

June 2022

BSBAC

Buzz



Alzheimer's & Brain Awareness Month



"Alzheimer's And Brain Awareness Month" is declared each June by the Alzheimer's Association to help raise awareness about the disease, as well as show support for the millions of people worldwide living with Alzheimer's or another form of dementia. It's also a time to recognize caregivers for the support they provide to those living with Alzheimer's and other forms of dementia.

Every three seconds someone in the world develops dementia, with nearly 50 million people currently living with the disease worldwide. Perhaps more alarmingly, that number is expected to reach 132 million by 2050.

Facts About Alzheimer's Disease And Dementia. Dementia is a brain condition that affects parts of the brain that control thought, memory, and language. and Alzheimer's disease is the most common form of dementia. While the risk of developing Alzheimer's disease increases with age, Alzheimer's disease is not considered a "normal" part of aging. Most people living with Alzheimer's disease are older than 65 years; however, people younger than age 65 can develop Alzheimer's disease (though it is not common.)

One of the first steps toward raising awareness is educating people on important facts concerning the progression of the illness and the number of older adults that it affects around the world.

Many Seniors Living With Alzheimer's Do Not Know They Have It: the early signs of dementia include problems speaking or finding the right words during conversations, behavioral changes and difficulty with daily tasks like dressing. However according to the Alzheimer's Association, even after these symptoms are recognized by a health professional, only 45% of patients are told by their doctors of their diagnosis. The failure to disclose the diagnosis to patients and their caregivers can prevent seniors from receiving the early treatment they need.

Dementia Impacts More People Ever Year: it is estimated that around 44 million people in the world are currently living with dementia. While this is already a high number, it's supposed to continue to increase over the years, rising to 135 million by 2050.

Alzheimer's Often Leads To Premature Death: Many people know that Alzheimer's disease causes debilitating memory loss that can make daily tasks difficult. However, it's essential that individuals are aware that Alzheimer's is actually the sixth leading cause of death among the U.S. population, explained the Alzheimer's Association. As there is currently no cure for dementia, the disease is the only illness in the country's top 10 causes of death that can't be prevented or even slowed, noted the source.

To learn more, visit <https://www.alz.org/>.



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Upcoming Events

June 1 @ 10:00am
Brunch Bingo

June 1 @ 1:45pm
Book Club

June 2 @ 12:00pm
Center Closing Early

June 8 @ 1:45pm
Arts & Crafts Series: Floral Collage

June 9 @ 9:45am
Daytrip: State Capital

June 13 @ 12:35pm
Bunco

June 15 @ 1:45pm
Cinema at the Center: Night at the Museum

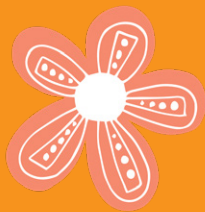
June 15 @ 2:00pm
Caregiver's Support Group
w/Hope Hospice

June 16 @ 9:45am
Daytrip: State Capital

June 22 @ 1:45pm
Yahtzee Tournament

June 23 @ 9:45am
Daytrip: State Capital

June 27 @ 12:35pm
Bunco



Everyday is an adventure, so enjoy the journey.



Note From the Center...

By Jessica Rosario

Thank you to everyone who helped make our 23rd Annual Run for the Hills the best one yet! With 448 registered participants, we broke the previous record from 2019 (414 participants). We couldn't have done it without your help sharing information, registering for the race, and donating money and time!

Summer is here and it is getting hot outside. Please do not spend too much time outside in the middle of the day as heat stress can turn serious quickly and tends to affect older adults more than the younger population. Stay in air-conditioned areas whenever possible, plan to do your long walks in the morning when it is still cool (bearable...), and drink plenty of water. The rule is to drink before you feel thirsty.

We are collecting items for our

Meals on Wheels Christmas in July as well as our BSBAC Wish List. Please see Beth Collier if you'd like to donate.

For all the ladies, don't forget about the 13th Annual Style Show that's coming up on July 23rd! Enjoy lunch and socialize with friends while learning about the latest fashion.

Also, if you are about to schedule a mammography, consider holding off until October 15th when we will have the mammography bus on-site. That is also the day for our Active Aging Health Fair - put it down in your calendar today so you don't forget.

That's it for now, stay cool and enjoy the summer months!



June Weekly Activity Schedule



MONDAY

9:00am Library
9:00am Visiting/
Socializing
9:00am Ride the Bus
10:00am 42 -
(Dominoes)
9:00am Wood Carving
10:00am Men's
Fellowship

11:30am
Fellowship Meal

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



TUESDAY

9:00am Library
9:00am Visiting/
Socializing
9:00am Open Games
9:00am Ride the Bus
10:00am Mexican
Train - (Dominoes)
11:00am Mah Jong

11:30am
Fellowship Meal

1:00pm Bingo



WEDNESDAY

9:00am Library
9:00am Visiting/
Socializing
9:00am Bridge
9:00am Ride the Bus
10:00am Brunch
Bingo (1st Wed)

11:30am
Fellowship Meal

12:00pm Poker
(Beginner/
Intermediate)
1:45pm Book Club
(1st Wed)
1:45pm Arts & Crafts
Class (2nd Wed)
1:45pm Cinema in the
Center (3rd Wed)
1:45pm Karaoke Sing-
along (4th Wed)
2:00pm Caregiver
Support Group
(3rd Wed)



THURSDAY

9:00am Library
9:00am Visiting/
Socializing
9:00am Cards
9:00am Ride the Bus
10:00am Canasta HF

11:30am
Fellowship Meal

12:00pm Poker
12:00pm Knitting/
Crochet/Sewing
1:00pm Mindful
Meditation
2:00pm Table Tennis



FRIDAY

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

11:00am
Fellowship Meal

12:10pm Bingo



Beth Collier
Bettie Beene
Bill Wray
Bob Allen
Calvin Farr
Carolyn Fowler
Cecelia Norman
Charline Cordes
Cindi Wilson
Cleatrice Clark
Connie Clark
Dianne Broglie
Eilleene McCutchen
Elaine Hanson
Faye Bowman

Harold Switzer
Hilaria Backhaus
James Barr
James Kober
Janet Lachman
Janet Westgate
Jim Hartman
Jo Ellen Towry
Joan Jacobson
John Myers
John Rowland
Juan Ramirez
June Henke
Karen Myers
Kathleen Smith

Kathleen Thelander
Kay Childress
Kimberly Arnold
Lou Gibbens
Lynda Vinger
Lynn Pomraning
Mabel Ennis
Madeline Flores
Marilu Lee
Mary Rodgers
Mary Taylor
Nona Watts
Paul Delmas
Paul Young
Percy Kimbrough

Phyllis Larson
Phyllis Larson
Phyllis Palinkas
Ralph Watts
Richard Wagner
Robert Hopkins
Sam Roberts
Sam Rodgers
Susan Izard
Toni Hoese
Tricia Mitchell
Vicki Trammell
Wanda Challen
Willard Brestal

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Stuffed Peppers Salad Dessert	2 Quiche Fruit Dessert	3 Meatball Subs Salad Dessert
6 Beef Tacos Pinto Beans Dessert	7 Grilled Cheese BLT Pasta Salad Dessert	8 Chef's Choice	9 Teriyaki Drumsticks Rice Fruit Dessert	10 Pizza Salad Dessert
13 Salad Bar Tuna Salad Dessert	14 Hamburgers Jalapeno Rice Salad Dessert	15 Pulled Pork Sandwiches Coleslaw Dessert	16 Dorito Chicken Casserole Salad Dessert	17 Chicken Salad Salad Bar Dessert
20 Sub Sandwich Chips Fruit Dessert	21 Sheet Pan Quesadillas Guacamole Salad Dessert	22 Thai Chicken Salad w/Peanut Dressing Dessert	23 Lazy Lasagna Salad Garlic Bread Dessert	24 Tuna Salad Salad Bar Dessert
27 Italian Pasta Salad Green Salad Dessert	28 Baked Potato Bar Salad Dessert	29 Polish Casserole Green Beans Dessert	30 BBQ Chicken Dill Pasta 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 • Menus are subject to change

WORD CHANGE

Can you morph one word into another by just changing one letter at a time? We have 4, 5 and 6 letter words to morph with 3, 4 and 5 times that you will need to change a letter.

EXAMPLE:

ANSWERS:

wood
sand



fire
park



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)

ODD odd	KNEE LIGHTS	HEATHEATHEATHEAT
JOBI'MJOB	KEET KEET	DIPPING

Commonyms

1. The Brain - The Lung - The Ear
2. Spider - Fiddler - Hermit
3. Back - Butterfly - Side
4. A Car - A Tree - An Elephant
5. A Bear - A Hammer - A Lobster
6. Finish - Fishing - Dotted
7. Metal - Radar - Lie
8. Stop - Spot - Strobe
9. Trap - French - Glass
10. State - Sales - Income



May Answers

1. They all have subs
2. They have faces
3. They have gutters
4. Bars in gymnastics
5. Mothers
6. Horses
7. They're black & white
8. Boxes
9. Fences
10. All Sundays/sundaes



Summer Word Search



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

AUGUST
 BEACH
 COOKOUT
 FIREWORKS
 FLIPFLOPS
 HEAT
 JULY
 JUNE

LEMONADE
 PICNIC
 PLAY
 POOL
 POPSICLE
 RELAXING
 SAND
 SLEEPOVER

SPRINKLER
 SUMMER
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 SUNSCREEN
 SWIMMING
 VACATION



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June Health & Wellness Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 8:30am Zumba Toning 10:00am Active Aging Strength 11:00am Balance & Strength* 12:15pm Balance & Strength* 3:30pm Line Dancing 5:00pm Yoga	2 8:15am Easy Pace 9:30am Zumba Gold 10:30am Ballet Barre CENTER CLOSING AT NOON	3 9:30am Line Dancing 11:00am Balance & Strength* 12:15pm Balance & Strength*
6 8:15am Easy Pace 10:00am Line Dancing 11:00am Active Aging Strength 12:30pm Balance & Strength* 1:30pm Balance & Strength* 4:00pm Yoga	7 9:30am Zumba Gold 10:30am Ballet Barre 5:30pm Zumba	8 8:30am Zumba Toning 10:00am Active Aging Strength 11:00am Balance & Strength* 12:15pm Balance & Strength* 3:30pm Line Dancing 5:00pm Yoga	9 8:15am Easy Pace 9:30am Zumba Gold 10:30am Ballet Barre 11:45am Chair Yoga 4:00pm Restorative Yoga 5:30pm Zumba	10 9:30am Line Dancing 11:00am Balance & Strength* 12:15pm Balance & Strength*
13 8:15am Easy Pace 10:00am Line Dancing 11:00am Active Aging Strength 12:30pm Balance & Strength* 1:30pm Balance & Strength* 4:00pm Yoga	14 9:30am Zumba Gold 10:30am Ballet Barre 5:30pm Zumba	15 8:30am Zumba Toning 10:00am Active Aging Strength 11:00am Balance & Strength* 12:15pm Balance & Strength* 3:30pm Line Dancing 5:00pm Yoga	16 8:15am Easy Pace 9:30am Zumba Gold 10:30am Ballet Barre 11:45am Chair Yoga 4:00pm Restorative Yoga 5:30pm Zumba	17 9:30am Line Dancing 11:00am Balance & Strength* 12:15pm Balance & Strength*
20 8:15am Easy Pace 10:00am Line Dancing 11:00am Active Aging Strength 12:30pm Balance & Strength* 1:30pm Balance & Strength* 4:00pm Yoga	21 9:30am Zumba Gold 10:30am Ballet Barre 5:30pm Zumba	22 8:30am Zumba Toning 10:00am Active Aging Strength 11:00am Balance & Strength* 12:15pm Balance & Strength* 3:30pm Line Dancing 5:00pm Yoga	23 8:15am Easy Pace 9:30am Zumba Gold 10:30am Ballet Barre 11:45am Chair Yoga 4:00pm Restorative Yoga 5:30pm Zumba	24 9:30am Line Dancing 11:00am Balance & Strength* 12:15pm Balance & Strength*
27 8:15am Easy Pace 10:00am Line Dancing 11:00am Active Aging Strength 12:30pm Balance & Strength* 1:30pm Balance & Strength* 4:00pm Yoga	28 9:30am Zumba Gold 10:30am Ballet Barre 5:30pm Zumba	29 8:30am Zumba Toning 10:00am Active Aging Strength 11:00am Balance & Strength* 12:15pm Balance & Strength* 3:30pm Line Dancing 5:00pm Yoga	30 8:15am Easy Pace 9:30am Zumba Gold 10:30am Ballet Barre 11:45am Chair Yoga 4:00pm Restorative Yoga 5:30pm Zumba	

GYM HOURS

Mon-Thurs: 9:00am - 6:00pm

Fri: 9:00am - 3:00pm

*Class is FREE for all BSBAC Membes



drink
- MORE -
water

BENEFITS OF DRINKING WATER

1. Helps lose weight
2. Natural remedy for headache
3. Healthier Skin
4. Better Productivity
5. Better Exercise
6. Easier Digestion
7. Less Cramps and Sprains
8. Less likely to get sick
9. Relieves Fatigue

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.

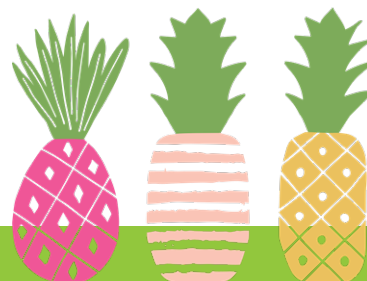


ZUMBA TONING

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

ALICIA TYSON
WAS THE
PROGRESSIVE
TUESDAY BINGO
WINNER
SPONSORED BY
THE HEIGHTS
OF BULVERDE



BILL FOSTER
WAS THE
PROGRESSIVE
FRIDAY BINGO
WINNER
SPONSORED BY
AUDREY CHEATUM,
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SOCK HOP DINNER DANCE!



THE COMING KING SCULPTURE PRAYER GARDEN

Members enjoyed the May Day Trips to the Prayer Garden in Kerrville. It is a 24.5-acre Sculpture Prayer Garden located at the main entrance of Kerrville, Texas, right on IH-10, halfway between the Atlantic and Pacific Oceans, at the same latitude as Israel.

Join us each month for a fun day trip and lunch to a new place in and around San Antonio!



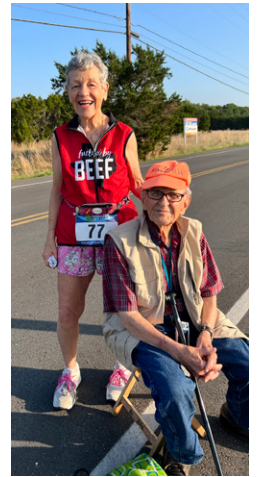
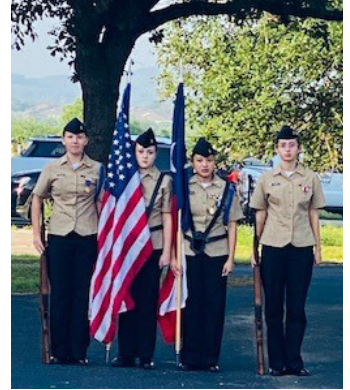


Activity Center Happenings

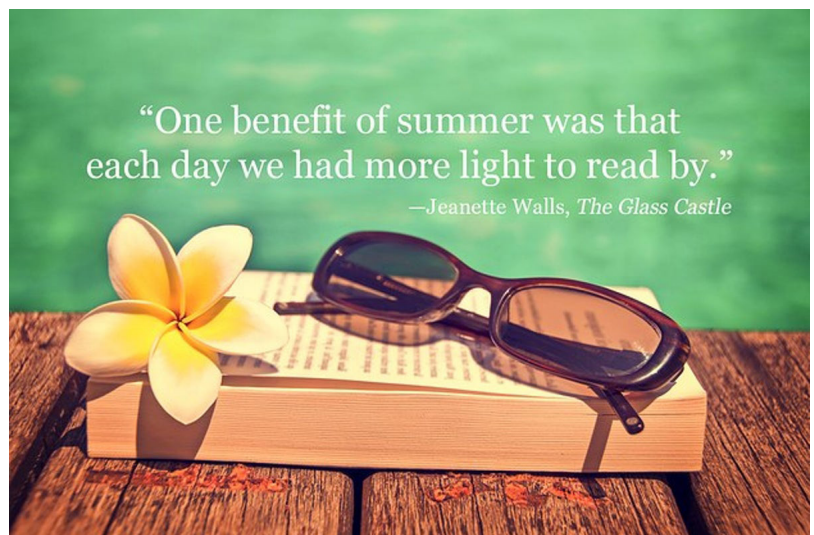
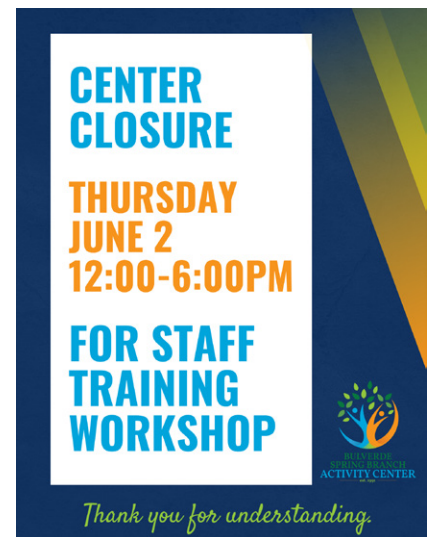
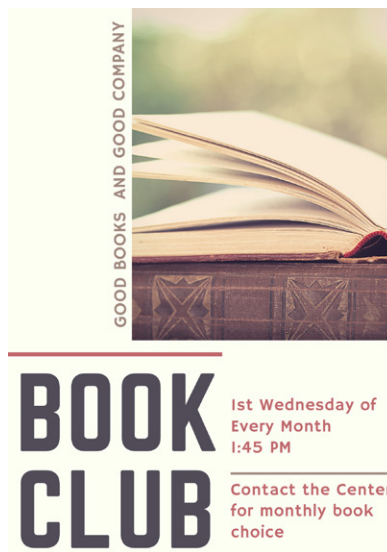


23RD ANNUAL RUN FOR THE HILLS

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June Event Flyers



Upcoming Special Events

IT'S STYLE SHOW TIME!

The 13th Annual Style Show will be held, Saturday, July 23rd! Be sure to join us for a fun social day of friendship, good food, good fashion, and uniquely decorated tables. We will also be having a vendor fair and door prizes. Tickets available for purchase at the Center. If you'd like to be a table hostess or a vendor at the vendor fair, please contact Reghan Swenson at rswenson@bsbac.com or 830-438-311 with questions. Don't miss out...we are going to have a great time! Check out the pics below of our 2020 event.

If you'd like to sponsor, please contact Jessica Rosario at jrosario@bsbac.com.



JULY 23 2022 11AM-2PM

13th Annual Style Show and Luncheon

- Enjoy a fun, social event with food & fashion as well as creative theme table decor designed by our hostesses.
- Fashion stylings provided by local boutiques.
- Vendor Fair & Raffle Prizes

TICKETS \$25 PER PERSON



For More Information:
Reghan Swenson

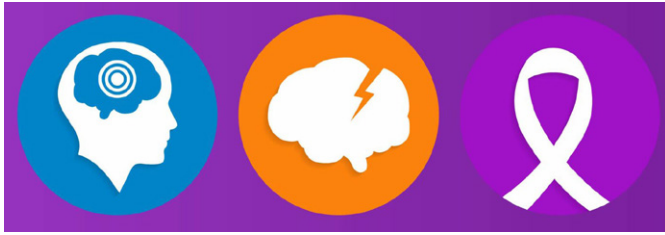


June Wish List

- Condiment Storage Containers each \$35 (1 needed)
- Tablecloth w/ New Logo \$250 each (1 needed)
- Heavy Duty Easel \$39 each (1 needed)
- 4ft Table \$65 each (2 needed)
- Storage Cabinets \$130 each (1 needed)
- Rolling Crate Cart \$56 each (1 needed)
- Spandex Tablecloths \$17 each (2 needed)

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

Thank you to those that have already donated!



Normal Memory Loss – Or Alzheimer's Disease/Dementia?

Although everyone's brain changes as they age, it's important to understand that Alzheimer's disease is not a normal part of aging. Memory loss is typically one of the first warning signs of Alzheimer's disease, but occasionally forgetting words or names does not mean a person has Alzheimer's. There are other signs that someone in the early stages of Alzheimer's disease may experience in addition to memory problems.

In the early stages of the disease, these can include:

- Getting lost in familiar places
- Having trouble handling money and paying bills
- Repeating questions
- Taking longer to complete normal daily tasks
- Displaying poor judgment
- Losing things or misplacing them in odd places
- Displaying mood and personality changes

When To Consider A Dementia Evaluation

It's time to consult a doctor when memory lapses become frequent enough or sufficiently noticeable to concern you or a family member. If you get to that point, make an appointment as soon as possible to talk with a primary physician to have a thorough physical examination. Your doctor can assess your personal risk factors, evaluate your symptoms, eliminate reversible causes of memory loss, and help obtain appropriate care. Early diagnosis can treat reversible causes of memory loss, or improve the quality of life in Alzheimer's or other types of dementia.

You might consider having your loved one screened for dementia if they have begun having difficulty with the following:

- Remembering new things
- Dealing with numbers and logical thinking
- Performing familiar activities
- Understanding the passage of time: change of months/seasons
- Changes In Vision Or Perception
- Carrying On A Conversation
- Losing Things
- Poor Decision Making
- Socializing/Hobbies
- Drastic Change In Personality Or Mood

Raising Awareness By Getting Involved

There are many ways to get involved if you want to support the Alzheimer's education and awareness cause during Alzheimer's and Brain Awareness Month. One way is to contact your local Alzheimer's Association to request more information at www.alz.org.



- BEING OLDER THAN 65
- A FAMILY HISTORY OF THE DISEASE
- INHERITING GENES FOR THE DISEASE FROM YOUR PARENTS
- EXISTING MILD COGNITIVE IMPAIRMENT
- DOWN SYNDROME
- UNHEALTHY LIFESTYLE
- PREVIOUS HEAD TRAUMA
- BEING SHUT OFF FROM A COMMUNITY OR HAVING POOR ENGAGEMENT WITH OTHER PEOPLE FOR EXTENDED PERIODS OF TIME

10 Ways to Care for Your Brain

SAVONIX





What's Cooking



Spinach is an excellent source of Folate, Vitamin A, Iron and Vitamin K. It also provides fiber, magnesium and calcium

HEALTH BENEFITS OF SPINACH

Popeye made himself super strong by eating spinach, but he may also have been helping to protect himself against inflammatory problems, oxidative stress-related problems, cardiovascular problems, bone problems, and cancers at the same time.

- Alkalizes the body
- Lowers Blood Pressure
- Aids in digestion
- Fights atherosclerosis
- Anti Aging
- Anti inflammatory
- Iron rich
- Contains B-6, B-1, riboflavin, folate and niacin
- Rich source of omega 3 fatty acids
- Cardiovascular health



CREAMED SPINACH



INGREDIENTS:

- 2 teaspoons olive oil
- 2 (16 ounce) bags spinach
- salt & ground black pepper to taste
- 1 pinch cayenne pepper
- 1 pinch freshly grated nutmeg
- 1 tablespoon butter
- 2 tablespoons minced shallot
- $\frac{3}{4}$ cup heavy whipping cream
- 1 teaspoon freshly grated lemon zest

DIRECTIONS:

1. Pour olive oil into a large soup pot, place over high heat, add spinach, and cover. Cook for 1 min, uncover, and lightly stir until most of the leaves are bright green and wilted, about 2 min.
2. Quickly drain spinach in a strainer and transfer to a plate lined with 4 paper towels. Cool enough to handle, squeeze as much liquid from the spinach as possible. Transfer spinach to a cutting board and coarsely chop.
3. Mix salt, black pepper, cayenne pepper, and nutmeg in a small bowl.
4. Place a large skillet over medium heat, melt butter in skillet, and stir shallot in the hot butter until just barely golden and translucent, 3- 4 min. Stir seasoning mixture into shallot mixture and pour in cream. Raise heat to medium-high and reduce cream sauce to about half, about 5 min. Stir in lemon zest.
5. Reduce heat to low and toss spinach with cream sauce in skillet. Cook and stir until spinach is heated through and coated, about 2 min, serve hot.



SERVES: 4



COOKING TIME:
15 MIN



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