

April 2022

# BSBAC

# Buzz



**BULVERDE  
SPRING BRANCH  
ACTIVITY CENTER**  
est. 1991



## Parkinson's Awareness Month



April is Parkinson's Awareness Month. This year, we want everyone to take actions to impact the future of Parkinson's disease (PD). Whether that means learning how to navigate your own future with Parkinson's or helping us create a world without PD, together we can make a difference.

Each year, 60,000 people in the U.S. are newly diagnosed with Parkinson's disease (PD) and more than one million are currently living with the neurodegenerative disease.

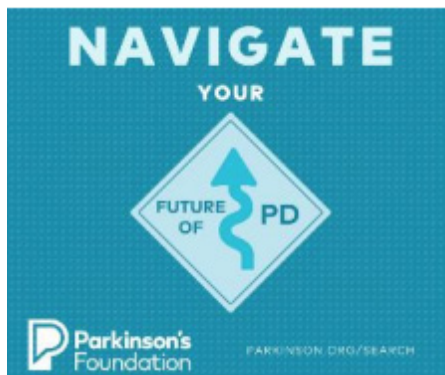
Commonly known for its movement or motor-related symptoms, people with PD are often more impacted by non-motor symptoms like apathy, depression, sleep behavior disorders, loss of sense of smell and cognitive impairment. The number of individuals living with PD is expected to rise to 1.2 million by 2030. Currently, there is no cure for PD, but there are medications and treatments to live well with the disease.

"Since 1957, the Parkinson's Foundation has invested more than \$400 million in Parkinson's disease research and clinical care," said John L. Lehr, President and CEO of the Parkinson's Foundation. "Parkinson's Awareness Month highlights the critical need for us to continue working together to fund research, care and resources so that one day we may live in a world without Parkinson's disease."

Efforts to raise awareness and funds during this month are part of a nationwide movement led by the Parkinson's Foundation to make life better for people with PD by encouraging everyone to take action to impact the future trajectory of the disease. Whether it be learning how to navigate one's own future with PD or helping the community create a world without PD, the movement aims to make a difference in the future of research, care and lives.

Getting the right care at the right time can make a difference. Make sure you or your loved one has an expert care team to help you live better with Parkinson's.

To learn more about how to get involved, visit [Parkinson.org/Awareness](http://Parkinson.org/Awareness), call the free Helpline at (800) 4PD-INFO (473-4636) or join the Parkinson's Foundation online community, **PD Conversations**, a place to ask questions and connects with others living with PD.



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## Upcoming Events

**April 6 @ 10:00am**  
Brunch Bingo

**April 6 @ 1:45pm**  
Book Club

**April 6, 13, 20, 27 @ 2:00pm**  
Learn to Speak Spanish

**April 7, 14, 21 @ 1:00pm**  
Basic Self Defense for  
Aging Adults

**April 11 @ 11:30am**  
Easter Potluck

**April 11 @ 12:35pm**  
Bunco

**April 12 @ 11:45am**  
WAT: Walk & Talk Session

**April 13 @ 1:45pm**  
Arts & Crafts Series: Wooden  
Bunnies

**April 14 @ 10:00am**  
Daytrip to Wildseed Farms

**April 15**  
Center Closed for Good Friday

**April 19 @ 11:45am**  
Lunch & Learn: Prepare for the  
Inevitable

**April 20 @ 2:00pm**  
Caregiver's Support Group  
w/Hope Hospice

**April 21 @ 10:00am**  
Daytrip to Wildseed Farms

**April 24 @ 3:00pm**  
Seniors' Sunday Social presented  
by SVHS Students

**April 25 @ 12:35pm**  
Bunco

**April 26 @ 11:45am**  
WAT: Walk & Talk Session

**April 28 @ 10:00am**  
Daytrip to Wildseed Farms

*"Remember, happiness doesn't depend upon who you are or what you have, it depends solely upon what you think." ~ Dale Carnegie*

## Note From the Center...

By Jessica Rosario

I hope you're enjoying this warmer weather as much as I am! Spring is a beautiful season with perfect temperatures so try to get some time outside. Spending time outdoors has been shown to lower stress, blood pressure and heart rate while improving mood and mental health; so step outside, even if just for a few minutes.

We have some new activities coming up in April. On April 6, we are starting a beginner Spanish class and on April 7 you will learn about self defense and techniques to keep you safe. Regarding day trips, please note that you need to talk to Beth, or one of the other staff members, to sign up. The same applies if you can't make it and need to remove your name. We understand how this may seem like an inconvenience, but we want to make sure that as many people as possible get a chance to go, and we appreciate your understanding with this new process.

Don't forget to log your steps/miles

for our Walk Across Texas challenge and turn them in to Beth at the end of each week. Every physical activity you do adds points and can be converted to equivalent miles. Activities include gardening, vacuuming, EGYM, exercise classes, walking, biking, etc. You can also join us on 4/12 & 4/26 for our WAT: Walk & Talk Sessions at 11:45am at the Center.

Have you signed up for our 23rd Annual Run for the Hills? This is one of our largest fundraisers and we need your help to make it successful. This year, we're updating the medals and will have some family friendly games onsite, so don't miss out! Remember that there's a distance for everyone (1 mile, 5K, 10K) and for those who don't want to walk/run, you can always sign up as a sleepwalker and get the t-shirt. You can register online (link is on [www.bsbac.com](http://www.bsbac.com)) or in the center.

Hope to see many of you at the 23rd Annual Run for the Hills!



# April Weekly Activity Schedule



## MONDAY

**9:00am** Library  
**9:00am** Visiting/  
 Socializing  
**9:00am** Ride the Bus  
**10:00am** 42 -  
 (Dominoes)  
**9:00am** Wood Carving  
**10:00am** Men's  
 Fellowship  
  
**11:30am**  
 Fellowship Meal  
  
**12:35pm** Bunco  
 (2nd & 4th Mon)  
**1:00pm** Bridge  
 Foursome  
 (1st & 3rd Mon)



## TUESDAY

**9:00am** Library  
**9:00am** Visiting/  
 Socializing  
**9:00am** Open Games  
**9:00am** Ride the Bus  
**10:00am** Mexican  
 Train - (Dominoes)  
**11:00am** Mah Jong  
  
**11:30am**  
 Fellowship Meal  
  
**1:00pm** Bingo



## WEDNESDAY

**9:00am** Library  
**9:00am** Visiting/  
 Socializing  
**9:00am** Bridge  
**9:00am** Ride the Bus  
**10:00am** Brunch  
 Bingo (1st Wed)  
**10:00am** Card  
 Creation (2nd Wed)  
  
**11:30am**  
 Fellowship Meal  
  
**12:00pm** Poker  
 (Beginner/  
 Intermediate)  
**1:45pm** Book Club  
 (1st Wed)  
**1:45pm** Arts & Crafts  
 Class (2nd Wed)  
**1:45pm** Cinema in the  
 Center (3rd Wed)  
**1:45pm** Karaoke Sing-  
 along (4th Wed)  
**2:00pm** Caregiver  
 Support Group  
 (3rd Wed)



## THURSDAY

**9:00am** Library  
**9:00am** Visiting/  
 Socializing  
**9:00am** Cards  
**9:00am** Ride the Bus  
**10:00am** Canasta HF  
  
**11:30am**  
 Fellowship Meal  
  
**12:00pm** Poker  
**12:00pm** Knot Just  
 Knitting (1st & 3rd  
 Thurs)  
**12:00pm** Crochet  
 (2nd & 4th Thurs)  
**1:00pm** Mindful  
 Meditation  
**2:00pm** Table Tennis



## FRIDAY

**9:00am** Library  
**9:00am** Visiting/  
 Socializing  
**9:00am** Ride the Bus  
  
**11:00am**  
 Fellowship Meal  
  
**12:10pm** Bingo



Angela Sewell  
 Arnold Pulido  
 Barbara Eubank  
 Barbara Reddy  
 Benny Havens  
 Beth Cruse  
 Carol Swanson  
 Celestina  
 Hernandez  
 Cheri Perry  
 Cindy Marroquin  
 Dale Childress  
 Dana Mynier

David Beene  
 Diana Woodell  
 Edward Warner  
 Elda Palos  
 Francie Posey  
 Herbert McMaster  
 James Head  
 John Cole  
 John Kirschbaum  
 Ken Little  
 Lary Lenke  
 Laura Hurt  
 Leticia Rocha

Linda Aden  
 Linda Everingham  
 Lucy Hakemack  
 Mac McKinnon  
 Maria Camarillo  
 Marion Harris  
 Mark Christensen  
 Myrna Perez  
 Nancy Lenke  
 Norma Head  
 Oliver Hurt  
 Ora Lee Frisch  
 Phyllis Havens

Richard Wright  
 Sandra Goforth  
 Sarah Frese  
 Sharon Andrews  
 Sue Settles  
 Tammy Forsten  
 Tom Balmos  
 William Struzenski



# April 2022

## Center Meal Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				<p>1</p> <p>Salad Bar Chicken Salad Dessert</p>
<p>4</p> <p>Salad Bar Caprese Pannini Dessert</p>	<p>5</p> <p>Sub Sandwiches Chips Dessert</p>	<p>6</p> <p>Chicken Pot Pie Salad Dessert</p>	<p>7</p> <p>Sausages German Potato Salad Dessert</p>	<p>8</p> <p>Salad Bar Dill Pickle Pasta Salad Dessert</p>
<p>11</p> <p>Easter Potluck Ham Provided</p>	<p>12</p> <p>Lasagna Salad Dessert</p>	<p>13</p> <p>Ham &amp; Cheese Sliders Fruit Dessert</p>	<p>14</p> <p>Stuffed Peppers Salad Dessert</p>	<p>15</p> <p>CENTER CLOSED</p> 
<p>18</p> <p>Pulled Pork Sandwich Cole Slaw Dessert</p>	<p>19</p> <p>Beef Tacos Guacamole Dessert</p>	<p>20</p> <p>Chef's Choice</p>	<p>21</p> <p>Frito Pie Fruit Dessert</p>	<p>22</p> <p>Salad Bar Pizza Dessert</p>
<p>25</p> <p>Salad Bar Bean &amp; Corn Salad Dessert</p>	<p>26</p> <p>Thai Chicken Salad w/Peanut Sauce Dessert</p>	<p>27</p> <p>Pulled Pork Nachos Dessert</p>	<p>28</p> <p>Spaghetti Salad Garlic Bread Dessert</p>	<p>29</p> <p>Taco Salad Dessert</p>



Fellowship Meal is served Mon-Thurs@ 11:30am, Fri@11:00am  
(LUNCH IS SERVED FOR A 1/2 HOUR IN THE CENTER)  
Suggested Donation \$4 • Menus are subject to change





# Games Galore

Sponsored by: Alamo Hospice

## WORD CHANGE

Can you morph one word into another by just changing one letter at a time? We have 4, 5 and 6 letter words to morph with 3, 4 and 5 times that you will need to change a letter.

EXAMPLE:

ANSWERS:

time
pore



dive
name



## Bamboozles

The object is to try to figure out the well-known saying, person, place, or thing that each bamboozable is meant to represent. (Solutions below)

intelligent smart wise	Dressed Dressed Dressed place STOP place WAIT GO	WEIGH WHY
chair	TIRE	WAKE  suzie

- |         |          |        |          |           |             |           |
|---------|----------|--------|----------|-----------|-------------|-----------|
| vibrant | umbrella | tulips | sunshine | spring    | springbreak | showers   |
| seeds   | rainbow  | rain   | rabbit   | puddle    | picnic      | peeps     |
| pastels | new      | nest   | may      | march     | lily        | lilac     |
| lamb    | ladybug  | kite   | hunt     | holiday   | grass       | goodies   |
| flowers | eggs     | easter | duck     | daffodil  | crawfish    | chocolate |
| chick   | carrot   | candy  | buzzing  | butterfly | bunny       | bubble    |
| bonnet  | blossom  | bloom  | birds    | bees      | basket      | april     |

V V R K U K E F J N Y J R A I N B O W B Q O Q R  
 I L E I B I R D S E H F E T A L O C O H C L Y K  
 G U B Y D A L B O W H R U C Y E T I K P F H F C  
 L B U N N Y L J H A L L E R B M U S P I C N I C  
 R K B J P G G N I Z Z U B X Z F C A N D Y A S M  
 G A O P A S T E L S Q L E A S T E R B T R P E E  
 A H N L Z C M W Q S G M N S T S E N Q I X R E R  
 L S N Z N G E A W M Z F J T O L X Y T B T I B S  
 D Q E C L G O I R L O C A L I L Z M S B L L U W  
 S Q T R S D E E S C V O V N B C V V H A D E P C  
 E G Q A E K N N A B H I L R M Y X J O R O G Z J  
 I V X W J J J I P A T V B B A K A U W G R G T G  
 D R B F D B B H A K N J X R L T X M E Y O S G J  
 O B O I A U L S F R U O X T A D W V R H D W F J  
 O A F S F B O N E O H P O O U N W G S W O Z R P  
 G S Y H F B S U P C G N S W P L T N Q X O T E C  
 I K P T O L S S L L B S N E I I I B E B Z K V A  
 D E F R D E O H A I Y I E R V P Y P Y P I E O R  
 Y T Z I I A M F A L U P T S Z C V U S L X L L R  
 Z H F L L N L I K Y S P R I N G B R E A K D D O  
 K C S S A R G Y L F R E T T U B O C O A S D U T  
 O C N M Z C Y A B I C F Z M P D V G S R V U D K  
 H M U J X W N X I K G E Y A D I L O H K Y P O V  
 C S L D G J C H I C K S R E W O L F O C G A S G

## Commonyms

1. A Wagon - A Weed - A Practical Joke
2. New York - An Airline - A Jacuzzi
3. Alarm - Grandfather - Cuckoo
4. A Cherry - A Wine Glass - A Rose
5. Gun - Baby - Talcum
6. Fan - Express - Junk
7. Mouse - Booby - Live
8. I - V - X
9. Palm - Pine - Christmas
10. A Boat - A Cradle - Van Halen

## March Answers

1. They are waxed
2. They have cups
3. Pronouns
4. Largest of their kind
5. Blood Suckers
6. They are contagious
7. Fractions
8. Shades of yellow
9. They have pits
10. Beans







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# April Health & Wellness Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>1</b> 9:30am Line Dancing 11:00am Balance & Strength* 12:15pm Balance & Strength*
<b>4</b> 8:15am Easy Pace 10:00am Line Dancing 11:00am Active Aging Strength 12:30pm Balance & Strength* 1:30pm Balance & Strength* 4:00pm Yoga	<b>5</b> 9:30am Zumba Gold 10:30am Ballet Barre 5:30pm Zumba	<b>6</b> 8:30am Zumba Toning 10:00am Active Aging Strength 11:00am Balance & Strength* 12:15pm Balance & Strength* 4:00pm Line Dancing 5:00pm Yoga	<b>7</b> 8:15am Easy Pace 9:30am Zumba Gold 10:30am Ballet Barre 11:45am Chair Yoga 4:00pm Restorative Yoga 5:30pm Zumba	<b>8</b> 9:30am Line Dancing 11:00am Balance & Strength* 12:15pm Balance & Strength*
<b>11</b> 8:15am Easy Pace 10:00am Line Dancing 11:00am Active Aging Strength 12:30pm Balance & Strength* 1:30pm Balance & Strength* 4:00pm Yoga	<b>12</b> 9:30am Zumba Gold 10:30am Ballet Barre 5:30pm Zumba	<b>13</b> 8:30am Zumba Toning 10:00am Active Aging Strength 11:00am Balance & Strength* 12:15pm Balance & Strength* 4:00pm Line Dancing 5:00pm Yoga	<b>14</b> 8:15am Easy Pace 9:30am Zumba Gold 10:30am Ballet Barre 11:45am Chair Yoga 4:00pm Restorative Yoga 5:30pm Zumba	<b>15</b> CENTER CLOSED 
<b>18</b> 8:15am Easy Pace 10:00am Line Dancing 11:00am Active Aging Strength 12:30pm Balance & Strength* 1:30pm Balance & Strength* 4:00pm Yoga	<b>19</b> 9:30am Zumba Gold 10:30am Ballet Barre 5:30pm Zumba	<b>20</b> 8:30am Zumba Toning 10:00am Active Aging Strength 11:00am Balance & Strength* 12:15pm Balance & Strength* 4:00pm Line Dancing 5:00pm Yoga	<b>21</b> 8:15am Easy Pace 9:30am Zumba Gold 10:30am Ballet Barre 11:45am Chair Yoga 4:00pm Restorative Yoga 5:30pm Zumba	<b>22</b> 9:30am Line Dancing 11:00am Balance & Strength* 12:15pm Balance & Strength*
<b>25</b> 8:15am Easy Pace 10:00am Line Dancing 11:00am Active Aging Strength 12:30pm Balance & Strength* 1:30pm Balance & Strength* 4:00pm Yoga	<b>26</b> 9:30am Zumba Gold 10:30am Ballet Barre 5:30pm Zumba	<b>27</b> 8:30am Zumba Toning 10:00am Active Aging Strength 11:00am Balance & Strength* 12:15pm Balance & Strength* 4:00pm Line Dancing 5:00pm Yoga	<b>28</b> 8:15am Easy Pace 9:30am Zumba Gold 10:30am Ballet Barre 11:45am Chair Yoga 4:00pm Restorative Yoga 5:30pm Zumba	<b>29</b> 9:30am Line Dancing 11:00am Balance & Strength* 12:15pm Balance & Strength*

## GYM HOURS


Mon-Thurs: 9:00am - 6:00pm

Fri: 9:00am - 3:00pm

\*Class is FREE for all BSBAC Membes



RenewActive™  
by UnitedHealthcare





**Endurance / Aerobic**

Endurance/Aerobic exercises increase your breathing and heart rate, keeping your circulatory system healthy

Think fast paced walking, jogging, dancing, or yard work


These exercises include 2 categories: Moderate intensity and vigorous intensity activities



**Strength**

Strength exercises help build and maintain muscles


Some examples of strength or resistance training exercises are: lifting weights, using resistance bands



**Balance**

Balance exercises are an important factor in fall prevention

Participating in activities such as Tai Chi or other low-impact movement exercises are beneficial to balance



**Flexibility**

Flexibility exercises consist mainly of stretches and yoga to help to keep your muscles limber

This helps keep you lean and in good shape

# Health & Wellness Class Descriptions



## ACTIVE AGING STRENGTH

This class helps improve strength. The instructor will take you through a variety of exercises for a complete workout. Get comfortable using circuit equipment as well as resistance bands, medicine balls, free weights, etc.



## BALANCE & STRENGTH

This class is recommended for members with concerns about balance and loss of upper and lower body strength. Focus will be on functional fitness as well as balance and strength. **\*Free to all members\***



## BALLET BARRE

The exercises build gradually, are safe and can be performed by anyone. Muscles become toned and lengthened, posture is improved, and movement becomes more graceful as the student becomes more aware of his/her body.



## CHAIR YOGA

Chair yoga is a gentle practice in which yoga postures are performed while seated and/or with the aid of a chair. Benefits include improved strength & energy, improved flexibility & balance, and improved concentration.



## EASY PACE

Beginner to intermediate aerobics that includes cardio, marching in place, and basic arm and leg movement patterns. Improves muscle strength, flexibility, endurance, coordination, and balance.



## LINE DANCING

Line Dancing is choreographed to a variety of music with repeating series of steps that are performed in unison. Learn some fancy footwork while challenging your mind to memorize these fun sequences.



## RESTORATIVE YOGA

A therapeutic style of yoga which utilizes props to make it easier for the body to get into certain poses. The focus of this class is relaxation, renewal, effortlessness, ease and a completely supportive environment.



## YOGA/YOGA MIXED

Slow flowing class of gentle stretching and physical postures using breath to connect mind and body. This is an excellent way for improving flexibility, balance and great for de-stressing.



## ZUMBA/ZUMBA GOLD

Zumba is a dance-fitness class that is set to zesty Latin music like salsa, merengue, mambo, etc. Zumba Gold modifies the moves and pacing to suit the needs of the active older participant.



## ZUMBA TONING

Zumba Toning is perfect for those who like Zumba, but want to put extra emphasis on toning and sculpting to define those muscles. The challenge of adding resistance by using toning sticks (or light weights), helps you focus on specific muscle groups, so your muscles stay engaged.



*“Exercise not only changes your body, it changes your mind, your attitude, and your mood.”*



# Activity Center Happenings



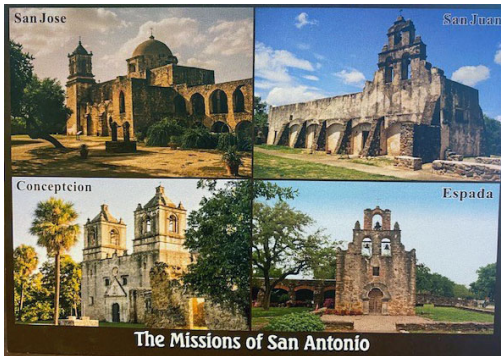
## BINGO WINNERS



JOAN BRESTAL & NORA BENITES SPLIT THE PROGRESSIVE FRIDAY BINGO

JOYCE CUNNINGHAM WAS THE PROGRESSIVE TUESDAY BINGO WINNER

Members enjoyed the March Day Trips to the San Antonio Missions National Historical Park. Join us this month for a day trip to Wildseed Farms in Fredricksburg.







# Activity Center Happenings



## 2022 VOLUNTEER APPRECIATION BREAKFAST

Last month, we celebrated our amazing volunteers here at the Center. They help in so many areas including our front office, the kitchen, Meals on Wheels, outdoor garden, and other miscellaneous areas. We truly appreciate each and every one of them and couldn't keep this center going without them. We are truly appreciative of all they do to help us continue our mission of serving the senior population in our community!

We handed out a few special awards to our 2022 Volunteers of the Year: John Clements - Membership, Gloria Pulido - Kitchen, Rick & Carol Wright - Meals on Wheels/Outreach, Judy Wilken - Administrative.



Thank you to Pieper HS NJROTC for presenting the colors and serving our volunteers!



# April Event Flyers

WEDNESDAY  
APRIL 6

## SPRING FLING BRUNCH BINGO

*Eggy Muffins  
&  
Fruit Salad*

BINGO - \$2 FOR 3 CARDS/6 GAMES

Please sign-up at the Front Desk

Learn How To  
*Speak Spanish*  
With Confidence  
*Slow Paced for Beginners*

Writing Speaking

Learn Something New: Culture Heritage

Mouth Formation Pronunciation Short Salutations

Common Words & Phrases

Classes start Wednesday, April 6th from 2pm-3pm and will be every Wednesday for 6 weeks. Cost is \$10 per person for the 6 week class.

### Basic Self-Defense Class for Aging Adults

3 Weekly Sessions  
beginning Thursday, April 7th  
from 1:00-2:30pm  
Sign-up if Interested

APRIL DAY TRIP

## WILDSEED FARMS

THURSDAYS, APRIL 14TH, 21ST & 28TH

Wildseed Farms has been around for over 35 years. It's the Nations largest working wildflower farm with over 200 acres. Come explore their walking paths, flowers, plants, and unique gift shop.

**Lunch at Sunset Grill**

BUS DEPARTS PROMPTLY AT 9:45AM

\$10 per person if riding the bus  
Don't want to ride the bus, follow along in your own vehicle

GOOD BOOKS AND GOOD COMPANY

## BOOK CLUB

1st Wednesday of Every Month  
1:45 PM

Contact the Center for monthly book choice

## Easter Potluck Lunch

Monday, April 11  
11:30am

Ham will be provided.  
Please sign up at the Front Desk to bring an item to share.

Will you get a Golden Egg???

### April Lunch & Learn Preparing for the Inevitable

Join us as Ann Parham with Joshua's Management helps us navigate financially in the event of an untimely death.

Tuesday, April 19th  
11:45am-12:45pm

Light Lunch will be served

DO YOU PROVIDE CARE FOR A LOVED ONE WITH ALZHEIMER'S OR DEMENTIA?  
*You are not alone...*

**HOPE HOSPICE CAREGIVER SUPPORT GROUP**

SUPPORT FOR FAMILY CAREGIVERS OF PEOPLE WITH ALZHEIMER'S OR DEMENTIA  
*We know care-giving can be stressful.*

COME LEARN:  
STRESS MANAGEMENT TECHNIQUES  
COPING STRATEGIES  
WHAT OTHERS ARE DOING THAT WORKS

AVAILABLE AT NO COST

WHO: CAREGIVERS OF A LOVED ONE WITH DEMENTIA  
WHERE: BULVERDE SPRING BRANCH ACTIVITY CENTER  
WHEN: 3RD WEDNESDAY OF THE MONTH; 2:00PM

"It's a great to have a place to share and get the support and information I need."  
-Participant

Please call or email Chris Sitton for more information 830-730-0006.  
csitton@hopehospice.net

## THE CENTER WILL BE CLOSED FOR GOOD FRIDAY

APRIL 15TH, 2022

# Upcoming Special Events



**SATURDAY, MAY 7TH, 2022**

**23rd Annual Run for the Hills**  
Benefiting Bulverde Spring Branch Activity Center



**REGISTRATION OPEN (THRU MAY 6)**  
Register by April 29 to guarantee a t-shirt!

5K - \$25  
10k - \$30  
1 Mile Fun Run - \$10  
Sleepwalker - \$25

**VENDOR FAIR**  
**FAMILY FRIENDLY GAMES**  
**TEAMS OF 10+ RECEIVE \$5 DISCOUNT**

**SIGN UP TODAY!**  
Online: [www.athleteguild.com](http://www.athleteguild.com) (thru May 6)  
In Person: Bulverde Spring Branch Activity Center  
30280 COUGAR BEND, BULVERDE, TX 78163, 830-438-3111  
[WWW.BSBAC.COM](http://WWW.BSBAC.COM)

## 23RD ANNUAL RUN FOR THE HILLS IS COMING UP IN A MONTH!

Be sure to get yourself registered early for the event. You can register online at [www.athleteguild.com](http://www.athleteguild.com) or scan the QR code on the flyer, or in person at the Center.

There are many different categories for any age and level: 1 Mile Fun Run, 5K, 10K, and Sleepwalker. The Sleepwalker category is a donation, but you get a shirt and don't even have to run!

There are a few new things we have for this year's event. We have updated the logo a bit and updated the medals. In addition to the Vendor Fair, we will be having family-friendly games including Hoverball Archery and Soccer Darts. Be sure to bring the whole family for a fun filled morning!

This event is a fundraiser and all proceeds will benefit the Center and help us to continue to provide services to fulfill our mission.

If you'd like to sponsor or be a vendor at the vendor fair, please contact Jessica Rosario at [jrosario@bsbac.com](mailto:jrosario@bsbac.com).



**Please check out our BSBAC April Wish List**

- Small Hot/Cold Insulated Tote for MOW  
4 needed \$12 each
- Large Hot/Cold Insulated Tote for MOW  
4 needed \$40 each
- Large Cube Storage Unit  
2 needed \$130 each
- Yoga Blocks (set of 4)  
3 needed \$26 each
- Outdoor Mat for the Kitchen  
1 needed \$55 each
- 4ft Straight Folding White Table  
2 needed \$75 each

If you would like to help us get these items or would like to donate towards an item (no matter how big or smaller...every bit helps our center), please see Beth. Thank you to those that have already donated!



# PARKINSON'S DISEASE

## WHAT YOU NEED TO KNOW

Parkinson's disease is caused by the deterioration of neurons in the brain that produce dopamine, an essential neurotransmitter that controls muscle function.

Deep brain stimulation (DBS) may be used to treat some of the debilitating symptoms of Parkinson's disease. DBS uses a surgically implanted, battery-operated medical device to deliver electrical stimulation to targeted areas in the brain that control movement.

The physicians at IGEA Brain & Spine are leaders in the use of Deep Brain Stimulation treatment. If you or a loved one are suffering from the effects of Parkinson's Disease, call us at 908-206-4807 or visit [igeaneuro.com](http://igeaneuro.com) for more information.

USUALLY DEVELOPS AFTER AGE

60

BUT 15% OF THOSE DIAGNOSED ARE UNDER 50

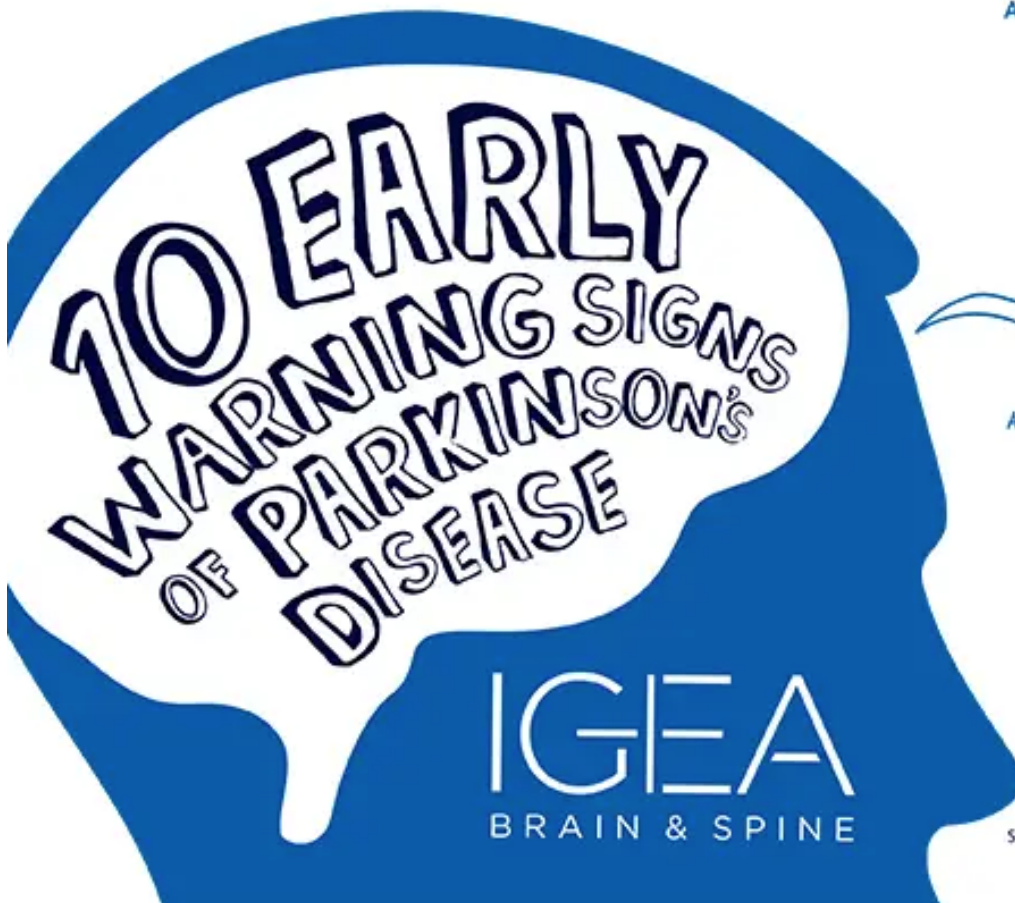
4.6

MILLION PEOPLE AROUND THE WORLD SUFFER FROM PARKINSON'S DISEASE... APPROXIMATELY 1 MILLION ARE AMERICANS

14<sup>TH</sup> TOP CAUSE

OF DEATH IN THE US ACCORDING TO THE CDC

2<sup>ND</sup> MOST COMMON NEURODEGENERATIVE CONDITION AFTER ALZHEIMER'S

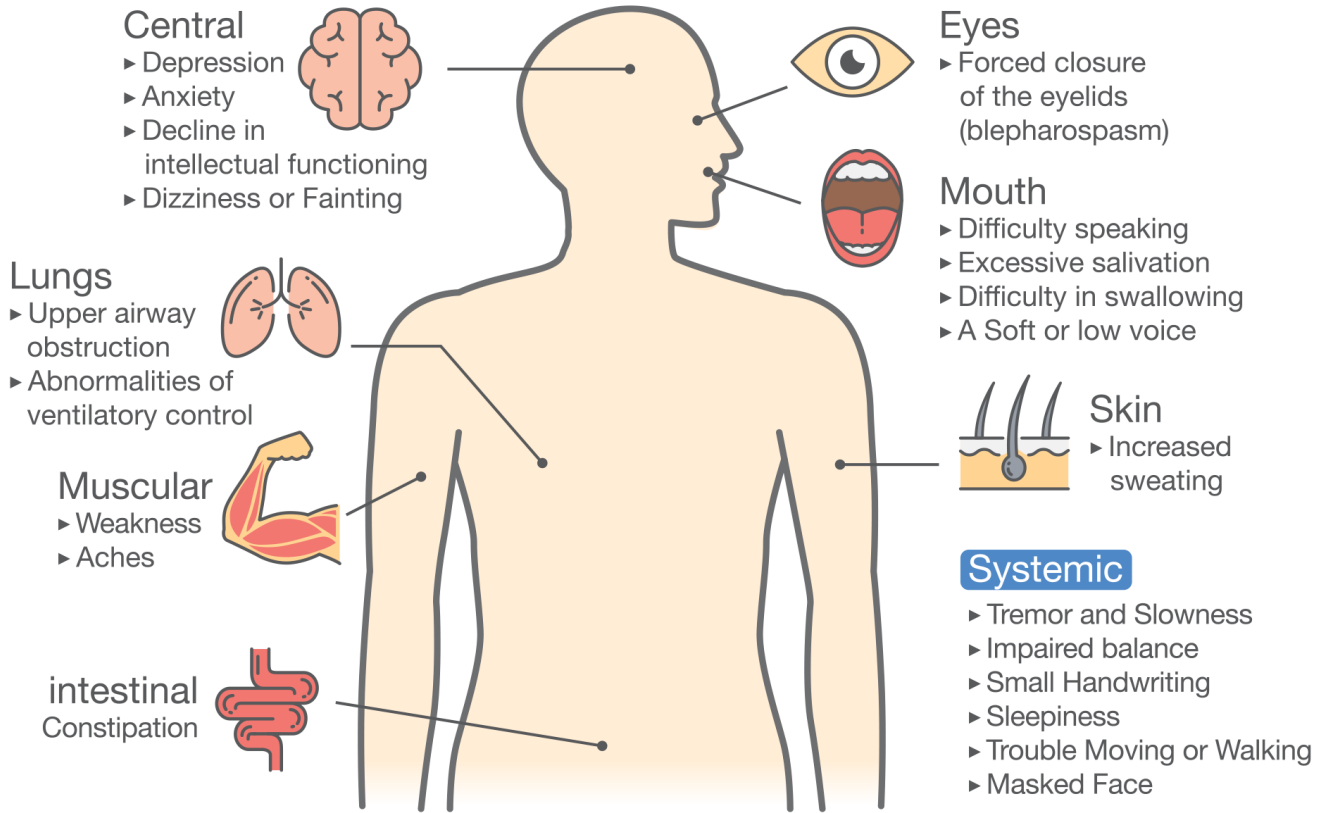


- Tremors or shaking
- A sudden change in handwriting
- Stiffness or lack of arm swinging while walking
- Masked face or loss of facial expression
- Stooping or hunching over
- Daily constipation
- A soft or low voice
- Dizziness or fainting
- Loss of smell
- Thrashing in bed while deeply asleep

Source: National Parkinson \* Foundation



## Symptoms of Parkinson's Disease



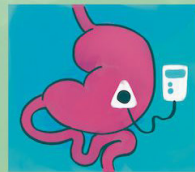
### Advanced Parkinson's Treatment and Coping Strategies



Prescriptions for hallucinations, dementia, or psychosis



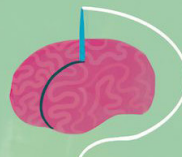
Apomorphine injections



Pumped levodopa



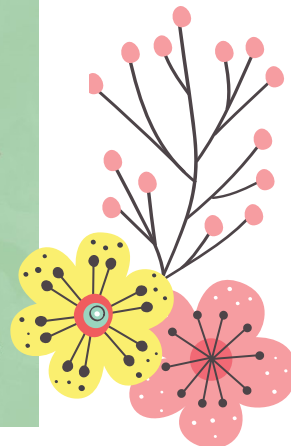
Mental health and nursing services



Deep brain stimulation



Physical, occupational, and exercise therapy





## Healthy Apple Muffins

Kate Prep Time: 15 mins Cook Time: 13 mins Total Time: 28 minutes Yield: 12 muffins

Amazing, healthy apple muffins made with maple syrup and whole wheat flour! No one will guess that this simple cinnamon apple muffin recipe is good for you, too. Recipe yields 12 muffins.

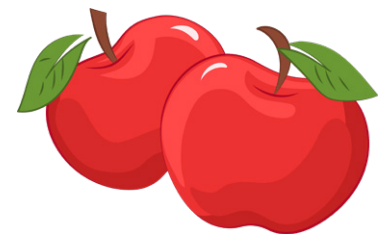
### INGREDIENTS

- 1 3/4 cups [white whole wheat flour](#) or regular whole wheat flour
- 1 1/2 teaspoons baking powder
- 1 teaspoon ground cinnamon
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1 cup grated apple
- 1 cup apple diced into 1/4" cubes
- 1/3 cup melted coconut oil or extra-virgin olive oil
- 1/2 cup maple syrup or honey\*
- 2 eggs, preferably at room temperature
- 1/2 cup plain Greek yogurt (I used full-fat but any variety should do)
- 1/2 cup applesauce
- 1 teaspoon vanilla extract
- 1 tablespoon turbinado sugar (also called raw sugar), for sprinkling on top



### INSTRUCTIONS

1. Preheat oven to 425 degrees Fahrenheit. If necessary, grease all 12 cups on your muffin tin with butter or non-stick cooking spray.
2. In a large mixing bowl, combine the flour, baking powder, cinnamon, baking soda and salt. Blend well with a whisk. Add the grated apple (if it is dripping wet, gently squeeze it over the sink to release some extra moisture) and chopped apple. Stir to combine.
3. In a medium mixing bowl, combine the oil and maple syrup and beat together with a whisk. Add the eggs and beat well, then add the yogurt, applesauce and vanilla and mix well. (If the coconut oil solidifies in contact with cold ingredients, gently warm the mixture in the microwave in 30 second bursts.)
4. Pour the wet ingredients into the dry and mix with a big spoon, just until combined (a few lumps are ok). The batter will be thick, but don't worry! Divide the batter evenly between the 12 muffin cups. Sprinkle the tops of the muffins with turbinado sugar. Bake muffins for 13 to 16 minutes, or until the muffins are golden on top and a toothpick inserted into a muffin comes out clean.
5. Place the muffin tin on a cooling rack to cool. If you have leftover muffins, store them, covered, at room temperature for up to 2 days, or in the refrigerator for up to 4 days. Freeze leftover muffins for up to 3 months.



## 12 Incredible Health Benefits of Apples

1. Stimulate Weight Loss
2. Balance Blood Sugar Levels
3. Strengthen Immunity
4. Improve Your Eyesight
5. Great for Your Teeth and Gums
6. Build Stronger Bones
7. Give You Energy
8. Relieve Muscle Tension
9. Improve Fertility in Women
10. Improve Cardiovascular Health
11. Improve Brain Function
12. Incredibly Alkalizing



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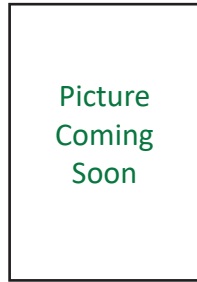
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*The mission of the Bulverde Spring Branch Activity Center is to facilitate active aging and to enhance the quality of life of older adults in our communities.*



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