

# Senior News

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*Celebrate  
Interdependence This July:*

**Kind Gestures  
Build Caring Communities**



**See Page 4**

**Broad stripes and bright stars.... gave proof....**

**Veteran**

I was a proud veteran  
That served my country well  
To those that would listen  
I had many stories to tell.

We fought for America's freedom  
In far away places on foreign land.  
Wherever the battle for democracy raged,  
America's finest made a stand.

We fought for your future  
And the right to remain free.  
For we saw what freedom meant  
To those not blessed with Liberty.

For you and yours  
We would gladly have given our life.  
We faced the fears and perils of battle  
We braved endless turmoil and strife.


Please remember us veterans  
And the sacrifices we made for you.  
Please share the blessings of freedom,  
Proudly wave the red, white and blue.

*Lynne Carey  
Copyright 2004*

**that our flag was still there.**

**Broad stripes and bright stars ....**

**gave proof .... that our flag was still there.**



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**Like Us! Follow Us!**

 Like our Facebook Page  
<https://www.facebook.com/RVCommunityServicesCenter>

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





# **4TH** **OF JULY**

*Eagar/Springerville Incorporated 1948*

**"75 YEARS OF PATRIOTISM"**

**4TH JULY, 2023**

**JOIN US FOR THE PARADE**

**At 10:00 AM**

**Grand Marshal: Gloria Eagar**

**PANCAKE BREAKFAST: 7/4/23 6 AM-9 AM**

**FIREWORKS: 7/4/23 AT SUNDOWN**

**DANCE: 7/1 & 7/3/23 9 PM-MIDNIGHT**

**RODEO: 7/4/23 1:30 PM-4 PM**

To register for the parade call: Jessica at  
928-333-4128 \*231 or go [eagaraz.gov](http://eagaraz.gov)

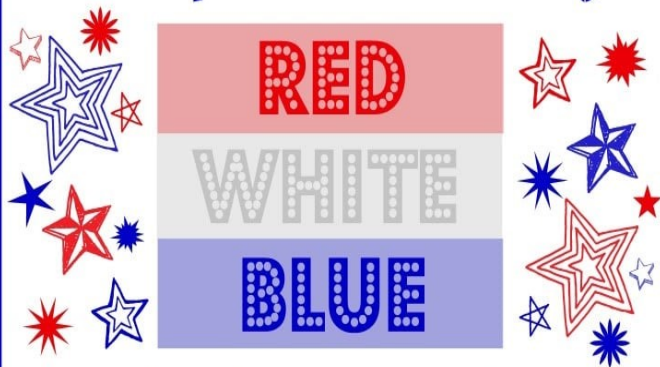






# JULY

## Land that I love America 4th of July Independence Day



Proud to be an AMERICAN  
God Bless the USA LET FREEDOM RING  
Stars and Stripes Forever  
FREEDOM Liberty

[www.lovebakesgoodcakes.com](http://www.lovebakesgoodcakes.com)

### Hobbies: Good for Your Health

This summer, outdoor events, social gatherings, and hobbies are at your fingertips. Your favorite activities are not only fun — they may also be good for your health. Research shows that people who participate in hobbies and social and leisure activities may be at lower risk for some health problems. For example, one study found that participation in a community choir program for older adults reduced loneliness and increased interest in life. Another study showed that older adults who spent at least an hour reading or engaged in other hobbies had a decreased risk of dementia compared to those who spent less than 30 minutes a day on hobbies.

Research on music, theater, dance, creative writing, and other participatory arts shows promise for improving older adults' quality of life and well-being, from better cognitive function, memory, and self-esteem to reduced stress and increased social interaction. Even hobbies as simple as taking care of a pet can improve your health. According to a 2020 study, pet ownership (or regular contact with pets) was associated with better cognitive function, and in some cases, better physical function.

#### What can you do?

Look for opportunities to participate in activities. Get out and about by going to a senior center, sporting event, new restaurant, park, or museum. Learn how to cook or play a musical instrument. Consider volunteering at a school, library, home delivered meal program, or hospital to become more active in your community.

Most importantly, remember to enjoy the outdoors this season, and build your social calendar with upcoming events listed in this edition of the *Senior News*.

Reprinted from: <https://www.nia.nih.gov/health/what-do-we-know-about-healthy-aging#activities>

### 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 9.

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



We have several day trips planned for the summer. If you are interested, please contact Brian: 928-245-2528

# Celebrate Interdependence



The calendar below provides a suggestion for each weekday of July to help you be more mindful of opportunities to help others. Follow along with us and use these tips to strengthen our community.

Interdependence is achieved when we provide support to one another and grow together in close connection. Each of us can offer our time and talent to assist others, and along the way, they will return the favor back to us.

<p><b>PATRIOTIC TRIBUTE</b></p> <p>Do you know a disabled or elderly veteran who could use a helping hand with an errand or chore? Say thank you for their service to our country by extending a thoughtful favor.</p>	<p><b>SEW GOOD SEEDS</b></p> <p>Offer to plant some windowsill hers for a neighbor or friend who may not be able to get outside to garden. Whether it be basil, parsley, rosemary or mint, this gift can keep giving all year.</p>	<p><b>EASY AS PIE</b></p> <p>It's fruit pie season. Bake a pie for a family member, friend or neighbor. Drop it off with a thoughtful note. They may just invite you to join them for a slice!</p>	<p><b>LAWN CARE</b></p> <p>The next time you are out weeding your flower bed, offer to help a neighbor with theirs. Water flowers, discard debris or take a garbage can—a great way to care for another.</p>	<p><b>PARK PARKING</b></p> <p>Offer to drive someone who mostly stays indoors, to a local park—even if you sit in the car with the windows down for a bit. Enjoy the scenery, sip a cool drink and fresh air.</p>
<p><b>KINDNESS BLOOMS</b></p> <p>Bring a plant or freshly picked flowers to someone who has been ill or down. Hope “grows” with your thoughtfulness</p>	<p><b>MAKE A SPLASH</b></p> <p>Organize an afternoon by the water with a friend who may be lonely. Pick a local pool, pond or lake and pack a lunch. Enjoy conversation and dip your feet.</p>	<p><b>TWO SCOOPS</b></p> <p>Know a friend who needs some cheering up? Offer to take them out for ice cream. Smiles come in chocolate, strawberry and vanilla!</p>	<p><b>BUDDY—UP</b></p> <p>Sharing our wellness goals with a friend can give us support to keep going. Offer to be a walking partner to a friend. Step your way to better health together.</p>	<p><b>HI THERE</b></p> <p>Have you noticed a new face in your neighborhood? Be sure to stop and introduce yourself. A simple Hello, will make someone's day brighter.</p>
<p><b>TEAM SPIRIT</b></p> <p>For the support of a team, to cheer you on while you exercise, join the senior center fitness classes. They are free of charge</p>	<p><b>COMPASSION</b></p> <p>We can be hard on others when their decisions differ from ours. Set out to have an uplifting conversation with them today. Put your differences aside and enjoy a positive chat.</p>	<p><b>REMEMBER ME?</b></p> <p>Have you lost touch with someone? Bridge the gap today and give them a call. Set up a coffee date with them and let them know you are sending good thoughts their way.</p>	<p><b>A SWEET SLICE</b></p> <p>Buy some watermelon and slice it up. Invite a neighbor over to enjoy it with you while you watch the sunset. The perfect ending to a summer day!</p>	<p><b>FRIDGE FINDS</b></p> <p>Leftovers in the fridge? Share them with loved ones who may not be able to cook for themselves. Drop them off and say to chat for a few minutes. Spread cheer through food :)</p>
<p><b>VOLUNTEER</b></p> <p>Do you have a spare hour each week, or even once a month, to give back to those in need? Consider volunteering locally to help your community.</p>	<p><b>LOVE TO SHOP</b></p> <p>Show an ill or homebound friend how much you care by offering to do their errands and grocery shopping. Pick up medications, food or household items.</p>	<p><b>HANDY FAMILY</b></p> <p>Do you have an aging parent that needs some odd jobs done around the house or yard? Make it a family event and organize and clean up with a meal to follow.</p>	<p><b>PLEASANT IN PUBLIC</b></p> <p>Going out today? Throughout your errands and stops, make a point to smile at strangers, hold the door open, and say thank you to those who serve you.</p>	<p><b>FARMERS FRIDAY</b></p> <p>Support local farmers and markets. Stop for some fresh produce to use over the weekend.</p>



“Did you ever stop to think that you can't leave for your job in the morning without being dependent upon most of the world?...Before you finish eating breakfast in the morning, you've depended on more than half the world. This is the way our universe is structured. It is its interrelated quality.”  
— Martin Luther King Jr.



# Frozen Graham Cracker Treat Sandwiches

## Ingredients

- Cool Whip, 8 oz. container
- A box of Graham Crackers (If you're gluten-free, try these gluten-free graham crackers!)
- A container of Red, White, Blue Sprinkles ( you can use any color sprinkles or toppings such as nuts, cookie crumbs, etc, and makes these for any occasion!)



## Instructions

- 1| Lay out a cookie sheet to place your graham cracker sandwiches on.
- 2| Pour sprinkles on a paper plate. You can separate if you have different varieties of patriotic sprinkles.
- 3| Break sheet of graham cracker in half.
- 4| Scoop Cool Whip with a tablespoon and place 2 tablespoons on one half of graham cracker. The amount is up to you, if you aren't concerned with calorie count or Weight Watchers!
- 5| Close sandwich gently and smooth sides with your finger or spoon.
- 6| Dip each side of sandwich in sprinkles.
- 7| Placed finished sandwich on cookie sheet.
- 8| When cookie sheet is full, cover with foil and place in freezer for a few hours.

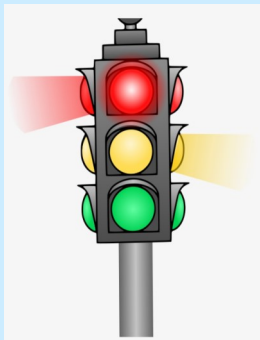
## Sudoku Answers

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

## NEW Senior Check - In System for Isolation Communication

The Round Valley Community Services & Senior Center would like to introduce a Check - In system for Seniors who live alone in our community.

If you know a senior who lives alone, we will provide Red, Green and Yellow laminated papers to be placed in their window throughout each day.



**GREEN** = "I'm OK"

**YELLOW** = "I need help with an errand"

**RED = EMERGENCY**

**Come see us for a KIT if you have someone in mind.**



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, July 18th

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**



# JULY

# 2023

CENTER OPEN

M-Th 7:00a.m.—2:00p.m.

© CanStockPhoto.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<b>3</b> Lunch served at 11:30	<b>4</b> 	<b>5</b> Lunch served at 11:30 	<b>6</b> Lunch served at 11:30
<b>10</b> Lunch served at 11:30  BP Check 10:30—11:30	<b>11</b> Lunch served at 11:30 YOGA—Pilates 9:30 Food Bank 10:00—12:30	<b>12</b> Lunch served at 11:30 	<b>13</b> Lunch served at 11:30
<b>17</b> Lunch served at 11:30  BP Check 10:30—11:30	<b>18</b> Food Demo 10:30 am Lunch served at 11:30 Food Bank 10:00—12:30 SENIOR BOXES	<b>19</b> Lunch served at 11:30 	<b>20</b> Lunch served at 11:30
<b>24</b> Lunch served at 11:30  BP Check 10:30—11:30	<b>25</b> YOGA—Pilates 9:30 Lunch served at 11:30 Food Bank 10:00—12:30	<b>26</b> Lunch served at 11:30 	<b>27</b> Lunch served at 11:30
<b>31</b> Lunch served at 11:30  BP Check 10:30—11:30			



# MENU – JULY, 2023

Lunch Served at 11:30 a.m.

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>Beef Tacos w/ Cheese Lettuce &amp; Tomato Pears</p>	<p>4</p> 	<p>5</p> <p>Beef Chili w/ Hamburger Bread Broccoli Peaches</p>	<p>6</p> <p>Hamburger Casserole Roll, Green Beans Lettuce/Tomato Mandarin Oranges</p>	<p>7</p> <p>Turkey Burger/ Bun Baked Beans Lettuce/ Tomatoes Summer Squash Fruit Cup</p>
<p>10</p> <p>Grilled Cheese Sandwich Tomato Soup Southwest Veggies WG Bread Peaches</p>	<p>11</p> <p>Baked Ham Seasoned Carrots Mashed Potatoes &amp; Gravy WG Roll Pineapple</p>	<p>12</p> <p>Chicken Fajitas Onions &amp; Peppers Sliced Tomatoes Tortilla Orange</p>	<p>13</p> <p>Sloppy Joes Broccoli Salad Peas/Carrots Tropical Fruit</p>	<p>14</p> <p>BBQ Pork Ribs Sweet Potatoes Tossed Green Salad Roll Fruit Cup</p>
<p>17</p> <p>Tuna Salad Sandwich White Bean Soup Green Beans Strawberries &amp; Bananas</p>	<p>18</p> <p>Spaghetti / Meat sauce Corn Mixed Green Salad Garlic Bread Fruit Cocktail</p>	<p>19</p> <p>BBQ Chicken Legs Sweet Potatoes Broccoli Roll Oranges</p>	<p>20</p> <p>Beef Stew Potatoes, Carrots, Tomatoes Apple Slaw Cornbread Pears</p>	<p>21</p> <p>Turkey Burger/ Bun Baked Beans Lettuce/ Tomatoes Summer Squash Fruit Cup</p>
<p>24</p> <p>Pepperoni Pizza Green Salad w/ Tomatoes 3-Bean Salad w/ Garbanzo, Green Beans &amp; Corn Pineapple</p>	<p>25</p> <p>Chicken Enchiladas Spinach Diced Cabbage &amp; Tomatoes Tortillas Mixed Berries</p>	<p>26</p> <p>Baked fish Mixed Veggies 7-Layer Salad Roll Fruit Cocktail</p>	<p>27</p> <p>Beef Lasagna Seasoned Carrots Cucumbers &amp; Tomatoes Garlic Bread Bananas</p>	<p>28</p> <p>BBQ Pork Ribs Sweet Potatoes Tossed Green Salad WG Roll Fruit Cup</p>
<p>31</p> <p>Egg Salad Sandwich Cole Slaw w/ Cabbage &amp; peppers Minestrone Soup WG Bread Strawberries</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.