September

BSBAC Buzz

BULVERDE SPRING BRANCH ACTIVITY CENTER
est. 1991

An active life is a good life!

The mission of the Bulverde Spring Branch Activity Center is to facilitate active aging and to enhance the quality of life of older adults in our communities.

Health Capsule

Keep Your Lungs Healthy

Defend Against Chronic Lung Diseases

Many different symptoms can signal a lung problem. You may have coughing, wheezing, or shortness of breath. Your chest can feel tight, like someone is squeezing or sitting on it. You may find it hard to take a deep breath. You might become short of breath easily or feel tired all the time.

Sometimes these symptoms are temporary. They can be caused by things like stress, allergies, or infections. But if you have lung symptoms that last for more than a few weeks, it's important to talk to your doctor. These symptoms could indicate a chronic lung disease.

Your risk for chronic lung diseases may be higher if you inherit certain genes from your parents. But many people who develop a chronic lung disease have no genetic risk factors. Exposure to certain environmental factors, like cigarette smoke, dust, and pollution, can also increase your risk.

The good news is that you can take steps to help prevent many chronic lung diseases. If they do develop, catching them and starting treatment early can improve your quality of life. Researchers are also testing better ways to identify and treat these conditions.

Blocked Air Flow. The most common types of chronic lung problems are called obstructive lung diseases. Asthma and chronic obstructive pulmonary disease (COPD) are the most common of these.

In obstructive lung diseases, "air flow is the problem," explains Dr. Andrew Lipton, medical director of the lung function lab at NIH. "It's hard for air to come into or go out of the lungs."

Restricted Breathing. Another group of lung diseases are called interstitial lung diseases. In these diseases, lung tissue may become inflamed or stiff, or scarred by damage. This prevents your lungs from fully expanding when you breathe. "These things all reduce the volume of the lungs," explains Lipton.

Treating interstitial lung diseases can be tricky, because the cause can't always be found, explains Dr. Kevin Flaherty, a pulmonary disease expert at the University of Michigan. "But if we can find the cause, then we can target it," he says. For example, treating another disease that is causing scarring in the lungs may help.

If you have lung symptoms, talk to your doctor. Many tests for chronic lung diseases are simple. Some can even be done at your regular doctor's office. Treating these diseases early can help you stay healthier for longer.

https://newsinhealth.nih.gov/2025/08/keep-your-lungs-healthy

How do I get info about the Center?

- Weekly email and monthly printed newsletter
- BSBAC.com website
- Facebook page
- Posted flyers/notices at the Center
- Text messages & email updates
- Weekly Announcements

Note from THE CENTER

The Big Give

Each year, The Nonprofit Council hosts **The Big Give**, a 24-hour online giving day, that allows nonprofits to raise awareness and fundraise for their mission. The BSBAC will participate again this year in The Big Give, and we ask for your support!

The 24-hour event will run from September 17 at 6 PM through September 18 at 6 PM, with an early donation period beginning on September 10.

Last year, with your generous support, we raised over $23,000. This year, we have set an ambitious goal of $30,000 for our campaign. Your continued support will help us make an even bigger impact!

Donations can be made online **(thebiggivesa.org)** or in person at the Center. If donations are received before September 17, we may use your contribution for Match Minutes! Please visit with Reghan Swenson for more information about giving and match minutes. We will be having two fun special events this year to go along with the campaign: **The Big Give Bunco & The Big Give Bingo**. See flyers for more details.

Be sure to follow our BSBAC Facebook page for more info as the event nears or visit **thebiggivesa.org**.

Our mission is not just important; it's vital. Your support, in any form, is a crucial part of this mission and is greatly appreciated. **Together, we can make a difference!**

Upcoming EVENTS

September 2
11:45am - Presentation: Going Green Nutrition

September 5
11:00am - Tailgate Party Potluck

September 5, 19
10:00am - Downsizing Workshop

September 8, 22
12:35pm - Bunco

September 8
2:00pm - The Big Give Bunco!

September 9
11:45am - Lunch & Learn: Aging In Place

September 10
10:00am - Card Creations
1:30pm - Arts & Crafts Series: Diamond Art

September 11, 18, 25
9:30am - Daytrip to Marble Falls

September 12, 19, 26
12:30pm - Creating a Legacy Memoir Class

September 15, 29
10:00am - Mexican Train

September 16
10:00am - Flu Shot Clinic
3:30pm - The Big Give Bingo!

September 17
9:30am - Hearing Screenings

September 23
10:00am - Presentation: Medicare Options
11:45am - Lunch & Learn: Beyond Faith Home Care

September 24
11:45am - Presentation: Long-Term Care Ombudsman

September is Healthy Aging Month®

Every September, we shine a spotlight on the power of positive aging, inspiring adults to take charge of their health, happiness, and future.

This year's theme, **"Never Too Late to Reinvent Yourself"** reminds us that no matter your age or stage, it's always possible to chart a new course—whether it's through a career shift, new lifestyle habit, or personal growth goal. Unlike past years' focus on just sustaining vitality, 2025 is about transforming your future with purpose and excitement.

Now in its 33rd year, September is Healthy Aging® Month was launched as part of the National Healthy Aging® Campaign, created by Carolyn Worthington, president of Healthy Aging® multi-media and the non-profit Educational Television Network, Inc. The Healthy Aging® platform includes the healthyaging.net website, Healthy Aging® Magazine, newsletter, social media and special events.

"We created the month to inspire people to take stock of their health and life goals in a realistic and positive way," said Worthington.

Since its founding in 1992, Healthy Aging® Month has received numerous local and national proclamations recognizing its value. In 2021, U.S. Senator Tim Scott's office formally reached out to acknowledge the campaign's impact and introduced a unanimous Senate resolution recognizing September as Healthy Aging® Month—cementing its place on national health observance calendars.

"Seeing people in their 70s, 80s, and 90s take on new careers, achieve athletic goals, or learn new skills is no longer rare—it's inspiring and achievable," Worthington added.

10 Fresh Tips for Healthy Aging® in 2025

1. Add Play to Your Day: Find movement that's fun—like pickleball, dance fitness, or cycling. Not sure where to start? Search for a new hobby or activity near you.

2. Embrace Microadventures

Rediscover your local area—visit a botanical garden, hike a new trail, or explore a museum.

3. Get That Annual Physical and Track It

Schedule your physical and recommended screenings. Use platforms like MyChart or your healthcare provider's app to manage records and reminders.

4. Be a Lifelong Learner

Take free courses online on learning platforms like Coursera and edX, from gardening and photography to coding and neuroscience, or join your local library book club for low-cost learning.

5. Cultivate "Weak Ties"

Say hello to your barista, your dog-walking neighbor, or fellow class participants. Casual connections are shown to improve mood and reduce isolation. Try Nextdoor to connect locally.

6. Reset Your Relationship with Technology

Instead of endless scrolling, explore free courses like TechBoomers or Senior Planet from OATS to learn new digital skills.

7. Cook One New Healthy Recipe a Week

Find inspiration and step-by-step recipes from cookbooks and on the web. Ideas: Oldways, which promotes cultural diets for longevity, or AllRecipes.com, Food.com, for recipes.

8. Reconnect with Purpose

Volunteer with your local animal shelter, food bank, or school. Try VolunteerMatch or AmeriCorps Seniors.

9. Financial Fitness Checkup

Use resources like SmartAsset's retirement calculator or Consumer Financial Protection Bureau to assess your financial wellness.

10. Start a "What's Next" Journal

Write down goals for your next chapter—whether that's launching a business, learning a language, or traveling solo. Reflecting on purpose helps boost long-term motivation.

Learn More: https://healthyaging.net/healthy-aging-month/healthy-aging-month-2025-redefine-your-next-chapter/

Weekly ACTIVITY SCHEDULE

MONDAY

9:00am	Wood Carving
10:00am	Dominos: Mexican Train 1 (1st & 3rd Mon)
11:30am	Fellowship Meal
12:00pm	Swoop Card Game (1st & 3rd Mon)
12:35pm	Bunco (2nd & 4th Mon)
1:00pm	Bridge Foursome (1st & 3rd Mon)
2:45pm	Intermediate Spanish

TUESDAY

11:00am	Mah Jong
11:30am	Fellowship Meal
1:00pm	Bingo
3:45pm	Beginners Spanish

WEDNESDAY

9:00am	Bridge
10:00am	Card Creations *(2nd Wed)*
11:30am	Fellowship Meal
12:00pm	Advanced Poker Group
12:00pm	Beginning Poker Group
12:00pm	Knitting/Crochet/Sewing Group
1:00pm	Book Club *(1st Wed)*
1:30pm	Arts & Crafts Series (2nd Wed)
1:30pm	Guitar
2:00pm	Caregiver Support Group *(3rd Wed)*

THURSDAY

9:00am	Wood Carving
9:30am	Canasta Hand & Foot *Tables drawn @ 9:45am* *Play begins @ 10:00am*
11:30am	Fellowship Meal
12:00pm	Mindful Meditation
1:00pm	Table Tennis
2:30pm	Dementia Support Group *(2nd Thur)*

FRIDAY

10:00am	Downsizing Workshop *(1st & 3rd Fri)*
10:00am	Grief Support Group *(4th Fri)*
11:00am	Fellowship Meal
12:15pm	Bingo

McKENNA FOUNDATION

September
FELLOWSHIP MEAL MENU

Monday	Tuesday	Wednesday	Thursday	Friday
1 **CENTER CLOSED** 	2 Honey Butter Chicken Biscuit Watermelon Salad Dessert	3 Baked Rigatoni with Sausage and Cream Parmesan Sauce Salad Garlic Bread Dessert	4 Orange Chicken Fried Rice Fortune Cookie	5 Potluck Grilled Burgers
8 Cobb Salad Dessert	9 Chicken Parmesan Green Salad Dessert	10 Philly Cheesteak Fruit Chips Dessert	11 Corned Beef & Potato Casserole Roasted Carrots Dessert	12 Sub Sandwich Fruit Chips Dessert
15 Mongolian Chicken Rice Broccoli Dessert	16 Beef Tacos Dessert	17 Beer Brats Potato Salad Baked Beans Dessert	18 Dijon Chicken Rice Green Beans Dessert	19 Cheesy Enchilada Chili Southwest Salad Cornbread Dessert
22 Pasta Fagioli Soup Green Salad Garlic Bread Dessert	23 Chicken Fried Chicken Mashed Potatoes Buttered Carrots Dessert	24 Mexican Chicken Bowls Dessert	25 Crescent Beef Casserole Green Salad	26 Chef's Choice Dessert
29 Taquito Enchiladas Pinto Beans Dessert	30 Greek Chicken Bowl Dessert		 	

Fellowship Meal is served Mon-Thurs@ 11:30am, Fri@11:00am
(LUNCH IS SERVED FOR A 1/2 HOUR IN THE CENTER)

$5 Donation/Lunch (Donations help make our fellowship meals possible)
Menus are subject to change

September HEALTH & FITNESS

Monday	Tuesday	Wednesday	Thursday	Friday
1 CENTER CLOSED 	**2** **9:30a Zumba Gold** *(Adaia)* **10:30a DrumFit** *(Diana)* **1:00p Beginning Line Dancing** *(Dottie)* **2:30p Pilates** *(Meleah)* **5:30p Zumba** *(Sandra)*	**3** **9:00a Zumba Gold Toning** *(Adaia)* **10:00a Active Aging Strength** *(Sissy)* **11:15a Balance & Strength*** *(Sandra)* **12:30p Balance & Strength*** *(Sandra)* **2:30p Line Dancing** *(Dottie)* **3:45p Mindful Flow & Core** *(Diana)*	**4** **8:30a Easy Pace** *(Renee)* **9:30a Zumba Gold** *(Adaia)* **10:45a Chair Yoga** *(Sandra)* **12:00p Balance & Strength*** *(Sandra)* **2:30p Pilates** *(Meleah)* **4:00p Restorative Yoga** *(Myrna)* **5:30p Zumba** *(Sandra)*	**5** **8:15a Self-Defense** *(Diana)* **9:30a Posture Strength** *(MaryAnn)* **11:00a Balance & Strength*** *(Sandra)* **12:15p Balance & Strength*** *(Sandra)*
8 **8:30a Easy Pace** *(Renee)* **10:00a Line Dancing** *(Renee)* **11:00a Active Aging Strength** *(Maryann)* **12:15p Balance & Strength*** *(Sandra)* **1:30p Balance & Strength*** *(Sandra)* **4:00p Yoga** *(Tania)* **5:30p Clogging** *(Loraine)*	**9** **9:30a Zumba Gold** *(Adaia)* **10:30a DrumFit** *(Diana)* **1:00p Beginning Line Dancing** *(Dottie)* **2:30p Pilates** *(Meleah)* **5:30p Zumba** *(Sandra)*	**10** **9:00a Zumba Gold Toning** *(Adaia)* **10:00a Active Aging Strength** *(Sissy)* **11:15a Balance & Strength*** *(Sandra)* **12:30p Balance & Strength*** *(Sandra)* **2:30p Line Dancing** *(Dottie)* **3:45p Mindful Flow & Core** *(Diana)*	**11** **8:30a Easy Pace** *(Renee)* **9:30a Zumba Gold** *(Adaia)* **10:45a Chair Yoga** *(Sandra)* **12:00p Balance & Strength*** *(Sandra)* **2:30p Pilates** *(Meleah)* **4:00p Restorative Yoga** *(Myrna)* **5:30p Zumba** *(Sandra)*	**12** **8:15a Self-Defense** *(Diana)* **9:30a Posture Strength** *(MaryAnn)* **11:00a Balance & Strength*** *(Sandra)* **12:15p Balance & Strength*** *(Sandra)*
15 **8:30a Easy Pace** *(Renee)* **10:00a Line Dancing** *(Renee)* **11:00a Active Aging Strength** *(Maryann)* **12:15p Balance & Strength*** *(Sandra)* **1:30p Balance & Strength*** *(Sandra)* **4:00p Yoga** *(Tania)* **5:30p Clogging** *(Loraine)*	**16** **9:30a Zumba Gold** *(Adaia)* **10:30a DrumFit** *(Diana)* **1:00p Beginning Line Dancing** *(Dottie)* **2:30p Pilates** *(Meleah)* **5:30p Zumba** *(Sandra)*	**17** **9:00a Zumba Gold Toning** *(Adaia)* **10:00a Active Aging Strength** *(Sissy)* **11:15a Balance & Strength*** *(Sandra)* **12:30p Balance & Strength*** *(Sandra)* **2:30p Line Dancing** *(Dottie)* **3:45p Mindful Flow & Core** *(Diana)*	**18** **8:30a Easy Pace** *(Renee)* **9:30a Zumba Gold** *(Adaia)* **10:45a Chair Yoga** *(Sandra)* **12:00p Balance & Strength*** *(Sandra)* **2:30p Pilates** *(Meleah)* **4:00p Restorative Yoga** *(Myrna)* **5:30p Zumba** *(Sandra)*	**19** **8:15a Self-Defense** *(Diana)* **9:30a Posture Strength** *(MaryAnn)* **11:00a Balance & Strength*** *(Sandra)* **12:15p Balance & Strength*** *(Sandra)*
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Gym Hours

Mon-Thurs: 8:00am - 6:00pm, Fri: 8:00am - 3:00pm

**Balance & Strength Class is FREE for all BSBAC Members*

Silver&Fit. Active&Fit. SilverSneakers FITNESS RenewActive by UnitedHealthcare

Class Descriptions
HEALTH & FITNESS

ACTIVE AGING
This class helps improve strength. The instructor will take you through a variety of exercises for a complete workout. Get comfortable using circuit equipment as well as resistance bands, medicine balls, free weights, etc.

BALANCE & STRENGTH
This class is recommended for members with concerns about balance and loss of upper and lower body strength. Focus will be on functional fitness as well as balance and strength.
Free to all members

CHAIR YOGA
Chair yoga is a gentle practice in which yoga postures are performed while seated and/or with the aid of a chair. Benefits include improved strength & energy, improved flexibility & balance, and improved concentration.

DRUMFIT
DrumFIT's Music, Motion & Memory Program encourages participants to socialize and move together for brain and body health. This unique program uses movement through drumming to benefit both the mind and body.

EASY PACE
Beginner to intermediate aerobics that includes cardio, marching in place, and basic arm and leg movement patterns. Improves muscle strength, flexibility, endurance, coordination, and balance.

LINE DANCING
Line Dancing is choreographed to a variety of music with repeating series of steps that are performed in unison. Learn some fancy footwork while challenging your mind to memorize these fun sequences.

MINDFUL FLOW & CORE
Peaceful meditation music while incorporating movement flexibility, static stretching, and core exercises. Equipment used will be straps, mats, foam rollers, and more to improve your mind, body and soul.

PILATES
Pilates is a low impact exercise comprising controlled movements that enhance your balance, core strength, mobility, flexibility, and even mood. It focuses on the smaller and deeper muscles that support your structure and enhance your overall health.

POSTURE STRENGTH
Gain a deeper understanding of postural alignment, postural habits, postural impacts and targeted exercises to correct them. Using strength and release principles of Corrective Exercise, this class will bring awareness to one's own imbalances and tips for everyday life.

RESTORATIVE YOGA
A therapeutic style of yoga which utilizes props to make it easier for the body to get into certain poses. The focus of this class is relaxation, renewal, effortlessness, ease and a completely supportive environment.

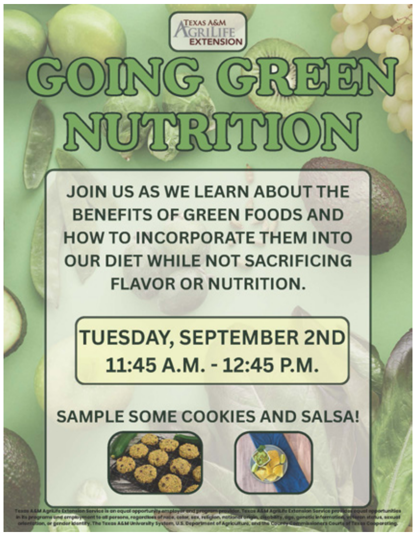
SELF DEFENSE
Class incorporates gross motor skills by learning strikes. Practicing these strikes over and over in classes creates muscle memory allowing you to be able to protect yourself. You also will learn to project your voice to deter predators. (Boxing wraps are recommended for hitting the pad, but not required.)

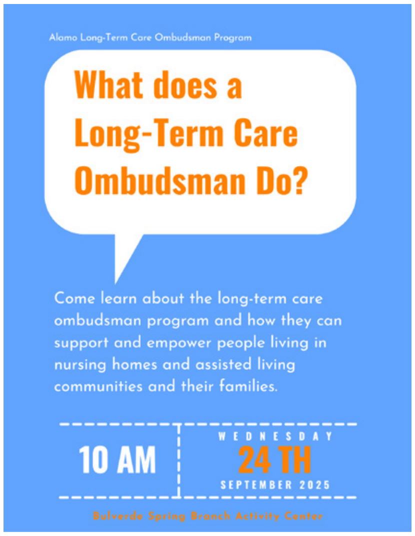
YOGA
Slow flowing class of gentle stretching and physical postures using breath to connect mind and body. This is an excellent way for improving flexibility, balance and great for de-stressing.

ZUMBA/ZUMBA GOLD
Zumba is a dance-fitness class that is set to zesty Latin music like salsa, merengue, mambo, etc. Zumba Gold modifies the moves and pacing to suit the needs of the active older participant.

ZUMBA TONING
Zumba Toning is perfect for those who like Zumba, but want to put extra emphasis on toning and sculpting to define those muscles. The challenge of adding resistance by using toning sticks, helps you focus on specific muscle groups, so your muscles stay engaged.

September
EVENT FLYERS & SPECIAL EVENTS





BSBAC
September Wishlist

- $25 Gift Cards (Variety of Places)
- Donations toward a New Water Heater ($2100)
- Digital Large Display Clock/Calendar/ Temp ($30)
- Storage Bins for Card Creations ($60)
- Stackable File Storage for Card Creations ($30)
- Electric Knife ($30)
- Large Soup Pot $50 each, 2 Needed
- Large Ice Cream Scoops $10 each, 6 Needed
- Shampoo/Conditioner
- Deodorant
- Peanut Butter
- Rotel Diced Tomatoes
- Spaghetti and Elbow Noodles
- Dry Cat Food

If you would like to help us get these items or would like to donate towards an item (no matter how big or small...every bit helps our center), please see Beth.

Thank you to those that have already donated!

September BIRTHDAYS

Abangri, Ali
Ackey, Jean
Adams, Charlotte
Aguirre, Richard
Alderman, Sandra
Anderson, Marilyn
Anthony, Hattie
Baker, Kathryn
Beecham, Beverley
Bendele, Elizabeth
Benjamin, Ed
Bowles, Jacqueline
Brennan, Dorothy
Brooks, Don
Brooks, Tammy
Calhoun, Shirley
Campbell, Cynthia
Campos, Mary
Carter, Larry
Cicci, Patricia
Cox, Connie
Crabb, Brenda
Cross, Jay
Davila, Yolanda
Deage, Donna
Dorsett, Marianne
Dotson, Marvin
Dougherty, Brian
Eanes, Harvey
Eberwein, Patricia
Edwards, Evelyn
Ermel, Patricia
Esparza, Maria
Espericueta, Maria
Evans, Robert
Ferrell, Raymond
Garay Roman, Nellie
Garcia, Barbara
Garza, Eloise
Glass, Marlene
Hakemack, Charles
Haringa, Olivia
Hartman, Donald
Hundley, Reagan
Hutcherson, Dolores
Ivy, Terry
Jobson, Carmen
Johansen, Danny
Keeler, Ann
Kurth, Brenda
LaLonde, Barbara
Lanier, Pat
Larson, Joyce
Lobato, Nita
Lopez, Carlos
Luke, Barney
Maciula, Madeleine
Mai, Elizabeth
Mason, Fred
Masterson, William
McAlpine, Vernice
McCormick, John
Miller, Brenda
Moore, Nanette
Morin, Roberto
Mullins, Armina
Munguia Sr, Victor
Naranjo, Monica
Nations, Pam
Nauschuetz, Karen
Nisbett, Kaye
Noll, Lisa
Norrgran, Patrick
Ogden, Joyce
Owen, Rex
Packard, Anna
Pappas, John
Parker, Victoria
Phelps, Sandy
Piet, William
Pineda, Gladys
Prescott, Seth
Ramirez, Mary
Randall, Thaddeau
Ranly-Roberts, Diane
Riddell, Sue
Rizzo, William
Roach, Donald
Robertson, Valorie
Robinson, David
Saldivar, Olga
Schroeder, Sandra
Scott, Kathy
Segovia, Tomas
Sessums, Terry
Siliven, Julie
Smith, Timmy
Sparrow, Sharon
Stout, Julie
Swartzenderuber, Lois
Thomason, Norma
Treanor, Mary
Tripp, Donna
Trotti, Judith
Valdez, Robert
Vasquez, Lorenzo
Vela, Dahlia
Wanke, Jane
White, Amy
Whitney, Mark
Wilken, Cheryl
Winkler, Lorie
Word, Mary
Wright, Wanda
Yarnold, Pam

Brain GAMES

FALL WORD SEARCH

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H J N I F I P J K R F H R E T
A D M B Z O R U E T F J E Y H
L I U F T W O B M V R F W R A
L Y T N B R O T E P A J O E N
O Y U A Z T N Y B C K S L B K
W J A T C J D R S A E I F M S
E G L O F N D S O E L Q N E G
E S W E A T E R E C V L U V I
N C C C I D E R H L A A S O V
S I E D I R Y A H P P T E N I
O W O R C E R A C S U P M L N
W I Y C G V Y A F R G T A W G
N L D T E Y Y K K P I E I X E
J Q R S L X R E B M E T P E S
Y E T E V G Y T H W I C K U J
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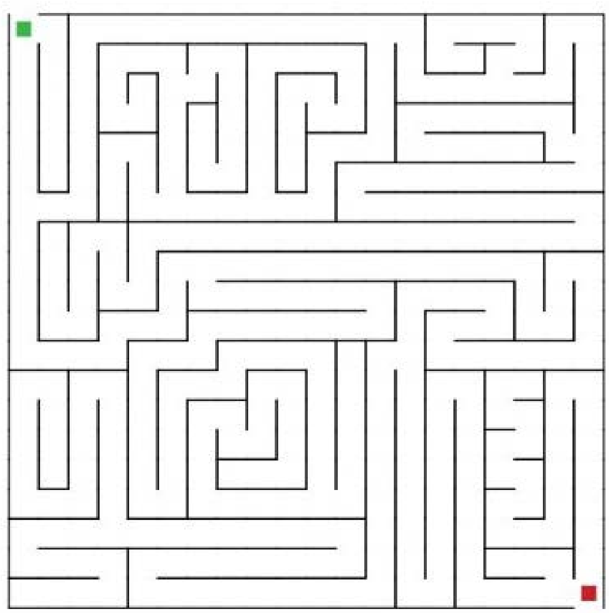
ACORN	APPLES	AUTUMN	CANDY	CIDER
FOOTBALL	HALLOWEEN	HARVEST	HAYRIDE	LEAVES
NOVEMBER	OCTOBER	PUMPKIN	RAKE	SCARECROW
SEPTEMBER	SUNFLOWER	SWEATER	THANKSGIVING	TURKEY

Sudoku

A 9×9 square must be filled in with numbers from 1-9 with no repeated numbers in each line, horizontally or vertically.

	9	6			8			
1								3
			9		2		8	
	5	7	8					9
3					9	1	6	
	2		3		5			
7								4
			2			5	9	

Solve the Maze



Commonyms*

1. Baby - Faucet - Basketball Player
2. Rock Band - Traffic - Copy Machine
3. Mailbox - School - Pirate Ship
4. Bomb - Kiss - Flower
5. Storm - Potato - Needle
6. Steam - Bird - Bubble
7. Brick - Swiss - Blue
8. Cork - Gum – Clothes
9. Bell - Mouth - Tongue
10. Ball- Salad – Coin

**COMMONYMS SOLUTIONS: 1) All dribble; 2) All jam; 3) All have flags; 4) All are planted; 5) All have eyes; 6) Baths; 7) Cheese; 8) Trees; 9) All have a tongue; 10) All are tossed*

News YOU CAN USE

Healthy Living

Patient Information from the American Chiropractic Association

Live to 100: Tips for Healthy Aging

The number of people living longer is increasing dramatically. An estimated 4.2 million U.S. residents now fall into the age group of the "oldest old"—85 years and older—with more than 40,000 having reached the age of 100. In fact, centenarians (those 100 and older) are the fastest-growing subpopulation of the elderly, and by 2050, according to census projections, 1 million Americans will celebrate their 100th birthdays.

At the same time, a growing body of evidence suggests that good genes are only a small part of the longevity puzzle. In fact, researchers now believe that chronic illness is not an inevitable consequence of aging, but it results more often from lifestyle choices that we're perfectly free to reject.

So what are centenarians' secrets to healthy old age? Experts recommend the following:

Embrace a Positive Attitude
Centenarians tend to be very optimistic and always hope for the best. According to research, having a positive attitude is key to the ability to live longer and can lead to a healthier, higher quality of life. Researchers speculate that positive emotions may directly affect overall health, perhaps through direct mechanisms, such as immune function, or indirectly, for example, by strengthening social support networks.

Stimulate Your Mind
Research shows the more educated we are, the longer we live. And the benefits of education are even more pronounced when learning continues throughout our lives. Most centenarians take advantage of opportunities and possibilities that have not been available to them earlier in their lives, such as second careers, volunteer activities, musical instruction, writing, various classes in areas of interest or travel. In addition, you may want to consider mentally challenging activities such as crossword puzzles or learning a new language.

Limit Stress and Stay Connected
Protect your mental and physical health by managing your stress at work and at home. Humor, meditation, exercise and optimism are good ways to naturally reduce stress and relieve tension.

Stay in touch with family and friends. Those who maintain a close network of social support do best. Social contacts may encourage us to take better care of ourselves—by cutting down on smoking and drinking, for example, or seeking medical treatment earlier for symptoms that may indicate serious problems. Friends may also help us get through difficult times by offering coping mechanisms and having a positive effect on mood and self-esteem.

Take Advantage of Your Genes
Good health practices will help you make up for at least some of the genetic difference between you and centenarians. Essentially, you can compensate for bad genes by healthy living—or ruin perfectly good genes with poor habits. Smoking and excessive alcohol intake, for example, increase the risk of many chronic diseases. As you age, be sure to get regular health screenings.

Support Your Body with Exercise
Find fun ways to stay in shape, such as dancing, gardening, swimming, walking or jogging. Include strength training, as directed by a personal trainer or health care provider, to maintain muscle mass. Increased muscle tissue burns fat more efficiently, reduces your heart disease risk, and lessens your chance of a broken hip from falling. For adults, a minimum of 30 minutes of moderate physical activity on most days of the week is recommended.

Make Healthy Diet Choices
What you eat and drink—and what you don't eat and drink—can make a big difference to your health. To prevent weight gain and maintain good health, pay special attention to eating efficiently. Choose foods that maximize nutritional value and minimize calories. Overly processed foods often contain more calories and fewer nutrients. Choose, instead, whole, natural foods like fruits and vegetables, whole grains, good (unsaturated) fats, nuts, legumes and healthy sources of protein (white meat, fish and eggs).

Choose a Good Health Care Provider
Even if you are healthy and make good preventative choices, it is essential to have access to a good, trustworthy health care provider.

A health care provider should:
- Know and support all forms of healing and various approaches to health care to present patients with the most effective, safest preventative or treatment options available.
- Emphasize prevention and whole-person wellness.
- Teach healthy living practices.
- Involve patients in decisions regarding their care—except for acute, potentially life-threatening emergencies.
- Encourage patients to be responsible for their health.

Life Expectancy Calculator

To learn more about how you can change your lifestyle for the better, visit www.livingto100.com. The "Living to 100 Life Expectancy Calculator" was designed to translate what researchers have learned from studies of centenarians into a practical tool to estimate a person's longevity potential. This tool will tell you your approximate life expectancy, and it will give you the opportunity to go back and change your answers to see how changes in your behavior might affect your life expectancy.

Chiropractic Care Can Help
Talk to your doctor of chiropractic about other ways to improve your quality of life. Doctors of chiropractic are trained and licensed to examine and treat the entire body with specific emphasis on the nervous and musculoskeletal systems, wellness and prevention.

Sources:
1.www.healthandage.com/html/min/new_england/index.htm.
2. Sweere J. Golden Rules for Vibrant Health in Body, Mind, and Spirit. Basic Health Publications (August 1, 2004).

ACA American Chiropractic Association
For more information on prevention and wellness, or to find a doctor of chiropractic near you, go to the Patient Information section on ACA's Web site at www.acatoday.org or call 800-986-4636.

Angela Kargus, ***Writer***

Nataliya Schetchikova, PHD, ***Editor***

JACA online

5 Tips for Choosing Healthier Foods as You Age

Follow these tips to help you maintain a healthy weight, get needed nutrients, and lower your risk of developing certain diseases.

Eat a variety of foods each day.

Fruits | Vegetables | Grains | Protein | Dairy

Read food labels to learn what's in your food.

Choose foods that don't have a lot of sugar, saturated fats, and sodium.

Be aware of how many calories you need per day.

Women 60+		Men 60+	
Physical activity	Calories	Physical activity	Calories
Not active	1,600	Not active	2,000-2,200
Moderately active	1,800	Moderately active	2,200-2,400
Very active	2,000-2,200	Very active	2,400-2,600

Keep a food diary to track what you eat.

Learn more about healthy eating as you age at www.nia.nih.gov/healthy-eating.

NIH National Institute on Aging

Center HAPPENINGS

We had two members celebrate two significant birthdays last month! Here's to many more birthdays!

August Card Creations

We are beyond grateful!

The Bulverde Spring Branch Area Chamber of Commerce Best of Bulverde Spring Branch was announced and thanks to your votes, we have been awarded **Best Senior Care/Services** for a second year in a row!

This honor is a reflection of our amazing staff, volunteers, members, and community supporters who make everything possible. Thank you for supporting our mission every step of the way.

Our Team took a selfie with the cutest turtle from Florida for Joan's grandson. Thank you for making us smile with your fun request.

Our turtle friend had a great time at Bingo!

The Bulverde Spring Beach Activity Center: A Personal and Community Treasure

By: Michelle Hoehn

As a proud board member of the Bulverde Spring Beach Activity Center, I want to take a moment to reflect on just how vital this facility is—not only to me personally, but to our entire community. When I first became involved with the center, I had no idea how much it meant to the families and individuals in the community. But over time, I've come to truly appreciate just how transformative this place is for so many people. It's more than just a recreational space—it's a hub for connection, well-being, andpersonal growth both mentally and physically.

For me, personally, the center has become a place of peace and rejuvenation. Volunteering here once a week recharges my soul. Whether it's attending a fitness classes, or simply talking to so many of our vibrant members on Friday afternoons about how Bingo went or about their families, this space has a way of reminding me of the importance of staying connected.

The Bulverde Spring Beach Activity Center, in my opinion, serves as the heart of our community. Whether you're alongtime resident or new to the area, the center welcomes everyone. It brings people together, providing opportunities for local events, activities, and social gatherings that would otherwise not exist. In many ways, the Bulverde Spring Beach Activity Center has become a reflection of who we are as a community: resilient, connected, and always striving for better and growing. As a board member, I am proud to support a place that not only enriches my life but has such a profound and lasting impact on the lives of so many others. It's a cornerstone of our community's vitality, and I look forward to seeing its continued growth and success for years to come.

Thank you so much to the Readers Theater Production for coming to the Center and performing "Antique People" for our members!

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September
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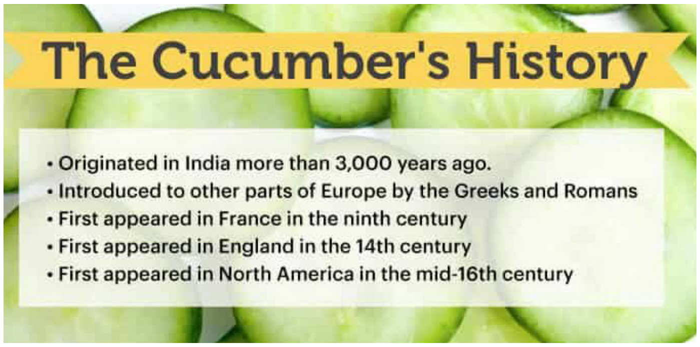

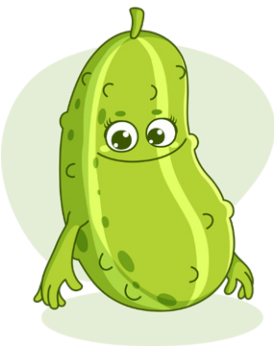

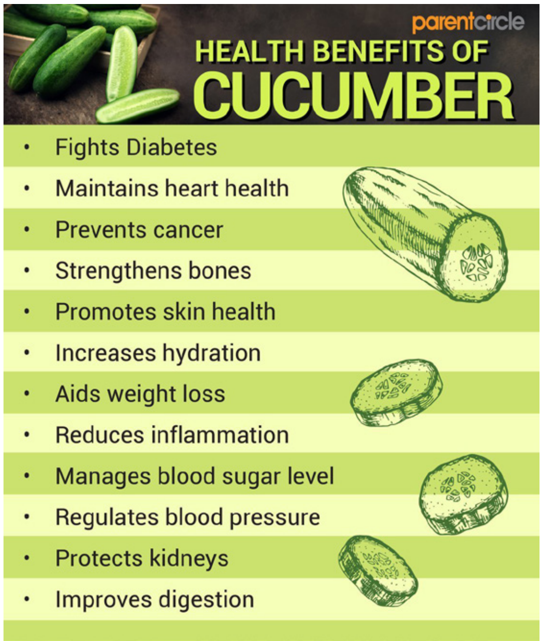

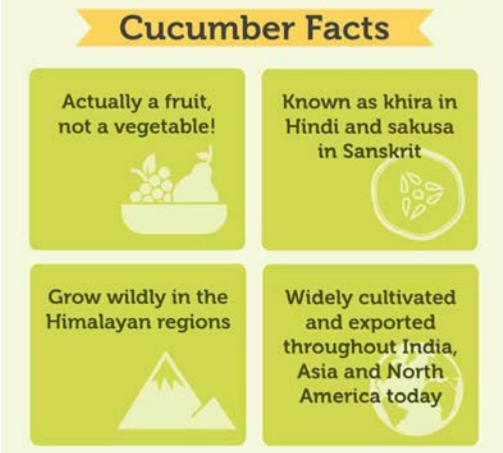

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Owner, General Dentist

830.357.7177
care@darlingdentistry.com
www.darlingdentistry.com
115 Old Boerne Road Suite E, Bulverde, Texas 78163
@darlingdentistry

Team Members

DeLisa Leopold
Executive Director
dleopold@bsbac.com

Reghan Swenson
Marketing Coordinator
rswenson@bsbac.com

Jean Larson
Meals on Wheels Coordinator
jlarson@bsbac.com

Beth Collier
Outreach Coordinator
bcollier@bsbac.com

Lauren Bippert
Membership Coordinator
lbippert@bsbac.com

Lisa Velasquez
Office Coordinator
lvelasquez@bsbac.com

Rod Garcia
Transportation

Allen Klar
Transportation

Terre Sawey
Transportation

Candice Hitt
Bookkeeper & Grant Writer

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Keri Sandvig: Chair
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BULVERDE SPRING BRANCH ACTIVITY CENTER
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The Bulverde Senior Center (BSC) and Bulverde Spring Branch Activity Center (BSBAC) is a non-profit 501 (c) 3 organization that provides services to seniors in the Bulverde/Spring Branch, Texas area. Current programs include Meals on Wheels, Senior Outreach, Social Activities, and Health & Fitness.