

COMMUNITY & SENIOR CENTER

Newsletter

September 2012

EXERCISE AND BONE HEALTH

Bone is a dynamic tissue that undergoes constant change during our lifetime. As children and young adults, our bones generally become stronger and more resistant to fracture.

From about age 25 until around 50 years old, the bone is breaking down and reforming at approximately equal rates, so bone mass and strength stay relatively constant. Later in life, bone loss overshadows bone development, so our bones become more fragile.

Osteoporosis is a condition in which bones have become weakened to the point that the fracture risk is high. The spine, wrists, and hips are the areas most susceptible to osteoporotic fractures. Once these fractures occur, quality of life often is compromised.

Although we will all lose bone if we live long enough, there are things we can do to increase bone health. In addition to eating a healthy diet rich in vitamin D and calcium, exercise is an important contributor to bone health.

RECOMMENDATIONS FOR CHILDREN

Because bone is developing during this period of life, it is important that children engage in activi-

ties that will aid bone formation. This does not necessarily mean structured activities; it can be the type of play that children often naturally choose if given the time and access to a safe environment (e.g., running, jumping, climbing).

The U.S. Department of Health and Human Services (HHS) recommends that children and adolescents engage in 60 minutes or more of physical activity daily.

The HHS guidelines further recommend that, on at least 3 days per week, part of the 60 minutes target bone-strengthening exercises such as running and jumping.

The ACSM Position Stand "Physical Activity and Bone Health" recommends 10 to 20 minutes of high-intensity bone loading activities at least 3 days per week.

RECOMMENDATIONS FOR ADULTS

A combination of resistance exercise (i.e., lifting weights) and weight-bearing exercises, such as jogging, or playing tennis, or other sports that involve jumping, is recommended for adults. Thirty minutes or more of weight-

bearing aerobic activities should be done 3 to 5 times per week. Resistance training should target major muscle groups and be completed 2 to 3 times weekly.

RECOMMENDATIONS FOR ADULTS WITH OSTEOPOROSIS

If you have osteoporosis, it is important to consult your physician for specific exercise recommendations. The amount, intensity, and types of activity you should do will be dependent on your individual needs.

Many people with osteoporosis can safely engage in aerobic activities, resistance training, and balance training designed to address their special needs.

Exercise is an important part of developing and maintaining good bone health. Recommendations change over the life span, but for almost everyone, some form of exercise can be incorporated into the daily routine.

It is important to remember that once bone is lost, it is very difficult to rebuild; therefore, make exercise a lifetime commitment.

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Hours of Operation

Mon-Thurs.	8am-4pm
Friday	8am-1pm

Cards & Tile Games

- Open Pinochle, 8am-3:30 p.m. (Mon./Wed.) 8am-12:30 pm (Fri.)
- Mexican Train, 12-3:30 p.m. (Tuesday)
- Dominos, 12-3:30 p.m. (Tuesday)
- Mah-Jongg, 12-3:30 p.m. (Tues./Wed./Thurs.) 8am-12:30 pm (Fri.)
- Cribbage, 12:30-3:30 p.m. (Thursday)
- Hand and Foot, 12:00-3:30 p.m. (Thursday)

Disabled American Veterans, Mobile Service Office - Mesquite, NV



By literally putting our service offices on the road, assisting veterans where they live, the DAV is increasing accessibility to the benefits our nation provides to its veterans.

The work of NSOs extends well beyond their offices and extends deep within the veterans' community. Part of their outreach activities involves DAV's Mobile Service Office (MSO) Program. This program is designed to educate disabled veterans and their families on specific veterans' benefits and services.

This outreach program generates considerable claims work on behalf of veterans and their families. NSOs, often aided by Department and Chapter Service Officers, travel to communities across the country to counsel and assist veterans with development of evidence, completion of required applications and prosecution of claims for veterans benefits administered under federal, state and local laws.

The DAV's Mobile Service Office (MSO) program was revitalized in March 2001 and is the most extensive outreach effort in the history of our organization. Thanks to the generosity of a \$2 million pledge from the Harley-Davidson Foundation since 2007, the DAV expanded the sites visited by the MSO to include Harley-Davidson dealerships, where benefits assistance is offered to veterans of all generations in communities where they live.

These distinctive- looking and well equipped "offices on wheels" eliminate long trips some veterans in smaller towns and rural communities must take to visit our National Service Offices. The MSO program enhances DAV service to more veterans and their families.

Clark County Senior Citizens DAV MSO Stop Will Be:

Date: Thursday, October 4, 2012

Time: 9:00 AM - 3:00 PM

Location: Mesquite Community & Senior Center
102 East Old Mill Road, Mesquite, NV 89027



Your Best Defense Against the FLU....



Quick, Easy Flu Shots.

Now that's fresh healthy thinking.

Flu season is here. [Albertsons/Sav-on Pharmacy](#) will be hosting a Flu Shot clinic again this year at the Mesquite Community and Senior Center.

Here's what you need to know:

Date:

Thursday, Sept. 27, 2012

Time:

9am-1pm

Place:

Mesquite Community & Senior Center

Cost:

No charge for Medicare & Medicare related plans including Senior Dimensions, Humana, Tri-care, PacificCare, Secure Horizons, Culinary, Aetna, Medco, and more.

Cost without insurance is:

\$29.99.

Flu shots will be administered by [Albertsons/Sav-on Pharmacists](#).

WHAT'S YOUR AGING IQ?

Meet Harry

Harry is 80 and seems depressed lately. His wife has noticed a change in his mood around the house and is concerned.



He has always loved to drive his car. But, lately, he's worried when he gets behind the wheel. His vision seems to be changing. Last week he almost hit a messenger on a bike. The eye doctor says he has a cataract in one eye and needs surgery.

1. Is cataract surgery likely to help Harry see better? [Yes](#) / [No](#)
2. Since he is 80, will Harry still have to stop driving his car anyway? [Yes](#) / [No](#)
3. Depression isn't normal at Harry's age. Maybe he needs to see a doctor. [True](#) / [False](#)

Meet Mary

Mary is 68. She is always on the go—busy doing things around her house and managing the family finances. Lately she has been bothered more and more by urinary incontinence. Sometimes, she can't make it to the bathroom in time.



Then last month, while hurrying to the bathroom, she slipped on a throw rug in the hall, fell, and broke her hip. She spent almost a week in the hospital and then several weeks recovering in a care facility getting therapy. Her husband had trouble at home finding what he needed to pay the bills.

1. Urinary accidents don't have to be a fact of life for older people. [True](#) / [False](#)
2. Older people can't help falling. [True](#) / [False](#)
3. Make sure someone you trust knows where all your important papers are. [True](#) / [False](#)

VIRGIN VALLEY HERITAGE MUSEUM

The Virgin Valley Heritage Museum sits as a tribute to the early pioneer settlers of the Virgin Valley. Rich with a deep pioneer heritage full of strength, devotion, hardships, sacrifice, and hope, the museum helps visitors to not only understand the pioneer way of life but helps them to connect with the very pioneers that settled this great valley.

Please visit the Virgin Valley Heritage Museum to experience a taste of the rich pioneer heritage that makes up this great area.



Located at :

35 West Mesquite Blvd
Mesquite, NV 89027
(702) 346-5705

Hours of Operation:

Tuesday-Saturday
10 a.m.-4 p.m.

FUNDRAISER

We are so excited to announce the Virgin Valley Heritage Museum Garden. The garden will feature items that were grown locally such as grapes and pomegranates. The garden will also have a beautiful ash tree and other local plants. We want this garden to be an extension of the museum and a place that people will want to come and visit. As a fundraiser for this garden we are inviting all to **"buy a brick"**!! For a \$50 donation you name or family name will be engraved on the brick that will line the path in the garden area. Please come by the museum to reserve your brick and become a permanent part of the museum!!

Answers (page 2- Mary 68)

- True.** Millions of older people, especially older women like Mary, have urinary incontinence or bladder control problems. But these are symptoms, not a disease. Incontinence can be caused by infection, disease or injury, or the use of certain medicines. No matter the cause, treatment can usually help. Not treating incontinence might lead to serious complications like Harriet's fall.
- False.** Falls are a common cause of injuries in people over age 65, but they don't have to be. It is important to take steps to avoid falling. Vision and hearing should be checked regularly. There are ways to make sure the home is safe. Loose rugs, like the one Harriet slipped on, should be fastened down or removed, and electrical cords should be put out of the way. Some medicines can affect balance and coordination. A doctor can talk about any side effects of medicines he or she prescribes.
- True.** Whether someone has a large family or just a spouse or lives alone with no relatives nearby, he or she needs to prepare for the uncertainties of the future. No one expects to be too sick to pay bills, take care of his or her home, or to say how he or she wants to be cared for. But, sometimes this happens. That's why everyone should make sure a trusted family member or friend knows where things like the checkbook, bills, a will, or an advance directive for healthcare decisions are kept.

Answers (page 2-Harry is 80)

- Yes.** More than half of people over age 80 have a cataract or had one removed in the past. A cataract clouds the lens of an eye. In cataract surgery the surgeon removes the cataract and puts in a new artificial lens. This is very successful at restoring sight. More than 90 percent of people say they can see better after this surgery, and it may make Harry a safer driver.
- No.** It is not possible to pick one age at which everyone is too old to drive. In general, older drivers—those over 65—are safe drivers. They drive fewer miles and avoid risky behaviors like speeding, drinking and driving, or driving at night, in heavy traffic, or on interstate highways. But, changes in how the eyes, ears, brain, and body work may make things like yielding right-of-way, turning (especially left turns), changing lanes, and passing more troublesome for an older person behind the wheel.



Some of the reasons for older drivers' problems cannot be changed, but others, like Harry's cataract, can. Older people should get their vision and hearing checked regularly. Older drivers like Harry might feel more secure about driving if they take refresher training to improve their driving skills.

- True.** For many people, their later years are an active, rewarding time of life. But others may become depressed. They could have trouble sleeping, remembering, or making decisions or could eat more or less than usual. If Harry's wife continues to worry about whether he is depressed, she should encourage him to see a doctor.

Once the cause of depression is known, the problem can often be treated. Depression can be caused by medicine or by physical illness or stress. Family support, psychotherapy, or antidepressants may help. If someone seems to be depressed, he or she should get help from a doctor or mental health counselor. Depression is serious, but help is available.

Let's See How Much You Know About Aging.

- Which of the following age groups is one of the fastest growing segments of the American population?

- Babies and children under age 5
- Children age 15 to 19
- People over age 85

Is cancer still a major cause of death in older people?

In 2006, heart disease was the number 1 cause of death. What was number 2?

- stroke & related diseases
- Chronic respiratory diseases, such as chronic bronchitis, emphysema, and asthma
- cancer

Answers

- c. Today, there are more than 6 million Americans 85 and older. That number is expected to more than triple by the year 2050, when the youngest baby boomers turn 86. That means there may then be more than 20 million people over age 85 in the U.S.

- Did you expect cancer to be the answer? Well, you were correct. If you combine deaths from all types of cancer, then cancer is the second leading cause of death in older people. But, those numbers could be lowered. With early testing and treatment many people with cancer can be cured or at least add years to their lives.

Alzheimer's Support Group Meeting

Mesquite Community & Senior Center Library

Day: Tuesday (2nd & 4th of Month)
Time: 2-3 p.m.

Contact: Terra Shreve
702-346-7666

Alzheimer's is a type of dementia that causes problems with memory, thinking and behavior.

Symptoms usually develop slowly and get worse over time, becoming severe enough to interfere with daily tasks.

If you or a loved one has been diagnosed with Alzheimer's or a related dementia, you are not alone!

Senior Law Services

2nd Wednesday of the Month
Time: 11:30 to 12:30

By appointment only. Please call the Senior Center at 346-5290 to schedule an appointment.

QUILT GROUP

Meets:

First 3 Wednesdays of every month.

"Sew and Tell"

First Wednesday
From 12:30 to 3:30 p.m.

"Quilting for others"

Second Wednesday
from 10 a.m. to ?

"Work on your projects"

Third Wednesday
from 10 a.m. to 3:30 p.m.

September 7

Harvest Festival - Art and Craft

Departure: 9:00 a.m.

Return: 3:00 p.m.

Fee: \$9.00

Fee: \$15 transportation

September 19

National Atomic Testing Museum

Departure: 9:00 a.m.

Return: 2:00 p.m.

Fee: \$15.00

Fee: \$14.00

September 26

South Point (Bingo)

Departure: 9:00 a.m.

Return: 4:00 p.m.

Fee: \$15 (transportation)

Location: Las Vegas

It's Time For CRAFTS to Begin!!!!

The craft classes will be held on Tuesdays, from 1-3:30 p.m.

Jan Blain will be joining forces with Norma Wegner as both will be co-teaching this program.

Colorful crafts picture's will be displayed monthly at the Senior Center. Everyone is welcome to come and learn, laugh, and make new "craft" friends. All materials are supplied unless otherwise noted....

**Your Best Defense
Against the FLU....**

Quick, Easy Flu Shots.

RECYCLED GREETING CARDS

Date: September 11 Instructor: Jan Blain

Time: 1-3:30 p.m.

Cost: \$5.00 for 3 cards

So Simple so Beautiful!!!!

Choose from a wide selection of pictures to make your 3 cards. Jan will also show you how to make custom size envelopes for your creations.

DECORATE A PAIL

Date: September 25 Instructor: Norma Wegner

Time: 1-3:30 p.m.

Cost: \$6.00

Can be used to hold pencils, sewing notions, small office supplies, etc. You can give it as a gift for family or friend. All supplies are provided. Just bring your imagination and have fun.

BEADING DOUBLE DROP PEYOTE BRACELET WITH OPTIONAL BEADING

Date: September 18 Instructor: Jan Blain

Time: 1-3:30 p.m.

Cost: \$6.00

If you're wondered about beading this is the perfect time to begin. We use larger, easier go see beads, so all you need is a steady hand. Jan will also teach you how to make a beautiful crystal fastener for your bracelet. BEGINNERS WELCOME!!!

NEW PROGRAM

"Learn How to Crochet"

Begins: October 2, 2012

Days: Tuesdays Time: 9:30-11 a.m.

Location: Sr. Center Library

A skein of yarn and set of crochet hooks will be provided for \$25.00 which can be paid over the six week course. Learn fundamental stitches while you make a case to hold your hooks.



City of Mesquite Lifelong Exercise Program

2012 FALL SCHEDULE

September 10 thru December 14, 2012

Senior classes held daily from 7-11:45 a.m. (Free to pass-holders (except Zumba/line dance) \$5 per class for non-pass holders)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>7am-7:45 Abs & Buns Intermediate/Advanced (Griseyda)</p> <p>8-8:45 Beginning Strength & Core (McKel/Griseyda)</p> <p>Intermediate/Adv. Strength & More (Nichole)</p>	<p>7am-7:45 Abs & Buns Intermediate/Advanced (Griseyda)</p> <p>8-8:45 Beg. Cardio & More (Terrie/Griseyda)</p> <p>Adv. Cardio & More (Nichole)</p>	<p>7am-7:45 Abs & Buns Intermediate/Advanced (Griseyda)</p> <p>8-8:45 Beginning Strength & Core (McKel/Griseyda)</p> <p>Intermediate/Adv. Strength & More (Nichole)</p>	<p>7am-7:45 Abs & Buns Intermediate/Advanced (Griseyda)</p> <p>8-8:45 Beg. Cardio & More (Terrie/Griseyda)</p> <p>Adv. Cardio & More (Nichole)</p>	<p>8-8:45 Beginning Strength & Core (Terrie)</p> <p>Intermediate/Adv. Strength & More (Nichole)</p>
<p>9-9:45 Water Aerobics (Maxine)</p> <p>Gentle Yoga (Terrie)</p> <p>Line Dance (Rebecca)</p>	<p>9-9:45 Gentle Aqua (Maxine)</p> <p>ZUMBA (drop-in \$2) (Nichole/Griseyda)</p>	<p>9-9:45 Water Aerobics (Maxine)</p> <p>Gentle Yoga (Terrie)</p> <p>Line Dance (Rebecca)</p>	<p>9-9:45 Gentle Aqua (Maxine)</p> <p>ZUMBA (drop-in \$2) (Nichole/Griseyda)</p>	<p>9-9:45 Water Aerobics (Maxine)</p> <p>Gentle Yoga (Terrie)</p> <p>Line Dance (Rebecca)</p>
<p>10-10:45 Line Dance-II (Rebecca)</p> <p>10:30-11:15 Chair Exercise (Griseyda/ Senior Center)</p>	<p>10:30-11:15 Chair Exercise (Jo Anne/Sr. Center)</p>	<p>10-10:45 Aqua Aerobics (Shirley) (Begins: 11/1/12)</p> <p>Line Dance-II (Rebecca)</p> <p>10:30-11:15 Chair Exercise (Griseyda/Sr Center)</p>	<p>10-10:45 Aqua Aerobics (Shirley) (Begins: 11/1/12)</p> <p>10:30-11:15 Chair Exercise (Jo Anne/Sr. Center)</p>	<p>10-10:45 Aqua Aerobics (Shirley) (Begins: 11/1/12)</p> <p>10:30-11:15 Chair Exercise (Jo Anne/Sr. Center)</p>

Lifelong Exercise Program Membership Fee:

(Classes Only)

		Mesquite/Clark Co. Residents	Non-Mesquite/Clark Co. Residents
Fall/Winter	Session 1	\$40	\$60
Winter/Spring	Session 2	\$40	\$60
Spring/Summer	Session 3	\$40	\$60

Lifelong Program Membership: Good for Lifelong Fitness Only.

SCHEDULE SUBJECT TO CHANGE WITHOUT NOTICE

NEW ABS & BUNS CLASS

Intermediate to Advance Fitness Levels
Monday thru Thursday- 7 a.m.

Lifelong Exercise Program Schedule:

"Veteran's Day" Nov. 12, 2012 (no classes)

"Thanksgiving Break" Nov. 19-25, 2012

"Holiday Break" Dec. 15-31, 2012

Session II: Jan. 7-March 29.

MENU

Lunch Served from 11 a.m. to 12:30 p.m. **Menu Subject to Change Without Notice.**

SEPTEMBER 2012

MON	TUE	WED	THU	FRI
3 Closed Labor Day	4 Beef Stroganoff W/ Noodles Green Beans Dessert	5 Turkey Stuffing Fresh Steamed Vegetables Fruit	6 Chef Salad Beets Cottage Cheese Home Made Roll	7 Soft Chicken Tacos Rice Beans Fruit
10 Stuffed Bell Peppers Mashed Potatoes Vegetable Fruit	11 Creamy Chicken Tortilla Soup Tortilla Wrap Salad Dessert	12 BBQ Pork Sandwich Cabbage Salad Watermelon	13 Lasagna Green Salad Garlic Bread Peaches and Cream	14 Parmesan Crusted Tilapia Rice Pilaf Steamed Vegetables Dessert
17 Fish and Chips Cole Slaw Fruit H/B Steamed Vegetables	18 Grilled Ham & Cheese Tomato Soup Side Salad Dessert	19 Baked Ziti Salad Garlic Bread Knot Fruit	20 Creamy Lemon Kissed Chicken Salad Salad Fruit Dessert	21 Pot Roast Red Potatoes Carrots Fruit
24 Cheesy Turkey Pasta Bake Salad Fruit H/ B Vegetable	25 Cheese Burgers Fries Cucumber Tomato Salad Watermelon	26 Home Made Chicken Enchiladas Rice Beans Fruit	27 Pork Chops Mashed Potatoes Carrots Dessert	28 Swedish Meatballs Noodles Salad Dessert H/ B Vegetables

Nutrition Program

Lunch is served from 11 a.m.-12:30 p.m.

- Monday through Friday (except holidays)
- Menu is subject to change.
- A \$2.50 donation is suggested for 60 years and older.
- \$4.00 fee for 59 and under.
- To inquire about Homebound delivery call 346-5290.

Food Allergy Notice

Food items may contain these or other allergy causing ingredients:

**Nuts, Milk, Eggs, Wheat,
Soybeans, Peanuts, Fish,
and Shellfish**