

SUNSHINE CENTER, INC.

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

April 2023

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. - 4:30 p.m., Monday - Friday. Nutritious, well-balanced meals are served from 11 :30 a.m. - noon with reservations required by 1:00 p.m. the prior business day. Transportation services are available from 8:30 a.m. - 3:00 p.m. 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!



April 16th-22nd is National Volunteer Week. National Volunteer Week is an opportunity to celebrate the impact of volunteer service and the power of volunteers .

The majority of volunteer work happens informally, with 70 per cent of all people who volunteer working directly to help people in their communities. Women represent 57 per cent of all volunteers.

Not only are volunteers on the front lines in their own communities during hard times, but groups of local volunteers build strength to cope with future crisis. This is because volunteering makes it possible for people to self-organize, share information and respond to shocks and stresses quickly.

Volunteers weave the safety nets that societies need and with the right support, they can create communities that are inclusive and capable of coping with crisis.

April Observances

1st April Fools Day
9th Easter
28th Arbor Day
16-22nd National Volunteer week



Due to weather in March, we will have two caregiver meetings in April.

April 13th with Chaplin Tom 2pm
April 20th with Bonnie 3pm

April Birthdays

Terry Scherer 3rd	Janice Frazey 23rd
Anne Jung 4th	Dennis Batenhorst 25th
LaVonne Woodka 5th	Melburn Brockmann 26th
Henry Druke 11th	Rhonda McDevitt 30th
Donna Brunnert 12th	
Peggy Watson 19th	





to the following friends for their donations to the Center this past month.

Men's Cards	\$13.00
Jan Harstick	\$20.00
Darlene Brummund	\$25.00
Bob/Joyce Vogltance	\$25.00
Roger/Jan Steenken	\$25.00
Wimmer/Beckenhauer	\$10.00
Anonymous	\$10.00
Ladell Kreikmeier	\$20.00
Louise Schulzkump	Playing Cards
Jan Harstick	\$40.00
Memorials	
In Memory of Janice Woerner	\$20.00
	\$5.00
	\$25.00
	\$10.00

Easter Fruit Fluff

- 1 Large 16 oz container of cool whip (Frozen)
- 2 8 oz cans of pineapple tidbits (drained)
- 3 small cans of mandarin oranges (drained)
- 1 3oz package of orange jello
- 1 24oz container of cottage cheese
- 2 cups of mini pastel marshmallows

In a large bowl combine cottage cheese and the package of orange jello powder, mix these two together really well. Next add in your frozen cool whip mix the cool whip in real well. Add all cans of drained fruit. Be sure to fold the fruit in. Once the fruit is all mixed in, you can fold in your marshmallows. Cover and let it chill for at least Two hours or more. Enjoy!!!

Minutes of the Board of Directors Meeting

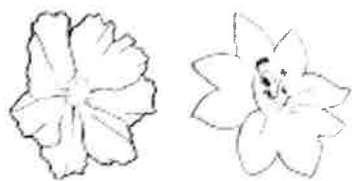
March 14th, 2023

The meeting was called to order by Vice President Virginia. Roll call was taken with one board member absent. Minutes of the February 21st, 2023 Board meeting were read. A motion was made by Cecil and seconded by Butch to accept the minutes as read. The motion was carried. The minutes of the General meeting were read. There was no discussion. The Treasures report was given and the monthly expenses in the amount of \$4,990.88 were reported. A motion was made by Butch and seconded by Cecil to approve the expenditures and accept the report. Motion Carried. There were 156 one way trips for the month.

Old Business: The taxes that will be owed for the sale of cookbooks and nomination of new member which will be elected March 15th, 2023 also the FY 24 budget were discussed.

New Business: The Edith Niederhofer Estate funds were discussed and will be in the April Treasures report. The Sloppy Joe luncheon which will be held June 8th, 2023 was discussed. A motion was made by Cecil and seconded by Butch to adjourn the meeting. Motion carried.

Theresa Perry, Secretary



Spring



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



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|-----------|-------------|---------|--------|--------|
| BIRDS | CALF | GARDEN | LAMB | SNAIL |
| BLOSSOM | CATERPILLAR | GRASS | NATURE | SPRING |
| BUGS | CHICKS | HATCH | NEST | SPROUT |
| BUNNY | FLOWERS | INSECTS | RABBIT | TULIP |
| BUTTERFLY | FROG | LADYBUG | ROBIN | WORM |



Better Taste for the Older Years

By Colleen Simon, Colorado State University
Extension, Golden Plains Area

Malnutrition is a serious health risk for older Americans, affecting an estimated one out of four. The diminishing ability to taste and smell is an often-neglected, yet treatable, factor in poor nutrition among the elderly.

A decrease in the senses of taste and smell begins around age 60 and is more pronounced by age 70. The tongue's taste buds become less sensitive, and the nerves in the nose that register aromas need extra stimulation to detect mouth-watering smells. That is why seniors may find that ordinarily seasoned foods taste bland.

Studies at Duke University indicate that the addition of flavor intensifiers to ordinary meals can significantly increase the pleasure of eating. An increase in weight and an improvement in general health usually follow.

Deteriorating health can further compound a decline in the sense of taste. This sense is vulnerable to nutritional status. Malnutrition affects the turnover of the taste bud cells and the integrity of the types of receptors. This in turn can affect the sense of taste and lead to further malnutrition. Cancer patients on chemotherapy or patients recovering from major surgery, for example, are prone to this cycle.

Medications also account for what one doctor calls "the true bitterness of old age." The average person 65 years or older takes three or more drugs. Drugs often are bitter. This bitterness comes out in the saliva and alters the sense of taste.

Research has uncovered effective, practical strategies to enhance the appetites of older persons. These tips can provide an extra boost to flavor and may help increase an older person's enjoyment and interest in eating.

- Add texture by using crunchy foods.
- Use bacon, cheese or butter flavors and monosodium glutamate (MSG) to enhance food's flavor.
- When using almond, vanilla or other extracts, try doubling the amount called for to bring up more flavor.
- Use nectars and jams to make intensely flavored sauces. For example, boil peach nectar until reduced by about half, then mix it with flour to thicken as a sauce for chicken or pork.
- Switch foods as you eat. To avoid taste fatigue, eat one bite of meat, then a bite of vegetable, a bite of bread, etc.
- Combine foods with different temperatures to add a variety of taste sensations.
- Add more of your favorite herbs and spices to dishes.

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We encourage you to join others at the senior center for a healthy, well-balanced meal. We can reduce portion sizes on request if you feel that the servings are too large and you don't want to throw food away. Special diets and carry-outs are also available with advance notice.