

Senior Moments

Kiser Senior Center Newsletter

April 2016

Kiser Senior Center
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*“Enter as Strangers.....
Leave as Friends”*

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Fire Safety in the Home

A safety message from the Bessemer City Fire Department

Cooking accidents are the leading cause of fire related injuries for older Americans. The kitchen is one of the most active and potentially dangerous rooms in the home. Most kitchen fires occur because food is left unattended on the stove or in the oven. A fire safety manual uses the “stand by your pan” theme to remind us to never leave cooking food unattended. If you must leave the kitchen while cooking, take a spoon or potholder with you to remind you to return to the kitchen.

Never cook with loose, dangling sleeves that can ignite easily. Wear short or tight fitting sleeves. Turn pot handles inward towards the back of the stove to prevent accidental bumping of the pan and causing a scalding injury. Use an oven mitt to protect hands and arms from burns. Cook at low or medium temperatures.

Should a stove fire occur, turn off the stove, use baking soda to extinguish the flame and slide the pan lid on the pan. Never throw water on a grease fire.

By exercising some simple culinary caution, you can help keep your home and family safe and your taste buds satisfied.

April Regular Program Schedule

Evening Programs

2nd & 4th Monday of each month – Line Dance – 6:00 PM – April 11th and 25th.

Tuesdays – 5:30 PM – Low Impact Yoga –April 5th, 12th, 19th and 26th.

Fees for all classes will be \$1/class.

Daytime April programs are:

Line Dancing – will be held on Thursdays at 3 PM Instructor – Judy Haney
\$1/class

Computer Classes – Thursday, April 14th & 28th – Computer Chick – Bridgett Martin teacher. Classes begin at 4:00 p.m. Four 30 minutes sessions offered. We have a few laptops for use, but if you have your own, please bring it.

To sign up, or for more information, call the Kiser Sr. Center at 704-729-6465



*Bessemer City
Community Garden*



Real food...these days a trip to the grocery store requires a little soul-searching and a lot of label reading if you want to eat healthy. There's organic, local, seasonal, gluten-free, sugar-free, vegan, and more. When did eating become so hard? One alternative to label reading is just around the bend – fresh from the garden foods.

Adding fresh fruits and veggies to the diet not only improves our weight, it can make a difference in our appearance (clearer skin), our overall health (blood pressure, cholesterol, diabetes) and even our mental outlook.

If you are not one to plant a garden, perhaps you'd be interested in getting involved with the Bessemer City Community Garden. From the Facebook page of the Garden – *“Interested in learning how to grow your own food? Interested in producing healthy produce? Then message us for more information on subscribing to a planting bed in the Bessemer City Community Garden! Complete an application and mail/email to us today.”* The garden has a Facebook page, check them out.

City Wide Clean Up – April 17 – 22, 2016 - Sponsored by the City of Bessemer City and Keep Bessemer City Beautiful, a city-wide clean-up project will take place during the week of April 17th. **Join** local residents, businesses and students in cleaning up litter in Bessemer City. We urge neighborhoods, civic groups, schools, churches, families to gather and help us send a message that we take PRIDE in our community and want to keep it litter-free!

To **register a group** call Adora Alford at 704-729-6465. Bring friends, co-workers and neighbors to help clean litter. KBCB will provide registered groups with vests, bottled water, bags and gloves for the cleanup. Following the cleanup, city crews and Waste Pro will collect all bags and bulk items placed at the curb. If you don't want to join an organized group, stop by City Hall to pick up your gloves & bags and pick an area that's “just your size”, or join city crews on April 21st as they do a sweep of City streets for litter collection. Supplies will be available the first week in April. Join a group and help make a difference in your city.

A few tips for this month.....

To avoid an interruption in your medications, especially maintenance drugs, such as blood pressure medications, REFILL when you get down to 6 pills. Don't risk bad weather, bad health, etc. causing you to be without medications.

Know the potential side effects and interactions of your medications. This can help you stay alert to any health changes that may occur in response to a new medication. If you notice health changes contact your physician right away. Some side effects can mimic other health conditions, including dementia. Don't second guess. Keep a list of your medications with you at all times.

“Seniors Masters Luncheon” - April 7th - 11:30 a.m. – 1:00 p.m.

Anyone interested in golf at all looks forward to April to watch the Masters. In keeping with that idea, the Kiser Sr. Center will have what we hope to be the first of many “Seniors Masters” luncheons.

Weather permitting we'll hold the lunch in the back courtyard. We'll have a fun time, with a putting green, a few games (guess how many tee's in jar, etc.), and door prizes. To keep with tradition, we will serve the Augusta National's famous menu. At the top of the list on the menu is the iconic pimento cheese sandwich, and the equally tasty egg salad sandwich. We'll serve these two with chips and a cookie. Beverages will be coke, water, tea.

Cost for the luncheon is \$5 and pre-registration is appreciated.

**“Q & A”*****What's being planned for the senior program in the future?***

With all the construction and upgrades in place, we continue to get questions about our plans for programming for seniors. We can finally say that we can see the light with many of the projects and are beginning to make plans for the spring, summer and even Christmas.

We anticipate an open house at the newly renovated Community Building on Saturday, June 18th in the morning hours. As we finalize this event more details will be made available, on the City website, the Kiser Center newsletter and other media outlets. That being said the “Big Question” is – when can we play BINGO again? We hope to celebrate what will be the **12th Anniversary of the BINGO** program on Monday, September 19th at 6:00 PM in the new facility. Tickets will go on sale in August at \$5/person.



We are also making plans for a Christmas bus trip to The Barn Dinner Theater in Greensboro to see “How the Buckner Family Saved Christmas”. This slapstick comedy is billed as the funniest, most requested comedy at The Barn. Cost will be \$55/person, which includes the meal, travel and comedy. This trip is to the matinee showing. We will arrive at The Barn around noon and should return around 7:00 pm or so. More details are coming. If you are interested you can call Adora now to get on the list and we'll begin taking sign-ups in May or June.



Slow-Cooking – The Heart Healthy Way
April 12th 10:30 – 12:00 Noon
Kiser Senior Center

Linda Minges will be leading a program on slow-cooking at the Kiser Senior Center on April 12th. The program will include a booklet on heart-healthy cooking, instructions on safety, amounts, settings, and more.

The booklet has many recipes using slow-cooking methods. As part of this program we will prepare several recipes from the booklet for tasting.

Please call and let us know if you can join us for this great program. The Slow-Cooking Program is part of the NC Cooperative Extension program and Linda Minges is a registered dietitian with the Extension.

Protect Yourself From Identity Theft

We all need to keep up our guard against crooks and con artists that continue to find ways to scam and steal identity from people. The NC Department of Justice “Scams & Fraud” guide manual has valuable information on how to stay smart and stay safe.

Regardless of age, we can all fall prey to cons and scams. Here are some basic rules that can help protect all consumers:

- **Guard your numbers.** Never give your Social Security number, credit card or bank account number to anyone you don't know who contacts you.
- **Don't pay money up front** to get a loan, collect a prize, or for debt settlement, credit repair or foreclosure help. It's illegal to require such a payment. If someone says you've won a lottery or sweepstakes that you don't recall entering, they are trying to scam you.
- **Say no to high-pressure sales pitches.** If the offer is only good today, walk away.
- **Be cautious when responding to telemarketers, door-to-door sellers and email or text pitches.** Instead of responding to unsolicited offers, decide when and where you want to go shopping.
- **Avoid get-rich-quick schemes.** Beware of offers that sound too good to be true, or promise huge rewards with little or no risk.

To get more tips, stop by the Kiser Senior Center and ask for a copy of the printed material from the N.C. Department of Justice.



Go Barefoot - Help Fix Foot Pain

With warm weather around the corner, it's the perfect time to kick off the shoes and "hang ten". Studies have shown that wearing shoes all the time can reduce how much you use the muscles in your arch, the foot's core, and dampen the feedback cycle between your feet and your brain. That causes foot muscles to weaken and bones and joints to take the brunt of the force, which ups the risk of heel pain and other foot and leg problems.

Going barefoot can reawaken muscles, nerve endings and our balance system. It can even have anti-inflammatory benefits through grounding. By feeling the ground, the vestibular system (balance system) of the brain awakens, stimulating connections and adds to greater balance. For seniors this is critical, because one fall or hip fracture can lead to a gradual decline in health.

So dig your toes into the soft spring grass (or the living room carpet) and let the pain-easing magic begin.

Around Town – Local events and happenings that may interest you

Community Concert & Cruise In - April 23rd kicks off the 2016 Community Concert/Cruise-In series. Downtown Bessemer City - 6:00 p.m. till 10:00 p.m. *Legacy* will be performing at this first in our series of six Community Concert and Cruise In events. Make plans to join us.

The 2016 Community Concert & Cruise-In Schedule is as follows:

| | |
|----------------------------|--------------------|
| April 23 rd | Legacy |
| May 28 th | Vanilla Cornbread |
| June 25 th | Ken Knox & Company |
| July 23 rd | Summerdaze Band |
| August 27 th | Night Move Band |
| September 24 th | The Catalina's |

Coming in May – **28th Annual Down Home Festival** – May 13th & 14th – Downtown Bessemer City. Mark your calendars now. Friday night – The Fantastic Shakers will headline the event and on Saturday, "Coming Up Brass" will be the headline band. Crafts, foods, rides & amusements and much more will make for a great weekend of family fun.

April 2016

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|----|----------------------------|---|----|---|-----------------------------|--|
| | | | | | 1 9 a.m. Exercise Class | 2 |
| 3 | 4 | 5 9 a.m. Exercise Class 5:30 p.m. Yoga | 6 | 7 11:30 "Master's Luncheon" 3 pm Line Dance | 8 9 a.m. Exercise Class | 9 |
| 10 | 11 6 PM Line Dance | 12 9 a.m. Exercise Class 10:30 Crockpot Cooking Class 5:30 p.m. Yoga | 13 | 14 3 p.m. Line Dance 4 – 6 Computer | 15 9 a.m. Exercise Class | 16 |
| 17 | 18 | 19 9 a.m. Exercise Class 5:30 p.m. Yoga | 20 | 21 3 p.m. Line Dance | 22 9 a.m. Exercise Class | 23 <i>Community Concert/Cruise In 6 pm "Legacy"</i> |
| 24 | 25 Line Dance 6 p.m. | 26 9 a.m. Exercise Class 5:30 p.m. Yoga | 27 | 28 3 p.m. Line Dance 4 - 6 Computer | 29 9 a.m. Exercise Class | 30 |

Our Purpose -The purpose of the Kiser Senior Center is to provide information and services for the senior community of Bessemer City, including opportunities for meaningful leisure and recreational activities, the availability of persons with whom you can share your concerns, and a place of fellowship and understanding. The Kiser Senior Center is made possible through the generous contribution from Dr. Glen A. Kiser and his wife, Muriel C. Kiser.

Newsletter – The Kiser Center newsletter “Senior Moments” is published monthly. The newsletter has information on upcoming programs at the center and around Bessemer City as well as a calendar with the activities for the month. “Senior Moments” is available for pick up at the Kiser Senior Center, with the new edition normally ready the week prior to each month. The newsletter is also available by email if you wish to share your address.