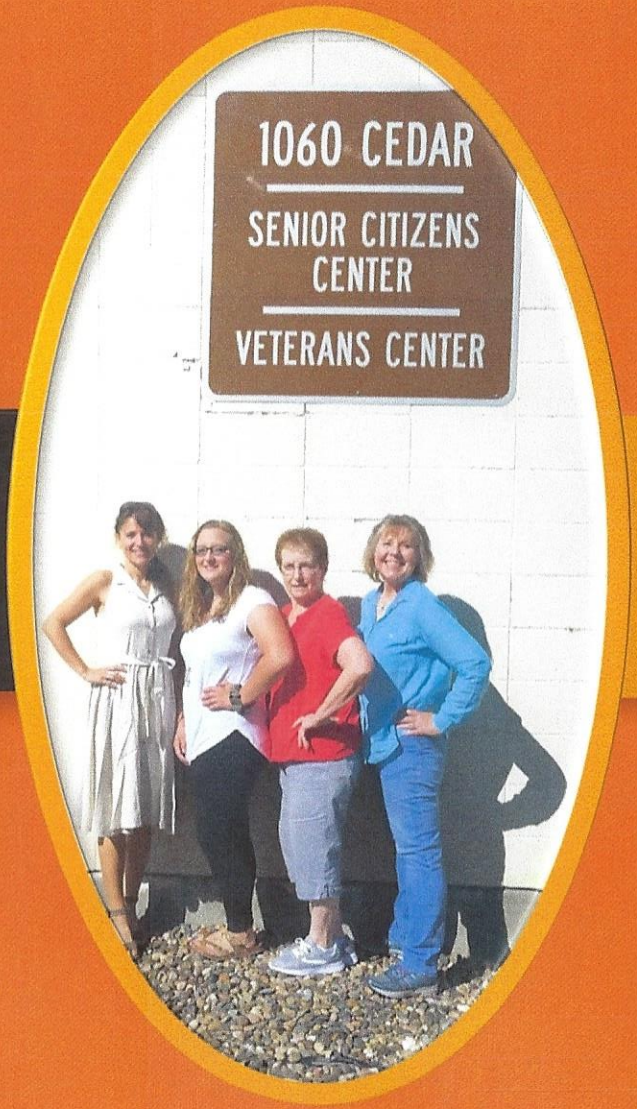
FORSYTH SENIOR CENTER

August 2020

Newsletter



BIRTHDAYS FOR THE MONTH

FORSYTH SENIOR CENTER

August 3rd: Idah Johnson
August 4th: Michele Treible
August 6th: Elmer Heberle
August 12th: Linda Martin
August 24th: Rudy Crawford
August 26th: Naomi Rusdal
August 30th: Carol Stokke
August 30th: Gayle Fulton
August 31st: Alice Hendrixon

SERVICES

FORSYTH SENIOR CENTER

- Coffee/social every morning from 9 am
- In-house meals Monday to Friday at 12:00 (please call before 9:30) **CURBSIDE STILL AVAILABLE**
- Home Delivered meals for housebound seniors.
- Transportation to Billings on Tuesday and Thursday and to Miles City on Mondays, Wednesday and Friday for medical appointments.
- Monthly trips/excursions (weather permits)
- Exercises/Wellness: **CANCELLED UNTIL CENTER WILL BE RE-OPENED TO THE PUBLIC**
    - Indoor walking: Monday, Wednesday and Friday at 8:00
    - Arthritis Exercise: Mondays and Fridays at 9:00
    - Advanced Arthritis Class: Wednesdays at 9:00
- Loan Closet: We loan people equipment to get back on their feet after surgery or illness.
- Homemaking: Assistance to persons who are unable to perform day to day household duties and have no one available to assist them.

PROGRAMS

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* **Commodities food boxes** monthly. Free of any cost, this program targets low income seniors. This person will receive a complete package of 30 pounds of food including canned veggies, canned fruit and meat. Milk, cheese, cereal and a sort of grains that come on the shape of pasta, rice or flour.
* **Mail a Meal Program.** This is designed not only for seniors, it is designed for the whole family. It comes on a monthly box of 50 pounds of food with some prepared meals, like tortellini, pancake mix, oat meal, rice a Ronni type of boxes. It is very complete.
* **SHIP Counseling**. Medicare/Medicaid State Specialist Miss Linda Wolff comes once a month to help everyone with their plans. Give us a call to schedule an appointment with her if needed.
* **LIEAP Low Income Energy Assistance Program and Weatherization.** This program comes from Action for Eastern Montana. Out of Glendive but our senior center hosts it here for the county. They help financially with energy expenses related to heating your home. From October to April. No matter if you rent or own your home. They also have what they call the "Weatherization" program that helps this LIEAP eligible homes become more energy efficient. Once a home/ family gets approved, an energy audit will be done to the home for evaluation.

AUGUST MENU

Please call 346-2878 by 9:30 am to reserve
All Meals served with water, coffee, tea, juice and 2%milk
SUGGESTED DONATION $4.00

FORSYTH SENIOR CENTER

3 **MONDAY** Chicken Pot Pie Green Salad Fruited Jell-O	**4** **TUESDAY** Salisbury Steak Noodles Mixed Veggies Fruited Pudding	**5** **WEDNESDAY** Beefy Rice Soup Ham Salad Sandwiches Fruit Salad Cookies	**6** **THURSDAY** **COOK'S CHOICE**	**7** **FRIDAY** Porcupine Meatballs Rice Mixed Veggies Fruit
10 Sloppy Jo's Tator Tots Coleslaw Fruit Crisp	**11** Sausage & Gravy over Biscuits Peas/Carrots Apple Crisp	**12** Chicken Strips Tator Tots Spinach Salad Fruit Salad	**13** Ham Quiche Tossed Salad Muffins Fruit	**14** Baked Cod Macaroni Salad Broccoli Normandy Fruit
17 Polish Dogs Sauerkraut Potatoes Green Salad Watermelon	**18** **TACO TUESDAY**	**19** Potato Soup Deli Wraps Pears Chocolate Cake	**20** Chicken Ala King Rice Stir Fry Veggies Fruited Jell-O	**21** Meatballs & Gravy Mashed Potatoes Mixed Veggies Aprictos
24 Chicken & Noodles Sweet Potatoes Peas Peach Crisp	**25** **COOK'S CHOICE**	**26** Tomato Soup Ham Sandwiches Relish Tray Pineapple Cake	**27** Baked Beans Weiners Tossed Salad Pineapple	**28** Ham Baked Potatoes Corn Green Beans Apple Crisp
31 Pork Fritters Pasta Salad Peas/Carrots Apple Slices	**1** Cod Fish Potatoes Mixed Veggies Fruit	**2** Smothered Pork Chops Mashed Potatoes Green Salad Apple Sauce Bars Fruit	**3** Chicken Salad Vegetable Salad Fruit Salad Bars	**4** Beef & Noodles Harvard Beets Green Salad Fruit

Staying Hydrated during the Dog Days of Summer

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According to a 2017 study, a majority of seniors weren't aware that dehydration can cause confusion, seizures and even life-threatening situations. Eight glasses a day might not be right for everyone. A Harvard Health Letter article suggests that 4-6 glasses might suffice, but diet and activity play a big role in determining the best amount for each individual.

Not only are seniors at a greater risk for dehydration, it's a common cause of hospitalization and other health complications. All the more reason to drink up!

Water can live in lots of different forms. So, if sipping straight out of a glass isn't your thing, there are still plenty of ways to get your daily dose of H20.

- Switch out your usual coffee or caffeine drink with herbal tea or hot water with lemon
- Have popsicles on hand for hot days
- Start your morning with a fruit smoothie
- Get your daily fill of fruits and vegetables (Melon, cucumber, and lettuce are over 90 percent water.)
- Mix it up by adding some flavor to your water with lemon or other fruits

Don't wait until you're thirsty to drink. Making a drinking schedule is easy when you can pair it with other things you do every day.

- Take a sip before every meal
- Enjoy a glass of water after every bathroom break
- Leave a bottle on the bedside table to drink every morning

Don't try to drastically change habits in one day. Our ability to maintain a habit of hydration may do best when water is gradually introduced more and more into our daily lives. A few small changes each day can not only make a big impact, but also help to create hydration habits that stick.

As always, consult with a medical professional before making changes to your (or a loved one's) diet or liquid intake.

Four Mindfulness Exercises That Take Under a Minute or Less

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Mindfulness means maintaining a moment-by-moment awareness of our thoughts, feelings, bodily sensations, and surrounding environment, through a gentle, nurturing lens. When we practice mindfulness, our thoughts tune into what we're sensing in the present moment rather than rehashing the past or imaging the future.

1. Yawn and stretch for 10 seconds every hour.

Do a fake yawn if you have to. That will trigger real ones. Say "ahhh" as you exhale. Notice how a yawn interrupts your thoughts and feelings. This brings you into the present.

Then stretch really, really slowly for at least 10 seconds. Notice any tightness and say "ease" or just say hello to that place. Take another 20 seconds to notice and then get back to what you were doing.

2. Stroke your hands.

Lower or close your eyes. Take the index finger of your right hand and slowly move it up and down on the outside of your fingers. Once you have mindfully stroked your left hand, swap and let your left hand stroke the fingers of your right hand.

3. Mindful breathing for one minute

Lower your eyes and notice where you feel your breath. That might be the air going in and out at your nostrils or the rise and fall of your chest or stomach. If you can't feel anything, place your hand on your stomach and notice how your hand gently rises and falls with your breath. If you like, you can lengthen the in breath and the out breath or just breathe naturally. Your body knows how to breathe.

Focus on your breath. When your mind wanders, as it will do, just bring your attention back to your breath. You might like to say "thinking" when you notice your thoughts and just gently shepherd your attention back to your breath.

This can be done for longer than a minute. However, even for one minute it will allow you to pause and be in the moment. Or you might just like to breathe out and stress on the out breath and breathe in peace on the in breath.

4. **Loving-kindness meditation.**

For one minute, repeat "May I be happy, may I be well, may I be filled with kindness and peace." You can substitute "You" for "I" and think of someone you know and like, or just send love to all people.

BINGO IN THE PARK

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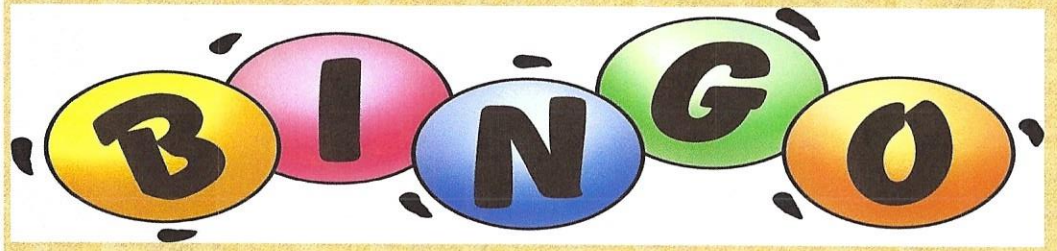

Please join us at Riverside Park on Tuesdays and Thursdays from 1-2 for bingo!

ZOOM ARHTRITIS CLASS

FORSYTH SENIOR CENTER

Mondays, and Fridays at 9am Deb will be hosting an online Arthritis Class, and Wednesdays will be Yoga Arthritis! It will be through the app "Zoom". If you have any questions or concerns please give us a call at 406-346-2878.

Name _____

summertime

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

SUMMER
POOL
ICECREAM
FRIENDS
HOTDOGS
VACATION
HOT
SWIMMING
SUNSHINE
WATERMELON
POPSICLE
OUTSIDE
SWEAT
SPRINKLER
BIKE
PICNIC
SWIMSUIT
CAMPING

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HAPPY FINDINGS!

OTHER EVENTS IN THE COMMUNITY

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August 14th: Poker Run & the Wayne Brothers & the Night Life band will be performing at the Iron Horse
August 15th: Duck Days Parade at Noon
August 15th: Car show at 1pm-4pm
August 15th: Street Dance held by the Iron Horse at 8pm
Every Monday at 12pm the Rosebud County Library has "Hungry High Schoolers Book Club" at 12pm
Every Friday at 11am Rosebud County Library will have story hour
Outdoor children's games/activities daily with library's story hour.

STRESS BUSTERS

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We all let the little things get to us sometimes. It is important to know when to step aside and take some time for yourself to relax and destress. Here are a few of the stress-relief techniques that may work for you.

- **Breathe!** Harness the power of your own inner strength and take control of your body with breathing exercises. Inhale through your nose and exhale twice as long through your mouth. Relax your shoulders. Feel your chest and belly rise and fall. Do this several times and feel calmness fill your body.
- **Exercise!** Exercise regularly. Walk around your neighborhood enjoying the sights and sounds of nature. Sometimes the fresh air can help you see that things aren't as bad as they seem. You may even run into a neighbor and have a friendly chat. We offer Arthritis Exercise. Call us.
- **Laugh!** Have some fun and a few laughs. Watch your favorite comedy or sitcom.
- **Do a Puzzle!** Whether you prefer Sudoku, Crossword or Picture Puzzles, focusing your energy on a critical thinking task provides a great distraction from stressors. The Senior Center has hundreds to lend you.
- **Music!** Playing, singing or just listening to your favorite tunes will surely bring a smile to your face.
- **Read or Listen to Books on Tape!** Read for distraction and for the sake of knowledge and inspiration. Rosebud County Library has books for all subjects and tastes. They have audio books too. Check them out!
- **Talk it Out!** The best way to solve a problem is to get things out in the open.
- **Ask for Help!** Asking for help gives another person an opportunity to do something good.
- **Spend Time with an Animal Friend!** Petting a cat or playing with a dog can be immensely helpful for relieving stress. If you don't have your own, enjoy a neighbors or a friends pet.
- **Count your Blessings!** Even on our worst days, we have many things to be thankful for.

FOOD ASSISTANCE PROGRAMS

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Rosebud County Senior Centers are offering different Food Assistance Programs to serve seniors with a monthly box of food designed to meet their specific nutritional needs.

Contact Ana Thompson at 346-2878 for a **confidential** application