

Life Begins at "55"

Lincoln Golden Ages Seniors

July & August 2022

NEWSLETTER

2022 LINCOLN GOLDEN
AGES SENIORS STAFF



THE TRUE MEANING OF HAPPINESS IN RETIREMENT

Some people might think an ideal retirement would be endless travel, waking up in a villa with stacks of cash next to you on the nightstand. True, money is a big part of retirement and happiness for many. Most people though need other things to make them happy in their elder years.

A pile of cash doesn't afford you good health or meaningful friendships. All the things you need for a healthy, happy, and fulfilling life are within your sight and grasp on a regular basis. Keep these things in mind:

- **Money isn't everything:** You don't need enormous wealth to be happy in life. You just need enough. Make sure your lifestyle matches your budget. Do not spend beyond your means.
- **Make your health a priority:** Genetics cannot be controlled. They are a big part of how a person's health will hold up in the elder years but, a person can actively work to make sure one's health is as good as possible. Mild exercise not only prolongs life, it also helps a person to enjoy life more fully.
- **Relationships matter:** People are social animals. The pandemic has reminded all of us that people who live in isolation typically do not live as long, or as happily as those who get out and socialize. Do not underestimate the benefits of being with people. According to the Mayo Clinic, the benefits of being with other people are considerable. Older adults with strong social support have a reduced risk of significant health problems such as depression, high blood pressure, and unhealthy body mass index, as well as tending to live longer.
- **Hone your vision:** Keep a positive attitude about retirement and elder life. Life does not need to be difficult or worse after you retire. Look at it as if life is just beginning.
- **Find a purpose:** There is more to life than playing golf or reading books. Be a mentor, join a senior citizens center group and participate in the classes, outings, and functions they may schedule throughout the weeks, months, and year. You may even find you want to have a part-time job. Now is the time to do the things you always wanted to do but didn't have the time to do them.
- **Age is a stigma:** Age is no longer a deterrent in today's society. As long as your health permits, the opportunities that are available to you are boundless.

TAKE A FEW MINUTES TO VISIT THE LINCOLN GOLDEN AGES
SENIOR CENTER. IT MAY JUST BE WHAT YOU ARE LOOKING FOR!

— Don't forget to pay your LGAS Membership Dues. —

The Lincoln Senior Citizen Program was established to service senior adults 55 and older who reside in this community and area. We are committed to assisting all senior citizens in their needs; with referrals, education, health information, recreational activities, hot meals, but most of all a warm atmosphere of belonging.

All members are welcome to attend activities at the Lincoln Golden Ages Seniors Center. Please check the calendars provided in this Newsletter for days, dates, and times of the activities you would like to participate in. If you have a suggestion for an activity you might like to see in the center please speak with Anita Vivian. Calendars are also available in the center.

TRIVIA TIME

Instructions: Read the questions and write down your answers. You will find the correct answers elsewhere in the Newsletter. Hope this brings back some good memories and a few laughs.

Take a stroll down memory lane. Whether you are a child of the 50s and 60s or simply a fan of those memorable years, you will have fun recalling events, people, places, and things from your childhood or that of your parents.

Our lives are filled with images of famous people: sports heroes, musicians, actors, and political figures. Put on your thinking cap. See how many you can remember from days gone by.

1. What famous TV cowboy in the 1950s with a horse named Trigger was really named Leonard Slye? _____
2. What famous explorer was the first to climb Mount Everest in 1953? _____
3. Who was the famous blonde actress (and rumored lover of John F. Kennedy) found dead in her bedroom on August 20, 1968? _____
4. Which member of the royal family became head of state in Great Britain in 1953? _____
5. Who was the popular 50s TV figure on the first nationally televised American children's TV program? _____
6. Who was the President of the United States from 1953 to 1961? _____
7. Who was the rising young star from the movie "Rebel Without a Cause" and "Giant" that died in an automobile accident in 1955? _____
8. Who became Premier of the Soviet Union in 1958? _____
9. Who delivered his famous "I Have a Dream" speech in 1963? _____
10. Who landed at 17 Cherry Tree Lane in a well-known and loved Walt Disney movie from 1964? _____
11. Who overthrew Fulgencio Batista in 1959 and became dictator of Cuba? _____
12. who played the role of Norman Bates in the 1960 horror movie Psycho? _____

Now look for the answers to see how you did.

GOOD LUCK!

Join us for: Christmas in July - Visit the center and celebrate with us on Friday, July 29 from 11:00 am - 2:00 pm

Hello Members -

- **A huge THANK YOU! to Linda Fuller for taking my place while I was on vacation. My granddaughter's wedding in Montana was lovely.**
- **Please consider joining the Yoga Exercise activity at the LGAS center. We are in jeopardy of having to cancel this activity due to lack of participation.**
- **I would like to have a Membership Drive in August. Please try to recruit new members for our center.**
- **Check the monthly calendars provided in the Newsletters for activities, crafts, trips, and parties available to all members.**
- **Remember, come join us and be part of the fun!**

**Best regards,
Anita, LGAS Coordinator**

MONTHLY BIRTHDAYS

Monthly Birthday celebrations are on the last Wednesday of the month.

JULY

Dan Muck	July 12
Joyce Ganger	July 15
Bonnie Bannon	July 25
John Domas	July 27
Gloria Budimerouch	July 30

AUGUST

Linda Fletcher	August 5
Beverly Smith	August 6
Dale-Lin Mallonen	August 18
Sherry Berry	August 20
Betty Gott	August 28

Happy Birthday!

Lincoln Golden Ages Seniors is in the process of planning a memorial for all members of the center who have passed away. The past 2 years have taken a toll on our members. We would like to hold a special ceremony to honor all our members who have passed away. Please bring in any pictures you may have of those members identified on the memorial boards located at the back of the center. All pictures need to be turned in to Anita by Friday, August 19. This will allow ample time to prepare a presentation for the Memorial Service planned for sometime in September. Thank you.

Remember when: Women would get dressed up to go shopping ✿ A popular bicycle accessory was a banana seat ✿ You used a rotary phone ✿ The phone hung on the wall and had an extremely long cord (always tangled) ✿ Milk, eggs, and other dairy products were delivered by a milkman ✿ The Fuller Brush man, the bread man, and the encyclopedia salesman were door-to-door salesmen that would visit your home ✿ You would wait for the ice cream truck on a hot summer afternoon to buy an ice cream ✿ Coffee was made in a percolator ✿ You found phone numbers in a phone book and you called a number to get the correct time ✿ You had to adjust the TV antennae for reception ✿

Getting to Know - Amy Schmitt, Cardio Drumming Instructor

I started Cardio Drumming more than 5 years ago

- I have been leading classes for over a year.
- Cardio drumming equipment consists of a large ball, a large bucket to hold the ball, and drumsticks
- The Lincoln Golden Ages Seniors Center provides all the equipment needed for this activity
- OR You can bring your own equipment
- Classic oldies, as well as some of today's hits, are used for rhythm so we can drum to the music
- Participants are encouraged to move at their own pace and speed
- Participants of all physical capabilities are welcomed and encouraged to attend
- If you can't stand for the 45 minute class, there are chairs for resting, or you can drum directly from a chair
- There is a warm-up/cool down song with stretches and a song with weights.
- Wear comfortable clothing and shoes
- Movement is medicine!

LOOK FORWARD TO SEEING YOU!



Image of vintage 4th of July postcard from the early 1900's



HEAT IS HARD ON THE HEART; SIMPLE PRECAUTIONS CAN EASE THE STRAIN

Heat waves are unpleasant for healthy folks. For people with cardiovascular trouble, hazy, hot, humid days can be downright dangerous. Your body shouldn't get too hot (or too cold). If your temperature rises too far, the proteins that build your body and run virtually all of its chemical processes can stop working. The human body sheds extra heat in two ways, both of which stress the heart:

Radiation: Like water flowing downhill, heat naturally moves from warm areas to cooler ones. As long as the air around you is cooler than your body, you radiate heat to the air. But this transfer stops when the air temperature approaches body temperature. Radiation requires rerouting blood flow so more of it goes to the skin. This makes the heart beat faster and pump harder. On a hot day, it may circulate two to four times as much blood each minute as it does on a cool day.

Evaporation: Every molecule of sweat that evaporates from your skin whisks away heat. On a dry day, the evaporation of a teaspoon of sweat could cool your entire bloodstream by 2 degrees F. But as the humidity creeps above 75% or so, there's so much water vapor in the air that evaporation becomes increasingly difficult. Evaporation also strains the cardiovascular system. Sweat pulls more than heat from the body- it also pulls out sodium, potassium, and other minerals needed for muscle contractions, nerve transmissions, and water balance. To counter these losses, the body begins secreting hormones that help the body hold onto water and minimize mineral losses.

Problems coping: Most healthy people tolerate these changes without missing a beat. People with damaged or weakened hearts, or older people whose bodies don't respond as readily to stress as they once did, have a much harder time, and may succumb to heat stroke. **For example:**

- Damage from a heart attack can keep the heart from pumping enough blood to get rid of heat.
- Cholesterol-narrowed arteries can limit blood flow to the skin.
- Medications interfere with heat regulation. Beta blockers slow the heartbeat, and so limit the heart's ability to circulate blood fast enough for effective heat exchange. Diuretics (water pills) make dehydration worse by increasing urine output. Some antidepressants and antihistamines can block sweating.
- A stroke, Parkinson's disease, Alzheimer's disease, diabetes, and other conditions can dull the brain's response to dehydration. So, it may fail to send thirst signals.

Hot, humid weather can be especially hard for people with heart failure, or those on the verge of it. The extra work for the heart, compounded by the loss of sodium and potassium and the internal flood of stress hormones, can push some people into trouble. The combination of increased blood flow to the skin and dehydration may drop blood pressure enough to cause dizziness or falls. **STAY SAFE!**

The Bomber Restaurant Mural

You may notice some new additions when dining in or ordering carryout at one of Ypsilanti's staple diners, The Bomber. Recently reopening for breakfast and lunch hours, The Bomber is ready to serve up your favorite specials. A new mural located on the side of the diner was added in July 2020 and depicts the iconic Rosie the Riveter, representing thousands of working women during WWII in Ypsilanti and elsewhere. During this time, the diner stayed open 24 hours and regularly served those working nearby at the Willow Run Bomber Plant, now partially owned by the Yankee Air Museum. Check out the historical marker sign near the back entrance for more facts and information.

BEAT THE HEAT!

Some simple choices can help you weather the weather and keep heat from overstressing your heart and spoiling your summer.

Take it easy: Turn procrastination from a vice to a virtue by putting off exercise or other physical activity until things cool down. Evening and early morning are the best times to get out. If you do exercise, drink more water than you usually do.

Cool is cool: Chilled air is the best way to beat the heat. Fans work, but only to a point - when the air is as warm as you are, sitting in front of a fan is about as helpful as sitting in front of a blow dryer. If you don't have an air conditioner, spending an hour or two in a movie theater, at a store, in a cooling center, or with an air-conditioned neighbor can help. So can a cool shower or bath, or putting a cold, wet cloth or ice pack under your arm or at your groin.

Drink to your health: The lower your coolant level, the greater your chances of overheating. Unfortunately, staying hydrated isn't always easy. Stomach or bowel problems, diuretics, a faulty thirst signal, or low fluid intake can all interfere. On dangerously hot and humid days, try downing a glass of water every hour. (If you have congestive heart failure, check with your doctor or nurse first.) Go easy on sugary soda and full-strength fruit juice since they slow the passage of water from the digestive system to the bloodstream. And don't rely on caffeinated beverages or alcohol for fluid because they can cause or amplify dehydration.

Eat light: Stick with smaller meals that don't overload your stomach. Cold soups, salads, and fruits can satisfy your hunger and give you extra fluid.

A Raffle is being planned for our "Christmas in July" event. If you would like to donate items for this event, please bring them to the center as soon as possible. Anita will be at the center Tuesday-Friday between 9:00 am and 2:00 pm to accept the items.

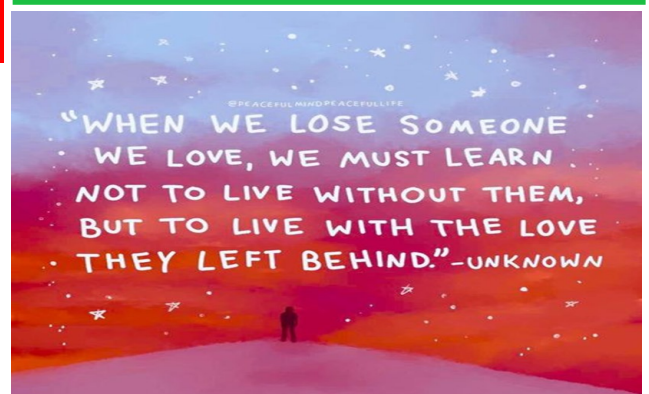
I hope this gives you a few chuckles: *How children perceive their Grandparents...*

When my grandson Billy and I entered our vacation cabin, we kept the lights off until we were inside to keep from attracting too many pesky insects. A few fireflies still managed to follow us in. Noticing them before I did, Billy whispered, "It's no use Grandpa. Now the mosquitoes are coming after us with flashlights."

Leave your troubles and worries at home. Come visit the Lincoln Golden Ages Senior Center. Have some fun and meet new people. Visit and reconnect with all your friends and make new ones.

If you would like to see something added to the Newsletter, please submit your suggestions to Laurie.

Newsletter Sponsored By:
The Lincoln Board of Education's
Lincoln Golden Ages Seniors Program
8970 Whittaker Road, Suite 100
Ypsilanti, MI 48197
Established in 1984
Office Phone 734-483-8366
Please note: The driveway for the
LGAS center is off Willis Road.



CAPRESE QUINOA SALAD

INGREDIENTS:

- 1 carton chicken or vegetable broth
- 2 cups uncooked quinoa
- 1 teaspoon salt
- 3 tablespoons balsamic vinegar
- 1 tablespoon Dijon mustard

1/2 teaspoon black pepper

1/3 cup olive oil

2 cups halved cherry tomatoes (about 10.5 oz.)

8 oz. fresh mozzarella, cut into 1/2-inch cubes

1/2 cup julienne fresh basil leaves, additional for garnish

DIRECTIONS:

1. In a 2-quart saucepan, heat broth to boiling over high heat. Add quinoa and 1/2 teaspoon of the salt. Reduce heat to low; cover and simmer about 15 minutes or until all broth is absorbed. Transfer to large bowl. Refrigerate at least 1 hour until cool.
2. In small bowl, beat vinegar, mustard, remaining 1/2 teaspoon salt and the pepper with whisk. Slowly beat in olive oil.
3. Stir tomatoes, mozzarella, and previously prepared vinaigrette into cooked quinoa. Gently stir in 1/2 cup basil leaves.
4. Transfer to serving bowl, garnish with additional basil.

For a variation, substitute chopped grilled vegetables, like zucchini, eggplant, or bell peppers for the cherry tomatoes

⇒ YIELDS: 8 servings

⇒ PREP TIME: 15 mins

⇒ COOK TIME: 1 hr 35 mins

⇒ TOTAL TIME: 1 hr 50 mins

330 Calories, 17g Total Fat, 12g Protein, 32g Total Carbohydrate, 5g Sugars



Trivia Time Answer Key

1. Roy Rogers
2. Sir Edmund Hillary
3. Marilyn Monroe
4. Queen Elizabeth II
5. Howdy Doody
6. Dwight D. Eisenhower
7. James Dean
8. Nikita Khrushchev
9. Martin Luther King, Jr.
10. Mary Poppins
11. Fidel Castro
12. Anthony Perkins

WARNING SIGNS OF HEAT ILLNESS

Heat-related trouble ranges from irritating problems such as prickly heat (also known as heat rash) to heat exhaustion and the potentially deadly heat stroke. It can be hard to tell where heat exhaustion ends and heat stroke begins. Both can be mistaken for a summer "flu," at least at first. Be on the lookout for:

- Nausea or vomiting
- Headache
- Muscle twitches
- Fatigue
- Disorientation
- Confusion

If you think you are having heat-related problems, or if you see signs of them in someone else, getting to an air-conditioned space and drinking cool water are the most important things to do. If these don't help or the symptoms persist, call your doctor or go to a hospital with an emergency department.

What type of activities are you interested in? Would you like to participate in one of the activities listed below? If so, don't forget to sign up in the LGAS Center.

- ♦ Bells
- ♦ Bingo
- ♦ Enhance Fitness
- ♦ Euchre
- ♦ Games
- ♦ Karaoke
- ♦ Movies
- ♦ Ping-Pong
- ♦ Pinochle
- ♦ Table Bowling
- ♦ Tai Chi
- ♦ Yoga

Don't see anything you like? All suggestions will be seriously considered and looked into.

If you would like to receive the Newsletter by email, please provide Laurie Price with your email address. One of the perks of receiving the Newsletter by email is that it will be in color instead of black and white. Another perk is you will not need to go to the center to pick a copy up on those days when the snow is deep, the wind is howling through the trees, and the windchill is below zero. Just sit back in the comfort of your chair, at home, and enjoy. Ah-h-h!

Please Note: Lincoln Golden Ages Seniors center is not open when Lincoln Consolidated Schools are closed due to inclement weather.

Did you know: Amalie Auguste Melitta Bentz invented the first paper coffee filter in 1908.

July 2022

Monday	Tuesday	Wednesday	Thursday	Friday
				1 9:30 - 11:30 Pinochle 12:00 - 2:00 Senior Cinema
4 CLOSED	5 9:30 - 10:15 Cardio Drumming with Amy 11:30 - 2:00 Golden Girls Crocheting	6 9:30 - 10:30 Yoga with Tammy 11:00 - 12:00 BINGO 12:00 - 1:00 Lunch w/ 1:00 - 2:00 Euchre	7 9:00 - 2:00 Quilting and Sewing 10:00 - 11:30 Garden Club 11:30 - 2:00 Book Club	8 9:30 - 11:30 Pinochle 12:00 - 2:00 Senior Cinema
11 CLOSED	12 9:30 - 10:15 Cardio Drumming with Amy 11:00-11:45 Advisory Board Meeting 11:30 - 2:00 Golden Girls Crocheting	13 9:30 - 10:30 Yoga with Tammy 11:00 - 12:00 BINGO 1:00 - 2:00 Euchre	14 9:00 - 2:00 Quilting and Sewing 10:00 - 11:30 Jewelry Making with Linda 11:30 - 2:00 Book Club	15 9:30 - 11:30 Pinochle 12:00 - 2:00 Senior Cinema
18 CLOSED	19 9:30 - 10:15 Cardio Drumming with Amy 11:30 - 2:00 Golden Girls Crocheting	20 9:30 - 10:30 Yoga with Tammy 11:00 - 12:00 BINGO 12:00 - 1:00 Lunch w/ 1:00 - 2:00 Euchre	21 9:00 - 2:00 Quilting and Sewing 10:00 - 11:30 Garden Club 11:30 - 2:00 Book Club	22 9:30 - 11:30 Pinochle 12:00 - 2:00 Senior Cinema
25 CLOSED	26 9:30 - 10:15 Cardio Drumming with Amy 11:30 - 2:00 Golden Girls Crocheting	27 9:30 - 10:30 Yoga with Tammy 11:00 - 12:00 BINGO 12:00 - 1:00 Lunch w/ 1:00 - 2:00 Euchre	28 9:00 - 2:00 Quilting and Sewing 10:00 - 11:30 Garden Club 11:30 - 2:00 Book Club	29 11:00 - 2:00 Christmas in July

August 2022

Monday	Tuesday	Wednesday	Thursday	Friday
1 CLOSED	2 9:30 - 10:15 Cardio Drumming with Amy 11:30 - 2:00 Golden Girls Crocheting	3 9:30 - 10:30 Yoga with Tammy 11:00 - 12:00 BINGO 1:00 - 2:00 Euchre	4 9:00 - 2:00 Quilting and Sewing 10:00 - 11:30 Garden Club 11:30 - 2:00 Book Club	5 9:30 - 11:30 Pinochle 12:00 - 2:00 Senior Cinema
8 CLOSED	9 9:30 - 10:15 Cardio Drumming with Amy 11:00-11:45 Advisory Board Meeting 11:30 - 2:00 Golden Girls Crocheting	10 9:30 - 10:30 Yoga with Tammy 11:00 - 12:00 BINGO 1:00 - 2:00 Euchre	11 9:00 - 2:00 Quilting and Sewing 10:00 - 11:30 Jewelry Making with Linda 1 1:30 - 2:00 Book Club	12 9:30 - 11:30 Pinocchio 12:00 - 2:00 Senior Cinema
15 CLOSED	16 9:30 - 10:15 Cardio Drumming with Amy 11:30 - 2:00 Golden Girls Crocheting	17 NO YOGA 11:00 - 12:00 BINGO 1:00 - 2:00 Euchre	18 9:00 - 2:00 Quilting and Sewing 10:00 - 11:30 Garden Club 11:30 - 2:00 Book Club	19 11:00 - 2:00 Ice Cream Social
22 CLOSED	23 9:30 - 10:15 Cardio Drumming with Amy 11:30 - 2:00 Golden Girls Crocheting	24 9:30 - 10:30 Yoga with Tammy 11:00 - 12:00 BINGO 1:00 - 2:00 Euchre	25 9:00 - 2:00 Quilting and Sewing 10:00 - 11:30 Garden Club 11:30 - 2:00 Book Club	26 9:30 - 11:30 Pinochle 12:00 - 2:00 Senior Cinema
29 CLOSED	30 9:30 - 10:15 Cardio Drumming with Amy 11:30 - 2:00 Golden Girls Crocheting	31 9:30 - 10:30 Yoga with Tammy 11:00 - 12:00 BINGO 12:00 Birthday Wednesday 1:00 - 2:00 Euchre		

A photograph of purple lupine flowers in bloom, with green foliage and a blurred background of a body of water and sky.

If you are interested in participating in the activities planned by Lincoln Golden Ages Seniors center please visit the center. Some activities have sign-up sheets.