

Senior News

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What Are You Drinking?

This edition of the Senior News features articles and tips on making healthy decisions regarding hydration.

10 Reasons Why Hydration Is Important

Drinking plenty of water is a simple, yet vital, part of maintaining good health, especially as we get older.

1. Improved brain performance

Even mild dehydration—as little as 2% fluid loss—can affect memory, mood, concentration, and reaction time.

2. Digestive harmony

If you don't drink enough water, you may experience irregular bowel movements, gas, bloating, heartburn, and other discomforts that can hurt your quality of life.

3. More energy

A lack of fluids can also cause your heart to work harder to pump oxygen all throughout your body. All that expended energy can make you feel tired, sluggish, and less focused.

4. Weight loss/management

Since it provides a sense of fullness, water can help you feel satisfied in between meals—instead of heading to the snack cupboard. It can also help boost your metabolism.

5. Decreased joint pain

Did you know the cartilage in our joints contains approximately 80% water? Staying hydrated helps your joints stay well-lubricated, which helps reduce friction by creating more of a "cushion" between the bones.

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Spilling the Beans:

How Much Caffeine Is Too Much?

According to scientists at the FDA, caffeine can be part of a healthy diet for most people, but too much caffeine may pose a danger to your health.



Do you drink just one cup of coffee or tea first thing in the morning, hoping the caffeine in it will jump-start your day? Do you follow it up with a caffeinated beverage or two and then drink several more cups of coffee throughout the day?

According to scientists at the FDA, caffeine can be part of a healthy diet for most people, but too much caffeine may pose a danger to your health. Depending on factors such as body weight, medications you may take, and individual sensitivity, "too much" can vary from person to person.

Learn more about caffeine in the following questions and answers.

1. Which kinds of foods and beverages contain caffeine?

Caffeine can be found naturally in the plants we use to make coffee, tea and chocolate. Caffeine may also be added as an ingredient to foods and beverages.

2. How do you know how much caffeine a food or beverage contains?

Many packaged foods, including beverages and dietary supplements containing caffeine, voluntarily provide information on the label as to how much caffeine they contain. Consumers should take care when consuming for the first time a new packaged food containing added caffeine if the amount of caffeine in the food is not declared on the label.

For reference, a 12 ounce can of a caffeinated soft drink typically contains 30 to 40 milligrams of caffeine, an 8-ounce cup of green or black tea 30-50 milligrams, and an 8-ounce cup of coffee closer to 80 to 100 milligrams. Caffeine in energy drinks can range from 40-250 mg per 8 fluid ounces.

3. If a coffee or tea says "decaffeinated," does that mean it contains no caffeine?

No. Decaf coffees and teas have less caffeine than their regular counterparts, but they still contain some caffeine. For example, decaf coffee typically has 2-15 milligrams in an 8-ounce cup. If you react strongly to caffeine in a negative way, you may want to avoid these beverages altogether.

4. How much caffeine is too much?

For healthy adults, the FDA has cited 400 milligrams a day—that's about four or five cups of coffee—as an amount not generally associated with dangerous, negative effects. However, there is wide variation in both how sensitive people are to the effects of caffeine and how fast they metabolize it (break it down).

5. How do you know if you've consumed more caffeine than you can tolerate?

Over-consuming caffeine can cause:

- insomnia
- jittery
- anxiousness
- fast heart rate
- upset stomach
- nausea
- headache

6. Is drinking a lot of caffeine a substitute for sleep?

No. Caffeine is a stimulant, which may cause you to be more alert and awake, but it is not a substitute for sleep. Typically, it can take 4 to 6 hours for your body to metabolize half of what you consumed. So, a cup of coffee at dinner may keep you awake at bedtime.

Scam of the Month

Door to Door Scams

Door to door scammers will knock on your door and offer to sell you something, this could be a good or service. These people often have watched the neighborhood prior to knocking on your door and specifically target seniors as they are home during the day. Some of the goods or services they may offer would be things like home repairs, paving, home inspections, security alarm services, or disaster relief.

Warning signs that a visitor may be trying to scam you:

- Demanding money upfront
- Cash only
- Too good to be true
- No permit to sell door to door
- Scaring you into buying something
- Verbal estimates only

Beware of any unexpected visitors, they may be part of a team, one of them could be used to distract you while the other steals from you. Do your research before hiring someone to do work at your home and consider a written contract to protect yourself.

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.



Thirty days hath September,
April, June, and November.

All the rest have thirty-one
Except for February
when it's done.

February has twenty-eight.
Yet in leap year we assign
February twenty-nine.

**“Live in the sunshine, swim in the sea,
drink the wild air.”**

Ralph Waldo Emerson



Cat Breeds

Can you find the Cat Breeds listed below the puzzle?

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

SIAMESE
 BENGAL
 BIRMAN
 HIMALAYAN
 MANX
 HAVANABROWN

PERSIAN
 PIXIEBOB
 ORIENTAL
 BOMBAY
 BURMESE

MAINECOON
 RAGDOLL
 MUNCHKIN
 SNOWSHOE
 BOBTAIL

Banana Walnut Oatmeal



If your bananas are turning ripe before you're ready to eat them or use them in a recipe that calls for very ripe or mashed bananas, pop them in the freezer and thaw before using. The peel will turn very dark, but the taste and texture of the bananas

will be recipe-ready when you are!

Ingredients

- 2/3 cup milk (non-fat, dry)
- 1 dash salt
- 2 3/4 cups water
- 2 cups oats (quick cooking)
- 2 bananas (very ripe, mashed)
- 2 tablespoons maple syrup
- 2 tablespoons walnuts (chopped)

Directions

1. In a small saucepan, combine reconstituted non-fat dry milk, salt, and additional water. Heat over medium heat until steaming hot, but not boiling.
2. Add oats and cook, stirring until creamy, 1 to 2 minutes.
3. Remove the pan from heat and stir in mashed banana and maple syrup. Divide between 4 bowls, garnish with walnuts, and serve.

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

Watermelon Gazpacho



Watermelon can be combined with savory ingredients for a surprising and refreshing twist in this simple and quick gazpacho recipe.

Ingredients

- 4 cups cubed, seeded watermelon (divided)
- 1 cucumber (peeled, coarsely chopped, divided)
- 1 clove garlic (minced)
- 2 tablespoons chopped onion
- 2 teaspoons lime juice
- 1 teaspoon olive oil
- 1 tablespoon chopped fresh basil
- 1/8 teaspoon ground black pepper
- 1/2 jalapeño pepper, seeded and chopped (optional)

Directions

1. In a small bowl, mix 1 cup of cubed watermelon and 1/2 of chopped cucumber; set aside.
2. Process remaining ingredients in a food processor or blender until puréed.
3. Transfer all ingredients to a large bowl and stir.
4. Refrigerate until ready to serve.

Source: <https://www.myplate.gov/recipes/myplate-cnpp/watermelon-gazpacho>

10 Reasons Why Hydration Is Important

Continued from Page 1

6. Better temperature regulation

Drinking plenty of water helps you produce sweat when you're overheated during activity, which in turn cools your body down. This built-in cooling mechanism is critical in preventing heat stroke and other potentially deadly heat-related conditions.

7. Kidney stone prevention

Consuming adequate amounts of water each day can help dilute the concentration of minerals in your urinary tract and make stones less likely. Water also helps flush harmful bacteria from your bladder and can aid in preventing urinary tract infections (UTIs).

8. Healthier heart

When you don't drink enough glasses of water, it becomes concentrated, which can cause an imbalance of vital minerals (electrolytes).

9. Improved detoxification

Sufficient water intake supports your body's natural detoxification systems, which remove waste and harmful substances through urination, breathing, perspiration, and bowel movements.

10. Fewer headaches

Even a mild fluid loss can cause the brain to contract away from the skull, leading to headaches and migraines in some individuals. Being consistently well-hydrated may help keep head pain in check.

Source: <https://www.ncoa.org/article/10-reasons-why-hydration-is-important>

Sunshine, cloudy, inclement, volunteers are here at hand!
Bringing, on their own four wheels,
Senior Citizens nourishing meals.
May God bless them, evermore,
at their homes and at my door.

Thank you all, in the kitchen and on the roads!

- Lucia



This poem was written by a Meals on Wheels recipient to express their gratitude for the Meals on Wheels program. Thank you for your lovely words, Lucia. And, thank you to all Meals on Wheels volunteers!

by all these lovely ^{TOKENS}
september ^{DAYS ARE HERE,}
WITH SUMMER'S BEST OF weather
AND autumn's
best of cheer.

(h.h. jackson)

UPCOMING FALL TRIPS

DOLLY STEAMBOAT
HONDAY CASINO
FALL COLORS

SATURDAY, SEPTEMBER 9th
2nd THURSDAY EACH MONTH
DATE TBD

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

Road trips

Welcome September!

May this month bring you
satisfaction, peace and joy.

May all the desires of your
heart be granted.

May this be the beginning of
new things in your life.

Stay strong, be positive and
fulfill your dreams

Happy new month friends!



JOKES

What do cats like to eat
on a hot day? A **mice-
cream cone!**

How do two cats end a
fight? They **hiss and
make up!**

What's a cat's favorite
color? **Purr-ple!**

What is a cat's favorite
movie? *The Sound
of Mewsic!*

What do you call a cat
who loves to bowl?
An **alley cat!**

Why was the cat afraid
of the tree? Because of
its **bark!**

KITTY CONTEST

Bring in a Photo of your Feline Friend so we can set up a wall of Kitties!

The Kitty who wins the most votes, will receive a bag of Kitty Kibble!

MEOW!!



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

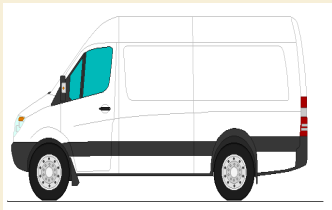
Tuesday, September 26

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



2023

CENTER OPEN

M-Th 7:00a.m.—2:00p.m.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
4 	5 Lunch served at 11:30 YOGA—Pilates 9:30 Food Bank 10:00—12:30	6 Lunch served at 11:30 	7 Lunch served at 11:30
11 Lunch served at 11:30  BP Check 10:30—11:30	12 Lunch served at 11:30 YOGA—Pilates 9:30 Food Bank 10:00—12:30 SENIOR BOXES	13 Lunch served at 11:30 	14 Lunch served at 11:30
18 Lunch served at 11:30  BP Check 10:30—11:30	19 YOGA—Pilates 9:30 Lunch served at 11:30 Food Bank 10:00—12:30	20 Lunch served at 11:30 	21 Lunch served at 11:30
25 Lunch served at 11:30  BP Check 10:30—11:30	26 FOOD DEMO 10:30 Lunch served at 11:30 Food Bank 10:00—12:30	27 Lunch served at 11:30 	28 Lunch served at 11:30



MENU – SEPTEMBER, 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>4</p> <p>CLOSED FOR LABOR DAY</p>	<p>5</p> <p>Chicken Enchiladas Spinach Diced Cabbage & Tomatoes Tortillas Mixed Berries</p>	<p>6</p> <p>Baked fish Mixed Veggies 7-Layer Salad Roll Fruit Cocktail</p>	<p>7</p> <p>Beef Lasagna Seasoned Carrots Cucumbers & Tomatoes Garlic Bread Bananas</p>	<p>8</p> <p>Turkey Burger/ Bun Baked Beans Lettuce/ Tomatoes Summer Squash Fruit Cup</p>
<p>11</p> <p>Egg Salad Sandwich Cole Slaw w/ Cabbage & peppers Minestrone Soup WG Bread Strawberries</p>	<p>12</p> <p>Meat Loaf Mashed Potatoes Sliced Tomatoes Seasoned Carrots WW Bread Tropical Fruit</p>	<p>13</p> <p>Herb Baked Chicken Green Beans Romaine Salad Cornbread Orange</p>	<p>14</p> <p>Hamburger/Bun Lettuce/Tomato/Pickles Baked Beans Pears</p>	<p>15</p> <p>BBQ Pork Ribs Sweet Potatoes Tossed Green Salad Roll Fruit Cup</p>
<p>18</p> <p>Turkey & Cheese Sandwich Glazed Beets Broccoli Orange</p>	<p>19</p> <p>Salisbury Steak Mashed Potatoes w/ gravy, Roll Steamed Carrots Peaches</p>	<p>20</p> <p>Chicken Taquitos Pinto Beans Lettuce/Tomato Fruit Cocktail</p>	<p>21</p> <p>Pork Roast Mashed Potatoes/Gravy Bread Spinach Applesauce</p>	<p>22</p> <p>Southwest Chicken Salad Black beans & Corn Mixed Greens Tortilla</p>
<p>25</p> <p>Beef Tacos w/ Cheese Lettuce & Tomato Pears</p>	<p>26</p> <p>Oven Fried Chicken/Roll Mashed Potatoes Steamed Carrots Pineapple</p>	<p>27</p> <p>Beef Chili w/ Hamburger Bread Broccoli Peaches</p>	<p>28</p> <p>Hamburger Casserole Green Beans Lettuce & Tomato Garlic Bread Mandarin Oranges</p>	<p>29</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.

Hello,
September!