



JOY JOURNAL

NORTHWEST ASSISTANCE MINISTRIES

NEIGHBORS HELPING NEIGHBORS



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EARLY SPRING GARDENING TIPS

It's finally March, and with it comes the official beginning of Spring and the joy of getting outdoors and working in our gardens. The colder weather can wreak havoc on our lawns and precious outdoor plants, so now is the time to get out and prepare your garden space for new plants. Because we have a temperate climate, most of our plants are just about to break dormancy but haven't started actively growing yet, so this is the perfect time to prepare your gardening space for the new plants, bulbs, and seeds that you plan to grow this year.

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NORTHWEST
ASSISTANCE
MINISTRIES

Based on information acquired through Better Homes and Gardens, there are a few things that you need to do to prepare your garden. Consider the following:

1. **Clean up flowerbeds.** Clear away dead leaves or any other winter debris from the soil surfaces where you're planning to plant annual flowers and vegetables. Remove protective winter mulch from around perennials and ornamental grasses (hedge trimmers make it easy to give grass clumps a clean, even look), and cut back last year's dried foliage. To protect yourself from cuts and scrapes, remember to wear gardening gloves, especially when working with plants with prickly leaves.
2. **Divide your perennials.** A good time to divide many perennials is just before spring growth begins. Dividing perennials is a budget-friendly way to add more plants to your garden, or to share extras with friends. It also aids in keeping your existing perennials healthy. After a few years, if your plants grow in a large clump, the middle can thin out, leaving a bare spot. Dividing the clump will encourage new growth.
3. **Add mulch around your perennials.** One of the easiest ways to make your yard look polished is to add a fresh layer of mulch around the garden beds. This also helps the soil retain moisture and keeps down weeds. It often takes more mulch than you imagine to cover a bed, so it's a good idea to buy a little more than you think you'll need. Spread the mulch evenly with your gloved hands or use a rake, being careful not to layer it on too thickly or too close to your plants, which can cause diseases. Keeping the mulch level also helps it stay in place during heavy rains or wind. If you have downspouts that tend to wash away mulch, one fix is to replace it with river rocks.
4. **Prune trees and shrubs.** If you didn't prune in winter, now is the time to trim your fruit trees. Prune before the buds begin to break into bloom, or you'll stress the tree and get a tiny crop (or possibly none). It's also a good time to prune evergreen trees and shrubs.
5. **Perform basic maintenance on your hardscaping.** Check stonework for frost heaves, particularly in paths and edging. Check the general condition of your deck or patio and make any needed repairs. Clean off outdoor furniture so it's ready when you are for relaxing after a busy day in the garden.
6. **Plant vegetables.** Hardy, cool-season vegetables, like potatoes, artichokes, peas, and some lettuces, germinate best in cool soil, so plant them in early spring, once the soil has thawed. They should be ready to harvest by early summer.



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

“The promise of Spring’s arrival is enough to get anyone through the bitter winter.”

Jen Selinsky

JUST FOR LAUGHS

Q: What is a flower’s favorite kind of pickle?

A: A daffo-dill

Q: Did you hear the one about the gardener who couldn’t wait for Spring?

A: He was so excited, he wet his plants!

AARP TAX AIDE

Need help completing your tax return? AARP Tax Aide volunteers are again offering free Income Tax Preparation here at NAM each Tuesday and Thursday beginning Thursday, February 1. Assistance is 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 is seen at noon. For more information, please call 281 885-4600.

YOUNG AT HEART DONATION

The Young at Heart Senior Center relies on small fees, like our \$1 daily fee to remain operational so that we may continue to offer a safe and clean space for seniors to gather and socialize. Will you consider making a donation to the senior center today? Giving is easy. You may make an in-person cash or check donation, or you may visit our website at www.namonline.org and click “Support NAM” to give with a credit card. Thank you in advance for your support.



DAYLIGHT SAVING TIME BEGINS

Remember that Daylight Saving Time begins on Sunday, March 10, so don't forget to spring forward one hour.

NATIONAL JOE DAY

Join us for coffee and conversation as we celebrate "National Joe Day" with a free cup of coffee on Wednesday, March 27. Please, no outside mugs.

SPANISH CLASS ANYONE?

Are you interested in learning basic Spanish? With ample participation, this class would potentially be held on Wednesday mornings at 10:30am. If interested, please sign up in the YAH reception area.

NAM CLOSURE

All NAM programs and services (except the 60+ Café) will be closed on Friday, March 29 in observance of Good Friday. We will reopen on Monday, April 1.

The 60+ Café will remain open for lunch from 10:45am until 11:45am.



60+ CAFE NEWS

National Pound cake Day

Come join us for a hot meal with friends and top it off with a sweet slice of pound cake as we celebrate National Pound Cake day on Monday, March 4. Please remember to order your meal.

St. Patrick's Day Celebration

You don't have to be Irish to wear green and dine with us on Friday, March 15 as we kick-off a weekend of everything green. Wear green and celebrate St. Patrick's Day with your café friends, but please order your meal by Wednesday, March 13.

Spring Gardening Lunch and Learn

It's Springtime at last, so join us for lunch on Monday, March 18 as we welcome the spring season with an informational session presented by the Texas A&M Agrilife Extension Program. Bring your gardening questions and join us. Please order your meal by Wednesday, March 13.

Bingo Extravaganza

Come dine with us on Wednesday, March 20 and let's all play bingo. It's our monthly Bingo Extravaganza where we play for fun prizes. Please sign up for this event by Monday, March 18.

Monthly Birthday Celebration

Come dine with us on Monday, March 25 and help us celebrate with our friends who have March birthdays. Please order your meal by Wednesday, March 20.

Good Friday/Easter Bingo

Join us for lunch on Good Friday, March 29 as we celebrate Easter with coffee, pastries and Easter Bingo. Bingo will begin at 10am and lunch will be served at 10:45am. Please sign up by Wednesday, March 27.

YOUNG AT HEART ACTIVITIES

LINE DANCING

Come join us on Wednesday mornings at 9am for Intermediate Line Dancing and on Thursday afternoons at 1:00pm for our Advanced Line Dancing Class. Some line dance experience is required to participate in these classes. For more information, please stop by the Young at Heart 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.

YOUNG AT HEART ACTIVITIES CONT.



YAH MOVIE/LUNCH GOES ON THE ROAD

Come join us as we take our Movie/Lunch act on the road on Tuesday, March 19. This month's featured film is the newly released **"Arthur the King"**. If you are a dog-lover, this movie is a must see! Movie Synopsis: Over the course of ten days and 435 miles, an unbreakable bond is forged between pro adventure racer, Michael Light (Mark Wahlberg) and a scrappy street dog companion dubbed Arthur. Based on an incredible true story, Arthur the King follows Light desperate for one last chance as he convinces a sponsor to back him and a team of athletes for the Adventure Racing World Championship in the Dominican Republic. As the team is

pushed to their outer limits of endurance in the race, Arthur redefines what victory, loyalty, and friendship truly mean. The cost for the movie is \$11. Immediately following the movie, we will enjoy lunch at Hopdoddy Burger Bar. The cost of lunch is on your own. We will depart from NAM via the Young at Heart bus tentatively at 10am. Please sign up by Friday, March 15. For more information, please visit the YAH reception area.

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.

Random Glimpses from the Past

January 23, Tuesday – Today, I get a mere drizzle of rain in response to Houston's dire flood warnings. Area meteorologists are bouncing off walls due to frozen temps and pending deluges. For me, when backyard cannas droop in frozen stupor I know we're in big trouble. As for the rain, I listen to its xylophone-like tones as showers play on the roof above my cooktop; a purely pleasant sound.

January 24, Wednesday – In the courtyard, my decades-old cast iron plants shine with rain – those slick surfaces striving to reflect movement. The rain's slow pitter-pat creates delicate curtsy-like movements within the foliage and I'm inclined to return their greetings with a nod.

January 25, Thursday – Today, early morning – Tree branches along the back fence, and beyond, sparkle with clinging rain. The rising sun reflects onto those dripping leaves and, like tiny outdoor Christmas lights, sway in a gentle breeze.

January 26, Friday – Today's cloud cover throws a pall over this backyard. Not a bird or squirrel in sight, the scene is beyond gloomy! I know my cannas will return and am hopeful for faded segos. Still, in the throes of recovery it's tough being a temporary shut-in. (Who remembers that term, shut-ins from radio "soaps?" Say, mid-forties?)

Sunday, January 28 –I woke before dawn and watched as daylight approached, creeping as silently as Carl Sandburg's well-known feline. Daylight first appeared as a small, bright triangle in the upper left-hand corner of this welcoming window. Throughout the morning that shape grew until it covered most of the window. From there it traveled across the bed, onto the floor, narrowed its shape and moved out of the room. Finally, the shaft of light crept into the den and vanished up the brick side of the fireplace.

A different sort of image appears in my T.V. room. Our flat screen television reflects the immediate outdoors, and in it is a portion of the side yard's neighboring fence. This boundary runs parallel to the outside brick wall and the T.V.s angle. Tall trees move with the wind, creating vague images upon that fence. These in turn, appear on the darkened television screen – and thus, And I'm gifted with a constant show of shadows.

P.S. While coping with recovery, I've been rereading *The Secret Garden* by Frances Hodgson Burnett. Published in 1911, it is the sweetest, most magical, most inspiring story I've ever met! An important character in this title is a simple Red Bird. And, as I finished the book and glanced out this breakfast room window, I spied my Cardinal at the feeder.

Enchantment reigns!



BRAIN GAMES

Alphabet Trivia

*The only thing these trivia questions have in common is that all of the answers begin with the letter Q.
This quiz strengthens your long-term memory and helps with your executive functioning.*

1. What is the only nation that begins with the letter Q?
2. What is the only world capital city that begins with the letter Q?
3. What Canadian province begins with the letter Q?
4. What Australian state begins with the letter Q?
5. Name the US vice president whose last name begins with a Q.
6. What two commonly used punctuation marks begin with a Q?
7. What is the name of Australia's largest airline?
8. What is a popular brand name of motor oil?
9. What is the name of a fast-food sub shop?
10. What is the name of a mid-cost hotel chain?
11. Name the foods that begin with the letter Q:
 - a. French egg-cheese dish
 - b. Mexican cheese-and-tortilla dish
 - c. Hard-shelled clams usually used in clam chowder
 - d. Very small game bird
 - e. The main flavoring in tonic water, it's also used to treat malaria

See answers at the end of this newsletter

Recipe of the Month

Ham and Cheese Quiche

Quiche is one of the best make-ahead breakfast dishes ever, so why not make this Ham and Cheese quiche the star of your Easter brunch?

Enjoy!

Ingredients

1 refrigerated pie crust
4 large eggs
1 cup half-and-half
1 tablespoon chopped fresh parsley, plus more for serving
1 tablespoon Dijon mustard
1 ½ tablespoons all-purpose flour
¼ teaspoon kosher salt
8 oz. package diced ham
1 cup shredded sharp cheddar cheese
1 small shallot, finely chopped

DIRECTIONS

1. Preheat the oven to 375° with a baking sheet on the center rack. Fit the pie crust into a 9-inch pie plate (not deep dish). Fold the edges of the crust under and crimp as you like.
2. Whisk together the eggs, half and half, parsley, mustard, flour, salt and pepper in a large bowl.
3. Sprinkle the ham, cheddar cheese, and shallot in the bottom of the chilled pie crust. Pour in the egg mixture.
4. Place the quiche on the pre-heated baking sheet and bake for 40 to 45 minutes until puffed around the edges and the center is set. Let cool on the sheet tray for at least 30 minutes, before slicing and serving. Top with more fresh parsley, if you like.

Source: 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 or drop it off at the NAM Young at Heart Center.

EVERYDAY HEALTH & NUTRITION



The Right Portion

To avoid overeating, be mindful of portion sizes. Use measuring cups to see how close your portions are to recommended serving sizes. Visual representation will help you adjust portion sizes accordingly.



Take Enough Time

The American Dental Association recommends brushing for two minutes. To take out the guesswork, use an electric toothbrush that beeps when you've reached two minutes, or use a timer on your phone.



Opt for Fatty Fish

When eating out or trying to decide which proteins are better selections, opt for fatty fish, like salmon, which is rich in omega-3 polyunsaturated fatty acids. Fatty fish has been shown to reduce inflammation and potentially lower the risk of heart disease, cancer, and arthritis. Both white and fatty fish are good sources of lean protein.



March Birthdays

Barbara Bass – 3/21

Lise Gelinas – 3/6

Patricia Prather – 3/24

Raj Bosamia – 3/15

Linda Graham – 3/12

Yolanda Rivera – 3/28

Sally Cheung – 3/19

Richard Graham – 3/29

Lidia Rojas – 3/29

John Cunningham – 3/25

Merilyn Jerome – 3/25

Dianne Shearer – 3/4

Collene Edwards – 3/17

Katherine Moore – 3/2

Adrienne Whitlow – 3/9

Janice Forde – 3/12

Rob Parker – 3/19

Eugenie Zoch – 3/7

Lil Paull – 3/2

Lupe Zook – 3/17

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.



BRAIN GAME ANSWERS

1. Qatar
2. Quito, Ecuador
3. Quebec
4. Queensland
5. Dan Quayle
6. Quotation marks and Question mark
7. Qantas
8. Quaker State
9. Quiznos
10. Quality Inn
11. Q Foods:
 - a. Quiche
 - b. Quesadilla
 - c. Quahogs (pronounced: CO-hogs)
 - d. Quail
 - e. Quinine




Young at Heart Senior Center Activities



MARCH

2024



Monday	Tuesday	Wednesday	Thursday	Friday
				1 9:30am Exercise Class 10am Bingo 10:30am Wii Bowling 10:30am Dominoes 10:30am Mindfulness Class 11:30am 60+Café
4 9:30am Exercise Class 10 am Bingo 10:30am Wii Bowling 11:30am 60+ Café/Nat'l Pound Cake Day 12pm Duplicate Bridge	5 9am AARP Tax-Aide 10:00am Helping Hands 10:30am Tap Dance	6 9am Advanced Line Dancing 10am Bingo 10:15am Fitness for Seniors 11:30am 60+ Café	7 9am AARP Tax-Aide 10am Helping Hands 10am Intermediate French 12pm Beginners French	8 9:30am Exercise Class 10am Bingo 10:30am Wii Bowling 10:30am Dominoes 10:30am Mindfulness Class 11:30am 60+Café
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18 9:30am Exercise Class 10 am Bingo 10:30am Wii Bowling 11:30am 60+ Café/Lunch & Learn 12pm Duplicate Bridge	19 9am AARP Tax-Aide 10:00am Helping Hands 10am Movie/Lunch goes on the Road 10:30am Tap Dance	20 9am Advanced Line Dancing 10am Bingo 10:15am Fitness for Seniors 11:30am 60+ Café/Bingo Extravaganza hosted by Oak Street Health	21 9am AARP Tax-Aide 10am Helping Hands 10am Intermediate French 12pm Beginners French	22 9:30am Exercise Class 10am Bingo 10:30am Wii Bowling 10:30am Dominoes 10:30am Mindfulness Class 11:30am 60+Café
25 9:30am Exercise Class 10 am Bingo 10:30am Wii Bowling 11:30am 60+ Café/Birthday Celebration hosted by Oak St. 12pm Duplicate Bridge	26 9am AARP Tax-Aide 10:00am Helping Hands 10:30am Tap Dance	27 National Joe Day 9 am Advanced Line Dancing 10am Bingo 10:15am Fitness for Seniors 11:30am 60+ Café/Nutrition Education Cooking Demo	28 9am AARP Tax-Aide 10am Helping Hands 10am Intermediate French 12pm Beginners French	29 10am Easter Bingo 10:45am 60+Café **All other NAM Programs Closed for Good Friday



American
Heart
Association.

My Blood Pressure Log

Name: _____

My Blood Pressure Goal: _____ mm Hg

Instructions:

- Measure your blood pressure twice a day—morning and late afternoon—at about the same times every day.
- For best results, sit comfortably with both feet on the floor for at least two minutes before taking a measurement.
- When you measure your blood pressure, rest your arm on a table so the blood pressure cuff is at about the same height as your heart.
- Record your blood pressure on this sheet and show it to your doctor at every visit.

DATE	AM	PM

DATE	AM	PM



American
Heart
Association.

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