

Senior CONNECTION

At the Leon Mann Jr. Enrichment Center

SEPTEMBER - OCTOBER EDITION



"Every thing starts with a sunrise, but it's what we do before it sets that matters"

K. McGraw

3820 Galantis Drive, Morehead City, NC 28557

Phone: 252-247-2626

(Hours: Monday - Friday - 8:00 AM to 5:00 PM)

Like us on Facebook: facebook.com/LeonMannSeniorCenter

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From the Director

The million dollar question.....When will the senior center re-open? Honestly, we do not know. We do not have a target date. Currently, North Carolina remains in "Safer at Home Phase 2" COVID-19 restrictions until at least September 11 or possibly longer. Many factors are being considered to make sure we open safely. Since we serve the most vulnerable age group, we await for further directions from both state and county before finalizing an actual re-open date. Please keep in mind, once we do re-open, our Center will operate in a completely different yet safer way. We will be conducting thermal-read temperature checks and a COVID-19 Symptoms Questionnaire will be completed by everyone entering the Center, staff included. Programs with 'shared items' will be prohibited. Rooms will be cleaned and sanitized before and after each program use. In addition, masks will be required to be worn by, at all times. We will provide complete details on how all of this will work as we get closer.

We are all in this together. In advance, we thank you and appreciate your patience as we maneuver a process new to all.

Stay Safe. Stay Well. Stay Kind.

Kisha



SEPTEMBER 7, 2020

VIRTUAL CALENDAR

JOIN US FROM HOME WITH YOUR COMPUTER, TABLET OR PHONE!

Monday

9:00 AM Virtual Tour Go to our Facebook page and join in on the virtual tour link

9:00 AM Tai Chi with Chris Facebook video

Tuesday

9:00 AM Arthritis Foundation Exercise Program with Chris Facebook Video

Wednesday

9:00 AM Virtual Tour Facebook Page link

9:00 AM Tai Chi with Chris Facebook Video

2:00 PM Telephone Bingo ZOOM Meeting
ID: 951-725-009

Phone Dial In 1-929-205-6099

Thursday

9:00 AM Arthritis Foundation Exercise Program with Chris Facebook Video

10:00 AM Bible Study Free Conference
Call 1-425-436-6358

Access code 519638

Friday

9:00 AM Virtual Tour Facebook Page link

10:00 AM Music with Mara Free Conference
Call 1-425-436-6358

Access Code 519638

10:15 Senior Sing Songs Free Conference
Call 1-425-436-6358

Access Code 519638

2:00 PM Happy Hour ZOOM Meeting
ID:589-350-492 .

Phone Dial In 1-929-205-6099

Virtual Activity Instructions

Free Conference Call:

At the time of the activity call **1-425-436-6358**

When prompted enter Access Code **519638**

Facebook Video Classes:

Like the **Leon Mann Jr Enrichment Center** page on Facebook facebook.com/LeonMannSeniorCenter

ZOOM Meeting:

Video Meeting

On your phone, tablet or computer download the ZOOM software. You do not have to have an account set up. A few minutes before the activity open the ZOOM software and select "Join Meeting" then type in the Meeting ID number.

Join ZOOM by phone (no video)

Call the phone dial in number provided for the ZOOM meeting and when prompted enter the Zoom Meeting ID number followed by the # sign. When asked for your participant ID number just hit the # sign and then *6 to unmute your phone.

What is ZOOM? Zoom is a video chat platform that can be accessed from your computer, smart phone or tablet through an internet connection. Even if you don't have those options you can still dial in from your phone (see instructions above). Joining a ZOOM chat is a great way to connect with your friends at the center and family during this time of social distancing.

CENSUS

The deadline for completing the 2020 Census has been extended to October 31, 2020. If you have not completed your census form, Senior Center staff members are here to assist. Please call us at 252-247-2626 Monday - Friday between the hours of 8 am to 5 pm. See below for important information about the 2020 Census.

CENSUS 101: WHAT YOU NEED TO KNOW

The 2020 Census is closer than you think!
Here's a quick refresher of what it is and why it's essential that everyone is counted.

Everyone counts.

The census counts every person living in the United States once, only once, and in the right place.

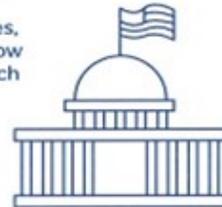


It's in the Constitution.

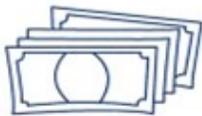
The U.S. Constitution mandates that everyone in the country be counted every 10 years. The first census was in 1790.

It's about fair representation.

Every 10 years, the results of the census are used to reapportion the House of Representatives, determining how many seats each state gets.



It's about \$675 billion.



The distribution of more than \$675 billion in federal funds, grants, and support to states, counties, and communities are based on census data.

That money is spent on schools, hospitals, roads, public works, and other vital programs.



It's about redistricting.

After each decade's census, state officials redraw the boundaries of the congressional and state legislative districts in their states to account for population shifts.

Taking part is your civic duty.

Completing the census is mandatory: it's a way to participate in our democracy and say "I COUNT!"



UPCOMING EVENTS



Join us for an Ice Cream Sandwich Drive Through!

Friday, September 4, 2020

From 11 AM to Noon



At the Leon Mann Jr. Enrichment Center

This will be a drive through event only! Please remain in your car and do not congregate!

Walk ups will not be served



Let's celebrate these two wonderful ladies!

Friday, September 25, 2020 is

"National Food Service Workers Day"

Diana and Maureen are the best!



SENIOR CENTERS: Delivering Vital Connections

NATIONAL SENIOR
CENTER MONTH

September 2020



MIND | BODY | SPIRIT | COMMUNITY

Leon Mann Jr Enrichment Center
Contact Info: 252-247-2626



MEMBER SPOTLIGHT - *Gladys Foster*



Gladys was born in Ponce, Puerto Rico. Ponce is located on the Southern Coastal Plain region of Puerto Rico, on the shores of the Caribbean Sea. Gladys is one of five children, 2 girls and 3 boys. Two of her siblings currently live in Puerto Rico.

Gladys became interested in dance when she was six years old when a friend loaned her a book on ballet with diagrams showing the various ballet positions and movements. Using this guide, Gladys taught herself how to execute the ballet moves and convinced her father to install a ballet bar in their living room where she spent many hours perfecting the art form. However, ballet was not her only talent. At age 12, she took music lessons at school where she learned to play the trombone and cello.

After graduating from high school, Gladys attended the Inter American University of Puerto Rico to earn her teaching degree. While at the university she also taught ballet to children ages 6-10 at a ballet school. A class observer at the school suggested that she apply for a scholarship to Carnegie Hall Academy in New York.

With their encouragement, Gladys applied and was awarded a scholarship. She decided to not pass up that opportunity and spent 2 years in New York City studying ballet. She left New York and returned to Puerto Rico where she finished her teaching degree and taught school there for 7 years.

When Gladys was in her mid-30's she moved to Los Angeles, California and met her husband of 26 years. She decided on a new career and was the manager of a children and men's department at a retail store in Los Angeles. Her husband's parents lived in Iowa and they would frequently visit them. She loved Iowa indicating that the people made you feel like family. After her husband passed away, Gladys adopted 5 children and moved back to Puerto Rico for 16 years. In May 2014, she moved to North Carolina to be close to her daughter whose husband was stationed at Cherry Point. She proclaims that North Carolina has been her favorite state to live.

The senior center has made the biggest impact on her life. Gladys states the Senior Center is like a family to her, and the time she spends at the center makes her happy. From the moment she walks in the door, she feels like she is home.

Even though Gladys would like to be 20 again (!), she enjoys the age that she is now. She has the freedom to be herself and enjoys living life to the fullest. Members and staff at the Senior Center appreciate her spirit and endurance to handle life's challenges with grace.



VOLUNTEERS

We are grateful to the incredible volunteers who are helping us navigate a unique way of delivering services to our members and the community.

George and Eunice Thomas

George is not only the accompanist for the Senior Sing group at the center, but also travels with them on their trips to perform at assisted living facilities. George is an accomplished pianist who started taking music lessons at age 6 in his home country of Antigua West Indies. During the past several months, George has graciously volunteered to play the piano for our virtual Senior Sing on Fridays, along with his wife, Eunice, who assists with the technical aspects of sound control and support. We are grateful for their willingness to provide continuity for this important senior activity.



CCATS

Since the closure of the center on 03/16/20 due to the Coronavirus pandemic, the CCATS drivers have delivered more than 4,000 meals to our homebound seniors. They have done an outstanding job and have done so with a smile!! Both the center staff and the meal beneficiaries really appreciate the excellent service the drivers have provided to our homebound seniors!



Frank Basdeo



Brother Frank Basdeo with Grace Baptist Church in Newport has been leading the Bible study at the Senior Center for 15 years. He and his wife, Pauline, have also been actively involved at the center providing volunteer youth programs for the seniors at holiday events. Since the center closed on 3/16/20, Brother Frank and Brother Bruce Walker have continued leading the Bible Study on Thursdays. Having the Bible study virtually during this time has provided reassurance to our seniors and has allowed them to stay connected to this important aspect of the center.

Friends of Aging

A *HUGE* "Thank you" to the Carteret County Friends of Aging for providing the funds for center staff to purchase items for "goody bags" for our homebound seniors. The funds provided enabled center staff to assemble bags that contained snacks and a novelty item. THANK YOU Carteret County Friends of Aging for your continued support to the center and to the seniors in our community!



Jim and Kathy Nelson

Jim and Kathy Nelson, one of our HDM volunteer couples, graciously donated 50 homemade cloth face masks. We have had community members donate 116 homemade cloth face masks since the closing of the center. It is so nice to see the support that we have received from our community as we try to obtain supplies in preparation for our reopening.



Enjoying Those Sunny Fall Days

With summer winding down, and the leaves beginning to change into those bright beautiful colors, we may find ourselves outdoors to enjoy the cooler crisp air more often. Without even realizing it, we are increasing sun exposure to the exposed areas of our bodies. Don't let the cooler weather fool you into thinking you are safe from solar radiation. Melanoma, a type of cancer usually associated with the skin, is a very serious cancer that can be quite dangerous. A person's genetics can play a big role in the chances of getting melanoma, but so does over exposure to the sun. Most folks are unaware that melanoma may not only affect the skin but can also impact your eyes, taking on the form of ocular melanoma. Warning signs for skin cancer may take on various forms such as: the appearance of a new mole or odd freckle, asymmetry in a mole or birthmark, the edges of a mole or freckle seems to be becoming irregular in shape, ragged or blurred, color changes in which a patch of skin or mole may become brown, black or even pink, red or blue, there is an increase in size of a skin spot or the skin spot seems to be changing shape or color. These signs can be found on the surface of the skin, under a fingernail or even within the mouth. Ocular melanoma can be harder to detect, that's why it is important to see an eye doctor annually even if you have great eyesight. Some ocular melanomas can occur in the iris or on the other portions of the eye, while retina melanoma can be harder to detect and occurs deep in the back portion of the eye's retina. Warning signs for ocular melanoma can be: an increase in floaters and spots, and/or flashing in the eye or sudden vision changes. If you notice any of these symptoms with either your skin or eyes, you need to see you physician immediately. Of course, there are precautions to limit sun exposure such as sunscreens, or even more simply, comfy clothes to cover exposed skin. Wear a hat to protect your face and head and to also help shield your eyes. It is important to wear sunglasses that are both 100% UVA and UVB protectant. Don't be afraid to get outside and be active in the fresh air and cool weather. It's a beautiful world so get out there and see it.

Take care and be well.



FOOD SAFETY

FOOD SAFETY BEFORE, DURING AND AFTER AN EMERGENCY

The Food Safety and Inspection Service (FSIS) recommends that consumers take the following steps to reduce food waste and the risk of foodborne illness before, during and after emergency events.

IN ADVANCE OF LOSING POWER OR FLOODING

Raise refrigerators and freezers off the floor, putting objects under their corners.

Move foods that are kept in the basement or low cabinets to higher locations for storage.

Keep appliance thermometers in refrigerators and freezers. The refrigerator should be at 40 degrees or below and the freezer should be at 0 degrees or below.

Freeze containers of water and gel packs to help keep your food at 40 degrees or below. Water expands during freezing so don't overfill your containers.

Freeze refrigerated items, such as leftovers, milk and fresh meat and poultry that you may not need immediately—this helps keep them at a safe temperature longer.

Have coolers on hand to keep refrigerator food cold if the power will be out for more than four hours.

Buy dry ice or block ice to keep food cold in the refrigerator in case of power outage.

Group foods together in the freezer—this 'igloo' effect helps the food stay cold longer.

Keep a few days' worth of ready-to-eat foods that do not require cooking or cooling.

IF THE POWER GOES OUT

Keep refrigerator /freezer doors closed as much as possible. A refrigerator will keep food cold for about four hours if the door is kept closed. A full freezer will hold its temperature for about 48 hours (24 hours if half-full).

Place meat and poultry to one side of the freezer or on a tray to prevent cross contamination of thawing juices.

Use dry or block ice to keep the refrigerator as cold as possible during an extended power outage.

Fifty pounds of dry ice should keep a fully-stocked 18-cubic-foot freezer cold for two days.

STEPS TO FOLLOW AFTER A FLOOD

Do not eat any food that may have come into contact with flood water—this includes raw fruits and vegetables, cartons of milk or eggs.

Discard any food that is not in a waterproof container if there is any chance that it has come into contact with flood water. Food containers that are not waterproof include those packaged in plastic wrap or cardboard, or those with screw-caps, snap lids, pull tops and crimped caps.

Discard cardboard juice/milk/baby formula boxes and home-canned foods if they have come in contact with flood water, because they cannot be effectively cleaned and sanitized.

Inspect canned foods and discard any food in damaged cans which is shown by swelling, leakage, punctures, holes, fractures, extensive deep rusting or crushing/denting severe enough to prevent normal stacking or opening with a manual, wheel-type can opener.

RECIPES

BAKED PEACHES

INGREDIENTS:

2 peaches or nectarines
2 Tbsp. melted butter
1/4 tsp. cinnamon
1/2 cup oatmeal
raw honey



DIRECTIONS:

- Cut peaches or nectarines in half and take out pit.
- Place halves in a glass baking dish.
- Mix together in small bowl, melted butter, cinnamon and oatmeal.
- Fill peach or nectarine halves with mixture.
- Drizzle with raw honey to taste.

LEMONY PASTA SALAD

INGREDIENTS:

1 box of short pasta such as penne or bowties
2 cups of broccoli florets, cut into bite-sized pieces
1/2 cup crumbled feta cheese

For the dressing:

1/3 cup of fresh lemon juice
1/3 cup of olive oil
2 tsp. of honey
1 garlic clove, minced well
salt and pepper to taste

DIRECTIONS:

- Bring a pot of salted water to boil and cook the pasta according to package instructions.
- Lightly steam the broccoli, about 7 minutes, until it is bright green, but still crunchy.
- Mix together lemon juice, olive oil, honey, minced garlic, and salt and pepper.
- Drain pasta and mix together with the steamed broccoli and salad dressing until it is combined well.



FALL PREVENTION

Don't Fall into Fall



Fall, my favorite time of year. The air is cool and crisp and the trees put on a dazzling display with their leaves giving color to the world. Its time to get outside and stroll through the yard, down the sidewalk or on your favorite hiking trail. But let's not let fall, turn into a fall. As we get older fall prevention becomes even more important in our lives, but don't let the fear of falling keep you from doing the things you want

to do. One of the most important things we can do to prevent falls is to stay active and exercise. Muscular strength and flexibility gained with consistent exercise have been shown to greatly reduce your chances of taking a fall. Programs like Yoga and Tai Chi are excellent at helping build muscle, flexibility and coordination. In addition, these programs help with body spatial awareness and train the mechanisms in the inner ear that help with balance. Secondly, make sure when heading out you are wearing the correct footwear - let's not wear our high heels while we are on a hike. Other ways to prevent falls is to take time to be aware of our surroundings. When walking outdoors, we want to be aware of uneven terrain, roots or vines that may get us tangled up, potholes or uneven sidewalks. Avoid areas that are wet or muddy. Take extra care in walking in areas you are not familiar with or avoid them altogether. Make sure to use handrails when climbing steps or stairs. Also, let's not be staring at our phones or other distractions while walking. That's a good way to walk right into a light pole or fall down a cliff. Those are a few ways to safely get outside and see the beauty of Eastern North Carolina in the fall. Can you think of even more ways to prevent falls? While brainstorming about fall prevention outdoors, take a good look around your home and see what things you can do to improve fall prevention within your house.

Take care and be well.

C. Cannon

TRIVIA ANSWERS (from Page 7) 1. El Nino 2. the letter a 3. The Lone Star State 4. Greenland 5. 206 6. Paris 7. Ancient Rome 8. Hamburger 9. William Shatner 10. eight