



# Senior News

Robin Aguero, Director

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***“Aging successfully means staying active in mind, body and soul.” – Carol, age 70***

“I like to stay active by combining several of my interests. I enjoy walking and I walk regularly with other seniors. During the good weather, I often go on hikes to observe nature. When I’m out, I always take my camera with me. I have numerous photographs of birds and insects. I also enjoy doing street photography when I’m traveling to new destinations. I turn many of my photographs into jigsaw puzzles that I can solve on my computer.” -Robert, age 75

“I keep physically active by gardening, walking, and taking the stairs. I keep mentally active by going to Lyceum, reading, and doing computer work as a volunteer.” – Tom, age 83

“Smile, enjoy life and be positive!” -Millie, age 80

“I don't think of myself as aging, I just think of myself as living my life. I feel the same way now as I did as a 22-year-old, and others have told me the same is true for them. Our outward appearance changes as our mileage gets higher, but that doesn't change who we are inside. We might have to make adjustments to our lives based on health problems, but that can happen at any age.” - Janis, age 68

“I feel a responsibility to stay as fit as possible via diet and exercise. I guess the most important thing to me is to feel like I matter to people in my family and community.” – Helen, age 69

“Enjoying the free time I now have in retirement, is a joy I do not take for granted.” – Jack, age 64

“I love looking back on memories I've created in my time here and find excitement in all the memories I'll be creating.” – Joseph, age 83



## **We Ask, You Answer:**

The true secrets to life are all around us!

**What is your secret to aging your way?**

Submit your method to aging to be included in an upcoming newsletter

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



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



## Aging: What to Expect

Wonder what's considered a normal part of the aging process? Here's what to expect as you get older — and what to do about it.

You know that aging will likely cause wrinkles and gray hair. But do you know how aging will affect your teeth, heart, and memory? Find out what changes to expect as you continue aging — and how to promote good health at any age.

### Your cardiovascular system

The most common change in the cardiovascular system is stiffening of the blood vessels and arteries, causing your heart to work harder to pump blood through them. The heart muscles change to adjust to the increased workload. Your heart rate at rest will stay about the same, but it won't increase during activities as much as it used to. These changes increase the risk of high blood pressure (hypertension) and other cardiovascular problems.

#### What you can do

- **Include physical activity in your daily routine** - Try walking, swimming, or other activities you enjoy. Regular moderate physical activity can help you maintain a healthy weight and lower your heart disease risk.
- **Eat a healthy diet** - Choose vegetables, fruits, whole grains, high-fiber foods, and lean sources of protein, such as fish. Limit foods high in saturated fat and salt.
- **Don't smoke**
- **Manage stress.** Stress can take a toll on your heart. Take steps to reduce stress, such as meditation, exercise or talk therapy.
- **Get enough sleep.** Quality sleep plays an important role in the healing and repair of your heart and blood vessels. Aim for seven to nine hours a night.

### Your bones, joints, and muscles

With age, bones tend to shrink in size and density, weakening them and making them more susceptible to fracture. You might even become a bit shorter. Muscles generally lose strength, endurance, and flexibility — factors that can affect your coordination, stability, and balance.

#### What you can do

- **Get adequate amounts of calcium** - Dietary sources of calcium include dairy products, broccoli, kale, salmon, and tofu. If you find it difficult to get enough calcium from your diet, ask your doctor about calcium supplements.
- **Get adequate amounts of vitamin D** - Many people get adequate amounts of vitamin D from sunlight. Other sources include tuna, salmon, eggs, vitamin D-fortified milk and vitamin D supplements.
- **Include physical activity in your daily routine.** Weight-bearing exercises, such as walking, jogging, tennis, climbing stairs and weight training can help you build strong bones and slow bone loss.
- **Avoid substance abuse**

### Your memory and thinking skills

Your brain undergoes changes as you age that may have minor effects on your memory or thinking skills. For example, healthy older adults might forget familiar names or words, or they may find it more difficult to multitask.

#### What you can do

- **Include physical activity in your daily routine** - Physical activity increases blood flow to your whole body, including your brain.
- **Eat a healthy diet.** Focus on fruits, vegetables, and whole grains. Choose low-fat protein sources, such as fish, lean meat, and skinless poultry. Too much alcohol can lead to confusion and memory loss.
- **Stay mentally active.** Staying mentally active may help sustain your memory and thinking skills. You can read, play word games, take up a new hobby, take classes, or learn to play an instrument.

- **Be social.** Social interaction helps ward off depression and stress, which can contribute to memory loss. You might volunteer at a local school or nonprofit, spend time with family and friends, or attend social events.
- **Treat cardiovascular disease**
- **Quit smoking**

### Your eyes and ears

With age, you might have difficulty focusing on objects that are close. You might become more sensitive to glare and have trouble adapting to different levels of light. Aging also can affect your eye's lens, causing clouded vision (cataracts).

Your hearing also might diminish. You might have difficulty hearing high frequencies or following a conversation in a crowded room.

#### What you can do

- **Schedule regular checkups.**
- **Take precautions.** Wear sunglasses or a wide-brimmed hat when you're outdoors and use earplugs when you're around loud machinery or other loud noises.

### Your teeth

Your gums might pull back from your teeth. Certain medications, such as those that treat allergies, asthma, high blood pressure and high cholesterol, also can cause dry mouth. As a result, your teeth and gums might become slightly more vulnerable to decay and infection.

#### What you can do

- **Brush and floss twice a day**
- **Schedule regular checkups**

### Your skin

With age, your skin thins and becomes less elastic and more fragile, and fatty tissue just below the skin decreases. You might notice that you bruise more easily. Decreased production of natural oils might make your skin drier. Wrinkles, age spots and small growths called skin tags are more common.

#### What you can do

- **Be gentle** - Bathe or shower in warm — not hot — water. Use mild soap and moisturizer.
- **Take precautions** - When you're outdoors, use sunscreen and wear protective clothing. Check your skin regularly and report changes to your doctor.
- **Don't smoke**

### Your weight

How your body burns calories (metabolism) slows down as you age. If you decrease activities as you age, but continue to eat the same as usual, you'll gain weight. To maintain a healthy weight, stay active and eat healthy.

#### What you can do

- **Include physical activity in your daily routine**
- **Eat a healthy diet**
- **Watch your portion sizes**

Information adapted from <https://www.mayoclinic.org/healthy-lifestyle/healthy-aging/in-depth/aging/art-20046070>

# hello,

# JUNE

*it's been a while since  
i've seen you last*

# Upcoming Events



We have several day trips planned for the summer.

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

## 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.

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

**Fathers** are wonderful people  
Too little understood,  
And we do not sing their **praises**  
As often as we should...  
But **FATHERS** are just wonderful  
In a million different ways,  
And they merit loving **compliments**  
And accolade of praise,  
For the only reason Dad aspires  
To **fortune** and success  
Is to make the family proud of him  
And to bring them **HAPPINESS...**  
And like our Heavenly Father,  
He's a **guardian** and a guide,  
Someone that we can count on  
To be **always** on our side.

*Happy Fathers Day*

## FATHER'S DAY BBQ IN THE PARK



It's

**BBQ**

Time!



THURSDAY,  
JUNE 15TH  
11:00—1:00

\$5/Plate



# Vote for your Favorite Poem

## Springtime in Springerville

By: Betty Bockoras

I remember spring in New England,  
With the birds and blooms in May  
The snow was gone; the sun was warm; Grass  
grew greener every day

And then I came to Springerville.  
I expected much the same.  
The snow is gone, the sun is warm,  
But wind nearly blows me away



And what about the new green grass?  
Surely it will be here soon!  
They said it'll be here later  
In July, during the monsoon.

Monsoon, you say? Strong winds and rain?  
That was a surprise to me.  
But they have lived here long enough  
To know that it will be.

I'm glad I came to Springerville.  
Though the wind blows cold and strong,  
The folks are warm and friendly,  
Like the sun and blooms in spring.

## The Beautiful Flower

By: Beverly West

I once walked the hills  
On a bright Spring day  
With joy in my heart  
Amongst the bright flowers at play

As the wind blew softly  
down through the hills  
I saw a flower growing  
alone in the field



Different from all the others  
It's color was brighter, it's petals were long.  
Swaying back n forth, as if singing a song.

I slowly moved closer and then I knew  
This beautiful flower was not alone,  
For God's angels surrounded it  
And they were the ones singing the song

So I left it alone, joyfully going my way  
Hoping others might blessedly see someday  
This beautiful flower I thought was alone in  
this field, God never meant for this beautiful  
flower **to sit on a sill!**

## Spring in April

By: Louisa Quintana

The ground hog showed us we would be happy as we wait,  
for the Spring in Springerville is coming our way  
The snow still falling and bringing a chill  
we are eager as we wait in the tow of Eagar still



The months go by and we say, when will it warm, is it today?  
The children loving the snow as they run and play. Not a worry of the change  
which awaits us one day. Spring in April is soon on it's way.

We see the streams flowing as the snow melts away. The green is peeping on the  
wet ground. In Round Valley we are anxious and say, Is this now here to stay?

We learn the signs the animals give. The calves, the colts and the wild life live. This  
valley is the beauty of the elk, the big horn and the deer. The signs they give we  
know Spring in near.

Spring is soon to come with April Showers yearning and awaiting the beautiful  
flowers. I'm thinking soon will be a sunny day so even my mommy and daddy can  
come out to play.

## Flutter Butterfly

By: Barbara "Jean" Allen

Butterfly, Butterfly, so full of color, like no other

Flapping your wings in the breeze...

So free at peace, flying with ease....

Where you go I do not know

With no cares no woes....

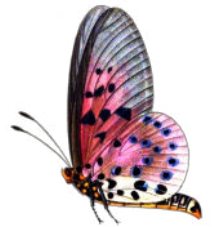
Headed onward...upward

Lifting high into the sky...

I say GOODBYE...

Where you go I do not know

Thank you for your grace, leaving without a trace



## APRIL

By: Tony Savala

**A**wake from Winter Cold

**P**retty nature flowers

**R**ushing streams filling ponds

**I**n God's hands

**L**ife to little creatures



## Apple Wedges with Pumpkin Almond Butter

Breakfast is a snap with this simple dip!

### Ingredients

#### For the Dip:

- 1/2 cup pumpkin puree (canned or from scratch)
- 1/3 cup almond butter (or crunchy peanut butter)
- 2 tablespoons maple syrup
- 1/8 teaspoon cinnamon

#### Apple Slices:

- 24 slices golden delicious apple slices
- 24 slices granny smith apple slices



### Directions

1. Mix dip ingredients.
2. Serve with apple slices.

Reprinted from: <https://www.myplate.gov/recipes/myplate-cnpp/apple-wedges-pumpkin-almond-butter>



## Green Bean Rice Casserole

This no-fuss side dish is a great addition to any meal and can be prepared in a flash.

### Ingredients

- 1/2 cup onion, chopped
- 2 teaspoons vegetable oil
- 1/2 cup rice, uncooked
- 1 can low-sodium green beans, drained (about 15 ounces)
- 1 can low-sodium diced tomatoes (about 15 ounces)
- 1 cup water



### Directions

1. In a medium-size pan, cook onions in vegetable oil until they start to turn light brown.
2. Add the rice, green beans, tomatoes, and water.
3. Bring to a boil.
4. Cover the pot with a lid and cook over low heat for 10 minutes.

Reprinted from: <https://www.myplate.gov/recipes/myplate-cnpp/green-bean-and-rice-casserole>

## Sudoku Answers

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



## Grilled Cheese with Peaches

This grilled cheese packs an unexpected twist with the sweetness of canned peaches!

### Ingredients

- 8 slices whole grain bread
- 1 15-oz can of peaches, drained
- 8 slices low-fat cheddar cheese
- 7 1/2 cups spinach
- 4 teaspoons vegetable oil



### Directions

1. Heat the 4 tsp of vegetable oil in a large non-stick pan over medium heat.
2. Place 4 slices of whole grain bread in the pan.
3. Layer (in this order) one slice of cheese, a handful of spinach, 4 to 6 peach slices, another slice of cheese, and a slice of bread on top of each original slice of bread.
4. After 4 to 5 minutes, flip each sandwich and cook another 4 to 5 minutes.

Reprinted from: <https://www.myplate.gov/recipes/myplate-cnpp/grilled-cheese-peaches>



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

Monday—Thursday, 7:00 am—2:00 pm



**BINGO**

WEDNESDAYS

12:00 PM

Lunch served at 11:30

Salad Bar w/ meals  
Every Wednesday



### 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

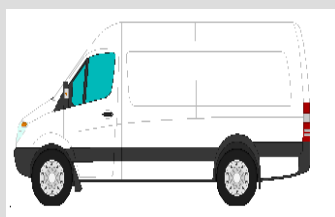
### Cooking Demonstration

Tuesday, June 20

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 :**

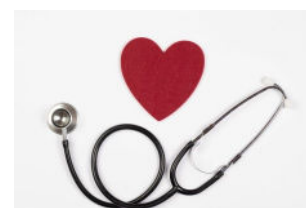
1st and 3rd Friday of each month (min. 3 reservations)

\$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
			<b>1</b> Lunch served at 11:30
<b>5</b> Lunch served at 11:30  BP Check 10:30—11:30	<b>6</b> Lunch served at 11:30 <b>YOGA—Pilates 9:30</b> <b>Food Bank</b> 10:00—12:30	<b>7</b> Lunch served at 11:30 	<b>8</b> Lunch served at 11:30
<b>12</b> Lunch served at 11:30  BP Check 10:30—11:30	<b>13</b> Lunch served at 11:30 <b>Food Bank</b> 10:00—12:30 <b>SENIOR BOXES</b>	<b>14</b> Lunch served at 11:30 	<b>15</b> 
<b>19</b> Lunch served at 11:30  BP Check 10:30—11:30	<b>20</b> <b>YOGA—Pilates 9:30</b> Lunch served at 11:30 <b>Food Bank</b> 10:00—12:30	<b>21</b> Lunch served at 11:30 	<b>22</b> Lunch served at 11:30
<b>26</b> Lunch served at 11:30  BP Check 10:30—11:30	<b>27</b> <b>Food Demo 10:30 am</b> Lunch served at 11:30 <b>Food Bank</b> 10:00—12:30	<b>28</b> Lunch served at 11:30 	<b>29</b> Lunch served at 11:30

# MENU – JUNE, 2023

Lunch Served at 11:30 a.m.

Recommended Donation - \$5 per meal. Please donate what you can afford.

Monday	Tuesday	Wednesday	Thursday	Friday
			1  Sloppy Joes Broccoli Salad Peas/Carrots Tropical Fruit	
5 Tuna Salad Sandwich White Bean Soup Green Beans Strawberries & Bananas	6 Spaghetti / Meat sauce Corn Mixed Green Salad Garlic Bread Fruit Cocktail	7 BBQ Chicken Legs Sweet Potatoes Broccoli Roll Oranges	8 Beef Stew Potatoes, Carrots, Tomatoes Apple Slaw Cornbread Pears	9 Chicken Fettuccine Squash Medley Tossed Green Salad Garlic Bread <i>Nectarines</i>
12 Pepperoni Pizza Green Salad w/ Tomatoes 3-Bean Salad w/ Garbanzo, Green Beans & Corn Pineapple	13 Chicken Enchiladas Spinach Diced Cabbage & Tomatoes Tortillas Mixed Berries	14 Baked fish Mixed Veggies 7-Layer Salad Roll Fruit Cocktail	15 	16 Turkey Burger/ Bun Baked Beans Lettuce/ Tomatoes Summer Squash Fruit Cup
19 Egg Salad Sandwich Cole Slaw w/ Cabbage & peppers Minestrone Soup WG Bread Strawberries	20 Meat Loaf Mashed Potatoes Sliced Tomatoes Seasoned Carrots WW Bread Tropical Fruit	21 Herb Baked Chicken Green Beans Romaine Salad Cornbread Orange	22 Hamburger/Bun Lettuce/Tomato/ Pickles Baked Beans Pears	23 BBQ Pork Ribs Sweet Potatoes Tossed Green Salad Roll Fruit Cup
26 Turkey & Cheese Sandwich Glazed Beets Broccoli <i>Orange</i>	27 Salisbury Steak Mashed Potatoes w/ gravy, Roll Steamed Carrots Peaches	28 Chicken Taquitos Pinto Beans Lettuce/Tomato Fruit Cocktail	29 Pork Roast Mashed Potatoes/Gravy Bread Spinach Applesauce	30 Southwest Chicken Salad Black beans & Corn Mixed Greens Tortilla

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.

