

Senior News

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A New Year of Possibilities

2024 is here! While many of us may be ready to say goodbye to 2023 and embrace the new year it's still worth celebrating! After all, we all made it through another year and that in itself is worth a celebration. Thankfully, there are many fun and safe ways we can celebrate this holiday. From playing games and connecting with the family to starting new traditions and beyond. This New Year's Eve it's all about your outlook and having a positive mindset. So let's embrace and explore fun and safe ways seniors can celebrate New Year's Eve!

MAKE RESOLUTIONS - HAVE YOU BEEN MEANING TO SCHEDULE YOUR YEARLY MEDICAL CHECKUP? OR HAVE YOU BEEN WANTING TO DECLUTTER YOUR HOME? THERE'S NO BETTER TIME TO START THAN IN THE NEW YEAR!

CONNECT VIRTUALLY WITH FAMILY - EVEN IF YOU CAN'T GET TOGETHER WITH YOUR FAMILY IN-PERSON THIS YEAR, THERE ARE OTHER WAYS YOU CAN STAY CONNECTED. A GREAT WAY TO CONNECT IS TO GET TOGETHER THROUGH VIDEO CHAT. YOU CAN ENJOY A MEAL TOGETHER, HAVE A QUICK CHAT, OR RING IN THE NEW YEAR VIRTUALLY. WHILE THIS MIGHT NOT FEEL QUITE THE SAME AS BEING TOGETHER IN PERSON, IT IS CERTAINLY THE NEXT BEST THING. AND FINALLY, DON'T BE AFRAID TO ASK FOR HELP IF YOU'RE HAVING TROUBLE SETTING UP A VIRTUAL VISIT.

CREATE A TIME CAPSULE - IF YOU'RE LOOKING FOR SOMETHING FUN TO DO THIS NEW YEAR'S EVE, WHY NOT MAKE A TIME CAPSULE. THIS HAS BEEN A MEMORABLE YEAR SO PRESERVE THE MEMORIES WITH ITEMS THAT REMIND YOU OF THIS YEAR. YOU COULD INCLUDE A FACE MASK, A SMALL BOTTLE OF HAND SANITIZER, A NEWSPAPER CLIPPING, A HANDWRITTEN NOTE WITH YOUR FONDEST MEMORIES, AND EVEN PHOTOGRAPHS. YOU CAN EVEN START A NEW FAMILY TRADITION AND OPEN THE TIME CAPSULES EVERY FEW YEARS.

BAKE TREATS - IF YOU ENJOY BAKING WHAT BETTER WAY TO SPEND YOUR TIME ON NEW YEAR'S EVE THAN MAKING DELICIOUS TREATS! YOU CAN BAKE FOR YOURSELF OR YOU CAN BAKE TREATS TO SEND TO FRIENDS OR FAMILY. YOU MIGHT EVEN WANT TO CONSIDER ENJOYING YOUR TREATS VIRTUALLY SO YOU CAN FEEL LIKE YOU'RE TOGETHER. IF YOU HAVE GRANDCHILDREN YOU CAN EVEN BAKE TOGETHER THROUGH A VIDEO CALL. ASK YOUR CHILDREN TO MAKE THE SAME RECIPE AS YOU AND YOU CAN WALK YOUR GRANDCHILDREN THROUGH THE RECIPE.

WATCH THE BALL DROP ON TV - YOU MIGHT HAVE TO SKIP THE NEW YEAR'S PARTIES THIS YEAR BUT THAT DOESN'T MEAN YOU CAN'T KEEP UP WITH TRADITIONS. THE GOOD NEWS IS YOU CAN STILL WATCH THE BALL DROP IN NEW YORK CITY'S TIME SQUARE ON TELEVISION. EVEN THOUGH THERE WON'T BE THE SAME LARGE CROWDS IN TIME SQUARE THIS YEAR, THERE WILL STILL BE LIVE PERFORMANCES AND OTHER SOURCES OF ENTERTAINMENT YOU CAN ENJOY IN THE COMFORT OF YOUR OWN HOME.

DECORATE YOUR HOME - WHAT BETTER WAY TO GET INTO THE MOOD FOR NEW YEAR'S EVE THAN TO DECORATE YOUR HOME WITH A FEW FESTIVE DECORATIONS. EVEN IF THE DECORATIONS ARE JUST FOR YOU TO ENJOY, IT'S SOMETHING FUN TO DO AND YOU MAY EVEN FIND IT PUTS YOU IN A GOOD MOOD. IN ADDITION TO DECORATING YOUR HOME, WHY NOT GO ALL OUT AND GET DRESSED UP. PUT ON YOUR FAVORITE PARTY OUTFIT AND ENJOY RINGING IN THE NEW YEAR!

COUNTDOWN THE NEW YEAR EARLIER - STAYING UP LATE TO RING IN THE NEW YEAR ISN'T FOR EVERYONE, AND THAT IS OKAY! IN FACT, STICKING TO A REGULAR SLEEP SCHEDULE IS AN ESSENTIAL PART OF GETTING A BETTER NIGHT'S REST. EVEN IF YOU GO TO BED EARLY, YOU CAN STILL COUNT DOWN TO THE NEW YEAR A LITTLE EARLIER. SIMPLY PICK A TIME YOU'D LIKE TO HAVE A NEW YEAR'S TOAST AND CELEBRATE AT THAT TIME INSTEAD. YOU COULD EVEN CONNECT WITH FRIENDS AND FAMILY VIRTUALLY AT THIS TIME TO CELEBRATE TOGETHER!

HEALTH AND WELLNESS

Avoiding the Hazards of Winter for Older Adults

Winter is a special time for celebration. It should also be a time for added caution if you or someone in your family is an older adult. It is the season for falls, slips on icy streets and other dangers that can be especially harmful for older adults.

"Something as simple as a fall can be devastating for older men and women," says Dr. Evelyn Granieri, Chief of Geriatric Medicine and Aging at NewYork-Presbyterian/The Allen Hospital and Assistant Professor of Medicine at Columbia University Medical Center. "Before the cold weather arrives, it is important to prepare."

Dr. Granieri addresses some of the most pressing concerns mature adults have about their health and safety during the winter:

The flu. Influenza is a serious illness that can be fatal in older adults, who often have chronic medical conditions. The vaccine offers some, if not complete, protection against the flu and its consequences and can be administered as early as September. The flu season begins in mid-October and runs through March.

Hypothermia. Keep your thermostat set to at least 65 degrees to prevent hypothermia. Hypothermia kills about 600 Americans every year, half of whom are 65 or older, per the Centers for Disease Control and Prevention. Also, keeping the temperature at 65 or higher, even when you are not at home, will help prevent pipes from freezing.

Icy streets. Navigating through icy streets can be intimidating. Wear comfortable shoes with anti-slip soles. If you use a cane, replace the rubber tip before it is worn smooth and becomes slippery on the wet ice. It may be a good idea to have someone walk with you during those days.

House fires. Make sure your smoke alarms are working. You should also have working carbon monoxide alarms.

Falling in the home. Winter means fewer hours of daylight. Older people often need brighter lights in the home. You may also have difficulty adjusting to changes in light, and different levels of lighting may increase the risk of slips and falls. Make sure there are no great lighting contrasts from one room to another. Also, use night lights, especially in the bathroom, and don't have loose extension cords lying around - tape them to the floor. Make sure rugs are not wrinkled or torn in a way that can trip you as you walk.

Dehydration. Drink at least four or five glasses of fluid every day. This should not change just because it is winter. You may not feel as thirsty as you do in the summer months, but as you get older, your body can dehydrate more quickly, putting you at greater risk for complications from many illnesses and changing how your body responds to some medications.

Home emergencies. For older persons living alone, it is a good idea to have a way to communicate quickly with other persons or medical personnel. If you have a cell phone, keep it handy. Another option is a personal emergency response system, a device worn around the neck or on a bracelet that can summon help if needed.

The Role of Food and Your Health: Start an Upward Cycle!

By Kathleen Cook, SNAP-Ed Nutrition Educator, Cornell Cooperative Extension Broome County

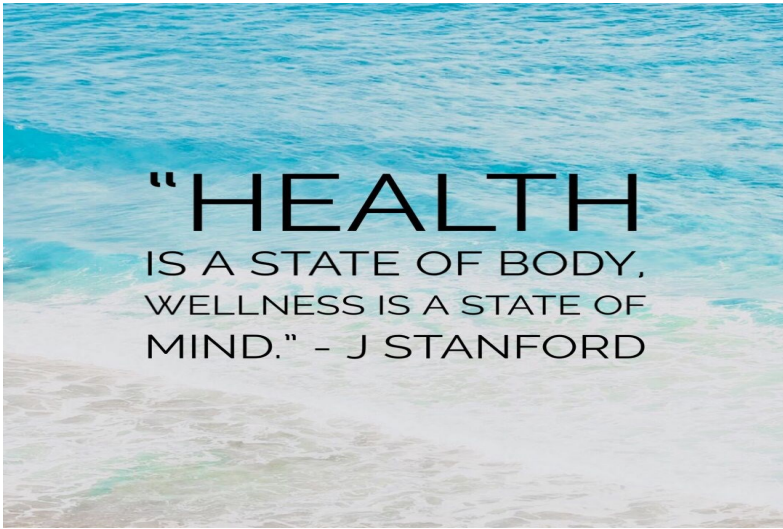
Did you know that you can make choices in your eating habits that will begin an upward cycle of improved health? The food you eat affects your energy levels, mental and emotional health, and your body's ability to heal and be strong. By making a conscious effort to eat the beneficial foods and *not* what may be harmful, you can become more able to continue those healthy habits.

Feeding your brain with fish, lean (non-fatty) meats, eggs, beans, and nuts will give you the protein power to think clearly. Water is also essential to having a healthy brain and healthy body overall. Drinking water when you feel worn out gives you a boost of energy, and a snack that includes protein and a fruit or vegetable will further help you feel well.

Eating whole grain foods like brown rice and oatmeal help your body feel satisfied longer and not quickly hungry again. The fiber in those grains and whole fruits and vegetables also helps to clean out the saturated fats and other substances our bodies need to eliminate. Whole grain crackers eaten with some low-fat cheese is a healthy choice because there is both protein and fiber in the combination.

Unfortunately, many foods that are packaged for convenience are highly processed, containing high levels of sugar, sodium, and saturated fats and lacking in the fiber, vitamins, and minerals our bodies need to function well and be healthy. A steady diet of these foods can lead to high levels of cholesterol or cause weight gain which can lead to other health problems like diabetes and high blood pressure.

Choosing to limit sweetened drinks, added sugars, fatty foods, processed meats and sodium will cut down on the draining effects these substances have on you. You can rise above feeling unable by rejecting the downward spiral and taking steps to begin the upward one instead. Remember: What you eat, or don't eat, matters. Take ONE step today toward a healthier you!



“HEALTH
IS A STATE OF BODY,
WELLNESS IS A STATE OF
MIND.” - J STANFORD

New Year's Word Search

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

BABY
 BALL
 CALENDAR
 CELEBRATION
 CLOCK
 CONFETTI
 COUNTDOWN
 EVE

FAMILY
 FRIENDS
 HAPPY
 JANUARY
 MIDNIGHT
 NEW YEAR
 NOISEMAKER
 PARTY

RESOLUTION
 TOAST



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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.

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

NEW YEAR'S EVE WORD SCRAMBLE

utwdcnono _____
 ebeltreca _____
 idgitmhn _____
 ecfotitn _____
 hserec _____
 sinoerustol _____
 rpyta _____
 apelsrkr _____
 kinsamereo _____
 nlaboslo _____
 sogla _____
 rkwesifro _____
 aajrnyu _____
 uemtriesqs _____
 eirmsome _____



SENIOR DAY TRIPS

UPCOMING

RENAISSANCE FESTIVAL

MARCH 23RD

LAUGHLIN - SPRING '24

GLENWOOD - APRIL '24

Contact Brian for details: 928-245-2528

Sudoku Answers

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

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Like our Facebook Page

<https://www.facebook.com/RVCommunityServicesCenter>



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



AN ODE TO OLD AGE

*There's quite an art to falling apart
as the years go by.
And life doesn't begin at 40,
That's a big fat lie.
My hair's getting thinner,
my body is not;
The few teeth I have
are beginning to rot.*

*I smell of Vick's-Vapo-Rub,
not Brut No. 5.
My new pacemaker's
all that keeps
me alive.*

*When asked of my past,
every detail I'll know,
But what was I doing
10 minutes ago?*

*Well, you get the idea,
what more can I say?
I'm off to read the obituary,
like I do every day;
If my names not there,
I'll once again start -
perfecting the art of
falling apart.*

New Year—New You!

The calendar below provides a health and wellness suggestion for each weekday of January.

Follow along with us and use these tips to put your best foot forward as you start 2024.

FOOTWEAR 1 If you are active this winter, check your footwear. Wear shoes that fit properly with non-slip soles. Most falls can be prevented by using small tips like this one to make each step a safe step	FIND A CLASS 2 Join our Yoga class on Tuesdays or consider another wellness class in the community - Add it to your calendar each month so you don't forget!	WATER UP! 3 Count how many cups of water you drink today! Are you meeting your goal? Set an intention to meet your goal each day in January	FUEL UP 4 A balanced, nutrient dense diet will keep you energized as you work more activity into your routine. Limit processed food and added sugar.	HOUSE WALK 5 House walking is an easy way to get in extra steps with it's cold outside. Walk down the hall, around the dining table—get a step counter to keep track of progress!
SLEEP HABITS 8 Are you getting 7-8 hours of rest each night? This week, notice your sleep habits, wind down before bed and create a calming bedtime routine.	BUDDY POWER 9 Ask a friend or neighbor to go for a walk with you or attend an exercise class with you. Exercise pals keep us motivated to stick with it.	GO VIRTUAL 10 Sometimes transportation is a challenge in attending a class—consider a virtual class, right from home!	CHORES COUNT 11 Sweeping, making the bed, vacuuming and other chores all count as activity that keeps you moving. Make your chores energetic with music.	DANCE MORE 12 Dancing is great exercise. It gets us moving and makes us feel good. Pick an upbeat song and move the beat. Dance standing or in a chair.
HOUSE WALK 15 Two weeks ago, we suggested house walking to get extra steps into your day—give it another try today and pick a new route around the house.	BOOKWORK 16 The more we read, the more we learn. The more we learn, the more we grow. Pick up a book at your local library on a wellness topic that interests you. Read.	CHECK—IN 17 Take a moment to check -in with yourself. How is your body feeling? Are you getting more activity in your day? Are you eating a balanced diet? Make changes if needed.	COFFEE CHAT 18 What have you learned about your journey? Share your wellness goals with a trusted friend for support and motivation to keep going.	DOCTOR IN? 19 What routine medical appointments to you need to schedule? Take time to schedule your appointments and stay on top of check-ups with your provider.
SELF-LOVE 22 Sometimes we can be hard on ourselves when we don't meet a goal quite the way we intended. If you are struggling, choose to be as kind to yourself as you would be to someone else.	PREVENT FALLS 23 Have you noticed any fall hazards in your home? Remove throw rugs that may trip you. Fix lightbulbs that have burned out. Clear clutter.	TV STRETCHES 24 Do you enjoy TV? Use each commercial break to do seated stretches in a sturdy chair. Talk to your doctor about appropriate stretches for you.	GROCERY STEPS 25 Walk each aisle as an opportunity to get more steps into your day. Visit extra aisles this week or take an extra lap around the store before checking out.	COOKING CLASS 26 Invite someone over to try a new healthy recipe together. Cook together with a new vegetable—Eating healthy can be fun!

MONDAY, JANUARY 29—WEDNESDAY, JANUARY 31: It's the last week of January! You have spent a whole month trying new, creative ways to stay active and be your healthiest self. Whether you made big changes or a few small ones, every positive step you take should be celebrated. Use these last three weekdays in January to reflect on where your wellness goals are headed for February and early spring. Make a plan, write it out in detail, and keep it somewhere that you will see it often.



**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**



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

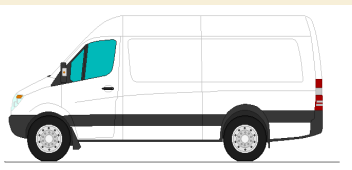
Senior Food Boxes

2nd Tuesday of each month

For information :

Robin Aguero

333-2516 (Option 4)



**DOOR TO DOOR
TRANSPORTATION
SERVICES
FOR SENIORS**

Local Transportation available throughout
Springerville and Eagar

Wheel Chair Accessible

Requested Donation:

\$2.50/ One Way

\$5.00/ Round Trip

Show Low :

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



Drive -Thru Food Bank

Every Tuesday

10:00 am—12:30 pm

356 S. Papago St.

Springerville


Cooking Demonstration

with Tomasa Lozoya

Tuesday, JANUARY 30th , 9:00am




JANUARY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p>1</p>  <p>Happy New Year!</p>	<p>2</p> <p>Lunch served at 11:30</p> <p>YOGA—Pilates 9:30</p> <p>Food Bank 10:00—12:30</p>	<p>3</p> <p>Lunch served at 11:30</p> 	<p>4</p> <p>Lunch served at 11:30</p>
<p>8</p> <p>Lunch served at 11:30</p>	<p>9</p> <p>Lunch served at 11:30</p> <p>YOGA class 9:30</p> <p>Food Bank 10:00—12:30</p> <p>SENIOR BOXES</p>	<p>10</p> <p>Lunch served at 11:30</p> 	<p>11</p> <p>Lunch served at 11:30</p>
<p>15</p>  <p>MARTIN LUTHER KING DAY</p>	<p>16</p> <p>Lunch served at 11:30</p> <p>YOGA class 9:30</p> <p>Food Bank 10:00—12:30</p>	<p>17</p> <p>Lunch served at 11:30</p> 	<p>18</p> <p>Lunch served at 11:30</p>
<p>22</p> <p>Lunch served at 11:30</p>	<p>23</p> <p>Lunch served at 11:30</p> <p>YOGA class 9:30</p> <p>Food Bank 10:00—12:30</p>	<p>24</p> <p>Lunch served at 11:30</p> 	<p>25</p> <p>Lunch served at 11:30</p>
<p>29</p> <p>Lunch served at 11:30</p>	<p>30</p> <p>Lunch served at 11:30</p> <p>Food Bank 10:00—12:30</p> <p>FOOD DEMO</p>	<p>31</p> <p>Lunch served at 11:30</p> 	

MENU – JANUARY, 2024

Lunch Served at 11:30 a.m.

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

Monday	Tuesday	Wednesday	Thursday	Friday
	2 Spaghetti / Meat sauce Corn Mixed Green Salad Garlic Bread Fruit Cocktail	3 BBQ Chicken Legs Sweet Potatoes Broccoli Roll Oranges	4 Beef Stew Potatoes, Carrots, Tomatoes Apple Slaw Cornbread Pears	5 Chicken Fettuccine Squash Medley Tossed Green Salad Garlic Bread <i>Nectarines</i>
8 Pepperoni Pizza Green Salad w/ Tomatoes 3-Bean Salad w/ Garbanzo, Green Beans & Corn Pineapple	9 Chicken Enchiladas Spinach Diced Cabbage & Tomatoes Tortillas Mixed Berries	10 Baked fish Mixed Veggies 7-Layer Salad Roll Fruit Cocktail	11 Beef Lasagna Seasoned Carrots Cucumbers & Tomatoes Garlic Bread Bananas	12 Turkey Burger/ Bun Baked Beans Lettuce/ Tomatoes Summer Squash Fruit Cup
15 CLOSED Martin Luther King Jr Day	16 Meat Loaf Mashed Potatoes Sliced Tomatoes Seasoned Carrots WW Bread Tropical Fruit	17 Herb Baked Chicken Green Beans Romaine Salad Cornbread Orange	18 Hamburger/Bun Lettuce/Tomato/ Pickles Baked Beans Pears	19 BBQ Pork Ribs Sweet Potatoes Tossed Green Salad Roll Fruit Cup
22 Turkey & Cheese Sandwich Glazed Beets Broccoli <i>Orange</i>	23 Salisbury Steak Mashed Potatoes w/ gravy, Roll Steamed Carrots Peaches	24 Chicken Taquitos Pinto Beans Lettuce/Tomato Fruit Cocktail	25 Pork Roast Mashed Potatoes/Gravy Bread Spinach Applesauce	26 Southwest Chicken Salad Black beans & Corn Mixed Greens Tortilla
29 Beef Tacos w/ Cheese Lettuce & Tomato Pears	30 Oven Fried Chicken/Roll Mashed Potatoes Steamed Carrots Pineapple	31 Beef Chili w/ Hamburger Bread Broccoli Peaches		

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.

