

Senior Moments

Kiser Senior Center Newsletter

July 2016

Kiser Senior Center

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

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July 4th is Independence Day

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



Community Building Open – Bingo Scheduled to Start in Sept.

The "Allan Farris Community Center" was opened and rededicated on Saturday, June 25th. The newly renovated facility is one the citizens can be very proud of.

As we continue to get moved back in, we are still open for business and invite our citizens to stop in for a tour of the new facility.

We anticipate programming to be in full swing by August. The senior bingo program will start back on September 19th at 6:00 p.m. This will be the 12 year anniversary of the bingo program. Tickets for the bingo will be \$5 per person and will go on sale August 15th at the Kiser Senior Center. Ticket sales are limited to 5 per person.

A new policy and rate schedule for rental of the Community Center is adopted and the City will be accepting applications for rental of the facility. Applications and copies of the new policy are available at the Kiser Senior Center. For details call or stop in.

We hope this new facility will be a source of pride for all of Bessemer City.

July Regular Program Schedule

Evening Programs

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

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

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, July 14th & 28th – Computer Chick – Bridgett Martin teacher. Classes begin at 4:00 p.m., and we offer (4) 30 minute sessions. We have a few laptops for use, but if you have your own, please bring it.

Morning Exercise – Every Tuesday & Friday – 9:00 AM - Exercise done to taped program. No charge for program. Open to public.

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

Benefits of Eating Summer Melons

Low in calories, with less than 75 calories in a 1-cup serving of honeydew, cantaloupe and watermelon, the summer melons are also high in essential vitamins and minerals. They contain almost no fat or saturated fat, making them an excellent choice for snacks or a side dish.

Despite popular belief that watermelon is made up of only water and sugar, watermelon is actually considered a nutrient dense food, a food that provides a high amount of vitamins, minerals and antioxidants for a low amount of calories.

Synonymous with summer and picnics, their refreshing quality and sweet taste help to combat the heat and also provide a guilt-free, low maintenance dessert for kids and adults alike to enjoy.

Along with cantaloupe and honeydew, watermelons are a member of the botanical family Cucurbitaceae. There are five common types of watermelon: seeded, seedless, mini (also known as personal), yellow and orange. They all contain Vitamin C, an antioxidant vitamin that plays an important role in the growth and maintenance of all tissues in your body. It functions in wound healing and repair of cartilage, bones and teeth. Adults should receive 90 mg per day of vitamin C. A 1-cup serving of cantaloupe provides 65 mg of vitamin C. One cup of honeydew provides 30 mg. of Vitamin C. Melons are also rich in Vitamin A, which is important for healthy teeth, skin, bone and mucous membranes. It helps the vision system by promoting retinal health. Insufficient vitamin A may lead to poor functioning of the immune system. Cantaloupe is especially high in vitamin A, with more than 25 percent of the recommended daily amount in a 1-cup serving.



6 Steps to Prevent Falling

Every 13 seconds an older adult is seen in an emergency department for a fall-related injury.

Many falls are preventable. Stay safe with the following tips.

1. Find a good balance & exercise program. Look to build balance, strength and flexibility. Bring a friend.
2. Talk to your health care provider. Ask for an assessment of your risk of falling. Share any history of falling.
3. Regularly review your medications with your doctor or pharmacist. Make sure side effects aren't increasing your risk of falling. Take medications only as prescribed.
4. Get your vision and hearing checked annually and update your eyeglasses. Your eyes and ears are key to keeping you on your feet.
5. Keep your home safe. Remove trip hazards, increase lighting, make stairs safe and install grab bars in key areas.
6. Talk to your family members. Enlist support in taking simple steps to stay safe. Falls are not just a seniors' issue.



The new sunscreen rules

Get a good sunscreen and you can enjoy the sun and stay safe.

Look for the words “broad spectrum” and “zinc oxide” for full protection.

Choose a lotion, cream or stick, not a spray. Sprays may be convenient but they leave spotty coverage.

Slather early & often. Apply at least 20 minutes before heading outside and repeat every 2 hours.

Stay Sun Safe

Not even the best sunscreen can offer full protection from the sun. But cover up and stay in the shade, and you’ll drop skin cancer risk by up to 40%. A few tips:



Invest in good eyewear. Don’t get just any pair at the pharmacy. Make sure your sunglasses block 99 to 100% of UV Rays. When buying a new pair, research the brand name and model number to be sure your shades provide good protection.



When in full sun, wear a wide brimmed hat & a long sleeved shirt when possible. Consider lightweight clothing with UV protection, made to block the sun. Look for UPF 30 and above.



Stay in the shade between 10:00 A.M and 4:00 P.M. UVB, which causes sunburn, is most intense during this time, so take an indoor break for lunch or retreat for some shade.

How to Spot and Treat Health Problems Caused by Heat

It’s important to recognize when hot weather is making you sick, and when to get help. Here’s a list of health problems caused by too much heat:

Dehydration – a loss of water in your body, can be serious if not treated. Warning signs include weakness, headache, muscle cramps, dizziness, confusion, and passing out. What to do: Call your healthcare provider or 911. Drink plenty of water and sports drinks such as Gatorade, which contain important salts called electrolytes. They play a key role in regulating your heartbeat. Your body loses electrolytes when you are dehydrated.

Heat Stroke – a very dangerous rise in body temperature that can be deadly. Warning signs include a body temperature of 103 or higher; red, hot & dry skin; a fast pulse; headache, dizziness, nausea or vomiting; passing out. What to do: Call 911 immediately. Move to a cool, shady place, take off or loosen heavy clothes. If possible, douse yourself with cool water, or put a cloth soaked in cool water on your wrists, ankles, armpits and neck to help lower temperature. Try to drink water or sports drinks.

Heat Exhaustion – a serious health problem caused by too much heat and dehydration. If not treated, it may lead to heat stroke. Warning signs are heavy sweating or no sweating, muscle cramps, tiredness, weakness, paleness, cold or clammy skin, headache, vomiting, fast and weak pulse, fainting. What to do: Without delay, move to a cool, shady place, and drink plenty of cool fluids, such as water or Gatorade. Call 911 without delay if you have high blood pressure or heart problems, or if you don’t feel better quickly after moving to the shade and drinking liquids.

Stay cool, enjoy the summer, but be aware of the messages your body is sending.



A few colored pencils are all it takes to turn a simple sheet into a Zen masterpiece.

Once reserved for the under-5 age group, coloring books are booming among adults. In 2015, coloring book sales jumped to 12 million from 1 million the year before, likely due to the adult trend. Five of Amazon.com's 20 best-selling books of 2015 were coloring books for adults.

Studies have long demonstrated that art therapy eases anxiety among veterans and cancer patients, but newer research shows that 20 minutes of coloring reduces stress for adults. The reason isn't well understood, but experts say it induces a near-meditative state. The feeling of accomplishment can't hurt, either.

The Kiser Senior Center began having coloring sessions a few months ago. The program is called "Outside the Lines" and we schedule the coloring events during the evening hours, to allow those still working the opportunity to join us.

The next "Outside the Lines" coloring event will be Thursday, July 21st at 6:00 PM. We'll have light snacks available. The Center provides coloring pages and pencils for the program.

Try your hand at this fun, relaxing hobby. (Copy from Crayola)



Around Town – Local events and happenings that may interest you

July 4th - Independence Celebration - Bessemer City Pool - Events begin at 10:00 a.m. with the "Miss Firecracker Pageant" sponsored by the Bessemer City Woman's Club. Pool opens 11:00 - 5:00. The events of the day include basketball, horseshoes, pool events and more. Concession stand will be open. Music by DJ Jo D. Bring the family.

Water Aerobics - Bessemer City Pool - Monday & Wednesday, 12:00 Noon at BC Pool. \$2 per class. Instructor is Kathy Anthony. Pool phone # 704-629-2331

Community Concert & Cruise In - July 23rd - the 2016 Community Concert/Cruise-In series. The event, the 4th in our series, takes place downtown Bessemer City - 6:00 p.m. till 10:00 p.m. *Summerdaze* will be performing.



The Bessemer City Lions Club will be on site cooking up their specials. Make plans to join us.

Sign-ups for the December 20th trip to The Barn Dinner Theater in Greensboro are now open.

We will be seeing "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 comedy with meal and travel. This trip is to the matinee showing. We will arrive at The Barn around noon and should return around 7:00 pm or so. Reservations/seating will be taken on a first paid basis.



**Gaston County Senior Center - Annual Health & Fitness Day - Wednesday, July 20th
1303 Dallas Cherryville Highway, Dallas, NC - 10:00 - Noon**

Focusing on Summer Fitness & Health, this annual event is a crowd pleaser. A one-mile "Fun Walk" begins at 9:00 a.m. and seniors are encouraged to join in. Participants will receive a free t-shirt and a chance to win a pair of tennis shoes. The event includes health screenings, educational booths, demonstrations, healthy snacks, fun games and activities and lots of free give-away items.

The Kiser Sr. Center will have a display table at the event. Be sure to stop by and see us.

