

Senior Moments

Kiser Senior Center Newsletter

June 2016

Kiser Senior Center

123 W. Pennsylvania Ave.
Bessemer City, NC 28016

Phone – 704-729-6465

Email:
adora@bessemercity.com



*"Enter as Strangers.....
Leave as Friends"*

Event and Senior Program Coordinator

Adora Alford

Recreation Director

Jo D Franklin

Recreation Staff

Mark Nichols

Brandon Willis

Carol Clemmer

City Manager

James Inman



June 14th is Flag Day.

Fly "Old Glory" and
remember to be thankful for
our freedom.

Community Building Rededication Scheduled

Saturday, June 25th at 10:00 A.M.

It's finally time. Construction is near completion on the Bessemer City Community Building at 220 South 14th Street and a rededication ceremony has been planned.

The public is invited to join us for this special event. There will be a short welcome and a few speakers followed by a special time of dedicating the facility.

Light refreshments will be served and a souvenir will be given to those attending. Please consider joining us for the ribbon cutting at the new facility. We're excited about the new facility and look forward to many years of service at the building.



Centennial Park Construction Update

The upgrades to Centennial Park are moving along nicely. The park, located beside Central Drug, will have a covered stage, water fountain and more. City staff will be making plans for events in the new park, with concerts, puppet shows, and much more being considered. Do you have suggestions? Let us know if you'd like to see certain events in the park. Contact Adora Alford at 704-729-6465 or Josh Ross at 704-629-5542 with your ideas.

June Regular Program Schedule

Evening Programs

2nd & 4th Monday of each month – Line Dance – 6:00 PM – June 13th and 27th.

Tuesdays – 5:30 PM – Low Impact Yoga – June 14th, 21st & 28th.

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

Daytime programs are:

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

Computer Classes – Thursday, June 9th & 23rd – Computer Chick – Bridgett Martin teacher. Classes begin at 4:00 p.m. Sessions are for 30 minutes sessions. 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

June is National Iced Tea Month

What could be more refreshing on a hot summer day than an icy-cold glass of tea? That's why June was chosen as the official month to celebrate America's longtime love affair with the beverage. Our country's passion for cold tea, something our British friends don't understand, can be traced back nearly two centuries.

One of the most reported iced-tea stories came from the 1904 St. Louis World's Fair when Richard Blechynden, director of the East India pavilion, became frustrated as he tried to offer samples of hot tea under the simmering Missouri sun. In an attempt to boost consumption, he circulated and chilled the tea through a series of lead pipes immersed in ice. The resulting cool, refreshing beverage was a hit with fairgoers, and the iced drink became popular throughout the United States.

This story may be true, but it is not the first recorded incidence of tea being served with ice in the United States. In the state of Kentucky, cold-tea recipes began appearing prior to the Civil War in cookbooks such as *The Kentucky Housewife*. Homes had a stone icehouse, where winter ice, gathered from a nearby river, was stored until the hot days of July and August. The precious ice was shaved and used to make ice cream or put in a glass for iced tea or an occasional mint julep.

Be sure to always call it *iced* tea rather than *ice* tea. Tea with ice in it is an *iced* beverage. In the South, the word *iced* is often eliminated, and in many diners and restaurants, it is simply known as "sweet tea." Sweet tea dates back to the late 19th century when the following recipe was published in *Housekeeping in Old Virginia*.

"After scalding the teapot, put into it one quart of boiling water and two teaspoonfuls green tea. If wanted for supper, do this at breakfast. At dinner time, strain, without stirring, through a tea strainer into a pitcher. Let it stand till tea time and pour into decanters, leaving the sediment in the bottom of the pitcher. Fill the goblets with ice, put two teaspoonfuls granulated sugar in each, and pour the tea over the ice and sugar. A squeeze of lemon will make this delicious and healthful, as it will correct the astringent tendency."

The 19th century general stores stocked mostly green tea from China or Japan. Many early recipes called for green tea, but after World War II, when green tea was scarce, black tea from India became the basis for this popular brew. That is no longer the case. Contemporary tea drinkers may be surprised to learn that most of today's commercial iced-tea mixes and tea bags contain mostly mechanically harvested black teas from Argentina. More than 40 percent of the tea imported into the United States each year originates in that South American country's long flat fields of tea bushes.

Although some teas are manufactured specifically to be served as iced tea, almost any tea can be enjoyed cold as well. Whether it's black, green, oolong or white, drinking iced tea is cooler than ever.



It's Pool Season

The Bessemer City Swimming Pool opened May 28th for the 2016 season. With warmer weather here, the pool is a great place to enjoy the afternoon with family. Prices for admission for the 2016 season are as follows: Children 5 yrs. & under - \$2; 6 yrs. to adult - \$4; In/Out Pass (smokers, etc.) \$5.

Summer is always a great time for exercise because the weather is nice and most of us would rather be outside soaking up some of the sun's Vitamin D energy than staying indoors. Pools are a great way for seniors to get low impact exercise that is easy on the joints but still gives a pretty good workout. Not only does the exercise release feel-good endorphins, it's a refreshing way to stay active outside and beat the heat.

Pool safety is imperative though, and it's always advised to not swim alone – and that goes for all age groups. Just as children should always have a parent with them, seniors should also be accompanied by a caregiver, friend, or other family member when using a pool. As kids at camp learn every summer, it's called the buddy system and it's a lesson that should be followed all through life.

Safety tips when using the pool, or any other swimming location

Respect pool rules, let children know the importance of obeying lifeguards.

Stay alert when you have children with you in the water. Sitting nearby looking at your phone isn't good enough. A child can drown in the time it takes to text someone back.

If you see someone needing help, first notify the lifeguard. If you can get to a floating device, throw it in to help them stabilize.

Lilac – Flower Power for your Garden



A longtime favorite, the lilac bush is typically grown for its intense fragrance and beautiful blooms. Flowers can range in color from pink to purple; however, white and yellow varieties are also available. They can add a good source of shade or privacy when planted as a hedgerow. Lilacs range from dwarf varieties up to 8 feet tall or larger growing ones that can reach heights up to 30 feet. With proper lilac tree care, these lovely plants can last decades in your garden.

Lilacs attract birds to the landscape by providing them with nesting habitat and protection from predators. Birds keep garden pests down when they feed on insects as an act of natural pest control. Butterflies are also attracted to lilac bushes and help pollinate other garden plants. Plant lilac bushes in areas out of strong wind to encourage butterflies into your garden.

Health Tip – As temperatures rise, so does the risk of foodborne illness. Getting sick from eating spoiled food does happen and not only at restaurants. Many persons run the risk of getting sick from spoiled food from their own refrigerators. Bacteria grow quickly on food, especially meat, poultry, dairy products and eggs.

Do you have a set routing for throwing away leftovers and other food items from your refrigerator? If not, you may not realize sometimes how long an item has been there, and it might just be too long. A good practice is to clean out your refrigerator at least once a week. If your trash is collected on a certain day of the week, doing the clean out the day before would be a great time. Developing this simple habit could reduce your risk of getting sick from something you eat.

Here are five tips that will enable you to stay well and enjoy an entire summer of good eating.

- Clean and wash hands often. Unwashed hands are a prime cause of foodborne illness.
- Don't cross contaminate foods, be sure to wash plates, utensils, etc. that have touched raw meat, dairy products and such.
- Cook at proper temperatures. Cooking food long enough and at high temperatures destroys the bacteria that causes foodborne illness.
- Use cold to preserve food. As soon as groceries arrive home place things such as deli meats, cooked meats, poultry and prepared salads into the refrigerator. When taking these foods outdoors, pack in an insulated cooler surrounded by ice or ice packs. Keep coolers in the shade when possible.
- Don't let cooked foods sit out too long. If you purchase take-out food, plan to eat it within two hours. The same applies for leftovers.

Bottom line, if you are questioning whether your leftovers, meats, etc. are still safe to eat, get rid of them. When in doubt, throw it out!

Spring Super Food – Strawberries



Just one serving of strawberries has half of your daily recommended dose of Vitamin C, making these a spring staple. You'll also get other immune system boosters like lutein and cancer-fighting ellagic acid. Your local Farmers Market should have strawberries now. Enjoy!!!

Keep Moving!!!

Did you know that dropping your weight by just 5% can make a huge difference in your health? When people shaved off this amount they significantly lowered their risk of cardio-metabolic disease and helped their bodies respond to insulin more efficiently. So think small, and keep moving.



Around Town – Local events and happenings that may interest you

June 7th - Election Day - Congressional Primary. Polls open at 6:30 a.m. and close at 7:30 p.m. The Kiser Senior Center will be the polling site for the Precinct #21 (Bessemer City #2). As such, all programs and events will be closed on June 7th.



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5th Annual "Cruisin' to the Cross" Car Show - June 11th 5:00 - 9:00 PM **First Baptist Church, 107 East Washington Ave., Bessemer City, NC**

The 5th Annual Cruisin' to the Cross Car Show will be held in the parking lot of First Baptist Church on June 11th, beginning at 5:00 PM and ending at 9:00 PM. This year's event features cars, trucks and more on display, with awards given in many different categories. Also this year there will be entertainment in the Family Life Center. The Carolina Country Quartet will perform during the event and at 8:00, Travis Powell, will do a one hour Elvis Tribute concert. The church will be selling food and drink and there will be a silent auction during the event. Make plans to join in this fun evening on June 11th.

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Community Concert & Cruise In - June 25th - the 2016 Community Concert/Cruise-In series. The event, the third in our series, takes place downtown Bessemer City - 6:00 p.m. till 10:00 p.m. *Ken Knox & Company* will be performing.



The Bessemer City Lions Club will be on hand cooking up their special treats and First Baptist Church will have sno-cones, snacks and more. Make plans to join us.

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Gaston County Senior Center 2016 Health & Wellness Fair **Wednesday, July 20th 9:00 A.M.**

Gaston County Senior Center
 1303 Dallas Cherryville Highway, Dallas, NC

Healthy Snacks
 Fitness Games

Exhibitors from local resources
 Senior Games Demonstrations

Health Screenings
 Fellowship & Fun

June 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 <i>3 p.m. Line Dance</i>	3 <i>9 a.m. Exercise Class</i>	4
5	6	7 CLOSED ELECTION DAY	8	9 <i>3 p.m. Line Dance 4 - 6 Computer</i>	10 <i>9 a.m. Exercise Class</i>	11 <i>5:00 PM Cruise In at First Baptist Church</i>
12	13 <i>Line Dance 6 p.m.</i>	14 <i>9 a.m. Exercise Class 5:30 p.m. Yoga</i>	15	16 <i>3 p.m. Line Dance</i>	17 <i>9 a.m. Exercise Class</i>	18
19	20 <i>9:00 a.m. Gaston County Senior Health Fair at Gaston Sr. Center, Dallas</i>	21 <i>9 a.m. Exercise Class 5:30 p.m. Yoga</i>	22	23 <i>3 p.m. Line Dance 4 - 6 Computer</i>	24 <i>9 a.m. Exercise Class</i>	25 <i>Community Concert Cruise In 6 pm Ken Knox & Company</i>
26	27 <i>Line Dance 6 p.m.</i>	28 <i>9 a.m. Exercise Class 5:30 p.m. Yoga</i>	29	30 <i>3 p.m. Line Dance</i>		

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.