

# JOY JOURNAL

NORTHWEST ASSISTANCE MINISTRIES

*NEIGHBORS HELPING NEIGHBORS*



## *In This Issue*

**60+ Cafe  
News**

**Rosemary's  
Riches**

**Health &  
Nutrition**

## SHED THOSE HOLIDAY POUNDS

Now that the holidays are over, it's time to get rid of those excess holiday pounds. We all tend to have way too many treats during the holiday season. That extra serving of cake and that entire box of assorted chocolates all add up to weight gain. After the new year, most people resolve to shed those unwanted pounds, but in many cases they fall short because they are inconsistent with the changes necessary to do so, or they just need to tweak their approach. The fact is that weight-loss strategies that work for younger adults don't always work for those of us who are over the age of 65.

*Continues on page 2*



Surprisingly, we don't give much thought to other factors that may be contributing to your weight gain. Getting a handle on the following can be a great start to a healthier you. These include:

- Insomnia or disrupted sleep
- Stress and anxiety
- Certain medications including those used for diabetes, depression, and heart disease
- Thyroid issues
- Difficulty absorbing protein
- Micronutrient deficiencies
- Grief and loss

It may seem easy to simply eat less food to lose weight, but older adults are at risk for malnutrition. It's safer to focus on eating more nutritious foods instead of cutting back on how much you're eating. Because older adults are more likely to have issues with absorbing protein, it's important to eat more of this macronutrient daily. Try to space out your protein into three meals instead of just loading up during one meal. Getting 25 to 35 grams of protein at every meal will help keep your muscles fueled with the protein you need to boost your calorie burning potential. For example, 25 grams of protein would be:

- 3 ounces of roast turkey or chicken
- 3 ounces of skinless chicken breast
- 4.2 ounces of salmon
- 2/3 can of tuna
- 1 cup cottage cheese (low-fat)
- 3 ounce pork chop
- 1.5 cups edamame

Another helpful addition is to make sure you're eating plenty of fruits and vegetables. Not only are these packed with key vitamins and antioxidants, but they also contain fiber. Fiber has been shown to play a major role in weight management. It is also very helpful to avoid highly processed foods which are often lacking in nutrients and can make it easier to store excess calories as fat.

Finally, and of course, exercise is an essential component of weight loss. In fact, to lose weight and stay fit for the long haul, the National Institute of Aging recommends a well-rounded routine that includes four different types of exercise:

1. Aerobic or cardio (also known as endurance exercise)
2. Flexibility
3. Strength or resistance exercises
4. Balance training

If you are not consistently involved in exercise classes at YAH, make this the year that you become more active and commit to shedding a few pounds for healthier aging. Remember to talk to your doctor to see what his or her recommendations are for you to lose those unwanted pounds.



## 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.*

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## A MOMENT OF INSPIRATION

“Always laugh when you can. It is cheap medicine.”

*Lord Byron*

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## JUST FOR LAUGHS

**Q:** Why was the telephone late for work on Jan. 1?

**A:** It was busy ringing in the new year!

**Q:** Why is New Year's a slice of bread's least favorite holiday?

**A:** It has to make a toast

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## YOUNG AT HEART CLOSURES

NAM will be **closed on Monday, January 1** in observance of New Year's Day. We will reopen on Tuesday, January 2. Happy New Year to all!

NAM will be **closed on Monday, January 15** in observance of Martin Luther King Day. We will reopen on Tuesday, January 16.

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## AARP TAX AIDE

Need help completing your tax return? AARP Tax Aide volunteers will again offer free Income Tax Preparation here at NAM each Tuesday and Thursday beginning Thursday, February 1. Assistance will be available from 9am until 1pm in the main NAM building at 15555 Kuykendahl Road. No appointment is necessary but remember that the last taxpayer for each day will be seen at noon. For more information, please call 281 885-4600.

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## 60+ CAFE NEWS

### **National Trivia Day**

Come dine with us on Friday, January 5 to fellowship with your friends and challenge your brain. It's National Trivia Day, so join the fun and learn a few interesting facts as well. Please be sure to order your meal by Wednesday, January 3.

### **Lunch and Learn**

Join us on Friday, January 12 as we are joined by a dietician with HCA Healthcare who will share tips for healthy eating and snacking. Please sign up by Wednesday, January 10.

### **Bingo Extravaganza**

Come dine with us on Wednesday, January 17 and let's play bingo. It's our monthly Bingo Extravaganza. Please remember to sign up by Wednesday, January 10.

### **National Popcorn Day**

Join us for a hot meal and a bag of fresh, hot, popcorn on Friday, January 19. It's National Popcorn Day, so let's celebrate the day and learn a few fun facts about everyone's favorite corn. Remember to order your meal by Wednesday, January 17.

### **Monthly Birthday Celebration**

Come celebrate with all of our January birthday friends in our monthly Birthday Celebration on Friday, January 26. Please sign up by Wednesday, January 24.

### **National Puzzle Day**

Enjoy a hot meal with your café friends on Monday, January 29 and let's observe National Puzzle Day with a few brain teasers. Please order your meal by Wednesday, January 24.

### **National Hot Chocolate Day**

Dine with us on Wednesday, January 31 and warm up with our hot chocolate bar. Please place your meal order by Monday, January 29.



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## YOUNG AT HEART ACTIVITIES



### BINGO

Come join us for Bingo every Monday, Wednesday, and Friday morning at 10am in the Card Room. Each card played is \$1 and you can win fun or practical prizes. For more information, stop by the YAH reception desk.



### EXERCISE CLASS

Come join our Exercise Class on Monday and Friday mornings at 9:30am. This class is low impact and perfect for seniors with varying levels of mobility. For more information, please stop by the YAH reception desk.



### MINDFULNESS CLASS

Join us on Friday mornings at 10:30am for Mindfulness Classes. Learn how to become more aware of your thoughts, feelings, and your surrounding environment. Also, learn to relax and destress. For more information, please see Eva.

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# 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.*

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## A Look Backward

Monday, November 27 . . .

That day, leaving Methodist Willowbrook for Encompass Rehab, the sky held row upon row of perfectly aligned clouds. Angles in charges of cloud placement had kept a pinkish glow on the horizon - fluffy white stuff in abundance. Throughout the day, clouds dispersed, leaving me an everlasting ceiling of blue.

Early morning, Tuesday, November 28 at Encompass, Vintage . . .

Through this six-foot by nine-foot window I see the top-most portion of a mystery tree. One staff member, via cell phone maven, suggests it is a type of Bald Cypress - though any Bald Cypress I've met rises from a wide trunk and partially hidden, far-reaching roots. Additionally, the tree is suitable for flood or drought-prone areas, ideal for Houston's iffy weather. However, this spindly specimen, similar to a pine, is far from stately. It stands with drooping limbs, its scant foliage and cluster of nut-like fruit sways with boredom in the breeze.

A small bird suddenly appears, sent to say hello. Since I desperately miss my backyard visitors, I offer a nod of thanks to the Creator for that wee avian visitor.

Reluctantly, my attempt at getting a photo of said scenery is blurred. However, in the snapshot, that sprawling parking lot beyond the Bald Cypress had magically transformed into a lake - random trees, into small islands! Its concrete surface shimmered like water, an Impressionist painting of sorts. The effect calmed a peaceful exterior for ongoing challenges within.

During my stay with Encompass I constantly peered through that wide window, scanning the sky. Weather changed, as our weather is wont to do, and storm clouds gathered. There were tornado threats, giving T.V. meteorologists undue excitement; however, I witnessed a mere scattering of rain through this hospital window; all that on-screen hype amounting to zilch.

Friday, December 1. Home again, home again . . .

Mr. and Mrs. Cardinal have visited, squirrels are as antsy as ever and azaleas nod in welcome through the front window. And FYI, my side yard boasts neatly laid logs, the result of losing a massive front yard oak. Sadly, that tree caused foundation issues, necessitating its demise. The tree's ring patterns are amazing, akin to marking a young child's growth progress. Greg intends to use that old wood for inspiration, a far cry from building with big box lumber.

I share this experience to encourage looking at whatever and seeing more. My house is wrapped in glass and views are all encompassing. Hardly the restrictive sight seen from my hospital bed. So next time, please take a second look. You'll be surprised.

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# BRAIN GAMES

*Do you remember these classic television characters? Well, perhaps you can recall what their occupation was, and for a bonus memory exercise, can you name the television series that featured each character?*

1. Ralph Kramden

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2. Rhoda Morgenstern

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3. Howard Cunningham

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4. Dorothy Zbornak

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5. Michael Brady

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6. Gomer Pyle

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7. Jack Tripper

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8. Sally Rogers

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9. Tony Banta

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10. Carl Winslow

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11. Newman

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12. Barney Fife

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*See answers at the end of this newsletter*



## Recipe of the Month

# Salmon Stuffed Avocados

*Since we're all giving our best effort to get back on track with our eating and exercising after a joyous holiday season, here is a healthy recipe. It would be a nice option for a light lunch or dinner.*

*Enjoy!*

## Ingredients

½ cup nonfat plain Greek yogurt

½ cup diced celery

2 tablespoons chopped fresh parsley

1 tablespoon lime juice

2 teaspoons mayonnaise

1 teaspoon Dijon mustard

⅛ teaspoon salt

⅛ teaspoon ground pepper

2 (5 ounce) cans salmon, drained, flaked, skin and bones removed

2 avocados

Chopped chives for garnish

## DIRECTIONS

1. Combine yogurt, celery, parsley, lime juice, mayonnaise, mustard, salt, and pepper in a medium bowl; mix well. Add salmon and mix well.
2. Halve avocados lengthwise and remove pits. Scoop about 1 tablespoon flesh from each avocado half into a small bowl. Mash the scooped-out avocado flesh with a fork and stir into the salmon mixture.
3. Fill each avocado half with about 1/4 cup of the salmon mixture, mounding it on top of the avocado halves. Garnish with chives, if desired.

*Source: [eatingwell.com](http://eatingwell.com)*



*If you would like to share your favorite recipe with our Joy Journal readers, please submit your recipe to Eva at [egalloway@namonline.org](mailto:egalloway@namonline.org) or drop it off at the NAM Young at Heart Center.*

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# EVERYDAY HEALTH & NUTRITION



## Sunshine

Get a daily dose of sunlight by going outside or opening the blinds to help normalize your circadian rhythm (internal clock).



## Whole Grain

Avoid large meals, caffeine, and alcohol before bedtime. At the same time, do not go to bed on an empty stomach, which can also keep you awake.



## Keep Exercising

We already know that exercising helps maintain strong bones and muscles as we age, but an added benefit of daily exercising is maintaining gut health. Walking, riding a bicycle, joining a fitness class, or strength training can all aid in having a more balanced and healthier level of gut bacteria. These are essential for digestion and nutrient absorption, as well as inflammation reduction, and fending off obesity. The intensity of the exercise is not as important as consistency and duration.



# JANUARY BIRTHDAYS

Marjorie Brathwaite – 1/17

Ruth Clifton – 1/25

Mary Davis – 1/1

Wanda Draper – 1/31

Susan Enlow – 1/28

Christine Rogers – 1/10

Leticia San Luis – 1/9

Marcia Segura – 1/29

Rose Tisby -- 1/30

Mary Jo Traylor – 1/1

Exar Vallery – 1/28

Patricia Green – 1/11

Claudia Khan – 1/20

Louise Lui – 1/21

Oscar Lui – 1/21

Beatrice Martinez – 1/31

Curline Reittie – 1/26



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# HOW YOU CAN HELP THE YOUNG AT HEART CENTER



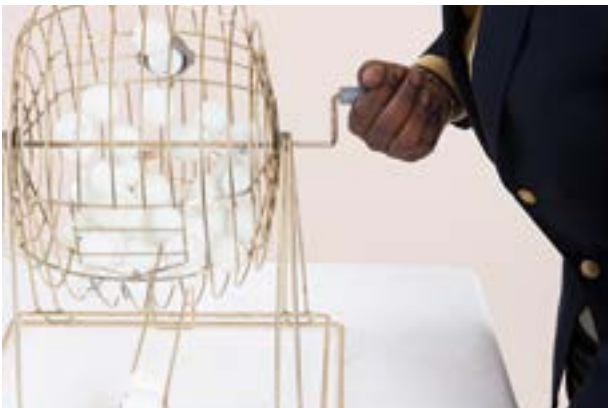
## Helping Hands Volunteers

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 volunteers to serve as Bingo callers for Monday, Wednesday, and Friday. If you are available please call Eva at 281 885-4601. Training will be provided.

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# BRAIN GAMES ANSWERS

1. Bus Driver (The Honeymooners)
2. Window Dresser (The Mary Tyler Moore Show and Rhoda)
3. Hardware Store Owner (Happy Days)
4. Substitute Teacher (Golden Girls)
5. Architect (The Brady Bunch)
6. Auto Mechanic and Marine (The Andy Griffith Show and Gomer Pyle, USMC)
7. Chef (Three's Company)
8. Comedy Show writer (The Dick Van Dyke Show)
9. Boxer (Taxi)
10. Police Officer (Family Matters)
11. Postal Carrier (Seinfeld)
12. Deputy (The Andy Griffith Show)

# Young at Heart Senior Center Activities



# JANUARY

# 2024



Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> <b>NAM CLOSED</b> 	<b>2</b> 10:00am Helping Hands 10:30am Tap Dance	<b>3</b> 10am Bingo 10:15am Fitness for Seniors 11:30am 60+ Café	<b>4</b> 10am Helping Hands 10am Beginners Yoga 11am Ballet	<b>5</b> 9:30am Exercise Class 10am Bingo 10:30am Wii Bowling 10:30am Dominoes 10:30am Mindfulness Class 11:30am 60+ Café/Trivia Day
<b>8</b> 9:30am Exercise Class 10 am Bingo 10:30am Wii Bowling 11:30am 60+ Café 12pm Duplicate Bridge	<b>9</b> 10:00am Helping Hands 10:30am Tap Dance	<b>10</b> 10am Bingo 10:15am Fitness for Seniors 11:30am 60+ Café	<b>11</b> 10am Helping Hands 10am Beginners Yoga 10am Intermediate French 11am Ballet 12pm Beginners French	<b>12</b> 9:30am Exercise Class 10am Bingo 10:30am Wii Bowling 10:30am Dominoes 11:30am 60+ Café/Lunch & Learn w/ HCA Healthcare
<b>15</b> <b>NAM CLOSED</b> 	<b>16</b> 10:00am Helping Hands 10:30am Tap Dance	<b>17</b> 10am Bingo 10:15am Fitness for Seniors 11:30am 60+ Café/Bingo Extravaganza	<b>18</b> 10am Helping Hands 10am Beginners Yoga 10am Intermediate French 11am Ballet 12pm Beginners French	<b>19</b> 9:30am Exercise Class 10am Bingo 10:30am Wii Bowling 10:30am Dominoes 10:30am Mindfulness Class 11:30am 60+ Café/Nat'l Popcorn Day
<b>22</b> 9:30am Exercise Class 10 am Bingo 10:30am Wii Bowling 11:30am 60+ Café 12pm Duplicate Bridge	<b>23</b> 10:00am Helping Hands 10:30am Tap Dance	<b>24</b> 10am Bingo 10:15am Fitness for Seniors 11:30am 60+ Café	<b>25</b> 10am Helping Hands 10am Beginners Yoga 10am Intermediate French 11am Ballet 12pm Beginners French	<b>26</b> 9:30am Exercise Class 10am Bingo 10:30am Wii Bowling 10:30am Dominoes 10:30am Mindfulness Class 11:30am 60+ Café/Monthly Birthday Celebration
<b>29</b> 9:30am Exercise Class 10 am Bingo 10:30am Wii Bowling 11:30am 60+ Café/Nat'l Puzzle Day 12pm Duplicate Bridge	<b>30</b> 10:00am Helping Hands 10:30am Tap Dance	<b>31</b> 9 am Advanced Line Dancing 10am Bingo 10:15am Fitness for Seniors 11:30am 60+ Café/Nat'l Hot Chocolate Day		