National Senior Citizens Day was created to give back to the seniors that have impacted our lives and those who have already given so much. Changing demographics due to improved healthcare have enabled our older citizens to contribute more years of productivity than ever before. This has allowed many to seek second careers and serve as role models for the younger generations. For all that they have done, we owe our seniors our thanks and gratitude.

“For all they have achieved throughout life and for all they continue to accomplish, we owe older citizens our thanks and a heartfelt salute”. -Ronald Reagan

https://agesafeamerica.com/august-21-national-senior-citizens-day/
Senior Discounts
All discounts vary by location

Restaurants:
1. Applebee’s: 10-15% off of your bill
2. Arby’s: 10% off of your order
3. Burger King: 10% off of your order
4. Dairy Queen: 10% off of your order
5. Subway: 10% off of your order

Retail & Grocery:
1. Goodwill: 10% off your bill on Tuesdays
2. Kohls: 15% off your bill on Wednesdays
3. The Salvation Army Thrift Store: 15-50% off on Wednesdays
4. Drug Mart: 1st Wednesday of the month, receive 10% off of your bill

For a review of the full list, please visit: https://www.theseniorlist.com/senior-discounts/

Phone Bingo — our new and safe way to play the game we have all missed so much!

In July, we were able to try out our first few rounds of phone bingo. It was a GREAT success!

We will be starting weekly phone bingo on Monday, August 10th for one hour, every Monday from 1 p.m. - 2 p.m.

If you are interested in playing, please let your Center Director know.

July 13th Bingo Winners:
Shirley Ash
Christine Bellamy
Cynthia Clark
Anna Pope
Dolores Redman

July 16th Bingo Winners:
Theresa Dunn
Marian Edwards — a three time winner!
Nellita Peterson

Congregate meals are available at your local Rose Center for a suggested donation of $1.00
The Rose Center for Aging Well staff misses you terribly and can’t wait until we are able to see you again, in person. Since we aren’t sure when we will be returning to the centers, staff are planning to get into our cars, form a caravan and drive by to smile & say hi from a distance. Please step out onto your porch or peak outside your window when you hear us honking. We will be in your area on the dates/times outlined below.

*Gunning seniors, to insure we can see you call, please drive to the Gunning parking lot on the assigned day*

<table>
<thead>
<tr>
<th>Location</th>
<th>Date: August</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lakeshore</td>
<td>3</td>
<td>11 a.m.-1 p.m.</td>
</tr>
<tr>
<td>East Cleveland</td>
<td>4</td>
<td>11 a.m.-1 p.m.</td>
</tr>
<tr>
<td>Bohn</td>
<td>5</td>
<td>11 a.m.-1 p.m.</td>
</tr>
<tr>
<td>Gunning - Ctr Parking lot.</td>
<td>6</td>
<td>12:00 p.m.- 1:30 p.m.</td>
</tr>
</tbody>
</table>

**Will you help us get to 100%?**

**United States Census 2020**

If you haven’t responded to the 2020 Census, please do so now!

**HOME-DELIVERED MEALS STAFF**

- **Jacqueline Hart**, HDM Administrator
- **Jennifer Meigs**, HDM Social Worker
- **Bonnie Paul**, HDM Social Worker
- **Anthony Bolden**, Driver/Jumper
- **Jasmine Brim-Redmond**, PRN Driver/Jumper
- **Cleveland Cody**, Driver/Jumper
- **Darryl Evans**, PRN Driver/Jumper
- **Denham Fletcher**, Driver/Jumper
- **Wendell Franklin**, PRN Driver/Jumper
- **Bruce Fowler**, Driver/Jumper
- **Lizzie Gaitor**, Driver/Jumper
- **Rose Gator**, Jumper
- **Ruben Hill**, Fleet Manager
- **Rachel Isom**, Driver/Jumper
- **Carolyn Jones**, PRN Driver/Jumper
- **Carl Rudolph**, Driver/Jumper
- **Garland Smith**, Driver/Jumper
- **Arthur Walker**, Driver/Jumper
According to Forbes Magazine, by 2035, there will be 78 million people over 65 living in the United States.

People are living longer than they used to. And they’re continuing to work and be involved in the community even as they age.

Many older Americans are living productive and happy lives.

This is definitely worth celebrating!
Chair Stretches for maintaining or improving flexibility

The stretching exercises below reveal the different ways the body can move for a variety of everyday tasks and activities.

Instructions: The actual position in each photo may not be exactly what you can do. You have your own level of flexibility (Range of Motion). Simple go to a position that you feel comfortable in; avoid discomfort/pain; and hold the position for 30-60 seconds.

Spine

Hips

& legs

Shoulders

Did you slowly and gently go into the position shown? Yes/no
Did the position you attempted create a feeling of stretch while avoiding discomfort/pain? Yes/no
Did you hold the stretch for 30-60 seconds? Yes/no

© MBurnside Yes/no Fitness 2011
Root Beer Float

Ingredients
1 scoop chocolate or vanilla ice cream
1 chilled 8oz glass
1/2 cup chilled Root Beer Soda
1 teaspoon chocolate syrup
Optional toppings: sliced banana, honey-roasted peanuts, cut-up peanut butter cups, animal crackers, whipped cream and a cherry.

Directions
1. Add scoop of ice cream into a tall glass
2. Pour root beer carefully over the ice cream
3. Add chocolate syrup
4. Add your favorite toppings

August 7th is Root Beer Float Day — Enjoy!

BOHN CENTER STAFF

Nicole Alexander, Center Director
Ruth Hart, Food Service Manager
Anthony Ray, Custodian

Word Scramble

Category: VEGETABLE GARDEN

1. __________    ____________
   LDACLOR REESGN
2. __________    ____________
   LEBL EEPPRP
3. ________________
   MATTOO
4. ________________
   USASHQ
5. ________________
   GAENTPGL
6. ________________
   RMOUHSOM

Puzzle Answers

1. COLLARD GREENS
2. BELL PEPPER
3. TOMATO
4. SQUASH
5. EGGPLANT
6. MUSHROOM
Before you begin, here are a few things to keep in mind...

**Safety always comes first.** If you haven’t had regular checkups, you might want to talk with your doctor about your workout plans. Ask if there are any reasons to modify your program or adjust the exercises to do them safely. Always listen to your body and do what you can as long as you’re comfortable.

**Drink plenty of water.** Unless your doctor has asked you to limit fluids, be sure to drink water when you exercise. Many older adults don’t feel thirsty even when their body needs fluids.

**Wear comfortable clothes.** Be sure to wear clothes that let you move freely.

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**Toe Stand**

Stand behind a sturdy chair, feet shoulder-width apart, holding on for balance. Slowly stand on tiptoes as high as possible. Hold the position for 1 second. Slowly lower heels to the floor. Repeat 10-15 times.

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**Stand on One Foot**

Stand on one foot behind a sturdy chair, holding on for balance. Hold the position for 10 seconds. Repeat 10-15 times. Repeat 10-15 times with the other leg.
A couple of months ago, Center Director, Abigail Carney shared that she was having a baby!

She is happy to announce that she is adding a baby girl to her family.

Congratulations to Abbey, her husband Marcus, and dog Delta!

GUNNING CENTER STAFF

Abigail Carney, Center Director
Loretta Ashby, Kitchen Manager
Linda Holt, Program Assistant
Ashley Langford, Activities Coordinator
Timothy Mitchell, HDM Jumper/Driver
Did you know that three weeks of bedrest has a more profound impact on physical work capacity than three decades of aging\(^5\)? The best way to prevent these harmful effects is to get up and exercise. Exercise reduces stiffness, offsets age-related loss of muscle strength and muscle endurance, decreases fall risks and associated injuries with fall risks.\(^5\) It also helps maintain cognitive function by lessening depression and reducing the risk for developing dementia. Studies have shown that seniors who exercised three or more times a week had a 30-40% lower risk of developing dementia compared to their peers.\(^2\) These benefits certainly sound great, and it’s easy to see how they will preserve your independence and even contribute to an increased life expectancy.

Maintaining your physical fitness during the peak of summer and the current pandemic of COVID-19 can definitely prove to be challenging, but it is not impossible! Depending on your personal capabilities, some exercises may vary. Here are a few simple exercises that **DO NOT** require any special equipment.

1. **Sit-to-Stand**: start by standing in front of a stable chair with feet behind about six inches away from the front of the chair, slowly bend at the knees while pushing your hips back lowering into the chair. Bring yourself up back to the starting position, the goal is to obtain 10 reps/day.

2. **Tandem Stance**: this involves standing straight while the feet are together and bracing your core, (if needed do this next to a wall or other surface to reduce the risk of falling). Bring one foot in front of the other (heel to toe), with arms spread out in a T-shape. Hold the position for about 30 seconds and switch the position with your other foot.

3. **The Single-Leg Stand**: stand tall similar to the tandem stance, except lifting one foot off of the ground holding the position up to 30 seconds, and then repeat with the other leg.

All of these exercises will help maintain strength, balance, and mobility of your joints to keep you active throughout the summer. \(^1\)

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\(^1\) Exercise Older Adults: Read Do Every Day. SilverSneakers. Published November 7, 2017. Accessed July 9, 2020. [https://www.silversneakers.com/blog/exercise-for-older-adults/]


August Birthdays

Enjoy your day!

Tri-bond puzzle

What do the 3 pairs have in common?

1. An adult male seal, an adult male moose, an adult male elephant

2. Eyes, eggs, a load of laundry

3. Cities, songs, noses

4. Fortune, bank, story

5. Polish, wind, bass

Answers:
1. Bulls
2. All have whites
3. All have bridges
4. Tellers
5. Word with different meanings depending on pronunciation
Flexibility Exercises

Calf Stretch
- Stand facing a wall slightly farther than arm’s length from the wall, feet shoulder-width apart.
- Step forward with the right leg and bend the right knee.
- Keeping both feet flat on the floor, bend the left knee slightly until you feel a stretch in your left calf muscle.
- Hold the position for 10 to 30 seconds, and then return to the starting position.
- Repeat with the left leg.

Ankle Stretch
- Sit securely toward the edge of a sturdy, armless chair.
- Stretch your legs out in front of you.
- With your heels on the floor, bend your ankles to point the toes toward you.
- Hold the position for 10 to 30 seconds.
- Bend your ankles to point toes away from you and hold for 10 to 30 seconds.

https://www.nia.nih.gov/health/four-types-exercise-can-improve-your-health-and-physical-ability#endurance
**Tri-bond puzzle**

What do the 3 pairs have in common?

1. Mork and Mindy, Laverne and Shirley, Joanie Loves Chachi

2. Liberty, Mercury, Roosevelt

3. Oyster, Green, Tampa

4. River, a pick up truck, a hospital

5. A coin, a mug of beer, an arrow

Answers:
1. All spin off from Happy Days
2. Dimes
3. All have bays
4. All have beds
5. All have heads
**Hand Grip:**
1. Hold a tennis ball in each hand
2. Slowly squeeze the ball as hard as you can for 3-5 seconds
3. Relax the squeeze slowly
4. Repeat 10-15 times

**Wall Push-up:**
1. Face a wall, standing a little further than arm’s length away, feet shoulder-width apart.
2. Lean forward and put your palms flat against the wall at shoulder height and shoulder-width apart.
3. Slowly bend your elbows and lower your upper body toward the wall. Keep your feet flat on the floor.
4. Hold the position for one 1 second
5. Slowly push yourself back until your arms are straight
6. Repeat 10-15 times

**Side Leg Raise:**
1. Stand behind a sturdy chair, holding for balance
2. Slowly lift one leg out to the side. Keep your back straight and your toes facing forward. The leg you’re standing on should be slightly bent.
3. Hold the position for one second and then slowly lower your leg.
4. Repeat 10-15 times on each leg

Lemonade Slushy

**INGREDIENTS:**
- ½ cup of water
- 4 cups of ice cubes
- ½ cup of lemon juice or 4 medium lemons
- or 3 large lemons
- ½ cup of sugar

**DIRECTIONS:**
In blender, combine lemon juice, water, and sugar. Gradually add the 4 cups of ice cubes, blending until smooth. Serve immediately.

ENJOY this cool refreshing treat on a warm summer day!

August 3rd: National Watermelon day

August 4th: National Chocolate Chip Cookie day

August 10: National S'more day

August 14: National Creamsicle day

August 25: National Banana Split day

Indulge in some of your favorite tasty summer treats!
Chair Exercises

Please check with your physician before starting any type of exercise program.

Stretching (flexibility) exercises help prevent joint and muscle stiffness and keep your body limber. Stretching helps loosen you up and produces a sense of well-being and enthusiasm for the day’s events. When done at the end of a day, you will feel relaxed and less stressful.

Strengthening exercises make the muscles stronger. Weight-lifting comes to mind when thinking of strength, but you don’t have to lift hundreds of pounds to develop strong muscles. “Strength” in this context refers to the ability of a muscle to perform work, not to the size or bulk of a muscle.

Exercises on the chair

1. Neck
   In a seated position, straighten your back then extend your neck muscles and move them in a big circular motion.

2. Back/Stomach
   In a seated position, raise both your arms; then while lowering and raising your chin, bend your chest backwards.

3. Shoulders
   In a seated position, lightly bend your elbows and very smoothly rotate your shoulders.

4. Arms
   In a seated position, loosen up your arms and hands; then shake, rotating from front to rear and side to side.

5. Chest
   In a seated position, bend your back against the chair and expand your chest upwards, then straighten out your arms downwards. After that, continue the motion by bending your upper body forward.

6. Ankles
   In a seated position, put your feet together lightly and pull your toes towards yourself, and then release.

7. Knees
   While holding onto the desk with both hands, place your neck between your arms and while straightening out your back, shoulders, and waist; slowly, squeeze your body downwards. Then, continue the motion by straightening out your body and bending backwards.

8. Waist
   While holding onto the desk with one hand, twist your arm and waist to one direction and straighten out coming back. You should then change directions while keeping your eyes on the hand in motion.
Including all four types (endurance, strength, flexibility, and balance) of exercise can benefit a wide range of areas of your life, such as:

- Keep and improve your strength so you can stay independent
- Have more energy to do the things you want to do and reduce fatigue
- Improve your balance and lower risk of falls and injuries from falls
- Manage and prevent some diseases like arthritis, heart disease, stroke, type 2 diabetes, osteoporosis, and 8 types of cancer, including breast and colon cancer
- Sleep better at home
- Reduce levels of stress and anxiety
- Reach or maintain a healthy weight and reduce risk of excessive weight gain
- Control your blood pressure
- Possibly improve or maintain some aspects of cognitive function, such as your ability to shift quickly between tasks or plan an activity
- Perk up your mood and reduce feelings of depression
<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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<tbody>
<tr>
<td>3 Hawaiian Chicken 3 oz</td>
<td>*Stuffed Cabbage 6 oz</td>
<td>*Breaded Fish 4 oz</td>
<td>*Beef Meatloaf 3 oz</td>
<td>*Sweet &amp; Sour Pork Loin 4 oz</td>
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<td>*Rice Pilaf ¾ c</td>
<td>Sauce 2 oz</td>
<td>Tartar Sauce 1 PC</td>
<td>*Gravy 2 oz</td>
<td>*Rice Pilaf ¾ c</td>
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<tr>
<td>*Kyoto Blend 1 c</td>
<td>*Wide Noodles ¾ c</td>
<td>*Seasoned Potato Wedges ¾ c</td>
<td>*Mashed Potatoes ¾ c</td>
<td>Cauliflower ¾ c</td>
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<tr>
<td>W.G. Cereal Bar, 1 oz</td>
<td>*California Blend 1 c</td>
<td>Whole Grain Wheat</td>
<td>*Beets ¾ c</td>
<td>Green Peas ¾ c</td>
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<td>Mandarin Oranges ¾ c</td>
<td>Tropical Fruit ¾ c</td>
<td>2 Whole Grain Wheat</td>
<td>W.G. Bun 2 oz</td>
<td>W.G. Vanilla Wafer 1 oz</td>
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<td>ALT=CBG</td>
<td>ALT=CBG</td>
<td>TR</td>
<td>ALT=CBG</td>
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<tr>
<td>Hamburger 3 oz</td>
<td>*Beef Stroganoff 4 oz</td>
<td>*Roasted Turkey Breast 3 oz</td>
<td>*Beef Stew 8 oz</td>
<td>*Chicken Alfredo 4 oz</td>
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<tr>
<td>Ketchup 2 PC</td>
<td>*Noodles ¾ c w/ *Gravy 2 oz</td>
<td>*Gravy 2 oz</td>
<td>*Brussel Sprouts ¾ c</td>
<td>*W.G. Pasta ½ c w 2 oz sauce</td>
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<tr>
<td>Seasoned Potato Wedges ¾ c</td>
<td>Mixed Vegetables 1 c</td>
<td>*Mashed Potatoes ¾ c</td>
<td>Buttered Sliced Carrots ¾ c</td>
<td>California Blend 1 c</td>
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<td>Spinach ¾ c / Vinegar 1 PC</td>
<td>Whole Grain Wheat</td>
<td>Peas ¾ c</td>
<td>W.G. Biscuit, 2 oz</td>
<td>W.G. Roll 1 oz</td>
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<td>Whole Grain Bun Orange</td>
<td>Pineapple Chunks ¾ c</td>
<td>2 Whole Grain Rye</td>
<td>Orange</td>
<td>Sliced Pears ¾ c</td>
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<td>ALT=CBG</td>
<td>T</td>
<td>ALT=CBG</td>
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<tr>
<td>*Salisbury Steak 3 oz</td>
<td>*Marinara Sauce 2 oz</td>
<td>*Tuna Salad 3 oz</td>
<td>*Sliced Ham 3 oz</td>
<td>*Stuffed Pepper 6 oz</td>
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<tr>
<td>*Gravy 2 oz</td>
<td>*W.G. Pasta ¾ c</td>
<td>*Cucumber Salad ¾ c</td>
<td>w/2 oz sauce</td>
<td>w/2 oz Sauce</td>
</tr>
<tr>
<td>*Mashed Potatoes ¾ c</td>
<td>*Capri Blend 1 c</td>
<td>*3 Bean Salad ¾ c</td>
<td>W.G. Pasta ½ c</td>
<td>*Zucchini &amp; *Yellow Squash 1 c</td>
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<td>*Broccoli ¾ c</td>
<td>2 Whole Grain Wheat</td>
<td>2 Whole Grain Wheat</td>
<td>Cheesy Potatoes ¾ c</td>
<td>W.G. Wheat</td>
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<td>2 Whole Grain Wheat</td>
<td>Tropical Fruit ¾ c</td>
<td>Pears ¾ c</td>
<td>Dinner Roll 2 oz</td>
<td>Banana</td>
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<td>ALT=CBG</td>
<td>ALT=CBG</td>
<td>Chunky Applesauce ¾ c</td>
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<tr>
<td>*Chicken Gordon Bleu 6 oz</td>
<td>*Swedish Meatballs 3-1 oz</td>
<td>*Turkey Tetrazzini 4 oz</td>
<td>*BBQ Chicken Breast 3 oz</td>
<td>*Cold Sliced Turkey 3 oz</td>
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<td>*Mashed Potatoes ¾ c w Gravy 2 oz</td>
<td>*Noodles ¾ c/*w/Gravy 2 oz</td>
<td>*Spaghetti ¾ c</td>
<td>Mayo 1 PC</td>
<td>w/1 oz PC</td>
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<td>Harvard Beets ¾ c</td>
<td>Broccoli ¾ c</td>
<td>California Blend 1 c</td>
<td>*Cucumber Salad ¾ c</td>
<td>*Coleslaw ¾ c</td>
</tr>
<tr>
<td>2 Whole Grain White</td>
<td>Red Cabbage ¾ c</td>
<td>W.G. Wheat</td>
<td>*W.G. Corn Bread (2 oz)</td>
<td>*W.G. Roll 1 oz</td>
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<tr>
<td>Sliced Peaches ¾ c</td>
<td>Whole Grain White</td>
<td>Applesauce ¾ c</td>
<td>Apricots ¾ c</td>
<td>Fresh Grapes 1 c</td>
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<td>ALT=CBG</td>
<td>ALT=CBG</td>
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<td>ALT=CBG</td>
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<tr>
<td>*Rosemary Pork Chop 4 oz</td>
<td></td>
<td>Menu Approved By:</td>
<td>TR</td>
<td></td>
</tr>
<tr>
<td>*Sweet Potatoes ¾ c</td>
<td></td>
<td>Ann Stahtheimer MS, RDN, LD</td>
<td>Choice of 1% Milk or Buttermilk</td>
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<tr>
<td>Green Peas ¾ c</td>
<td></td>
<td></td>
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<tr>
<td>W.G. Dinner Roll 2 oz</td>
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</tr>
<tr>
<td>Applesauce ¾ c</td>
<td></td>
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</tr>
<tr>
<td>ALT=CS</td>
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<td></td>
<td>T</td>
<td></td>
</tr>
</tbody>
</table>

Note: Box Lunch Default Menu choice is shown in the right hand corner of each day.

“T” = Tuna, “TR” = Turkey, “RB” = Roast Beef

ATL CS = Chicken Salad with Croissant, ALT CBG = Spring Lettuce Salad w/Chicken Breast

* = take temperature of Milk and all food proceed by an asterisk.
Providing services in the home to help you remain independent in the community.

ADULT DAY PROGRAM

BEHAVIORAL HEALTH SERVICES

BRI CARE CONSULTATION™

SENIOR COMPANIONS

SOCIAL WORK

Call 216.791.8000
www.benrose.org/services
The Rose Centers for Aging Well exists to promote successful aging for Northeast Ohio’s adults by offering opportunities, programs and services that foster choice and independence. Rose Centers for Aging Well is a subsidiary of Benjamin Rose Institute on Aging.