



# SUNSHINE CENTER, INC.

**PROMOTING THE HEALTH, INDEPENDENCE & QUALITY OF LIFE FOR OLDER ADULTS**

FEBRUARY, 2012

140 W. BRIDGE, WEST POINT

Sunshine Center, Inc. is funded by the NENAAA, the City of West Point, donations, and fundraising events. Services are provided without regard to race, color, national origin, handicap or sex. There are no membership fees or attendance requirements. Hours are 8 a.m. - 5 p.m., Monday - Friday. Nutritious, well-balanced meals are served from 11:30 - noon with reservations required by 9 a.m. Transportation services are available within the City limits of West Point for appointments, errands, shopping, and trips to the Center. Please call in advance to schedule a ride. Call 402-372-3800 for more information. New faces and guests of all ages are always welcome!

## Leap Year Day

February 29? That's right. Every four years, a day must be added to the calendar to compensate for slight differences between our Gregorian calendar and the earth's actual orbit around the sun. The first Leap Year adjustment was made in 46 B.C. Leap Year Day adjustments are not made in century years which are not exactly divisible by 400.

## AMD/LOW VISION AWARENESS

Age-related macular degeneration (AMD) is a chronic condition that causes vision loss. It affects millions of Americans. In fact, it is the leading cause of blindness in people 60 and older. The greater your age, the greater your chance of being affected. It's important to know the symptoms of AMD, so if you ever notice anything wrong, you can see an ophthalmologist right away. Early detection is key to avoiding vision loss.

AMD symptoms include blurriness, wavy lines or a blind spot. You may notice visual distortions such as doorways seeming crooked, straight lines or faces appearing wavy, or objects appearing smaller or farther away.

AMD occurs when the macula - the central portion of the retina that is important for reading and color vision - becomes damaged. AMD is a single disease, but it can take two different forms: dry and wet.

Wet AMD is the more serious form, with more than 200,000 Americans diagnosed each year. Without treatment, patients can lose their central vision over time, leaving only peripheral, or side, vision. The symptoms can occur suddenly or gradually over time. Early detection and treatment can help you avoid severe vision loss.

Risk factors you can control with your doctor's help include: High Blood Pressure, High Cholesterol, Obesity, Smoking.

Risks you cannot control include: Age, Family History (if AMD runs in your family you may have a higher risk), Gender (women are more likely to get AMD than men), Race (AMD is more common in caucasians).

## FEBRUARY OBSERVANCES:

- Groundhog Day - 2nd
- National Wear Red Day - 3rd
- Valentine's Day - 14th
- Presidents' Day - 20th
- Ash Wednesday - 22nd
- National Bird Feeding Month
- National Cherry Month
- AMD/Low Vision Awareness Mo.
- Heart Month



## VALENTINE HUMOR

\*I don't understand why Cupid was chosen to represent Valentine's Day. When I think about romance, the last thing on my mind is a short, chubby toddler coming at me with a weapon.

\*You can't put a price tag on love, but you can on all its accessories.

\*Love is the thing that enables a woman to sing while she mops up the floor after her husband has walked across it in his barn boots.

\*Ole asked Lena what she wanted him to get her for a Valentine. "Oh, Ole," she says "I just want anything from you that has diamonds in it." Lena smiled and went on her way, dreaming about the diamonds she would receive. The next day Swens sees Ole, and says "Ye vizz Ole, ya shore got yer self into a spensive deal - now vot ya gonna do?" Ole smiled and said, "Oh, never mind me friend - I gonna get her vish right in WalMart. I'se gonna get her a deck of cards - dare yust full of diamonds!"

### DONATIONS FROM CENTER FRIENDS

Our sincere appreciation to the following for their donations to the Center this past month!!

Irene Jeffrey - 12 roll pkg. bathroom tissue, lge can coffee

Gus/Kay Papstein - \$20

Katie Tingelhoff - \$20

Betty Smith - \$10

Jan Harstick - lge can coffee

*Product of the Month for February is paper towels, however all donations are appreciated!*



### MEMORIALS

#### Given By

Cheryl Welding  
Marie Wieler  
Center Friends

#### In Memory Of

Harold Welding  
Doris Johnson  
Doris Johnson

Your thoughtfulness is appreciated. Thank You!



### MINUTES - BOARD OF DIRECTORS MEETING - JAN. 9, 2012

The meeting was called to order at 1:50 p.m. by President Rodger Anderson. Roll Call was answered with all directors and staff present. Minutes of the Dec. 12, 2011 Board meeting were read. A motion to accept the minutes as read was made by Glendene, 2nd by JoAnn E. Motion carried. Minutes of the Dec. 21st General meeting were read. The Treasurer's report was read by Glendene. Marie made a motion to approve the expenditures totaling \$727.25 and accept the report, 2nd by Berneice. Motion carried. The Transportation report totaled 419 one-way trips in December. Jolene mentioned we should purchase some floor mats for the vehicle.

**OLD BUSINESS:** A reminder of the Jan. 24th Guest Day was shared. We need to work to improve attendance.

**NEW BUSINESS:** February activities were discussed. It was decided to schedule a movie for Feb. 9 and another Guest Day for the 22nd. Election for 4 directors will occur in March. This year's nominating committee is Marie Wieler, JoAnn Evert, Joan Hasenkamp and Berneice Peterson. They will report at the Feb. 13 Board meeting with a list of nominees. A motion to adjourn was made by Glendene, 2nd by JoAnn E. Motion carried.

Joan Hasenkamp, Secretary

### FEBRUARY HONOREES

Friends and family are invited to join our honorees for card games at 1:00 p.m. on Friday the 24th. Refreshments follow at 3:00.

Marjorie Hass - 4th

Dorothy Batenhorst - 5th

Dorothy Kuester - 6th

Jim Schroeder - 9th

Charles Sanders - 10th

Orletha Kleeman - 10th

Thelma Furchert - 11th

Harold Kahler - 11th

Anna Ferne Moeller - 15th

Betty Daugherty - 19th

Edwin Rust - 21st



### CHERRIES IN SNOW CAKE

1 (18.25 oz.) package yellow cake mix

1 (3.5 oz.) package instant vanilla pudding mix

1 (21 oz) can cherry pie filling

Prepare and bake cake according to directions given on cake mix box using a 9 X 13 pan. Cool in pan. Prepare pudding according to directions. Pour on top of cooled cake. Pour cherries on top of pudding. Refrigerate leftovers.

### FEBRUARY IS HEART MONTH

Women may not initially suspect that they're having a heart attack--especially if they don't have the obvious chest pain. Get medical help immediately if you notice *any* of these symptoms: *Strange/uncomfortable sensations throughout the upper body; Shortness of breath; Breaking out in a cold sweat; Feeling unusually fatigued for no apparent reason; Sudden feelings of dizziness or lightheadedness; Feeling nauseated; An uncomfortable feeling or heaviness in the chest.*

\*\*\*\*\*

One kind word can warm three winter months.

\*\*\*\*\*

Only a chance can be fat and slim at the same time.

**CAREGIVER TIPS**  
"Caregiver Burnout", Part I  
(Excerpt from Help Guide)

There are days, as a caregiver, when getting out of bed to face another day of trials and tribulations of caregiving is impossible. There can be a feeling of being overloaded and unappreciated, because all that is done for the care receiver is not noticed, let alone rewarded as a job well done. If you feel like this most of the time, you may be flirting with burnout. Burnout is a state of emotional, mental, and physical exhaustion caused by excessive and prolonged stress. It occurs when you feel overwhelmed and unable to meet the constant demands.

As the stress continues, you begin to lose the interest or motivation to continue.

**Signs of Stress are:**

- Emotions are over reactive
- Characterized by over engagement
- Produces urgency and hyperactivity
- Loss of energy
- Leads to anxiety disorders
- Primary damage is physical
- May kill you prematurely

Burnout may be the result of unrelenting stress, but it is not the same as too much stress. Stress, involves "*too much*": too many pressures that demand too much of you physically and psychologically. People who are stressed believe if they can just get everything under control, they'll feel better.

Burnout, on the other hand, is about "*not enough*". Burnout means feeling empty, devoid of motivation, and beyond caring. People experiencing burnout cannot see any positive change in their situations.

**Signs of Burnout are:**

- Emotions are blunted
- Characterized by disengagement
- Produces helplessness and hopelessness
- Loss of motivation, ideals, and hope
- Leads to detachment and depression
- Primary damage is emotional
- May make life seem not worth living

Source: *Stress and Burnout in Ministry*

While people usually are aware of being under a lot of stress, and drowning in responsibilities, people with burnout won't realize it is occurring. They won't recognize how withered and dried up they have become until emotionally and physical they have withdrawn from family and community.

You may be headed towards burnout:

- If you feel like nothing you do makes a difference or is appreciated.
- If every day is a bad day.
- If caring about your home life, caregiving or work seems like a waste of energy.
- If you're exhausted all the time.
- If the majority of your day is spent on tasks you find either dull or overwhelming.

When you're burned out emotionally or physically, problems seem insurmountable, everything looks bleak. It's difficult to find the energy to care about a situation, let alone to do something about the situation. The unhappiness and detachment that you are feeling can threaten your health, relationships, jobs or outside home involvements.

Burnout reduces your productivity and saps your energy, leaving you with feelings of being helpless, hopeless, cynical, and resentful. Eventually, you may feel like you have nothing more to give. Reassessing your priorities, making time for yourself, and seeking support can help you regain your balance and desire to continue with the caregiving challenges.

Early recognition of the signs and symptoms of burnout can be handled through stress management techniques, but if left unresolved; burnout recovery may take longer and require more effort.

The key to managing burnout will be to learn the three Rs:

- **Recognize** – Watch for the warning signs of burnout
- **Reverse** – Undo the damage by managing stress and seeking support
- **Resilience** – Build your resilience to stress by taking care of your physical and emotional health

13K; 14N; 15G  
 10A; 11B; 12L  
 6M; 7E; 8I; 9D;  
 1C; 2H; 3F; 4J; 5O;  
**ANSWERS**



## USA Presidents Word Search

Find and circle all of the United States Presidents that are hidden in the grid.  
 The remaining letters spell an Abraham Lincoln quotation.

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

WASHINGTON  
 J ADAMS  
 JEFFERSON  
 MADISON  
 MONROE  
 J Q ADAMS  
 JACKSON  
 VAN BUREN  
 W HARRISON  
 TYLER  
 POLK

TAYLOR  
 FILLMORE  
 PIERCE  
 BUCHANAN  
 LINCOLN  
 A JOHNSON  
 GRANT  
 HAYES  
 GARFIELD  
 ARTHUR  
 CLEVELAND

B HARRISON  
 MCKINLEY  
 T ROOSEVELT  
 TAFT  
 WILSON  
 HARDING  
 COOLIDGE  
 HOOVER  
 F D ROOSEVELT  
 TRUMAN  
 EISENHOWER

KENNEDY  
 L JOHNSON  
 NIXON  
 FORD  
 CARTER  
 REAGAN  
 G H W BUSH  
 CLINTON  
 G W BUSH  
 OBAMA

## Presidential "Who-Said-It" Quiz

- 1) The buck stops here.
  - 2) I am a Ford, not a Lincoln.
  - 3) Ask not what your country can do for you, ask what you can do for your country.
  - 4) I want a kinder, gentler nation.
  - 5) A chicken in every pot and a car in every garage.
  - 6) The only thing we have to fear is fear itself.
  - 7) I am not a crook.
  - 8) God must love the common man because He made so many of them.
  - 9) I walk on untrodden ground. There is scarcely any part of my conduct which may not hereafter be drawn into precedent.
  - 10) Our peanut crop is probably going to be off 25 or 30 percent - because of the weather, not because I became President.
  - 11) Mr. Gorbachev, tear down this wall.
  - 12) The war is over - the rebels are our countrymen again.
  - 13) If elected, I shall see to it that every man has a square deal, no less and no more.
  - 14) I am a compassionate conservative.
  - 15) The tree of liberty must be refreshed from time to time with the blood of patriots and tyrants.
- A. Jimmy Carter
  - B. Ronald Reagan
  - C. Harry Truman
  - D. George Washington
  - E. Richard Nixon
  - F. John F. Kennedy
  - G. Thomas Jefferson
  - H. Gerald Ford
  - I. Abraham Lincoln
  - J. George H. Bush
  - K. Theodore Roosevelt
  - L. Ulysses S. Grant
  - M. Franklin D. Roosevelt
  - N. George W. Bush

**VOTE**