine with us on Wednesday, August 23 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, August 21.

Monthly Birthday Celebration
Celebrate August birthdays with us in our monthly Birthday Celebration on Friday, August 25. Please sign up by Wednesday, August 23.

Nutrition Education Cooking Demo
Dine with your café friends on Wednesday, August 30 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, August 28.
YOUNG AT HEART ACTIVITIES

YAH MOVIE/LUNCH

Join us for a movie and pizza lunch on Thursday, August 24 at 12 noon when our featured film will be “80 For Brady”.

Movie Synopsis: Four best friends live life to the fullest when they embark on a wild trip to see their hero, Tom Brady, play in the 2017 Super Bowl. The cost of the movie/lunch event is $6, and the $1 daily fee does apply. Please sign up by Tuesday, August 22. For more information, please visit the YAH reception area.

BALLET CLASS

Come join the Ballet Class on Thursday mornings at 11am. This class is taught by nationally certified instructor, Cynthia Barham. The Ballet Class has been especially prepared with seniors in mind and focuses on improved balance, strength, stretch, concentration, and coordination. No special equipment is required for this class but ballet shoes are recommended. For more information, please stop by the YAH reception area.

CPR CLASS

Are you interested in learning CPR? Consider that it could help to save someone’s life. In an effort to equip you with this lifesaving skill, Molina Healthcare will join us on Friday, August 11 at 10:30am for a basic CPR class. This class will teach you CPR basics but does not offer a CPR certification. If you need further information, please see stop by the YAH reception desk or please see Eva or Anna.
MINDFULNESS CLASS

Does life have you stressed? Join us on August 7 and August 21 in Conference Room A from 10:30 to 11:30 for a Mindfulness Class. Learn strategies for relaxation and destressing. To sign up, please visit the YAH reception area.

FUN AND GAMES WITH KELSEY CARE

Join us in the dining area on Friday, August 25 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.

LINE DANCING

Join us on Wednesday mornings at 9am for Advanced Line Dancing. Some line dance experience is required to participate in this class. For more information, please stop by the YAH reception desk.

WII BOWLING

Come join the fun and excitement of virtual bowling in our Wii Bowling game on Monday and Friday mornings at 10:30am. For more information, please stop by the reception desk.
Ted is a connoisseur of culture but he can never remember the titles of some of his favorite books, plays, songs, magazines, television shows, etc. Can you fix Ted's titles by correcting his mistakes?

1. A Row of Synchronized Dancers and Singers
2. An Oak Becomes Larger in a Borough of New York City
3. The Covert Existence of Drones and Queens
4. Small Dwelling on the Grassland
5. The Star Closest to Earth Ascends Too
6. The Small-Fruit-That-Grows-in-Clusters-on-Vines of Anger
7. Smallest Coins from Paradise
8. Lots of Hubbub Concerning Zilch
9. Misplaced Saturday and Sunday
10. Joyful Twenty-Four-Hour Spans Are in This Location Once More
11. Hard Gems Exist Eternally
12. Illegal Behavior and Disciplinary Measures

See answers at the end of this newsletter
Wake up early and can’t fall back to sleep?
If that sounds like you, simply try drinking more water. Mild dehydration triggers alertness in the brain, which is one of the body’s warning signs that it’s time to wake up. People who regularly sleep seven to eight hours drink more water throughout the day than people who only average six hours of sleep. Set a goal to drink eight cups of water throughout the day.

Ward off Weeds Naturally
Want a non-toxic way to ward off weeds in your garden? Mix 1 gallon of vinegar with 1 ounce of dish soap and spray on the weeds, taking care not to coat the plants you don’t want to harm. The soap will help the vinegar stick to the weeds so the acids in the vinegar can effectively kill the unwanted invaders.

Blood Sugar Swings
One in three women fight heavy eyelids after lunch, and the number one trigger is blood sugar fluxes. The reason? The pancreas has its own natural rhythm, and early afternoon is when it’s most likely to misfire and let blood sugar levels dip. To clear out midday listlessness, eat 1 cup of berries daily. The berries’ phenolics nourish the pancreas and strengthen its ability to keep insulin and blood sugar under control.
Grace Ayodele – 8/3
Charles Barham – 8/7
Cynthia Barham – 8/21
Donald Bowen – 8/31
Estelle Campbell – 8/11
Oziel Casanova – 8/22
LaNell Champion – 8/10
Kathryn Delaitsch – 8/10
Norma De Jong – 8/8
Debbie Digges – 8/6
L’Tanya Evans – 8/28
Phyllis Gipson – 8/17
David Graham – 8/22
Marilyn Greer – 8/21
Urseline Harris – 8/26
Wilfred Harold – 8/13
Sarah Hayward – 8/21
Peter Herbert – 8/24
Moira Horsford – 8/16
Eileen Lessick – 8/11
Herbert Leyendecker – 8/1
Janice Loocke – 8/20
Lillie Mackey – 8/30
Georgette Popeney – 8/27
Frances Read – 8/1
Don Rosseisen – 8/27
Mimose Saint Jean – 8/1
Lark Small – 8/22
ROSEMARY’S RICHES

This piece comes to us from the pen of Rosemary Mackin, who is one of our own Young at Heart members. Rosemary is a gifted writer who has the ability to paint “word pictures” and she has generously agreed to share some of her writings with us.

Brick-and mortar

On June twenty-third, a brief loss-of-balance transformed me from able-bodied to injured. With vehemence, our unrelenting back patio inflicted the damage and off I went, via ambulance, to Encompass Health Rehabilitation Hospital of the Woodlands.

That structure is a one-story maze, its hallways are curious sea creatures a-prowl throughout extensive grounds. Along those corridors, wide windows reveal generous gardens dominated by stately pink or white crepe myrtles – reputed to be a century-old! Flower petals drift, like meandering insects, over beds of calla lilies, asparagus ferns, airplane plants, thick ground cover and tiny roses.

Such far-reaching hallways give the illusion of continuity, as ten feet or so of fixed glass cap passageways. Cap, being a misnomer, as see-through walls create a sensation of freedom – somehow consoling as one struggles with limitations. Expansive lawns grace the facility, inviting ambulatory patients to stroll during cool weather. Further, through a glass-capped portal near my room, I glimpsed the hospital’s wild kingdom – swaying treetops aflutter with tiny birds.

From aesthetic to nitty-gritty . . .

Nestled within this spa-like setting are two unique gyms. There, gifted physical and occupational therapists work their magic. Putting patients through respective paces is a monumental job, as degrees of enthusiasm and hope are as varied as physical ability. For myself, after a particular three-hour workout, I turned to “toast!” However, rather than exhaustion, enthusiasm had set in. As I said, magical.

Independence Day and home sweet home . . .

Wrapped in an invisible cocoon of love and care, my children see to me. Likewise, our wild kingdom voices itself. Through the front window I spotted a single crimson bud. Nodding in the breeze, its warm color pops among hodge-podge greenery. In the adjacent courtyard Zeke, a favorite lizard, greets me from atop bobbing cast iron leaves. While out back, a rarely-seen woodpecker tap-tap-taps its way up one of the pines; dandelion seeds float leisurely and of late, one small owl sips at the bird bath. Sparrows flutter about the popular bird feeder, often dining three at a time. An occasional Monarch butterfly zig-zags past the breakfast room window and squirrels continually scamper.

Gratitude abounds!
We have entered the “dog days” of summer and it is more important than ever to be vigilant concerning food safety, preparation, and storage. All it takes is one bad decision to send you into a major food-borne illness experience and possibly a visit to the emergency room. Consider these four basic steps to food safety:

1. Clean: Wash hands and surfaces often
Bacteria can spread throughout the kitchen and get onto cutting boards, utensils, counter tops, and food. Remember to wash hands, cutting boards, dishes, utensils and counter tops with hot soapy water after preparing each food item. Wash produce and rub skins and rinds before eating. Also wash can lids before opening.

2. Separate: Don’t cross-contaminate
Cross-contamination occurs when bacteria are spread from one food product to another. This is especially common when handling raw meat, poultry, seafood, and eggs. The key is to keep these foods—and their juices—away from ready-to-eat-foods. Remember to separate raw meat, poultry, seafood, and eggs from other foods in your grocery shopping cart, grocery bags, and refrigerator. Also, use one cutting board for fresh produce and a separate one for raw meats.

3. Cook: Cook all foods to proper temperatures
Foods are safely cooked when they are heated to the USDA-recommended safe minimum internal temperatures. Remember to use a food thermometer to measure internal temperatures on cooked foods, and heat all leftovers to 165 degrees. When cooking or reheating in a microwave, cover food, stir, and rotate for even heating.

4. Chill: Refrigerate promptly
Cold temperatures slow the growth of harmful bacteria. Keeping a constant refrigerator temperature of 40 degrees or below is one of the most effective ways to reduce the risk of foodborne illness. Use an appliance thermometer to be sure the refrigerator temperature is consistently 40 degrees or below and the freezer temperature is 0 degrees or below. Especially during summer months while the outside temperature is very warm, be aware of how often the refrigerator and freezer are opened.
Recipe of the Month

TUNA MACARONI SALAD

This is an easy, cool salad that’s perfect for summer. It’s a great basic pasta salad recipe, so if you have other ingredients that you prefer in a pasta salad, feel free to experiment and get creative. Enjoy!

Ingredients

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<tr>
<td>1 (12 ounce) package elbow macaroni</td>
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<td>1 (10 ounce) can baby peas, drained</td>
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<tr>
<td>2 stalks celery, chopped</td>
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<tr>
<td>1 (5 ounce) can tuna, drained</td>
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<tr>
<td>2 tablespoons chopped sweet onion</td>
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<tr>
<td>1 cup mayonnaise</td>
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<tr>
<td>2 tablespoons sweet pickle relish</td>
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<tr>
<td>Salt and pepper to taste</td>
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<tr>
<td>3 large hard-cooked eggs, quartered</td>
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<td>1 pinch paprika, for garnish</td>
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DIRECTIONS

1. Gather all ingredients.
2. Bring a large pot of lightly salted water to a boil. Cook elbow macaroni in boiling water, stirring occasionally, until tender yet firm to the bite, about 8 minutes. Drain and rinse under cold running water.
3. Stir together macaroni, peas, celery, tuna, and onion in a large bowl.
4. Mix in mayonnaise, relish, salt and pepper.
5. Garnish with egg wedges and a sprinkle of paprika. Cover and chill for at least 1 hour before serving.

Source: All Recipes

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?

- The human brain works better during the summer.
- Humans are markedly happier during the summer because of the number of elements, such as longer daylight hours, more sun exposure.
- The largest scoop of ice cream ever weighed over 3,000 pounds.
- One of the most stunning meteor showers of the year peaks in mid-August.
- There are more than 1,200 varieties of watermelon.

BRAIN GAME ANSWERS

1. A Chorus Line
2. A Tree Grows in Brooklyn
3. The Secret Life of Bees
4. Little House on the Prairie
5. The Sun Also Rises
6. The Grapes of Wrath
7. Pennies from Heaven
8. Much Ado About Nothing
9. Lost Weekend
10. “Happy Days are Here Again”
11. Diamonds Are Forever
12. Crime and Punishment
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