

SUNSHINE CENTER, INC.

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

JULY, 2010

140 W. BRIDGE

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 dues 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. Please call well in advance to schedule a ride. Call 372-3800 for more information. New participants and guests of all ages are always welcome!

ICE CREAM - We All Scream for Ice Cream!

It's likely that ice cream was not invented, but came to be over the years. Its origins can be traced back to at least the 4th century B.C. Other early references include the Roman Emperor Nero (A.D. 37 -68) and King Tang (Tang period 618 - 907 A.D.) of Shang, China. The idea of how to make ice cream was likely brought from China back to Europe. Over time, recipes for ices, sherbets and milk ices evolved and were served in the fashionable Italian and French royal courts.

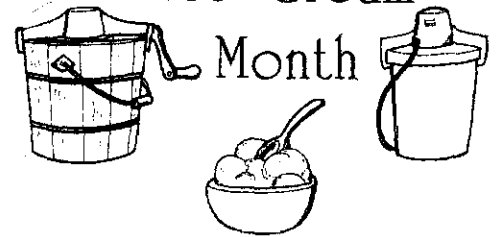
After the dessert recipes were imported to the United States, they were served by such famous Americans as George Washington, Thomas Jefferson and Dolly Madison.

Today's top 10 ice cream flavors in order of popularity are: Vanilla, Chocolate, Butter pecan, Strawberry, Neapolitan, Chocolate chip, French vanilla, Cookies and cream, Vanilla fudge ripple, Praline pecan

JULY OBSERVANCES

Independence Day - 4th
Blueberries Month
National Hot Dog Month
Family Reunion Month

National
Ice Cream
Month



HEAT STRESS

Small children and people aged 65 years and older are more prone to heat stress than any other age groups. Older adults do not adjust as well as young people to sudden changes in temperature. They are more likely to have chronic medical conditions that change the body's normal responses to heat. They are also more likely to take prescription medicines that impair the body's ability to regulate its temperature or that inhibit perspiration.

Heat Stroke is the most serious heat-related illness. It occurs when the body becomes unable to control its temperature. Heat stroke can cause death or permanent disability if emergency treatment isn't provided. The warning signs of heat stroke include: An extremely high body temperature (above 103 F); Red, hot and dry skin (no sweating); Rapid, strong pulse; Throbbing headache; Dizziness; Nausea

Heat Exhaustion is a milder form of heat-related illness that can develop after several days of exposure to high temperatures and inadequate replacement of fluids. The warning signs vary but may include the following: Heavy sweating; Paleness; Muscle cramps; Tiredness; Weakness; Dizziness; Headache; Nausea or vomiting; Fainting; Skin may be cool & moist; Pulse rate is fast and weak; Breathing is fast and shallow.

To protect yourself from these conditions: drink plenty of cool, nonalcoholic beverages; remain indoors during the heat of the day; seek an air-conditioned environment; wear lightweight clothing.

MAY SERVICES PROVIDED

- Average number of meals served/day - 33
- Nutrition education - 28
- Information & Assistance - 2
- Outreach - 5
- Blood Pressure - 12
- Blood Sugar - 12
- Health Education - 9
- Transportation - 433 one-way trips
- Financial Counseling - 1
- Caregiver Services - 26
- Foot Care - 8
- Tai Chi - 11
- Exercises - 34
- SHIP - 1

Your ideas for additional services we could provide are always welcome. Visit with Diane, Jolene or any Board member to share your thoughts. We appreciate your input!!

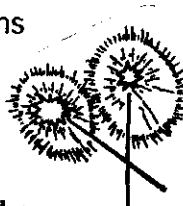


DONATIONS GIVEN TO THE CENTER:

- Gerald Daene - 2 lge pkg napkins
- Jeanie Fillmer - \$10
- Thelma Furchert - lge coffee
- Doris Johnson - Box of 24 Synpathy Cards
- Katie Tingelhoff - \$10
- Ted/Lorraine Buchholz - \$40
- Rita Steffensmeier - 2 lge coffees, 9 rolls toilet paper, 2 jars ice tea, 1 pkg small paper plates
- Adeline Poppe - \$10
- Eileen Meyer - \$10
- Linda Priebnow - \$10
- Virgil Hoge - \$10
- Marcella Schlecht - 2 cans air freshner, dish soap, 1 pkg napkins
- Helmet/Hanna Martin - 9 rolls toilet paper, lge coffee
- Bonnie Watson - June & July Table Decorations
- Harold K. & Rita S. - 2 lge coffees
- Anonymous - \$100

**THANK YOU!!
THANK YOU!!!**

The Center appreciates all donations and asks for your continued support. This month we are in need of paper towels and toilet paper products.



MEMORIAL DONATIONS received this past month were given by Ambrose/Nora Hugo and Gene/Jolene Peatrowsky in memory of Shirley Schuett (daughter of Lavern/Marjorie Hass). Our sympathy to the family.



Baseball Search

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



Find these if you can

- | | |
|----------------|---------------------|
| Balk | Innings |
| Base hit | Knuckleball (pitch) |
| Baseball | Leagues |
| Basemen | Line drive |
| Bases | Manager |
| Bats | Nine |
| Catcher | Outs |
| Diamond | Pitcher |
| Dime (pitch) | Pop fly |
| Duster (pitch) | Safe |
| Fielder | Shortstop |
| Foul | Sinker (pitch) |
| Gloves | Slider (pitch) |
| Helmet | Strike |
| Hitter | Team |
| Home Plate | Umpire |
| Homer | Walk |



CAREGIVER TIPS

“How to combat Insomnia for you the caregiver or for your loved one”

There are a growing number of seniors today who face the difficulty of sleep disorders. Up to 30% of the elderly experience infrequent sleep patterns, sleep apnea (the stoppage of breath) and waking up too early. Insomnia when left untreated can lead to depression, constant fatigue, and even a decline in health. Causes for insomnia are numerous, from chronic pain, illness, medication, lifestyle changes, anxiety and depression, etc. Whether the sleep disorder is affecting you the caregiver or is affecting your loved one, it must be treated so not to damage the sleep cycle permanently.

If you or your loved one has already begun sleeping less either by going to bed later or just by waking up at odd hours. You may consider the following suggestions or you may need help from health care professionals, who can assist you with the best treatment.

1. Check medication for sleep disturbance side effects---then discuss the affects with your doctor—they may suggest a different medication that will not have those side affects.
2. Restrict eating and drinking before bedtime--- this may eliminate the need to be disturbed to go to the bathroom.
3. Go to bed and wake up everyday approximately the same time, so your body will establish a routine.
4. Avoid caffeine beverages, such as regular coffee, tea or colas in the evening. Caffeine is a stimulant and can affect sleeping.
5. Try to avoid or limit smoking in the evening. Nicotine is a stimulant, which can affect sleep or cause difficulty in breathing.
6. Discourage off and on napping throughout the day. Napping can cause the person to get the days and nights mixed up or at the very least prevent them from needing as many hours of sleep at night.
7. Go for walks--- exercise can aid in circulation of blood and oxygen throughout the body leading to relaxation. It may make people more fatigued leading for the need of more sleep.
8. Reading relaxes the mind, so you may try reading before you plan to go to bed rather than watching television.
9. Have the room as dark as possible and limit the noise in the room or house.

Sleep disorders can affect the entire household, so you must work on this problem. Everyone needs to:

1. Remain calm and supportive of the person who is not able to sleep through the night.
2. Try to encourage the person to say in bed.
3. Reducing the levels of stress as much as possible before going to bed may give a peace of mind and decrease the anxiety that occurs with thinking about unsolved issues. Going to bed with issues not yet solved, is a sure reason for not sleeping.
4. Be willing to encourage them to try other methods to correct their sleeping problems.
5. Resist the temptation to use over the counter sleep aids that are intended for short-term use for long periods of time.

LOOK WHO'S CELEBRATING!!

JULY HONOREES INCLUDE:

Margaret Franzluebbbers - 2nd	Adeline Poppe - 11th
Gerhard Broekemeier - 3rd	Gerald Daene - 12th
Sylvia Iden - 3rd	Henry Popken - 14th
Mary Lou Bolter - 4th	Katie Tingelhoff - 14th
Janet Franzluebbbers - 6th	Elaine Zimmerman - 14th
Norma Pagels - 6th	Henrietta Steffensmeier - 15th
Lloyd Tietz - 8th	Arlis Schnieders - 20th
LaVonne Nissen - 11th	Merlin Hasenkamp - 21st

Please Join Us!!!

Don/Vera Benne - 3rd
 Gerald/Dorothy Hanneman - 13th
 LeRoy/Joan Schuetze - 20th

Our Birthday-Anniversary Party will be held on Friday, June 25 with cards beginning at 1:00 p.m. Refreshments will be served to honorees, relatives, friends and guests at 3:00 p.m

The only food that doesn't go up in price is food for thought.

Thankfulness depends on what is in your heart, not what is in your hand.

MINUTES – BOARD OF DIRECTORS MEETING – JUNE 14, 2010

Board President, Cecil Woodka, called the meeting to order at 2:00 p.m. All members were present except Joan Hasenkamp. The minutes of the May 10, 2010 Board meeting were approved as read and minutes of the May 19 General meeting were read. The Treasurer's report was reviewed and a motion made by Ann W. to approve the expenditures, 2nd by Marie W. Motion carried. Jolene gave the May Transportation report showing a total of 433 one-way trips, covering 386 miles.

OLD BUSINESS: A magnetic sign for the vehicle was tabled until next month.

NEW BUSINESS: Diane explained that the FY'11 III-B and III-C contracts with the NENAAA and the Catered Meal Agreement with Franciscan Care Services have been signed by the City and returned to the Area Agency on Aging.

The Center Rental Fee was discussed. The second garbage dumpster costs additional each time it is emptied and it is often used when the Center is rented. Marie W. made a motion to increase our rental fee by \$5 effective June 15, 2010, 2nd by Berneice P. Motion carried. The rental fee will now be \$80.

July activities were discussed. A bus trip to the Loft Theatre will be scheduled for July 16 and again on Dec. 10. The Center will be closed on July 5. We will contact George K. & Ron S. for entertainment on July 8.


A concern about Pitch tables involving 5 players was discussed. It was decided that there must be 3 or more tables of 5 players to have all the pitch tables play "Call-for-Card".

Ann W. made a motion to adjourn, 2nd by Marie W. Meeting adjourned.

Diane White, Manager

PEACH-A-BERRY PIE

4 c. fresh peaches - peeled & sliced
 1 c. fresh raspberries, washed
 3/4 c. white sugar
 3 Tbls. flour
 1 tsp. ground cinnamon
 2 (9-inch) pie crusts
 2 Tbls. butter, softened



Preheat oven to 400 degrees. Place peaches & raspberries in colander for about 15 minutes to drain any excess fluid, then transfer to a large bowl. Combine sugar, flour & cinnamon in separate bowl before transferring to bowl with the fruit. Gently toss to coat. Transfer to the pie crust. Dot with butter, top with remaining crust. Cut vents in top crust, sprinkle with 1 Tbls. sugar. Bake 45 -60 minutes, until crust is golden brown.