



# Senior News

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## Enjoy America's Land

This edition of the Senior News promotes spending time outdoors, events in our community, and overall wellbeing. Please use this information to take advantage of our beautiful land that America has to offer us!

### The Wellness Benefits of the Great Outdoors

With Summer here and cabin fever at an all-time high, we can now look forward to the many wellness benefits associated with getting outdoors.

"The physiological response to being outside in nature is real, and it's measurable," said Michelle Kondo, a research social scientist with the USDA Forest Service's Northern Research Station. "There are many physical and psychological benefits of nature that scientists have observed, which can better help us understand how nature supports wellness in the body, mind and community."

#### 1. Physical Wellness

Being outside in green spaces supports an active and healthy lifestyle, which has shown to increase life expectancy, improve sleep quality and reduce cancer risk.

"Many of the benefits afforded to us by green spaces partially result from more opportunities to be active," said Kondo. "Being in outdoor green spaces can increase a person's motivation, too."

Studies also show that being outside in nature is relaxing, reducing our stress, cortisol levels, muscle tension and heart rates – all of which are risk factors for cardiovascular disease.

Continued on Page 5

"Of all the paths you take in life, make sure a few of them are dirt."

- John Muir -



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<https://www.instagram.com/>



## Banana Split Oatmeal

Frozen yogurt and bananas turn oatmeal into a healthy dessert or satisfying snack.



### Ingredients

- 1/3 cup oatmeal (dry, quick cooking)
- 1/8 teaspoon salt
- 3/4 cup water (very hot)
- 1/2 banana (sliced)
- 1/2 cup frozen yogurt (non-fat)

### Directions

1. In a microwave safe cereal bowl, mix the oatmeal and salt. Stir in water.
2. Microwave on high power for 1 minute. Stir. Microwave on high power for another minute. Stir again.
3. Microwave an additional 30-60 seconds on high power until the cereal reaches the desired thickness. Stir again.
4. Top with banana slices and frozen yogurt.

Source: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/banana-split-oatmeal>

## Basic Quiche

You can vary this recipe by using whatever vegetables you have on hand (fresh, frozen, or canned)!



### Ingredients

- 1 pie crust (baked, 9-inch)
- 1 cup vegetables (chopped, broccoli, zucchini, or mushrooms)
- 1/2 cup cheese (shredded)
- 3 eggs (beaten)
- 1 cup milk (non-fat)
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 teaspoon garlic powder

### Directions

1. Preheat the oven to 375 °F.
2. Shred the cheese with a grater. Put it in a small bowl for now.
3. Chop the vegetables until you have 1 cup of chopped vegetables.
4. Cook the vegetables until they are cooked, but still crisp.
5. Put the cooked vegetables and shredded cheese into a pie shell.
6. Mix the eggs, milk, salt, pepper, and garlic powder in a bowl.
7. Pour the egg mix over the cheese and vegetables.
8. Bake for 30-40 minutes, or until a knife inserted near the center comes out clean.
9. Let the quiche cool for 5 minutes before serving.

Source: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/basic-quiche>

## Summer Squash Boat

Try this tasty recipe when summer squash is abundant in your garden or at the market.



### Ingredients

- 2 summer squash
- 3 cups cooked brown rice
- 1 cup diced tomatoes
- 1 cup squash pulp (from summer squash listed above)
- 1 cup white beans, drained and rinsed.
- 1 tablespoon fresh basil
- 4 tablespoons Parmesan cheese

### Directions

1. Wash and cut squash in half, lengthwise. Remove the large seeds.
2. Steam the squash, skin side down, in a small amount of water in a fry pan or skillet until slightly tender

3. Scoop out a good amount of pulp (1 cup), place in a bowl and mix with stuffing (brown rice through Parmesan cheese).
4. Place the squash shells in a baking dish. Stuff the squash with the stuffing mixture.
5. Top with grated Parmesan cheese. Bake at 350°F for about 30 minutes.

Source: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/stuffed-summer-squash>

## Simple Stuffed Peppers

These simple stuffed peppers are fun and flavorful. Use yellow, red, green, and orange peppers for a colorful dish.



### Ingredients

- 1 cup brown rice, uncooked
- 1 can black beans, unsalted (15 ounces)
- 4 bell peppers (any color)
- 1 cup cheddar cheese, shredded (reduced fat)
- 1 tomato, sliced
- 1 cup salsa
- salt (to taste, optional)

### Directions

1. Preheat the oven to 400°F.
2. Cook brown rice according to package directions.
3. Wash the peppers under running water.
4. Cut the tops off the peppers and spoon out the seeds.
5. Drain and rinse the black beans.
6. Combine the beans, rice, salsa, and salt (optional).
7. Spoon about 3 Tablespoons of the mixture into the bottom of each pepper.
8. Place a slice of tomato on top of the mixture and sprinkle with 2 tablespoons of cheese.
9. Repeat steps 7 and 8 to fill the pepper completely but do not top with cheese.
10. Bake peppers for 30 minutes, top each with 2 Tablespoons of cheese and continue baking for 15 minutes more.

Source: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/simple-stuffed-peppers>

## Quick Fitness Tip

The right clothes and shoes can fit your individual style. Wearing workout clothes you like can be a great motivator!

### Find the right fitness shoes.

- Choose shoes that are made for the type of physical activity you want to do.
- Look for shoes with flat, non-skid soles, good heel support, enough room for your toes, and a cushioned arch that's not too high or too thick.
- Make sure the shoes fit well and provide proper support for your feet.
- Check your shoes regularly and replace them when they're worn out. You need new shoes when the tread is worn out; your feet feel tired after activity; or your shins, knees, or hips hurt after activity.



### Select the right activewear.

- Choose clothes that work with your activity. Loose shorts are perfect for basketball, but maybe not for yoga.
- Make sure your exercise clothes are comfortable and let you move easily.
- In cold weather, wear layers, such as a jacket or top over a t-shirt, so you can take off layers as you warm up.
- Wear clothes that let air circulate and moisture evaporate.

<https://www.nia.nih.gov/health/finding-right-fitness-shoes-and-clothes>





## Sudoku

Each Sudoku Puzzle has a unique solution that can be reached logically without guessing. Enter digits from 1 to 9 into the blank spaces. Every row must contain one of each digit. So must every column, and every 3x3 square. Answers on Page 13.

		8		9	2		4	
7		2					9	
	9			4		6		
5	7		6					
				5	3	1		6
	6	9			4			
		6	7			2		
4							1	7
	5		4		1		6	

## Simple Steps in Supporting Older Friends and Loved Ones at End of Life

By: Sue Van Zante-Peiser

(National Resource Center on LGBT Aging)

Being present with our friends and loved ones during the end of life is often an emotional yet rewarding journey. Offering support is the first step, but knowing what and how to offer this support can be overwhelming. The author of this tip sheet accompanied a dear friend during his end-of-life and offers these simple steps to consider:

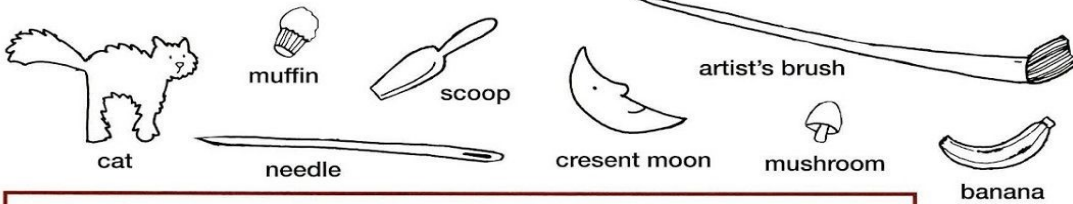
- Hear their fears and concerns
- Remind them of what a difference they have made for you
- Validate their life stories
- Ask if there are any partners, family, friends, and caregivers with whom they would like to connect or reconnect. You can be a bridge to help with these connections.
- Tell them specific reasons why you love them and how important they have been to your life.
- Share a meal or their favorite snack.
- Suggest reducing background noise when you go to visit. Loud TV and music can be distracting. Ask if there is a private place where you can visit.
- Don't feel pressured to fill the silence. Hold their hand and simply be.
- Offer to look through photos together. Encourage stories. Record them if they give you permission. You are likely to yearn to hear their voice again after they are gone. (Do not share the recordings with others unless given permission from your friend or loved one.)
- Laugh with them. This does not negate that they are dying. It furthers your connection with them.
- Allow them as much time as they need to get out their thoughts.
- Try to stay as present and focused as possible.

Adapted From: [https://www.lgbtagingcenter.org/resources/pdfs/Simple%20Tips%20at%20End%20Of%20Life\\_Final.pdf](https://www.lgbtagingcenter.org/resources/pdfs/Simple%20Tips%20at%20End%20Of%20Life_Final.pdf)



## Out in the fields

Can you find these things in the big picture?



## JOKES

Old age makes us great multitaskers. Why, I can sneeze and pee at the same time!

Stop thinking of them as "hot flashes." Think of them as your inner child playing with matches.

How is the moon like dentures?  
 Both come out at night.

What goes up but never comes down?  
 Your age.

What's the best part of old age?  
 That it doesn't last very long.

## Ways to Stay Active in Summer

- Swim laps or take a water aerobics class. These are both refreshing once the weather gets steamy.
- Walking in the mall is a cool way to beat the heat.
- Now that the grandchildren are out of school for the summer, ask them to teach you their favorite sport or physical activity.
- Celebrate National Bowling Week the first week in August. Get friends and family together and challenge each other to a friendly tournament.



<https://www.nia.nih.gov/health/fun-ways-older-adults-stay-physically-active#dime>





# The Wellness Benefits of the Great Outdoors *Continued from Page 1*

## 2. Mental Wellness

There are many mental wellness benefits associated with being outside in green spaces, such as lower risk of depression and faster psychological stress recovery. Studies have shown that being in nature can restore and strengthen our mental capacities, increasing focus and attention.

"This togetherness is especially important for us now," said Kondo. "We are finding that isolation is a killer, and that the outdoors really provides that space for us to come together under trees or to walk together along trails."

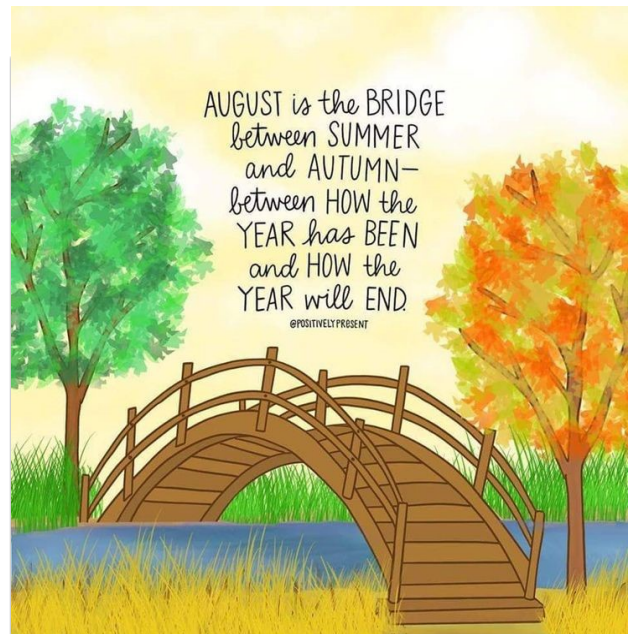
## 3. Wellness in the Community

Access to nature can benefit entire communities such as reducing environmental stressors commonly found in cities: air pollution, noise, and heat.

Nature in densely populated areas has also been shown to affect how people interact with one another. "We've found in neighborhoods that receive tree plantings or other greening initiatives, that people tend to have better attitudes towards their neighbors," said Kondo, "which in turn often results in better relationships."

**"Wellness is wholistic in that it is comprised of physical and mental health as well as the health of our communities," said Kondo. "All of these benefits add up and reduce adverse impacts on our bodies and have restorative characteristics. So, get outdoors and enjoy nature's gift of wellness."**

Adapted from: <https://www.fs.usda.gov/features/wellness-benefits-great-outdoors>



## Scam of the Month

### Investment Scams

Fast money always sounds great, but scammers are notorious for promising to make you lots of money quickly! These scams often involve offering a "free" seminar to learn about their investment opportunities, but once you attend you learn that there are fees associated with the investment coaching. These seminars and conversations exaggerate the money you can make with their investment systems and often lie about previous investors success. Before you decide to invest in anything, research the offer, talk to someone you trust about the opportunity, and consider the risk of your investment.

If you would like more information about scams, or would like to report a scam, please call the Office for Aging at 607-778-2411.

## Sudoku Answers

6	3	8	5	9	2	7	4	1
7	4	2	8	1	6	3	9	5
1	9	5	3	4	7	6	2	8
5	7	1	6	2	8	4	3	9
8	2	4	9	5	3	1	7	6
3	6	9	1	7	4	8	5	2
9	1	6	7	3	5	2	8	4
4	8	3	2	6	9	5	1	7
2	5	7	4	8	1	9	6	3



We have several day trips planned for the summer.

If you are interested, please contact Brian:  
928-245-2528

Come join us at the Round Valley Community Services & Senior Center

Monday—Thursday, 7:00 am—2:00 pm



Lunch served at 11:30

Salad Bar w/ meals  
Every Wednesday

**BINGO**  
**WEDNESDAYS**  
**12:00 PM**



### Senior Food Boxes

2nd Tuesday of each month

For information or to sign up:

Judy Wiltbank

333-2516 x254



### Drive -Thru Food Bank

Every Tuesday

10:00 am—12:30 pm

356 S. Papago St.

Springerville



### NEVER MISS A NEWSLETTER

If you would like to receive a copy of our newsletter via email each month, send an email ....



TO: raguero@springervilleaz.gov

SUBJECT: Email Newsletter

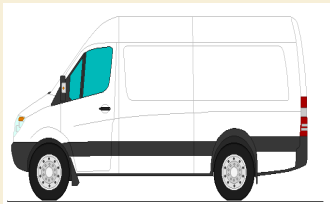
### Cooking Demonstration

Tuesday, August 29th

10:30 am



Yummy Summer Recipe  
with Tomasa Lozoya



### DOOR TO DOOR TRANSPORTATION SERVICES

Local Transportation available throughout  
**Springerville and Eagar**

**Requested Donation:**

\$2.50/ One Way

\$5.00/ Round Trip

**Show Low :**

1st and 3rd Friday of each month (min. 3 reservations)

\$15 Charge for Round Trip

*Make your reservation at least 24 working hours in  
advance by calling: 928-245-2528*

Blood Pressure Check  
Mondays 10:30—11:30



# August 2023

CENTER OPEN

M-Th 7:00a.m.—2:00p.m.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	<b>1</b> Lunch served at 11:30 <b>YOGA—Pilates 9:30</b> Food Bank 10:00—12:30	<b>2</b> Lunch served at 11:30 	<b>3</b> Lunch served at 11:30
<b>7</b> Lunch served at 11:30  BP Check 10:30—11:30	<b>8</b> Lunch served at 11:30 <b>YOGA—Pilates 9:30</b> Food Bank 10:00—12:30 <b>SENIOR BOXES</b>	<b>9</b> Lunch served at 11:30 	<b>10</b> Lunch served at 11:30
<b>14</b> Lunch served at 11:30  BP Check 10:30—11:30	<b>15</b> <b>YOGA—Pilates 9:30</b> Lunch served at 11:30 Food Bank 10:00—12:30	<b>16</b> Lunch served at 11:30 	<b>17</b> Lunch served at 11:30
<b>21</b> Lunch served at 11:30  BP Check 10:30—11:30	<b>22</b> <b>YOGA—Pilates 9:30</b> Lunch served at 11:30 Food Bank 10:00—12:30	<b>23</b> Lunch served at 11:30 	<b>24</b> Lunch served at 11:30
<b>28</b> Lunch served at 11:30	<b>29</b> <b>Food Demo 10:30 am</b> Lunch served at 11:30 Food Bank 10:00—12:30	<b>30</b> Lunch served at 11:30 	<b>31</b> Lunch served at 11:30



# MENU – AUGUST, 2023

Lunch Served at 11:30 a.m.

Recommended Donation - \$6 per meal. Please donate what you can afford.

welcome  
**AUGUST**



Tuesday	Wednesday	Thursday	Friday
<b>1</b> Meat Loaf Mashed Potatoes Sliced Tomatoes Seasoned Carrots WW Bread Tropical Fruit	<b>2</b> Herb Baked Chicken Green Beans Romaine Salad Cornbread Orange	<b>3</b> Hamburger/Bun Lettuce/Tomato/ Pickles Baked Beans Pears	<b>4</b> BBQ Pork Ribs Sweet Potatoes Tossed Green Salad Roll Fruit Cup
<b>7</b> Turkey & Cheese Sandwich Glazed Beets Broccoli Orange	<b>8</b> Salisbury Steak Mashed Potatoes w/ gravy, Roll Steamed Carrots Peaches	<b>9</b> Chicken Taquitos Pinto Beans Lettuce/Tomato Fruit Cocktail	<b>11</b> Southwest Chicken Salad Black beans & Corn Mixed Greens Tortilla
<b>14</b> Beef Tacos w/ Cheese Lettuce & Tomato Pears	<b>15</b> Oven Fried Chicken/Roll Mashed Potatoes Steamed Carrots Pineapple	<b>16</b> Beef Chili w/ Hamburger Bread Broccoli Peaches	<b>18</b> Pork Roast Potatoes/Gravy Bread Spinach Applesauce
<b>21</b> Grilled Cheese Tomato Soup Southwest Veggies Bread Peaches	<b>22</b> Baked Ham Seasoned Carrots Mashed Potatoes & Gravy WG Roll Pineapple	<b>23</b> Chicken Fajitas Onions & Peppers Sliced Tomatoes Tortilla Orange	<b>24</b> Sloppy Joes Broccoli Salad Peas/Carrots Tropical Fruit
<b>28</b> Tuna Salad Sandwich White Bean Soup Green Beans Strawberries & Bananas	<b>29</b> Spaghetti / Meat sauce Corn Mixed Green Salad Garlic Bread Fruit Cocktail	<b>30</b> BBQ Chicken Legs Sweet Potatoes Broccoli Roll Oranges	<b>31</b> Beef Stew Potatoes, Carrots, Tomatoes Apple Slaw Cornbread Pears

Services are funded by the Older Americans Act, SSBG funds and the State of Arizona. Funding is allocated on a regional basis from the Arizona Department of Economic Security, Division of Aging and Adult Services (DAAS) to Area Agencies on Aging. Eligibility for programs: Seniors or adults with disabilities. Additional requirements may vary by program. Client contributions are encouraged and are vital for continuation of the programs. Language assistance and alternate forms of communication are available upon request Under Titles VI and VII of the Civil Rights Act of 1964 (Title VI and VII) and the Americans with Disabilities Act of 1990 (ADA) Section 504 of the Rehabilitation Act of 1973 and the Age Discrimination Act of 1975, Area Agency on Aging NACOG prohibits discrimination in admissions, programs, services, activities or employment based on race, color, religion, sex, national origin, age, and disability. Area Agency on Aging NACOG must make a reasonable accommodation to allow a person with a disability to take part in a program, service, or activity. Auxiliary aids and services are available upon request to individuals with disabilities.