

Senior Moments

Kiser Senior Center Newsletter

August 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



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 it, 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 4 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.

August Regular Program Schedule

Evening Programs

2nd & 4th Monday of each month – Line Dance – 6:00 PM – August 8th and 22nd.

Tuesdays – 5:30 PM – Low Impact Yoga –August.

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, August 11th & 25th – Computer Chick – Bridgett Martin teacher. Classes begin at 4:00 p.m. Session are for 30 minutes 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

6 Tips for Keeping a Car Cool in Summer

(From Nationwide.com)

We've all been there. On a hot summer day, we return to our parked car after a few hours of shopping or a day at the office. Opening the door, we're met by a burst of hot air that makes us feel like we're about to melt. There's nothing to do but get in the car and hope the air conditioner kicks in... fast!

While there's not much you can do about the weather, there are a few things you can do to offset the way it affects the interior of your car.

1. Park in a shaded area - Or, if possible, in a garage. Having the sun beat down on your car directly will cause the temperature to rise quickly. According to Carmax.com, it's not just comfort to be concerned about – the sun's rays can also do some serious damage to the interior of your car, causing the leather to become brittle and fading or cracking your dash.

2. Try tinting - Tinted windows can keep your car cooler, and they also help protect the interior from sun damage.

3. Use a sun shade - Keeping a sun shade in the car is helpful because you can't always guarantee that you'll find a shaded or covered area to park in. These UV heat shields will keep the interior from getting super-hot, plus it protects your interior from the damaging effects of the sun. You might even consider getting a custom-made sun screen that is designed to fit your make and model of car. These special shades can be more effective at keeping all of the rays out.

4. Get rid of the hot air - Closed windows trap hot air, and the glass serves as a conductor that helps heat up the enclosed space. Leave your windows open slightly so the air can escape – and if you have a sunroof, crack that, too. Make sure the opening is not large enough for someone to reach through. If you leave your windows cracked, remember to keep an eye on the weather – one sudden summer storm could lead to a soggy interior.

5. Start at the bottom - Most people get in the car and turn the upper vents on “high” to get the air flowing. But you're actually better off directing the air through the floor vents. Hot air rises, so switch to the bottom vents and put your blower on the maximum setting to push that air out. Then, once the car begins cooling, you can open the upper vents again.

6. Use the fresh air setting on your A/C - Using the re-circulation setting means you're just moving that hot, trapped air around your vehicle, so that's something you want to use after your car has had the chance to cool down. Give it 10 minutes or so, then switch over.

Safety Tip: Never leave a pet or a child in a car in the summertime, even if it's just for a few minutes and you have cooled the car. Temperatures can rise quickly and studies have found that even on cool days, cars can heat up by more than 40 degrees within an hour – and about 80 percent of that increase comes in the first five minutes of turning off the car's air conditioning.

Gaston Senior Living Task Force - Sept. 9, 2016 10:00 – Noon

The Kiser Senior Center will be working with Gaston County Adult and Aging Services, a division of the Gaston County Department of Health & Human Services, to gather data needed to assist the Task Force on Senior Living as they look at the future of seniors in the area. The Task Force will be at the Senior Center on Sept. 9th with surveys to get information on resources needed to assist the growing number of senior adults in the county.

Next month's Senior Moments will have more information, but mark your calendar now and plan on supporting this group as they look for ways to meet the needs of Gaston County's senior population.

Coming Soon – BP & Bingo

We are working on a new program for the Kiser Senior Center. Hopefully September will be start date for the new program – BP & Bingo. Plans are to have staff from area Assisted Living and other medical facilities join with us for the program. Medical staff will be on site to check blood pressures. We'll play bingo and have light snacks for participants.

Next month's Senior Moments will have more information, including dates, times, etc. If the program is successful we plan to offer it on a monthly basis.

Summer storm safety tips

Summer can be beautiful and wondrous but along with warm summer days and nights comes the potential for storms, which can be devastating. The best summer storm safety tips you can follow are those that prepare you for a worst case scenario.

- If you're outdoors, **take shelter** in a sturdy building & stay away from doors & windows.
- Use only **wireless phones**.
- Don't use the shower or bathtub.
- **Prepare an emergency storm kit:**
 - Flashlight and extra batteries
 - Battery-powered NOAA Weather Radio and portable radio to receive emergency information
 - Food requiring no cooking or refrigeration
 - Extra medicine, baby items, and pet supplies
 - First-aid supplies
- If you see a **fallen or low-hanging power line, call 911.**
- If your home is the only house in the neighborhood that is without power, it may be that a main circuit breaker tripped or you have blown a fuse. When venturing outside, stay far away from downed lines that may be live and can electrocute you.
- Flooded Areas - Avoid walking through flooded areas. Power lines could be submerged and still live. Report any downed lines.



Cranberries – Great for Fighting Alzheimer’s



Did you know that whole cranberries are a potent source of antioxidants? They boost blood flow to the brain and improve neuron signaling, strengthening memory and even reversing memory loss. These antioxidants have also been shown to slash heart attack and stroke risk by lowering blood pressure and preventing platelet buildup that causes clots. Cranberries may even ward off gum disease by preventing plaque buildup on teeth and gums.

Get full benefit – pass up the sugary, dried variety when possible and opt for fresh berries in late summer through fall. Buy frozen when fresh berries are not available. Add them to smoothies, oatmeal, salads. Mix dried cranberries with lightly roasted and salted nuts for delicious, healthy snack.

They are a great compliment to a turkey sandwich. Our local “Angels” has a menu item called Pilgrims Way that has cranberries and turkey on a Panini. It’s great. Stop by.....

A Few Quick Serving Ideas

To balance the tartness, combine fresh cranberries with other fruits such as oranges, apples, pineapple or pears. If desired, add a little fruit juice, honey or maple syrup to chopped fresh cranberries.

For an easy-to-make salad that will immediately become a holiday favorite, place 2 cups fresh berries in your blender along with 1/2 cup of pineapple chunks, a quartered skinned orange, a sweet apple and a handful or two of walnuts or pecans. Blend till well mixed but still chunky. Transfer to a large bowl. Dice 3-4 stalks of celery, add to the cranberry mixture and stir till just combined.

Playing in the Dirt Isn’t Just for Kids!!!

Keeping in touch with nature has been proven to benefit everyone. For the senior adult, the access to nature helps them recover from illness, lowers stress levels and blood pressure. Gardening can help prevent injury by increasing mobility and flexibility, helping older adults maintain the independence. Just working in the flower garden, attacking the weeds, can burn up to 200 calories in 30 minutes.

Gardening also has substantial mental health benefits. Easing anxiety and boosting moods can help seniors stay active and social. Depression, a direct result of isolation, affects many seniors living alone.

A few tips: Keep a stool in the garden or shed to prevent over extending yourself. Garden earlier in the day to avoid the afternoon heat and any risk of dehydration. Team up with friends and neighbors to get more people involved and make the activity more social.

Whether you plant fresh vegetables or beautiful flowers, gardening is the perfect hobby for aspiring and mature green thumbs alike.



Around Town – Local events and happenings that may interest you

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. Last day for water aerobics is August 17th.

Community Concert & Cruise In – August 27th – the 2016 Community Concert/Cruise-In series. The event, the 5th in our series, takes place downtown Bessemer City – 6:00 p.m. till 10:00 p.m. *Night Move Band* 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.



NC State Fair – Trip in Planning Stages

We are in the planning stages for a trip to the North Carolina State Fair in Raleigh for October. **Tentative** plans are for October 18th. We will leave the Kiser Senior Center early that morning, travel by van to the Amtrak Station in Charlotte. We will ride the train to the State Fair Grounds. Amtrak will not post the schedule for the fair until August so final plans are not ready at this time. We will take 30 seniors plus staff, so seating is limited. Reservations will be on a first paid basis. We anticipate the cost to be \$45/person, which includes the van/train/fair tickets. Any meals, expenditures at the fair will be the responsibility of the traveler. Keep in mind that the fair trip will include a good bit of walking. Sign up forms will be available early August.

The World is a book, and those who do not travel read only a page. ~St. Augustine

August 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 9 a.m. <i>Exercise Class</i> 5:30 p.m. <i>Yoga</i>	3	4 3 p.m. <i>Line Dance</i>	5 9 a.m. <i>Exercise Class</i>	6
7	8 <i>Line Dance</i> 6 p.m.	9 9 a.m. <i>Exercise Class</i> 5:30 p.m. <i>Yoga</i>	10	11 3 p.m. <i>Line Dance</i> 4 - 6 <i>Computer</i>	12 9 a.m. <i>Exercise Class</i>	13
14	15	16 9 a.m. <i>Exercise Class</i> 5:30 p.m. <i>Yoga</i>	17	18 3 p.m. <i>Line Dance</i>	19 9 a.m. <i>Exercise Class</i>	20
21	22 <i>Line Dance</i> 6 p.m.	23 9 a.m. <i>Exercise Class</i> 5:30 p.m. <i>Yoga</i>	24	25 3 p.m. <i>Line Dance</i> 4 - 6 <i>Computer</i>	26 9 a.m. <i>Exercise Class</i>	27 <i>Community Concert</i> <i>Cruise In 6 pm</i> <i>Night Move Band</i>
28	29	30 9 a.m. <i>Exercise Class</i> 5:30 p.m. <i>Yoga</i>	31			

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.