

December 2023

BSBAC Buzz



Protect Yourself from the Flu

The Centers for Disease Control and Prevention (CDC) recognizes National Influenza Vaccination Week from December 4 to 8 to highlight the importance of flu vaccination. National Influenza Vaccination Week is a call to all Americans 6 months and older to get their annual flu vaccine if they have not already.

The CDC recommends "Take 3" Actions to Fight Flu.

#1: TAKE TIME TO GET A FLU VACCINE.

- **CDC recommends a yearly flu vaccine** as the first and most important action to protect against flu and its potentially serious complications.
- People at higher risk of serious flu complications include young children, pregnant people, people with certain chronic health conditions, and people 65 years and older.
- New this season, CDC and ACIP preferentially recommend three flu vaccines for people 65 and older: **Fluzone High-Dose** quadrivalent inactivated flu vaccine, **Flublok Quadrivalent** recombinant flu vaccine, **Fluad Quadrivalent** adjuvanted inactivated flu vaccine.

#2: TAKE EVERYDAY PREVENTIVE ACTIONS TO HELP REDUCE THE SPREAD OF GERMS.

- **Avoid close contact with sick people.**
- **Wear a face mask when caring for a sick person with flu** at home. The sick person should avoid close contact with others or wear a face mask when around others in the home.



- **Wash your hands with soap and water.** If soap and water are not available, use an alcohol-based hand rub.
- **Avoid touching your eyes, nose and mouth.** Germs spread this way.
- **When sick, limit your contact with others** as much as possible to keep from infecting them.

#3: TAKE FLU ANTIVIRAL DRUGS IF YOUR DOCTOR PRESCRIBES THEM.

- **If you get sick with flu, antiviral drugs can be used to treat your illness.**
- **CDC recommends prompt treatment with antiviral drugs** for people who have flu or suspected flu and who are at higher risk of serious flu complications
- Antiviral drugs are prescription medicines (pills, liquid or an inhaled powder) and are not available over-the-counter.
- Studies show that **flu antiviral drugs work best for treatment when they are started within two days of getting sick**, but starting them later can still be helpful, especially if the sick person is at increased risk or is very sick from flu.
- **If you get flu symptoms and are at higher risk for serious flu complications, call your health care provider as soon as possible** so you can be treated with flu antivirals if needed.

For more information, visit www.cdc.gov/flu or call 800-CDC-INFO.



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Upcoming Events

December 6 @ 10:00am
Brunch Bingo

December 6 @ 1:45pm
Book Club

December 11 @ 12:35pm
Bunco

December 13 @ 10:00am
Card Creations Class

December 13 @ 12:30pm
Cookie Swap & Make Hot Cocoa
in a Jar

December 19 @ 12:30pm
Ugly Sweater Bingo

December 21 @ 11:30am
Christmas Potluck Lunch
(Ham & Tamales provided
by the Center)

December 25- January 1
Center Closed for Christmas
& New Year's



“Every day is a chance to begin again. Don’t focus on the failures of yesterday, start today with positive thoughts and expectations.” ~Catherine Pulsifer

Note From the Center...

By DeLisa Leopold, Executive Director

In November we shared with you the power of individual giving and how your support benefits BSAC. Now your support means even more! We have been blessed with the gift of a \$50,000 matching contribution. So, every dollar you contribute makes double the impact! BSAC is in a season of growth, and we invite you to be part of this exciting journey!

We are looking forward to celebrating the holidays with the BSAC community and hope everyone joins in on the holiday themed events we have planned. Thank you all for making this an amazing year and for making the BSAC the wonderful place it is! We appreciate you!

To donate, scan the QR code or visit www.bsbac.com/Donate.

We wish everyone a holiday season full of family, friends, and fun!



SCAN TO DONATE



HAPPY HOLIDAYS



Give & Get

**Donate \$25 or more and receive a
FREE t-shirt!
(while supplies last)**

**Help us receive a matching
contribution of \$50,000!**

**For more information on giving or the
matching contribution, please visit with
a team member.**



**Your donation will help us continue our work
and impact the lives of our area seniors.
Every dollar you donate will make a
significant impact.**

*The Bulverde Senior Center (BSC) DBA Bulverde Spring Branch
Activity Center (BSBAC) is a non-profit 501 (c) 3 organization.*

December Weekly Activity Schedule



MONDAY

9:00am Library
9:00am Socializing
9:00am Wood Carving
10:00am Dominoes: Mexican Train (1st & 3rd Mon)

11:30am Fellowship Meal

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



TUESDAY

9:00am Library
9:00am Socializing
10:30am Beginning Guitar
11:00am Mah Jong

11:30am Fellowship Meal

1:00pm Bingo



WEDNESDAY

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

11:30am Fellowship Meal

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



THURSDAY

9:00am Library
9:00am Socializing
9:00am Wood Carving
10:00am Canasta HF
10:00am Daytrip (1st, 2nd, 3rd Thurs)

11:30am Fellowship Meal

12:30pm Mindful Meditation
1:00pm Bible Study



FRIDAY

9:00am Library
9:00am Socializing

11:00am Fellowship Meal

12:15pm Bingo



Adams, Diane
 Adams, Lorna
 Allen, Margaret
 Antczak, Sheron
 Barbour, Isidra
 Baron, Pierre
 Barrett, Martha
 Been, Elaine
 Benites, Nora
 Berryhill, Sherry
 Bishop, Donald
 Boaz, Matthew
 Bowles, Jeff
 Burkett, Greg
 Cardenas, Alfred
 Carnes, Don
 Case, Sheila
 Chism, May
 Christner, Linda
 Corbin, Kathleen
 Cordes, Alfred
 Cozart, Linda
 Deitch, Leslie

Ellingsworth, Brenda
 Fairley, Sandra
 Ferguson, Richard
 Fischer, Dagmar
 Flores, Jesse
 Foster, Bill
 Gilbert, Joan
 Graham, Nancy
 Guerra Jr., Fidelio
 Guerra, Maria
 Guyer, Janice
 Halfhill, David
 Hawkins, Gloria
 Haynes, Sherry
 Herd, Connie
 Hildebrandt, Debbie
 Hopkins, Doris
 Jimenez, Guillermo
 Johnson, Cheryl
 Keith, Carol
 Kimbrough, Daynelle
 Kirk, Julie
 Kita, Thomas

Knibbe, Sharon
 Kohlenburg, Patty
 Letarte, James
 Lindsay, Jay
 Littleton, George
 Loesch, Margie
 Longoria, Patricia
 Loop, Larry
 Lucas, Kathy
 Mason, Peggy
 Matheny, Pat
 McClain, Linda
 Mcgee, Silvia
 Mcnaul, Debbie
 Mcnaul, Joe
 Meuth, Brian
 Moore, Sonia
 Morse, Richard
 Munoz, Lydia
 Mutz, Johnny
 Nash, Robert
 Nicholson, Michael
 Nyland, Rita




Oar, David
 Orozco, Maria
 Ottea, Julia
 Pal, Andy
 Piet, Dolores
 Pigg, Merinda
 Poss, Noelle
 Potter, Jean
 Potter, Terry
 Powell, Stacey
 Reynolds, Brian
 Reynolds, Shauna
 Rhea, Rebecca
 Ringland, Alan
 Robinson, Cheryl
 Robison, Sherry
 Rodriguez, Stephen
 Saenz, Paulette
 Sansom, Judy
 Schwaben, Otto
 Sechrist, Kathy
 Shirey, Kathleen
 Simms, Maria

Smith, Kristy
 Sperling, Penny
 Starkman, Mary
 Stringer, Gloria
 Suehs, Christine
 Sweet, Debby
 Taylor, John
 Tenney, Twyla
 Tomsett, Fran
 Walker, Gynelle
 Walker, Richard
 Walther, Judy
 Wiederhold, Carolyn





December 2023 Center Meal Menu

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|--|---|
|  | | |  | ¹ Chicken Almondine Green Salad Dessert |
| ⁴ Chicken Parmesan Pasta Bake Green Beans Dessert | ⁵ Beef Tacos Guacamole Dessert | ⁶ Chicken Cordon Bleu Broccoli Dessert | ⁷ Creamy Cajun Chicken Pasta Okra & Tomatoes Dessert | ⁸ Ham & Cheese Sliders Cole Slaw Dessert |
| ¹¹ Taquito Enchiladas Pinto Beans Dessert | ¹² Ham & Scalloped Potato Casserole Green Salad Dessert | ¹³ Chicken Chili Cornbread Dessert | ¹⁴ John Wayne Casserole Corn Dessert | ¹⁵ Frito Pie Dessert |
| ¹⁸ Mongolian Chicken Rice Dessert | ¹⁹ Egg Roll Fried Rice Edamame Dessert | ²⁰ King Ranch Chicken Pinto Beans Dessert | ²¹ Christmas Potluck Ham & Tamales Provided | ²² Tortellini in Red Sauce Salad Dessert |
| ²⁵ CENTER CLOSED FOR HOLIDAY  | ²⁶ CENTER CLOSED FOR HOLIDAY | ²⁷ CENTER CLOSED FOR HOLIDAY | ²⁸ CENTER CLOSED FOR HOLIDAY | ²⁹ CENTER CLOSED FOR HOLIDAY |

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

Number Block



The missing numbers are integers between 0 and 12. The numbers in each row add up to totals to the right. The numbers in each column add up to the totals along the bottom. The diagonal lines also add up the totals to the right.

| | | | | | | | | |
|----|----|----|----|----|----|----|----|----|
| | | | | | | | | 35 |
| 8 | 6 | | 1 | | 4 | 1 | 3 | 34 |
| | 8 | 2 | 5 | 1 | | 0 | 2 | 29 |
| 4 | 11 | | 1 | 11 | 11 | 2 | 0 | 46 |
| 9 | 4 | | | 9 | 9 | 5 | 1 | 53 |
| 8 | | 12 | 1 | | 5 | 8 | 4 | 50 |
| 8 | 7 | 8 | 9 | 7 | 3 | 8 | 12 | 62 |
| 3 | 1 | 6 | 4 | 11 | | 8 | 7 | 44 |
| 2 | 3 | 7 | 4 | 2 | 9 | 0 | 1 | 28 |
| 51 | 44 | 54 | 32 | 56 | 47 | 32 | 30 | 49 |

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)

| | | |
|--|---|------------------|
| PAIN | shaking shaking shaking shaking shaking shaking shaking shaking shaking shaking | STICK |
| LO ^{HEAD} & VE ^{HEELS} | C O U N T | V B T E |

Commonyms

- Doughnut - Black - Pot
- Cities - Noses - Songs
- Slip - Slide - Square
- Wrapping - Fly - Toilet
- Moons - Hearts - Clovers
- Square - Lug - Wing
- Odd - Irrational - Even
- Rose - Bay - Stained Glass
- Forest - Lime - Hunter
- House - Dragon - Horse

Christmas Word Search

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



Word list:
ANGEL FROSTY NATIVITY SPIRIT
CHRISTMAS FRUITCAKE PRESENTS STAR
EGGNOG GIFT REINDEER STOCKING
ELVES GREETINGS SLEIGH TIDINGS
FAMILY MANGER SNOWMAN WREATH

November Answers

- All can be described with "black"
- They all dribble
- They all jam
- They all have flags
- They are all planted
- They all have tips
- They all have eyes
- Baths
- Types of cheese
- Trees



December Health & Wellness Schedule

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|--|--|
|  | <i>its the most</i> DECEMBER <i>wonderful time of the year</i> | | | 1 9:30am Line Dancing 11:00am Balance & Strength* 12:15pm Balance & Strength* |
| 4 8:30am Easy Pace 10:00am Line Dancing 11:00am Active Aging Strength 12:30pm Balance & Strength* 1:30pm Balance & Strength* 4:00pm Yoga | 5 9:30am Zumba Gold 10:30am Pilates 1:00pm Beginning Line Dancing 5:30pm Zumba | 6 9:00am Zumba Gold Toning 10:00am Active Aging Strength 11:00am Balance & Strength* 12:15pm Balance & Strength* 3:00pm Line Dancing 4:00pm Mindful Flow & Core | 7 8:30am Easy Pace 9:30am Zumba Gold 10:30am Pilates 11:45am Chair Yoga 1:00pm Balance & Strength* 4:00pm Restorative Yoga 5:30pm Zumba | 8 9:30am Line Dancing 11:00am Balance & Strength* 12:15pm Balance & Strength* |
| 11 8:30am Easy Pace 10:00am Line Dancing 11:00am Active Aging Strength 12:30pm Balance & Strength* 1:30pm Balance & Strength* 4:00pm Yoga | 12 9:30am Zumba Gold 10:30am Pilates 1:15pm Beginning Line Dancing 5:30pm Zumba | 13 9:00am Zumba Gold Toning 10:00am Active Aging Strength 11:00am Balance & Strength* 12:15pm Balance & Strength* 3:00pm Line Dancing 4:00pm Mindful Flow & Core | 14 8:30am Easy Pace 9:30am Zumba Gold 10:30am Pilates 11:45am Chair Yoga 1:00pm Balance & Strength* 4:00pm Restorative Yoga 5:30pm Zumba | 15 9:30am Line Dancing 11:00am Balance & Strength* 12:15pm Balance & Strength* |
| 18 8:30am Easy Pace 10:00am Line Dancing 11:00am Active Aging Strength 12:30pm Balance & Strength* 1:30pm Balance & Strength* 4:00pm Yoga | 19 9:30am Zumba Gold 10:30am Pilates 1:00pm Beginning Line Dancing 5:30pm Zumba | 20 9:00am Zumba Gold Toning 10:00am Active Aging Strength 11:00am Balance & Strength* 12:15pm Balance & Strength* 3:00pm Line Dancing 4:00pm Mindful Flow & Core | 21 8:30am Easy Pace 9:30am Zumba Gold 10:30am Pilates 11:45am Chair Yoga 1:00pm Balance & Strength* 4:00pm Restorative Yoga 5:30pm Zumba | 22 9:30am Line Dancing 11:00am Balance & Strength* 12:15pm Balance & Strength* |
| 25  | 26 CENTER CLOSED FOR THE HOLIDAY | 27 CENTER CLOSED FOR THE HOLIDAY | 28 CENTER CLOSED FOR THE HOLIDAY | 29 CENTER CLOSED FOR THE HOLIDAY |

GYM HOURS

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

Fri: 8:00am - 3:00pm

*Class is FREE for all BSBAC Membes



It's important to keep working out during the holidays in order to burn calories and to boost your sluggish circulation during the winter months.

Sleep helps your body heal and fight infection, and also boosts your immune system to help fight off germs before you fall ill.

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***



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.



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.



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



B
N
O
G
I
N

Bingo Winners

Eve Sharp & Hope Molina were our progressive Bingo winners sponsored by Miquel Diaz, Licenced Insurance Agent, Essential Solutions

Happy Birthday!

Mabel Fennis

Mabel celebrated a milestone 95th birthday with us at the Center!



Activity Center Happenings



ANNUAL THANKSGIVING LUNCHEON

Thank you to everyone that joined us for our Thanksgiving Luncheon last month. It was a great day of fellowship and tasty food. Thank you to the students including those from Pieper High School JROTC for setting up, helping out in the kitchen and serving.



Thank you to The GVTC Foundation's Thanksgiving Give Back Project for delivering Thanksgiving meals to our Meals on Wheels clients! We appreciate all you do for the community and our seniors!



We had two Arts & Crafts classes this month. Members made button pumpkins and holiday floral arrangements.





December Event Flyers



December Brunch Bingo

**WEDNESDAY, DECEMBER 6TH
AT 9:45AM**

*Loaded Tater Tot Breakfast Casserole
Fresh Fruit*

**6 GAMES OF BINGO - \$2
BRUNCH - \$4
DONATION APPRECIATED**



MERRY CHRISTMAS
2023 BSBAC

**MEALS ON WHEELS ANGEL TREE
WE NEED YOUR HELP!**

It's the most wonderful time of the year. If it's within your heart to give to others this holiday season, please take a GIFT tag from the tree. Each Meals on Wheels Client put their needs and wishes on each tag.

PLEASE DO NOT WRAP GIFTS! BRING ITEMS WITH EITHER A LARGE GIFT BAG OR A ROLL OF GIFT WRAP AND ATTACH THE GIFT TAG TO YOUR GIFT. ALL GIFTS ARE DUE BACK BY FRIDAY, DECEMBER 8TH. THANK YOU FOR BEING THE LIGHT TO OTHERS THIS HOLIDAY SEASON.

ANY QUESTIONS,
PLEASE CONTACT
BETH COLLIER
BSBAC OUTREACH COORDINATOR
AT 830-438-3111 OR EMAIL
BCOLLIER@BSBAC.COM



*Christmas Cookie Swap &
Make Hot Cocoa in a Jar*

COME FILL UP YOUR COOKIE JAR!
BRING ANY 2 DOZEN COOKIES TO SHARE AND RECEIVE 2 DOZEN COOKIES TO BRING HOME. OUR CRAFT THIS MONTH IS DIY HOT COCOA IN A JAR WHICH IS A GREAT GIFT FOR THE HOLIDAYS.

Wednesday, December 13th at 12:30PM

\$5 Donation is Greatly Appreciated

Bring your best cookies!



UGLY SWEATER BINGO

Tuesday, December 19th at 12:30pm
Bring a snack or dessert to share.
Prize for the BEST Ugly Sweater




COME ALONG TO OUR

Christmas Potluck Lunch!

THURSDAY, DECEMBER 21ST AT 11:30AM

SEE YOU THERE!

WEAR SOMETHING FESTIVE

The Center will provide Ham & Tamales as the main. Bring your favorite Christmas appetizer, salad, side dish, or dessert to share!



BSBAC

Christmas & New Year

HOLIDAY CLOSURE

**THE CENTER WILL BE CLOSED
DEC. 25TH - DEC. 29TH
&
JAN. 1ST**



GIVE THE GIFT OF MEMBERSHIP

Giving the gift of a membership to the BSBAC is a gift that can be enjoyed the whole year! long!

For membership details, contact
Lauren Bippert at
830-438-3111 or lbippert@bsbac.com



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



New Class

↓ LEARN MORE ↓

DRUMFIT

Move more, get social & live better!

DrumFIT is a Music, Memory & Motor program designed just for you to socialize and enjoy together. See Brain and Body Health.

Why DrumFIT?

A fun, supportive, and inclusive group activity for older adults of all mobility ranges!

- Improves cognitive function & memory
- Enhances mood, reduces stress & anxiety
- Increases range of motion and/or mobility
- Creates greater appreciation for fitness & health

**STARTING JAN. 2024, DAY & TIME TBD.
PLEASE SIGN UP ON INTEREST SHEET.**





Upcoming Special Events



BULVERDE SPRING BRANCH ACTIVITY CENTER
PRESENTS
COMPETITION BBQ COOK-OFF
FEBRUARY 23-24, 2024

TITLE SPONSOR
Vulcan
Materials Company

\$200 team registration (No RV) includes:

- Team Space
- Entry into chicken, ribs & brisket.

\$250 team registration (RV Space) includes:

- Team Space
- Entry into chicken, ribs & brisket.

Jackpot categories/\$25 each:

- Beans
- Dutch Oven Dessert
- Margarita
- Kid's Cook
- Salsa
- Cook's Choice

Not a cooker, but want to join the fun?
\$10 wristbands, good for Friday and Saturday.
Wristbands include parking, BBQ tastings (as available), music, vendor shopping and a great time with friends!

BBQ Open to the Public
Friday, February 23, 5pm - 10pm &
Saturday, February 24, 10am - 10pm


Team Information
DeLisa Leopold
dleopold@bsbac.com

Sponsorship & Vendor Information
Reghan Swenson
rswenson@bsbac.com

REGISTRATION IS OPEN



Proceeds benefit the Bulverde Spring Branch Activity Center, a 501c3 nonprofit organization serving area seniors. Thank you for your support!



SUBARU share the love® EVENT

MW MEALS ON WHEELS

This holiday season, we hope you'll *share the love* by supporting our aging neighbors nationwide.

MILLIONS OF SENIORS ARE LEFT BEHIND, ALONE AND HUNGRY, AND THE PROBLEM IS ONLY GROWING.



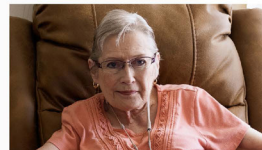
1 IN 2 SENIORS LIVING ALONE lacks the income to pay for basic needs¹

THE SENIOR POPULATION IS SET TO REACH 93M in the next decade, with **118M EXPECTED** by 2060¹



ABOUT 10 MILLION SENIORS are threatened by or experience hunger.²

MEALS ON WHEELS DELIVERS NUTRITIOUS MEALS AND COMPANIONSHIP, WE HELP SENIORS AGE IN THEIR HOMES.



"I am so grateful for the volunteers – people who have it in their heart to help. They don't have to do it, but they do."

MARTHA
MEALS ON WHEELS CLIENT

Over the last 16 years, Subaru and its retailers have helped the Meals on Wheels network provide more than **MORE THAN 4.3 MILLION MEALS** to seniors in need across the country.

GET A GREAT VEHICLE AND SUPPORT A GREAT CAUSE.
WITH EVERY NEW SUBARU PURCHASED OR LEASED, SUBARU AND ITS RETAILERS ARE DONATING A MINIMUM OF \$300 TO CHARITY, LIKE MEALS ON WHEELS.
NOVEMBER 16, 2023 THROUGH JANUARY 2, 2024.

LEARN MORE AT WWW.MEALSONWHEELSAMERICA.ORG/SHARETHELOVE.

Information data sources available at www.MealsonWheelsAmerica.org/Facts;

¹The Escalating Issue of Senior Hunger, pg. 1; ²The Escalating Issue of Senior Hunger, pg. 2



BSBAC December Wish List

\$25 GIFT CARDS (VARIETY OF PLACES)

SIZZIX BIG SHOT DIE CUT/EMBOSSER \$150 (FOR CARD CREATIONS)

SPANDEX TABLECLOTHS -NEUTRAL COLOR (\$25 FOR A SET OF 2)

12-16QT SOUP POT (\$45 EACH- 2 NEEDED)

DRINK DISPENSERS (\$30 EACH- 2 NEEDED)

BUNN COFFEE CARAFES (SET OF 3 FOR \$45)

CHRISTMAS TREE STORAGE BAGS (\$30- 4 NEEDED)

ORNAMENT STORAGE BAGS (\$20- 4 NEEDED)

MICROWAVE SPLATTER COVERS (SET OF 2 FOR \$12)

CANS OF ROTEL

ENSURE, BOOST, OR PROTEIN DRINKS

INDIVIDUAL JUICE BOXES OR BOTTLES (NO POUCHES PLEASE)

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!




"Holidays are about creating memories with loved ones and finding magic in the simplest moments."

JEREMIAH SAY



Flu in Adults Age 65 Years and Older What Are the Risks?

Adults **65+** are at increased risk of flu-related complications

**Pneumococcal
Pneumonia**
kills more than

18,000

older adults in the US
each year

Heart Attack risk
is increased by

3 to 5x

in the first 2 weeks
of infection

Stroke risk is
increased by

2 to 3x

in the first 2 weeks
of infection



High rates
of related
deaths and
hospitalizations
in adults 65+

78%

of all flu-related
hospitalizations

(more than 750,000 in US
2014-2015 flu season alone)

6x

more deaths from flu and
related complications

compared to all other age
groups combined

Annual vaccination is the best way to protect yourself against the flu

Vaccines are safe and
effective and reduce
the risk of flu and
related complications



Immune systems decline as adults age. Certain
vaccines are available to help boost immune
response, specifically in adults 65+:



High-dose vaccines
contain **4X more
antigen** than
standard-dose
vaccines



Adjuvanted flu
vaccines contain an
ingredient that **helps
create a stronger
immune response**

If a specific flu vaccine is not available in your area,
don't delay! Vaccination with any available influenza
vaccine is recommended and will still provide protection.



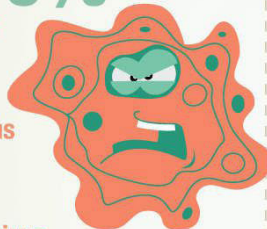
cold *or* flu?

SIGNS AND SYMPTOMS



WHAT CAUSES THE COMMON COLD?

- 10%-40% by the rhinovirus
- 20% by the coronavirus
- 10% by the syncytial virus



More than 200 viruses can cause the common cold.

SIGNS of a COLD

sneezing, scratchy throat, runny nose



TREATING COLD SYMPTOMS

- REST
- OVER-THE-COUNTER MEDICATIONS
- DRINKING CLEAR FLUIDS



WHAT CAUSES THE FLU?

- influenza virus Type A, Type B, Type C
- highly contagious spread by air or coming in contact with another infected person



SIGNS of the FLU

100°F or higher fever, cough or sore throat, body aches and chills, fatigue, nausea



Lingering symptoms may signal pneumonia.

TREATING THE FLU SYMPTOMS

- REST
- DOCTOR PRESCRIBED ANTIVIRAL MEDICATIONS
- DRINKING CLEAR FLUIDS





The Astounding Artichokes

Awesome Facts About Artichokes



A member of the sunflower family of vegetables, the artichoke is actually a perennial thistle.



First cultivated in the Mediterranean region, artichokes were popular among the Roman nobility.



If left to grow wild, artichokes blossom into large purple flowers.

Artichokes contain:

Vitamin C • Vitamin K • Vitamin B9 (folate) • Calcium • Copper
Iron • Magnesium • Manganese • Phosphorus • Potassium

What Are the Health Benefits of Artichokes?



Boost heart health

The vitamin C content in artichokes provides antioxidant action to protect cells from damage from free radicals, as well as reduce the risk of coronary heart disease.

Ensure healthy elimination

A medium artichoke can supply 6.9 grams of fiber, which is important in promoting regular bowel movement as it adds bulk to your stool.

Help reduce cancer risk

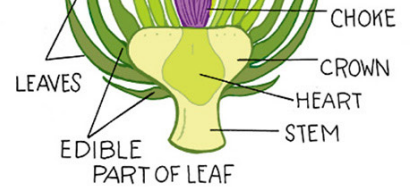
A flavonoid in artichoke called silymarin was found to be a skin cancer chemopreventive or anticarcinogenic agent.

Promote liver health

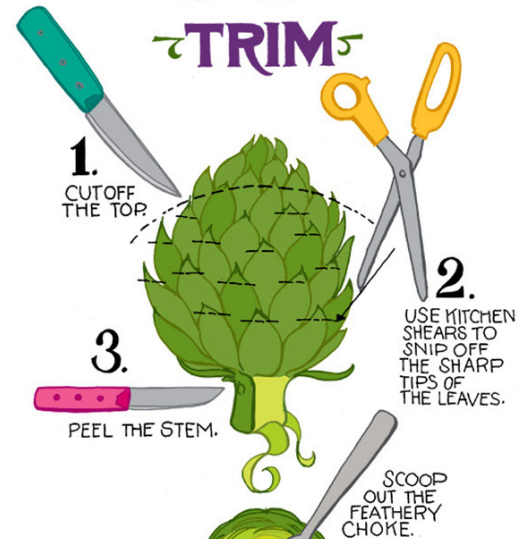
Cynarin in artichokes increases bile production in your liver, which in turn eliminates bad cholesterol from your body.

Foodfacts.Mercola.com

HOW TO COOK ARTICHOKE



TRIM



1. CUT OFF THE TOP.

2.

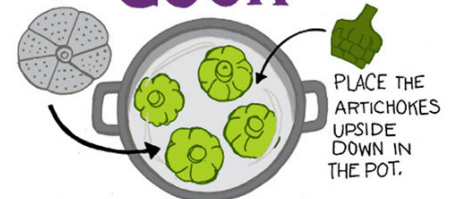
USE KITCHEN SHEARS TO SNIP OFF THE SHARP TIPS OF THE LEAVES.

3.

PEEL THE STEM.

SCOOP OUT THE FEATHERY CHOKE.

COOK



PLACE THE ARTICHOKE UPSIDE DOWN IN THE POT.

COVER WITH WATER & ADD 2 TSP SALT. DON'T COOK IN COPPER OR ALUMINUM, THE ARTICHOKE, REACT WITH THE METAL. USE A WEIGHTED STEAMER INSERT TO KEEP THE ARTICHOKE FROM FLOATING.

BRING THE WATER TO A BOIL OVER HIGH HEAT, THEN REDUCE HEAT TO MEDIUM, & COOK 10 MIN. COOK UNCOVERED TO PREVENT THE ARTICHOKE FROM TURNING BROWN. DRAIN FOR 5 MINUTES, COVERED, TO KEEP THEM WARM.

EAT

PEEL THE LEAVES FROM THE OUTSIDE IN.

SCRAPE THE SMALL AMOUNT OF MEAT OFF WITH YOUR TEETH.

THEN DISCARD THE TOUGH PART OF THE LEAF.

LEMON BUTTER OR AIOLI MAKE EXCELLENT DIPS FOR ARTICHOKE.

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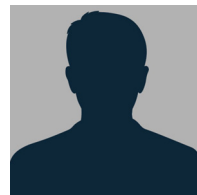
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