

Senior News

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"Stop feeling sorry for yourself," we are often told. And while it can be hard to avoid self-pity entirely, mentally strong people choose to *exchange* self-pity for *gratitude*. Whether you choose to write a few sentences in a gratitude journal or simply take a moment to silently acknowledge all that you have, giving thanks can transform your life.

Here are seven scientifically proven benefits:

Gratitude opens the door to more relationships. Not only does saying "thank you" constitute good manners, but showing appreciation can help you win new friends, according to a 2014 study published in *Emotion*. The study found that thanking a new acquaintance makes them more likely to seek an ongoing relationship. So whether you thank a stranger for holding the door or send a thank-you note to that colleague who helped you with a project, acknowledging other people's contributions can lead to new opportunities.

Gratitude improves physical health. Grateful people experience fewer aches and pains and report feeling healthier than other people, according to a 2012 study published in *Personality and Individual Differences*. Not surprisingly, grateful people are also more likely to take care of their health. They exercise more often and are more likely to attend regular check-ups, which is likely to contribute to further longevity.

Gratitude improves psychological health. Gratitude reduces a multitude of toxic emotions, from envy and resentment to frustration and regret. Robert Emmons, a leading gratitude researcher, has conducted multiple studies on the link between gratitude and well-being. His research confirms that gratitude effectively increases happiness and reduces depression.

Gratitude enhances empathy and reduces aggression. Grateful people are more likely to behave in a prosocial manner, even when others behave less kindly. Study participants who ranked higher on gratitude scales were less likely to retaliate against others, even when given negative feedback. They experienced more sensitivity and empathy toward other people and a decreased desire to seek revenge.

Grateful people sleep better. Writing in a gratitude journal improves sleep. Spend just 15 minutes jotting down a few grateful sentiments before bed, and you may sleep better and longer.

Gratitude improves self-esteem. *Journal of Applied Sport Psychology* found that gratitude increased athletes' self-esteem, an essential component of optimal performance. Other studies have shown that gratitude reduces social comparisons. Rather than becoming resentful toward people who have more money or better jobs—a major factor in reduced self-esteem—grateful people are able to appreciate other people's accomplishments.

Gratitude increases mental strength. Research has shown gratitude not only reduces stress, but it may also play a major role in overcoming trauma. A study found that Vietnam War veterans with higher levels of gratitude experienced lower rates of post-traumatic stress disorder. Another found that gratitude was a major contributor to resilience following the terrorist attacks on September 11. Recognizing all that you have to be thankful for—even during the worst times—fosters resilience.

We all have the ability and opportunity to cultivate gratitude. Rather than complain about the things you think you deserve, take a few moments to focus on all that you *have*. Developing an "attitude of gratitude" is one of the simplest ways to improve your satisfaction with life.

November Recipes

Sweet Potato Casserole

Cinnamon, nutmeg, and ginger combined with vanilla extract are a delicious backdrop for sweet potatoes. Use canned sweet potatoes if you don't have whole sweet potatoes on hand.



Ingredients

- 4 sweet potatoes (about 1 lb.)
- 3 egg whites
- 1/2 cup sugar
- 1 can evaporated milk, nonfat (12 ounce)
- 1 tablespoon vanilla extract
- 1 teaspoon cinnamon
- 1/2 teaspoon nutmeg
- 1/2 teaspoon ginger

Directions

1. Rinse sweet potatoes in cold running water and pierce with a fork.
2. Microwave sweet potatoes on full power until tender, about 15 minutes. Turn them halfway during baking.
3. Preheat oven to 400 degrees. Remove skin from sweet potatoes and mash with hand beaters or food processor. Add the rest of the ingredients and mix until smooth.
4. Pour mixture into an 8-inch baking dish. Bake until the casserole is firm in the center, about 40 minutes.
5. Remove pan from oven. Allow to stand for 5 minutes then cut into 10 squares.
6. Serve hot. Refrigerate leftovers.

Source: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/sweet-potato-casserole>

Leftover Turkey Casserole

Leftover turkey is jazzed up with cheese, cream of mushroom soup, and celery in this hearty casserole dish!



Ingredients

- 6 slices bread, whole wheat
- 4 ounces cubed turkey
- 1/2 cup onion, chopped
- 1/2 cup celery, chopped
- 1/2 teaspoon black pepper
- 2 eggs, lightly beaten
- 1 1/2 cups milk, 1%
- 1 can cream of mushroom soup, low sodium (10.75 ounces)
- 2 slices bread, whole wheat
- 2 teaspoons margarine
- 1/2 cup cheddar cheese, low-fat shredded (or jack cheese)
- 1/2 cup mayonnaise, light

Directions

1. Lightly coat a 9x9x2-inch baking dish with vegetable spray. Cut 6 slices of bread (fresh or day-old) into 1-inch cubes and place half into the bottom of a baking dish.
2. In a bowl, combine turkey, onion, celery, mayonnaise, and pepper. Spoon mixture over breadcrumbs.
3. Place remaining bread cubes over turkey mixture and press down slightly with spoon.
4. Combine eggs and milk and pour mixture over cubes. Cover and refrigerate overnight.
5. When ready to bake, preheat oven to 325°F
6. Spoon soup over top of casserole.
7. Spread one teaspoon margarine on side of each slice of bread. Cut buttered bread into 1/2-inch cubes and sprinkle on top of casserole.
8. Bake for 60 minutes or until knife inserted in middle comes out clean. Remove from oven and sprinkle cheese over top. Let stand 15 minutes before cutting and serving.

Sourced from: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/leftover-turkey-casserole>

Cranberry Pumpkin Muffins

Enjoy these delicious muffins for breakfast anytime of the year using canned pumpkin and frozen cranberries.



Ingredients

- 2 cups flour
- 3/4 cup sugar
- 3 teaspoons baking powder
- 1/2 teaspoon salt
- 1/2 teaspoon cinnamon
- 3/4 teaspoon allspice
- 1/3 cup vegetable oil
- 2 eggs (large)
- 3/4 cup pumpkin (canned)
- 2 cups cranberries (fresh or frozen chopped)

Directions

1. Preheat oven to 400 °F.
2. Sift together dry ingredients (flour through allspice) and set aside.
3. Beat oil, eggs, and pumpkin together until well blended.
4. Add the wet ingredients (pumpkin mixture) to the dry ingredients all at once. Stir until moistened.
5. Fold in chopped cranberries.
6. Spoon into paper lined muffin cups.
7. Bake at 400 °F for 15 to 30 minutes.

Source: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/cranberry-pumpkin-muffins>

Green Beans with Tomatoes and Basil

Green beans get a flavor boost from fresh or dried parsley and basil, canned tomatoes, and onion.



Ingredients

- 6 cups green beans (about 1 pound, ends snipped)
- 1 tablespoon olive oil
- 1 onion (medium, finely chopped)
- 1 can tomatoes, low sodium (14.5 ounce can, drained and chopped)
- 1 tablespoon basil (fresh or 1/2 teaspoon dried)
- 1 tablespoon parsley (fresh or 1/2 teaspoon dried)
- salt and pepper (to taste, optional)

Directions

1. Cook beans in a large saucepan of boiling water for 5 minutes; beans will still be crisp. Drain and rinse under cold running water. Set aside.
2. In a large frying pan, heat olive oil over medium heat. Add onion and cook for 2-3 minutes until softened.
3. Add tomatoes, basil, and parsley. Cook 3 minutes to heat and combine flavors.
4. Stir beans into pan and cook for 5-6 minutes. Season with salt and pepper (optional).

Source: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/green-beans-tomatoes-and-basil>

"7 Effective Ways to Make Others Feel Important"

1. Use their name.
2. Express sincere gratitude.
3. Do more listening than talking.
4. Talk more about them than about you.
5. Be authentically interested.
6. Be sincere in your praise.
7. Show your care."

— Roy T. Bennett, *The Light in the Heart*



**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**

Senior Food Boxes

2nd Tuesday of each
month

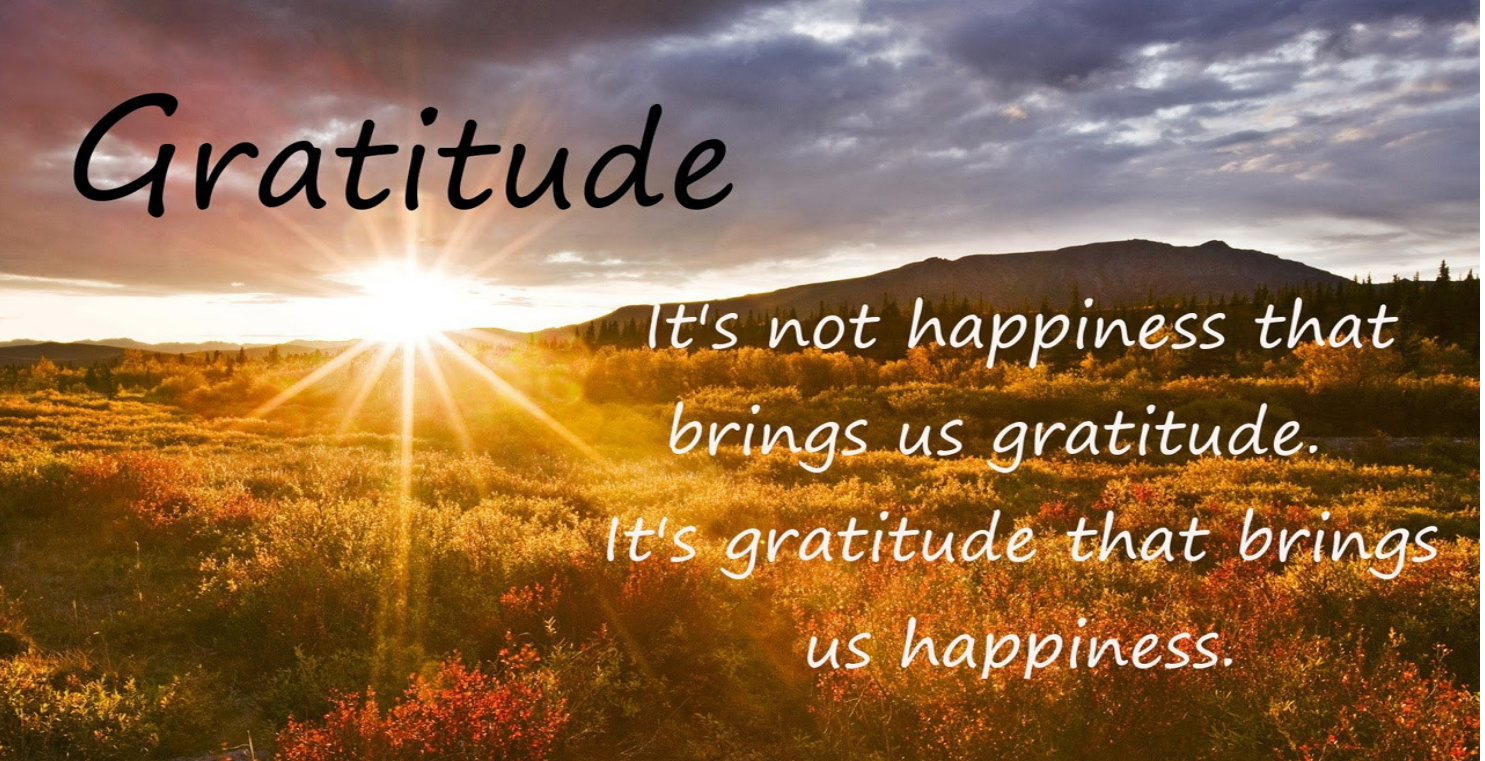
For information :
333-2516



Drive -Thru

Every Tuesday
10:00 am—12:30 pm
356 S. Papago St.
Springerville

Gratitude



*It's not happiness that
brings us gratitude.
It's gratitude that brings
us happiness.*

Gratitude Exercises

Journal About Gratitude

Take a few minutes every evening to write down five good things about your day. The entries don't have to be major events—they might be as simple as a good meal, talking to a friend, or getting through a difficult challenge.



Write a Letter



Think about someone who has had a major impact on your life, someone who you would like to thank, or someone who you appreciate having in your life. Write a letter with specific details about what it is you appreciate about them, and send it.

Visit Someone who you Appreciate

Write a letter to someone you appreciate as described above, but instead of mailing it, deliver the letter in person. Don't tell them why you're visiting! Read them letter, and then allow them to keep it as a memento.



Say "Thank You"



Keep your eyes open throughout the day for reasons to say "thanks". Try to recognize the small actions people do every day that might be overlooked such as a colleague who always goes the extra mile, or a friend who always seems willing to listen.

Take a Gratitude Walk

Go for a walk and make a special effort to appreciate your surroundings. You might notice the smell of flowers, a pretty building, or a soothing breeze. Spend a few minutes focusing on each of your senses (sight, hearing, taste, smell, and touch) to find new things you may not have noticed.



GoodTherapy Practicing Gratitude

What is gratitude? Gratitude is defined as the quality of being thankful, and the readiness to show appreciation for and to return kindness. This worksheet provides tips on how to mindfully practice gratitude, and start appreciating the good things in life.



Write down the good things about your day



Write a letter to someone you appreciate



Find the reasons to say thank you



Reflect on the positive things about your day



Take time to enjoy nature



Say what you're grateful for out loud

FALL WORD SEARCH

H J N I F I P J K R F H R E T
 A D M B Z O R U E T F J E Y H
 L I U F T W O B M V R F W R A
 L Y T N B R O T E P A J O E N
 O Y U A Z T N Y B C K S L B K
 W J A T C J D R S A E I F M S
 E G L O F N D S O E L Q N E G
 E S W E A T E R E C V L U V I
 N C C C I D E R H L A A S O V
 S I E D I R Y A H P P T E N I
 O W O R C E R A C S U P M L N
 W I Y C G V Y A F R G T A W G
 N L D T E Y Y K K P I E I X E
 J Q R S L X R E B M E T P E S
 Y E T E V G Y T H W I C K U J

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|-----------|-----------|---------|--------------|-----------|
| ACORN | APPLES | AUTUMN | CANDY | CIDER |
| FOOTBALL | HALLOWEEN | HARVEST | HAYRIDE | LEAVES |
| NOVEMBER | OCTOBER | PUMPKIN | RAKE | SCARECROW |
| SEPTEMBER | SUNFLOWER | SWEATER | THANKSGIVING | TURKEY |

Gratitude Journal

MORNING GRATITUDE PRAYER

Before you begin your day, list 10 things you're grateful for (big or small).

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

WHAT I'M LEARNING FROM MY CHALLENGES

List 3 challenging situations, people, or other obstacles and what good thing you're learning from this challenge.

1.
I'm learning:
2.
I'm learning:
3.
I'm learning:

PEOPLE I'M THANKFUL FOR

List 5 people who made your life a little happier today. They could be friends, family, or even strangers!

- 1.
- 2.
- 3.
- 4.
- 5.

THE BEST PART OF MY DAY

Choose one moment of your day that made you happy and focus on it for 5 minutes before you go to sleep.

Round Valley Community Services & Senior Center
356 S. Papago St., Springerville, AZ 85938
928-333-2516

Meals for Seniors



Meals on Wheels
for Homebound
Seniors

Congregate Dining
Monday - Thursday
11:30am



Private Pay
meals available for seniors
Call us for information



NEVER MISS A NEWSLETTER

Want to receive a copy of our newsletter via email each month, send an email

TO: raguero@springervilleaz.gov

SUBJECT: Email Newsletter



with Tomasa Lozoya

Tuesday, November 19th 10:00am

ROUND VALLEY COMMUNITY SERVICES CENTER DOOR TO DOOR TRANSPORTATION SERVICES FOR SENIORS

Local Transportation available throughout Springerville and Eagar

Monday - Thursday
8:00 am - 2:00 pm

\$2.50 One - Way
\$5.00 Round Trip

Transportation available to
Show Low

1st Friday of each month
\$15/person RT or Bus Pass
Required

Make your reservation at least 24 working hours in advance by calling:


928-245-2528

*For special accommodations a 48 business hour notice is required

November 2024

Mon	Tue	Wed	Thu
<p>4</p> <p>Lunch 11:30</p>	<p>5</p> <p>Food Bank 10:00</p> <p>Yoga 9:30</p> <p>Lunch 11:30</p>	<p>6</p> <p>Lunch 11:30</p> <p>BINGO 12:00</p>	<p>7</p> <p>Lunch 11:30</p>
<p>11</p> 	<p>12 B/P Check</p> <p>Food Bank 10:00</p> <p>Senior Food Boxes</p> <p>Lunch 11:30</p>	<p>13</p> <p>Lunch 11:30</p> <p>BINGO 12:00</p>	<p>14</p> <p>Lunch 11:30</p>
<p>18</p> <p>Lunch 11:30</p>	<p>19</p> <p>Food Bank 10:00</p> <p>Lunch 11:30</p> <p>Food Demo 10:30</p>	<p>20</p> <p>Lunch 11:30</p> <p>BINGO 12:00</p>	<p>21</p> <p>Thanksgiving Luncheon</p> 
<p>25</p> <p>Lunch 11:30</p>	<p>26 B/P Check</p> <p>Food Bank 10:00</p> <p>Yoga 9:30</p> <p>Lunch 11:30</p>	<p>27</p> <p>Lunch 11:30</p> <p>BINGO 12:00</p>	<p>28</p> <p>HAPPY</p>  <p>THANKSGIVING</p>





Round Valley Community Services & Senior Center
invites you to

Thanksgiving DINNER

As we gather to give thanks for all the blessings
in our lives, we'd love for you to be part of our
Thanksgiving celebration!

NOVEMBER

21

AT 11:30 PM

356 S. Papago St., Springerville, AZ

RSVP by November 18, 2024
(928) 333-2516




MENU



Lunch Served at 11:30 a.m.

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

Monday	Tuesday	Wednesday	Thursday
<p>4</p> <p>Egg Salad Sandwich Cole Slaw w/ Cabbage & peppers Minestrone Soup WG Bread Strawberries</p>	<p>5</p> <p>Meat Loaf Mashed Potatoes Sliced Tomatoes Seasoned Carrots WW Bread Tropical Fruit</p>	<p>6</p> <p>Herb Baked Chicken Green Beans Romaine Salad Cornbread Orange</p>	<p>7</p> <p>Hamburger/Bun Lettuce/Tomato/ Pickles Baked Beans Pears</p>
<p>11</p> <p>CLOSED FOR VETERAN'S DAY</p>	<p>12</p> <p>Salisbury Steak Mashed Potatoes w/ gravy, Roll Steamed Carrots Peaches</p>	<p>13</p> <p>Chicken Taquitos Pinto Beans Lettuce/Tomato Fruit Cocktail</p>	<p>14</p> <p>Pork Roast Mashed Potatoes/Gravy Bread Spinach Applesauce</p>
<p>18</p> <p>Beef Tacos w/ Cheese Lettuce & Tomato Pears</p>	<p>19</p> <p>Oven Fried Chicken/Roll Mashed Potatoes Steamed Carrots Pineapple</p>	<p>20</p> <p>Beef Chili w/ Hamburger Bread Broccoli Peaches</p>	<p>21</p> <p>Thanksgiving Luncheon </p>
<p>25</p> <p>Grilled Cheese Tomato Soup Southwest Veggies Bread Peaches</p>	<p>26</p> <p>Baked Ham Seasoned Carrots Mashed Potatoes & Gravy WG Roll Pineapple</p>	<p>27</p> <p>Chicken Fajitas Onions & Peppers Sliced Tomatoes Tortilla Orange</p>	<p>28</p> <p>CLOSED FOR THANKSGIVING</p>

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.



DESIGNATE YOUR TAX DOLLARS TO HELP PEOPLE IN OUR COMMUNITY!

Instead of giving your taxes to the State, you can direct them to support local programs at

Round Valley Community Services & Senior Center

FREQUENTLY ASKED QUESTIONS:

I want my dollars to stay in our community. How can I participate?

Most of us have our State tax liability deducted via company payroll. However, instead of sending your tax dollars to the State, you can designate them to an eligible organization to help local citizens. This is done through the Arizona Charitable Tax Credit.

Am I eligible to receive this tax credit?

In prior years, you were required to itemize your return to claim the credit, **but** starting in 2013, **any individual** who files Arizona State Taxes is eligible to receive the Arizona Working Poor Tax Credit.

How much can I give?

You can now donate up to **\$938** for a married couple or up to **\$470** for a single person to receive the tax credit. This will reduce your State Tax Liability with a dollar-for-dollar credit.

Can I take this tax credit and the school tax credit?

Yes. The School Tax Credit and Charitable Contribution Credit are two separate credits. You can take **both** credits on your Arizona Taxes.

When is the last date to make my donation?

Contributions made to a Qualifying Charitable Organization that are made on or before April 15th may be applied to either the current or the preceding taxable year.

Who can I contact for additional information?

Contact the senior center at 928-333-2516, ext. 258 for further information or drop by the Center at: 356 South Papago Street in Springerville.

Great. How do I make out the check?

The tax credit monies can be donated directly to The Round Valley Community Services & Senior Center.

Make your check out to: The Town of Springerville with the memo section showing Round Valley Community Services & Senior Center, (RVCC). Then, mail or drop it off at the Senior Center at 356 South Papago Street in Springerville, AZ.

Round Valley Senior Center is a lifeline for hundreds of local residents. Please keep your tax dollars in our community!

THANK YOU FOR YOUR SUPPORT

