

April 2023



BSBAC



Buzz



**BULVERDE
SPRING BRANCH
ACTIVITY CENTER**
est. 1991



April is Parkinson's Awareness Month

April is designated Parkinson's Awareness Month, creating an opportunity to increase understanding about the brain disorder. Parkinson's disease is a brain disorder that impacts one's coordination and balance, causing shaking and stiffness. The National Institutes of Health describes Parkinson's as a progressive disease that eventually may affect sleep, behavior and memory. Symptoms may develop slowly and gradually over the years.

The incidence of Parkinson's increases with age, regardless of gender, but "an estimated 4% of people with [Parkinson's disease] are diagnosed before the age of 50," according to Parkinson.org. A study by the Parkinson's Foundation Prevalence Project confirms that men are more likely than women to be diagnosed with the disease. The foundation's data on the prevalence of the disease in Wisconsin shows that roughly 15,000 people in the state are affected by Parkinson's disease (Marras, et al., 2018). Parkinson's can be caused by multiple factors including genetics, environment and lifestyle.

A new Parkinson's Foundation-backed study revealed that nearly 90,000 people are diagnosed with Parkinson's disease (PD) in the U.S. each year, representing a 50% increase from the previous estimate. Commonly known for its movement or motor-related symptoms, people with PD are often more impacted by non-motor symptoms like apathy, depression, and sleep behavior disorders. Currently, one million people in the U.S. are living with PD, and the number is expected to rise to 1.2 million by 2030.

The theme for 2023 Parkinson's Awareness Month is **#Take6forPD**, in light of our new incidence study which indicates that a person receives a Parkinson's disease (PD) diagnosis every six minutes. The goal of this campaign is



to raise awareness for the growing number of people living with Parkinson's by encouraging the PD community to **#Take6** (minutes) to take action.

#Take6forPD to Advance Research. Raise awareness for PD research this month to help us improve treatments and find a cure for Parkinson's disease.

- Register to participate in a global genetics study, PD GENERation
- Watch a Neuro Talk
- Sign up for an Expert Briefing webinar
- Support drug discovery through our Parkinson's Virtual Biotech
- Join a research study

#Take6forPD to Improve Access to Care.

Research shows that seeing a PD specialist leads to better outcomes for individuals living with Parkinson's. Raise awareness for PD care this month to help make sure every person living with Parkinson's has access to high-quality care.

- Call the free Helpline (1-800-473-4636)
- Find expert care in your area
- Order an Aware in Care hospital safety kit
- Read a PD publication
- Register for a PD Health @ Home event

For more information, visit: <https://www.parkinson.org/parkinsons-awareness-month>



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www.bsbac.com



830-438-3111



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[bsb_activity_center](https://www.linkedin.com/company/bsb_activity_center)



Upcoming Events

April 5 @ 10:00am
Brunch Bingo

April 5 @ 1:45pm
Book Club

April 7
Center Closed for Good Friday

April 10 @ 12:35pm
Bunco

April 11 @ 11:30am
Walk-n-Talk Session #2

April 12 @ 1:00pm
Arts & Crafts Series: Cork Ball Decor

April 13 @ 10:00am
Daytrip to The Ridge Marketplace

April 14 @ 6:30pm
BSBAC Gala

April 17 @ 11:15am
Membership Connection Lunch

April 20 @ 1:00pm
Health Decision Day presented by
Hope Hospice

April 20 @ 10:00am
Daytrip to The Ridge Marketplace

April 24 @ 12:35pm
Bunco

April 25 @ 11:30am
Walk-n-Talk Walking Series #2

April 25 @ 11:45am
Comal ISD Lunch & Bond
Presentation

April 26 @ 12:30pm
Cinema at the Center: Steel
Magnolias

April 27 @ 10:00am
Daytrip to The Ridge Marketplace

*You need the rain if you want the strength
to stretch up to the sun.
~@PositivelyPresent*

Note From the Center...

By DeLisa Leopold, Executive Director

Spring is a time for renewal, reflection, and growth. All around us we see beautiful flowers and trees in bloom. Why not let yourself bloom? It is a wonderful time of year to use the longer days to get out, get active and try new things.

Sure, we can spend time doing our spring cleaning, the typical out with the old, in with the new, but sometimes we forget that we need to do that for ourselves as well. As they say, variety is the spice of life! Is it time to get yourself out of a rut? Allow yourself to step out of your comfort zone can bring about well-being and self-satisfaction.

Don't forget that our Walk Across Texas challenge is going on right now. It was designed to help Texans be more active and establish the habit of regular physical activity. Join us on 4/11 & 4/25 for our Walk & Talk Sessions at 11:30am at the Center. Also, please log your steps/

miles and turn them in to Beth at the end of each week. Every physical activity you do adds points and can be converted to equivalent miles. Activities include gardening, vacuuming, EGYM, exercise classes, walking, biking, etc.

We want to help you take steps towards a healthier you! Whether this is through our walking challenge or any of our health & wellness classes, or the gym, each activity adds up. Another way to be active and support the Center is by registering for our 24th Annual Run for the Hills coming up in May. Remember that there's a distance for everyone (1 mile, 5K, 10K) and for those who don't want to walk/run, you can register as a sleepwalker and get the t-shirt.

We strive to offer something for everyone here at BSBAC. We hope you will take advantage of all we offer and enjoy this wonderful season of renewal.



April Weekly Activity Schedule



MONDAY

9:00am Library
9:00am Socializing
9:00am Ride the Bus
9:00am Wood Carving

11:30am
Fellowship Meal

12:35pm Bunco
(2nd & 4th Mon)
1:00pm Bridge
Foursome
(1st & 3rd Mon)
1:30pm Dominoes
2:30pm Table Tennis



TUESDAY

9:00am Library
9:00am Socializing
9:00am Ride the Bus
11:00am Mah Jong

11:30am
Fellowship Meal

12:00pm Guitar
1:00pm Bingo



WEDNESDAY

9:00am Library
9:00am Socializing
9:00am Bridge
9:00am Ride the Bus
10:00am Brunch
Bingo (1st Wed)
10:00am Card
Creations (2nd Wed)

11:30am
Fellowship Meal

12:00pm Knitting/
Crochet/Sewing
1:45pm Book Club
(1st Wed)
2:00pm Spanish
2:00pm Caregiver
Support Group
(3rd Wed)



THURSDAY

9:00am Library
9:00am Socializing
9:00am Ride the Bus
9:00am Wood Carving
10:00am Canasta HF
12:00pm Poker

11:30am
Fellowship Meal

1:00pm Mindful
Meditation
1:30pm Bible Study



FRIDAY

9:00am Library
9:00am Socializing
9:00am Ride the Bus

11:00am
Fellowship Meal

12:15pm Bingo



Addis, Evelyn
Aden, Linda
Andrews, Sharon
Ayers, Roseanne
Balmos, Tom
Barajas, Rafael
Barr, Betty
Beene, David
Bishop, Roseanne
Bishop, Shari
Borojerdi, Zahra
Burg, Sharon
Burns, Leann
Bushn, Eliza
Cahill, Rumiko
Camarillo, Maria
Carmichael, Dewayne
Carpenter, Charlene
Childress, Dale
Christensen, Mark
Cole, Maxine
Cole, Patricia

Cruse, Beth
De Guzman, Lena
Eubank, Barbara
Everingham, Linda
Fairchild, Becky
Feely, Patrick
Fitzloff, Alma
Forsten, Tammy
Frese, Sarah
Gamez, Renee
Goforth, Sandra
Guenther, Karen
Guerra, Cynthia
Hakemack, Lucy
Hamilton, Jeanette
Hannasch, Debra
Haringa, Robert
Harrell, John
Harris, Marion
Havens, Benny
Havens, Phyllis
Head, James

Head, Norma
Heideman, Angela
Hill, Marcia
Hooker, Sue
Hurt, Laura
Hurt, Oliver
Johnson, Rhonda
Johnson, Travis
Keith, Richard
Keller, Janet
Keller, Jodi
Kelley, Ted
Kirschbaum, John
Koehler, Cherlyn
Kraft, Marian
Krejci, Diana
Lawson, Carolyn
Lee, Penny
Leming, Rowena
Lenke, Lary
Lenke, Nancy
Lewis, Joyce

Little, Ken
Lloyd, Janice
Lyons, Bonny
Maroney, Sissy
Marroquin, Cindy
Matteson, Mark
Mcafee, Emmett
Mckinnon, Mac
Miles, Linda
Mock, William
Mynier, Dana
Ontiveros, Gilda
Palos, Elda
Perez, Myrna
Perry, Cheri
Posey, Francie
Powell, Rick
Prieto, Damian
Rector, Ken
Reddy, Barbara
Rice, Joan
Rocha, Leticia

Rojas, Angela
Saltz, Judith
Sanchez, Connie
Sandenaw, Richard
Schones, Roxie
Settles, Margaret
Sewell, Angela
Sewell, Toma Lea
Shepard, Sally
Struzenski, William
Swanson, Carol
Tafolla, Susan
Tolbert, George
Warner, Edward
Warnke, Jay
Wheeler, Melvin
Whitaker, Sandi
Woodell, Diana
Wright, Richard



April 2023

Center Meal Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				
3 Cheeseburgers Calico Vegetable Salad Dessert	4 Sausage Mushroom Pasta Green Salad Garlic Bread Dessert	5 Salad Trio Chicken Salad Macaroni Salad Fruit Salad Dessert	6 Million Dollar Chicken Broccoli Salad Garlic Bread Dessert	7 CENTER CLOSED
10 Sausage & Shrimp Jambalaya Green Salad Dessert	11 Bean & Cheese Chalupas Dessert	12 Egg Rolls Fried Rice Dessert	13 Cabbage Roll Casserole Corn Souffle Green Beans Dessert	14 BBQ Meatballs Scallop Potatoes Peas Dessert
17 Chicken, Sausage Potato Casserole Green Beans Rolls Kentucky Butter Cake	18 Caprese Sandwiches Fruit Dessert	19 Chicken Pot Pie Layered Salad Dessert	20 Mexican Spaghetti Green Salad Apple Taco Dessert	21 Chicken a la King Salad Dessert
24 Pizza Green Salad Dessert	25 Meatloaf Mashed Potatoes Green Beans Dessert	26 Chef's Choice Dessert	27 Italian Pasta Salad Balsamic Green Bean Salad Pistachio Cream Bars	28 Taco Salad Dessert

Fellowship Meal is served Mon-Thurs@ 11:30am, Fri@11:00am
(LUNCH IS SERVED FOR A 1/2 HOUR IN THE CENTER)
Suggested Donation \$4 (Donations help make our fellowship meals possible)
Menus are subject to change



Games Galore

Sponsored by: Alamo Hospice

Mumbo Jumbo

Unscramble each of the clue words. Take the letters that appear in boxes and unscramble them for the final message.

LPLUTYIM

BAAREGL

MERTEYGO

CULCALSU

H

Bamboozles

The object is to try to figure out the well-known saying, person, place, or thing that each bamboozable is meant to represent. (Solutions below)

SPRING & EASTER

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

WORD LIST

- | | | | |
|-------------|-------------|---------------|-----------|
| APRIL | CHICK | HOLY | NEWBORN |
| BASKET | CHOCOLATE | HOT CROSS BUN | PARADE |
| BLESSINGS | CHURCH | HUNT | PRAYER |
| BONNET | CROSS | JESUS | RABBIT |
| BOUQUET | EASTER | LAMB | SACRIFICE |
| BUNNY | EGGS | LENT | SPRING |
| CANDY | FAMILY | MIRACLE | YELLOW |
| CELEBRATION | GOOD FRIDAY | | |

Commonyms

- Morris - Felix - Garfield
- Raffle - Parking - Movie
- Multiple - Daily - Chewable
- A Penny - Nebraska - Ford Motor Co.
- Minnesota - Siamese - Identical
- Bridge - Memory - Hearts
- Black - Bulk - Junk
- Car - Home - Life
- G.I. - Little - Sloppy
- Thomas - John - James

Mar. Answers

- Trees
- They have frames
- Tables
- Buds
- Happens every 4 years
- Tape
- Fingers
- Cubes
- They come in dozens
- Cushions

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April Health & Wellness Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
<p>3</p> <p>8:30am Easy Pace 10:00am Line Dancing 11:00am Active Aging Strength 12:30pm Balance & Strength* 1:30pm Balance & Strength* 4:00pm Yoga</p>	<p>4</p> <p>9:30am Zumba Gold 10:30am Ballet Barre 2:00pm Zumba Gold Beginner 5:30pm Zumba</p>	<p>5</p> <p>8:30am Zumba Toning 10:00am Active Aging Strength 11:00am Balance & Strength* 12:15pm Balance & Strength* 3:30pm Line Dancing 5:00pm Yoga</p>	<p>6</p> <p>8:30am Easy Pace 9:30am Zumba Gold 10:30am Ballet Barre 11:45am Chair Yoga 2:30pm Beginning Line Dancing 4:00pm Restorative Yoga 5:30pm Zumba</p>	<p>7</p> <p>CENTER CLOSED</p> 
<p>10</p> <p>8:30am Easy Pace 10:00am Line Dancing 11:00am Active Aging Strength 12:30pm Balance & Strength* 1:30pm Balance & Strength* 4:00pm Yoga</p>	<p>11</p> <p>9:30am Zumba Gold 10:30am Ballet Barre 2:00pm Zumba Gold Beginner 5:30pm Zumba</p>	<p>12</p> <p>8:30am Zumba Toning 10:00am Active Aging Strength 11:00am Balance & Strength* 12:15pm Balance & Strength* 3:30pm Line Dancing 5:00pm Yoga</p>	<p>13</p> <p>8:30am Easy Pace 9:30am Zumba Gold 10:30am Ballet Barre 11:45am Chair Yoga 2:30pm Beginning Line Dancing 4:00pm Restorative Yoga 5:30pm Zumba</p>	<p>14</p> <p>9:30am Line Dancing 11:00am Balance & Strength* 12:15pm Balance & Strength*</p>
<p>17</p> <p>8:30am Easy Pace 10:00am Line Dancing 11:00am Active Aging Strength 12:30pm Balance & Strength* 1:30pm Balance & Strength* 4:00pm Yoga</p>	<p>18</p> <p>9:30am Zumba Gold 10:30am Ballet Barre 2:00pm Zumba Gold Beginner 5:30pm Zumba</p>	<p>19</p> <p>8:30am Zumba Toning 10:00am Active Aging Strength 11:00am Balance & Strength* 12:15pm Balance & Strength* 3:30pm Line Dancing 5:00pm Yoga</p>	<p>20</p> <p>8:30am Easy Pace 9:30am Zumba Gold 10:30am Ballet Barre 11:45am Chair Yoga 2:30pm Beginning Line Dancing 4:00pm Restorative Yoga 5:30pm Zumba</p>	<p>21</p> <p>9:30am Line Dancing 11:00am Balance & Strength* 12:15pm Balance & Strength*</p>
<p>24</p> <p>8:30am Easy Pace 10:00am Line Dancing 11:00am Active Aging Strength 12:30pm Balance & Strength* 1:30pm Balance & Strength* 4:00pm Yoga</p>	<p>25</p> <p>9:30am Zumba Gold 10:30am Ballet Barre 2:00pm Zumba Gold Beginner 5:30pm Zumba</p>	<p>26</p> <p>8:30am Zumba Toning 10:00am Active Aging Strength 11:00am Balance & Strength* 12:15pm Balance & Strength* 3:30pm Line Dancing 5:00pm Yoga</p>	<p>27</p> <p>8:30am Easy Pace 9:30am Zumba Gold 10:30am Ballet Barre 11:45am Chair Yoga 2:30pm Beginning Line Dancing 4:00pm Restorative Yoga 5:30pm Zumba</p>	<p>28</p> <p>9:30am Line Dancing 11:00am Balance & Strength* 12:15pm Balance & Strength*</p>

GYM HOURS

Mon-Thurs: 8:00am - 5:00pm

Fri: 8:00am - 3:00pm

*Class is FREE for all BSBAC Membes



Endurance / Aerobic

Endurance/Aerobic exercises increase your breathing and heart rate, keeping your circulatory system healthy

Think fast paced walking, jogging, dancing, or yard work

These exercises include 2 categories: Moderate intensity and vigorous intensity activities



Strength

Strength exercises help build and maintain muscles

Some examples of strength or resistance training exercises are: lifting weights, using resistance bands



Balance

Balance exercises are an important factor in fall prevention

Participating in activities such as Tai Chi or other low-impact movement exercises are beneficial to balance



Flexibility

Flexibility exercises consist mainly of stretches and yoga to help to keep your muscles limber

This helps keep you lean and in good shape



Health & Wellness Class Descriptions



ACTIVE AGING STRENGTH

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***



BALLET BARRE

The exercises build gradually, are safe and can be performed by anyone. Muscles become toned and lengthened, posture is improved, and movement becomes more graceful as the student becomes more aware of his/her body.



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.



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.



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.



YOGA/YOGA MIXED

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.

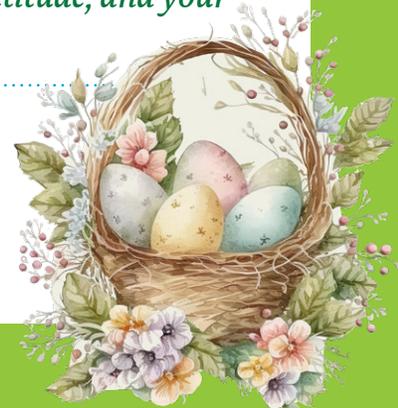


ZUMBA TONING

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 (or light weights), helps you focus on specific muscle groups, so your muscles stay engaged.



“Exercise not only changes your body, it changes your mind, your attitude, and your mood.”





Activity Center Happenings



BINGO WINNERS



JODI JOHNSON WAS THE PROGRESSIVE FRIDAY BINGO WINNER SPONSORED BY AUDREY CHEATUM, REALTOR, BERKSHIRE HATHAWAY

JOAN BRESTAL, KEN SHARP, & IRIS ROSSI SPLIT THE PROGRESSIVE TUESDAY BINGO JACKPOT SPONSORED BY CHERI ETTINGER, REALTOR, COLDWELL BANKER

HAPPY BIRTHDAY

Melanie Fishlock, Ernie Fishlock, Ken Sharp, & Joan Rice all turned 84 in the month of March and chose to celebrate together during Bingo.



Our Arts & Crafts Series for March was centered around flowers. Members made paper flowers and made spring floral arrangements. Thank you to Volunteer, Cindy and Member, Connie Zulaica for facilitating our Arts & Crafts Series sessions. Join us each month for a new fun craft!





Activity Center Happenings



2023 VOLUNTEER APPRECIATION BREAKFAST

We loved honoring and showing our appreciation for our volunteers. We handed out a few special awards to the Volunteers of the Year. We truly couldn't do what we do without all of you. Thank you to all that have helped us out here at the Center this last year!

Devoted Humble Involved
 Vibrant Selfless Wonderful
 Charitable Thanks
 Passionate Loving friendly fun Caring
Volunteers
 UNSELFISH HELPFUL PROSPEROUS
 Amazing GREAT
THOUGHTFUL
 Respectable



We had lots of fun for St. Patrick's Day! Our potluck was a hit and there were lots of people dressed in green!



April Event Flyers

April Branch Bingos

WEDNESDAY, APRIL 5TH
AT 10AM

Join Us For A Fun Morning of Bingo.
Lemon Blueberry French Toast with
Maple Syrup and Sausage will be served.

6 Games of Bingo - \$2
Brunch - \$4
Donations Appreciated

BETTER LIVING FOR TEXANS

Let's Walk For Health Together 8-Week Walking Challenge

Starting March 28th- May 23rd
Every other Tuesday from
11:30am-12pm
(3/28, 4/11, 4/25, 5/9, & 5/23)



2023
Let's Walk-n-Talk
Fruit & Veggie Series

Get Registered!
Start a Healthy Habit!
Get Fit! Have Fun!

Both Team & Individual
PRIZES will be AWARDED!

For more information contact:
Beth Collier
830-438-3111
bcollier@bsbac.com
BSBAC Outreach Coordinator
Texas A&M Agrilife Extension
Master Wellness Volunteer

USDA is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP. The members of Texas A&M Agrilife will provide equal opportunities in programs and activities, education, and employment to all persons regardless of race, color, sex, religion, national origin, age, disability, genetic information, veteran status, sexual orientation or gender identity and will strive to achieve full and equal employment opportunity throughout Texas A&M Agrilife.

TEXAS A&M AGRILIFE EXTENSION

Arts & Crafts Series

CORK BALL DECOR



APRIL 12TH, 1:00PM

All supplies will be provided.
\$5 Donation is appreciated.

April Day Trip

Thursday,
April 13th, 20th, & 27th

Join us for a fun day trip to The Ridge Marketplace in Kerrville. Enjoy the Cafe, Bakery, Gift Shops, and beautiful Gardens. Bus leaves promptly at 10am.

THE RIDGE MARKETPLACE

Wild Flour BAKERY Cafe at THE RIDGE

The Gardens at The Ridge

\$10 per person if riding the bus.
Don't want to ride the bus, follow along in your own vehicle.

GETTING YOUR DUCKS IN A ROW WORKSHOP

Presented by **HOPE HOSPICE**

April 20, 2023
1:00 PM - 3:30 PM
Bulverde Spring Branch Activity Center

Are your ducks in a row?

Come & Go education on what forms you and your family needs
Notary Public available to complete end-of-life forms

Equipping you with the resources to choose what happens at end-of-life and have those choices honored.

- Learn about end-of-life forms
- Advance Healthcare Directives
- Out of Hospital Do Not Resuscitate (DNR)
- Power of Attorney & Medical Power of Attorney

Hope Hospice is a Non-Profit 501(c)(3) serving the community since 1984. When it matters most, Ask for Hope.

PLEASE JOIN US FOR OUR NEW

MEMBERSHIP CONNECTION

LUNCH

.....

3rd Monday of each month @ 11:15 am

COME MEET NEW MEMBERS, LEARN ABOUT CENTER, ACTIVITIES/GROUPS & CONNECT WITH STAFF

Food Provided by Bulverde Baptist Church

TUESDAY, 4/25 @ 11:45AM

THREE PROPOSITIONS

COMAL ISD BOND 2023

PROPERTY & REVENUE INCREASE

PRISM PROJECTS

TECHNOLOGY

ZERO TAX RATE INCREASE

Please join us for lunch and a special presentation from Dr. John E. Chapman III, Superintendent, & members of Comal ISD regarding the upcoming Bond proposals. Come learn about the proposals and ask any questions you may have.

PROPOSITION A

Growth & Reinvestment - \$540,564,863

Proposition A will address continued student growth in the way of three new elementary schools to provide capacity relief to Hill Elementary, Barton, and Oak Creek and Transfer Elementary, Barton, and a new middle school in eastern Canyon. Middle School A will be built by Proposition A. A new high school campus, a program designed to include young adults and rural school children to increase income for the family and community settings.

In addition, approximately \$12 million of the proposition will fund safety and security projects throughout all districts. All the projects funded from Proposition A provide capital projects at existing campuses that support student programs, facility infrastructure projects such as roof and HVAC systems to maintain the operational integrity of the campuses, buses to replace aging units, and food for future vehicles.

PROPOSITION B

Student Projects - \$16,000,000

Proposition B will address quality transportation at Canyon Lake High School. The current roadway involves investigation of bus route and parking, creating a new route that is a need to increase facilities due to existing and other transportation. New facilities will be made to provide safe parking and access.

The other project funded by Proposition B is a new recreation and ballfield at Stoneport High School. The campus, which has been together for over 50 years since it opened in 1973, was designed to have its final use as an outdoor sports facility. Student participation in the recreation program at Canyon, with the addition of the ballfield, space currently being utilized mostly for the main building for school will be provided for students to use for BSEF and student events.

PROPOSITION C

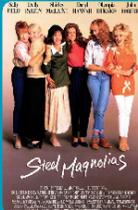
Student Technology & Infrastructure - \$28,000,000

Proposition C will fund the purchase of a new learning classroom, student workstation equipment, Wi-Fi access, and the new Network (NWN) infrastructure across the district.

CINEMA AT THE CENTER

Wednesday, Apr. 26, 2023 @ 12:30pm

COME ENJOY A MOVIE, SNACKS & FELLOWSHIP



A young beautician, newly arrived in a small Louisiana town, finds work at the local salon, where a small group of women share a close bond of friendship, and welcome her into the fold.

Starring: Shirley MacLaine, Olympia Dukakis, Sally Field & Julia Roberts

Steel Magnolias




BSBAC Garden Club

INTERESTED IN JOINING OUR NEW GARDEN CLUB IN THE COMMUNITY GARDEN? PLEASE SIGN UP ON INTEREST SHEET. DETAILS TO FOLLOW.

Upcoming Special Events



Celebrating the Journey
BSBAC GALA

April 14th, 2023
6:30PM - 9:30PM
Western Sky Event Venue
315 Obst Rd, Bulverde, TX 78163

DINNER - BAR - MUSIC - AUCTION
WESTERN CHIC ATTIRE
TICKETS: \$100/PERSON



830-438-3111, www.bsbac.com



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 & N. Beaulieu County's area. Current programs include Meals on Wheels, Senior Outreach, Social Activities, and Health & Fitness.

Center Closed
for
Good
7 APRIL
2023 Friday

SATURDAY, MAY 6TH, 2023



**Benefiting
Bulverde Spring Branch
Activity Center**



REGISTRATION OPEN (THRU MAY 5)
Register by April 29 to guarantee t-shirt!

5K - \$25
10k - \$30
1 Mile Fun Run - \$10*
Sleepwalker - \$25
**Does not include t-shirt*

SIGN UP TODAY!
Online: www.athleteguild.com (thru May 5)
In Person: Bulverde Spring Branch Activity Center
30280 COUGAR BEND, BULVERDE, TX 78163, 830-438-3111
WWW.BSBAC.COM

VENOR FUR
FAMILY FRIENDLY GAMES
TERMS OF 10- RECEIVE \$5 DISCOUNT

SATURDAY, MAY 6TH, 2023



**Benefiting
Bulverde Spring Branch
Activity Center**
30280 COUGAR BEND, BULVERDE, TX 78163,
830-438-3111, WWW.BSBAC.COM

DIAMOND SPONSOR ----- \$2,000

- Four (4) free race registrations
- Verbal acknowledgement during the event
- Monthly advertisement in both printed and electronic newsletters (24x/year)
- Logo on t-shirt, sponsor recognition banner, and on social media
- Can include promo item in runner bags
- Vendor space at event

PLATINUM SPONSOR ----- \$1,500

- Four (4) free race registrations
- Advertisement in printed and electronic newsletters (12x/year)
- Logo on t-shirt, sponsor recognition banner, and on social media
- Can include promo item in runner bags
- Vendor space at event

GOLD SPONSOR ----- \$750

- Four (4) free race registrations
- Advertisement in printed and electronic newsletters (6x/year)
- Logo on t-shirt, sponsor recognition banner, and on social media
- Can include promo item in runner bags
- Vendor space at event

SILVER SPONSOR ----- \$500

- Two (2) free race registrations
- Advertisement in printed and electronic newsletters (2x/year)
- Logo on t-shirt, sponsor recognition banner, and on social media
- Can include promo item in runner bags
- Vendor space at event

BRONZE SPONSOR ----- \$250

- Two (2) free race registrations
- Name on t-shirt, sponsor recognition banner, and on social media
- Can include promo item in runner bags
- Vendor space at event

CONTACT REGHAN SWENSON, RSWENSON@BSBAC.COM, 830-438-3111 FOR INFO

Be sure to get yourself registered early for this event. You can register online at www.athleteguild.com or scan the QR code on the flyer, or in person at the Center. There are many different categories for any age and level: 1 Mile Fun Run, 5K, 10K, and Sleepwalker. The Sleepwalker category is a donation, but you get a shirt and don't even have to run! This event is a fundraiser and all proceeds will benefit the Center and help us to continue to provide services to fulfill our mission. If you'd like to sponsor or be a vendor, please contact ReghanSwenson at rswenson@bsbac.com.





April is National Parkinson's Awareness Month

WHAT IS PARKINSON'S ?

A disease that affects nerve cells in the brain and causes tremors, poor coordination, and problems walking and moving.



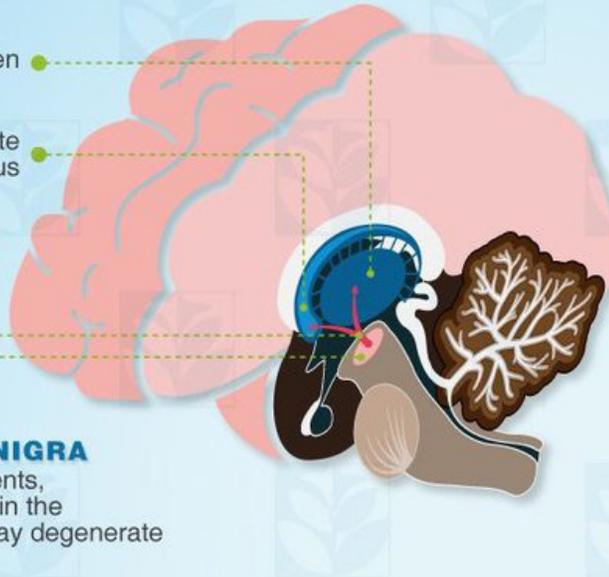
SYMPTOMS

STRIATUM
Putamen
Caudate nucleus

DOPAMINE PATHWAY

SUBSTANTIA NIGRA

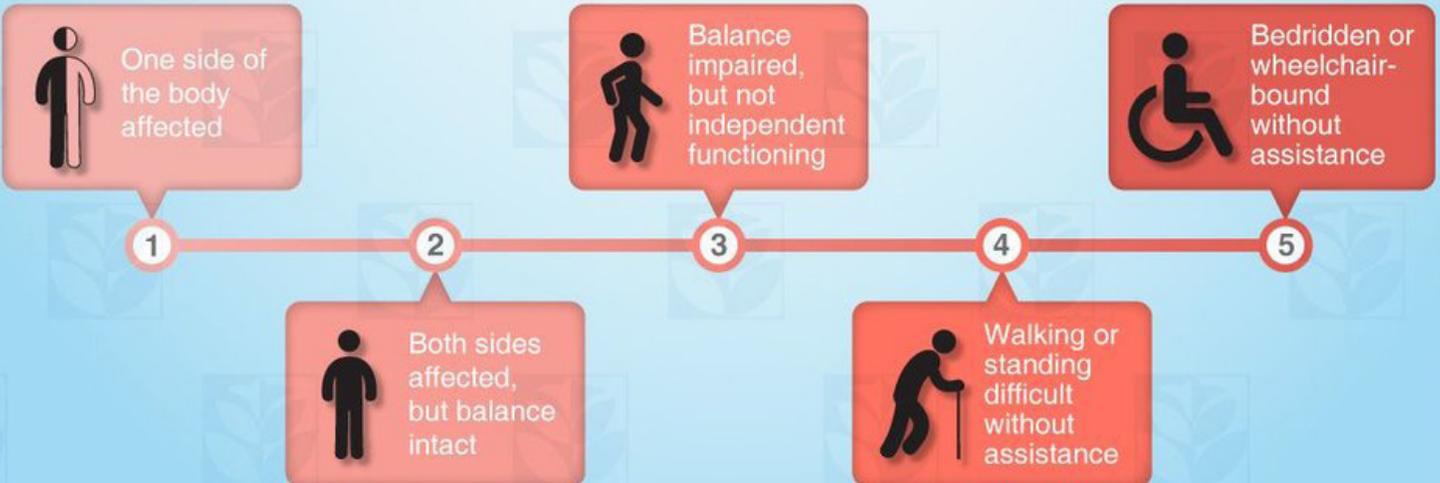
In Parkinson's patients, dopamine neurons in the nigro-striatal pathway degenerate



- Memory loss, dementia
- Anxiety, depression
- Slow blinking
- No facial expression
- Drooling
- Difficulty swallowing

- Shaking, tremors
- Loss of small or fine hand movements
- Stooped posture
- Aches and pains
- Constipation
- Problem with balance or walking

STAGES OF PARKINSON'S PROGRESSION





Myths & Facts About Parkinson's Disease

(Myth)

Everyone with Parkinson's disease has tremors.

(Fact)

Tremor symptom is easy to connect with Parkinson's disease because it's a prominent & recognizable symptom. But some people with Parkinson's never have a tremor.

(Myth)

Parkinson's disease is predictable and follows a similar pattern in all patients.

(Fact)

PD is very unique to each person with the disease, and even an expert physician in PD cannot predict exactly how the disease will progress for an individual diagnosed with PD.

(Myth)

Parkinson's is genetic.

(Fact)

The root cause of Parkinson's disease is not known. However, doctors believe that it can be due to both genetic and external factors. In fact, it is seen in people with no family history of Parkinson's.

(Myth)

Parkinson's is curable.

(Fact)

Unfortunately, there is no medication till now that can cure Parkinson's completely. Few medications help in slowing down its progression.

(Myth)

Parkinson's disease only causes restricted movements.

(Fact)

Though tremors, rigidity are one of the main symptoms, it also leads to depression, sleep disorders, difficulty in swallowing, urinary incontinence, constipation, increased sweating etc.



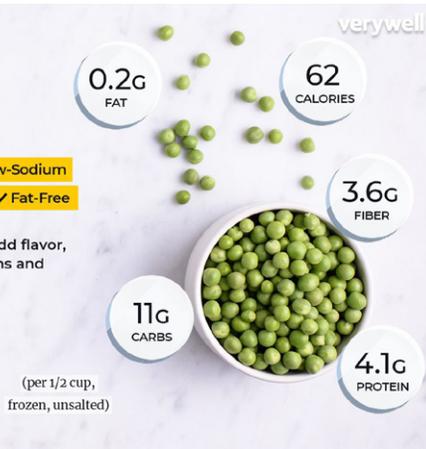
What's Cooking



Peas

- ✓ Cholesterol-Free
- ✓ Low-Sodium
- ✓ Good Source of Fiber
- ✓ Fat-Free

Peas are an easy way to add flavor, color, and loads of vitamins and nutrients into your diet



Peas



WHAT'S IN IT FOR YOU?

Moderately Low Calorie

134 calories per cup

Low Glycemic

Glycemic Index: 51 (low)
Glycemic Load: 51 (low)

Good weight loss food

Though not as low in calories as most vegetables, peas are suitable for dieters due to their high protein and fiber content. Peas also have practically no fat and no cholesterol.

Fiber

Peas are high in fiber, especially the insoluble type which not only helps with regularity, but is probably a key factor in preventing colon cancer.

Vitamin A

Essential for normal vision and for preventing night blindness.

B Complex Vitamins

Peas contain thiamin, folate, and other B complex vitamins. Normal nervous system functioning and energy production depend on these nutrients.

Vitamin C

Peas contain more vitamin C than any other legume. This potent antioxidant is essential for a healthy immune system and may help prevent cancer.

Carotenoids

These phytonutrients are important for eye health and are believed to fight cancer.

Vitamin K

Both normal blood clotting and healthy bone formation depend on this vitamin.

Manganese

Many essential body processes depend on it. Manganese is also a powerful antioxidant.

Saponins

These phytochemicals with cancer fighting properties are abundant in peas.

Easy Pea Salad

★★★★★

Pea Salad is a classic and easy side dish. A delicious salad of crunchy peas, crispy bacon, cubes of cheddar cheese, and red onion, all covered in a mayonnaise dressing.

Course	Side Dish
Cuisine	American
Prep Time	5 minutes
Cook Time	10 minutes
0 minutes	
Total Time	15 minutes
Servings	8 servings
Calories	374kcal
Author	Leigh Anne Wilkes

Ingredients

- 16 oz. peas frozen and thawed
- 1/2 cup red onion chopped
- 2/3 cup cheddar cheese cubed
- 1 lb. bacon fried and crispy
- 1/4 cup mayonnaise
- 1 tsp yellow mustard
- 1 tsp sugar
- salt and pepper to taste



The oldest known vegetable is the pea.



eDidYouKnow.com

Nutrition

Calories: 374kcal | Carbohydrates: 10g | Protein: 12g | Fat: 31g | Saturated Fat: 10g | Cholesterol: 50mg | Sodium: 488mg | Potassium: 274mg | Fiber: 3g | Sugar: 4g | Vitamin A: 550IU | Vitamin C: 23.4mg | Calcium: 87mg | Iron: 1.1mg

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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.

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Ann Parham: Vice Chair
Keri Sandvig: Treasurer
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James Head
Bobby Craft
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