

August 2022

BSBAC

Buzz



National Immunization Awareness Month



August is National Immunization Awareness Month (NIAM). It is a vitally important time to start vaccinating the whole family—especially older adults. This vulnerable population is most at risk of contracting preventable communicable illnesses and accounts for the majority of diagnoses and deaths.

Vaccines play an important role in protecting your health and the health of your family and community. They are one of our best defenses against many infectious diseases and have saved millions of lives.

You may think of vaccination as something only children need, but all adults also need to be vaccinated to protect their health and the health of their loved ones. Some vaccines you got when you were younger may have worn off, there are diseases like shingles and pneumonia that we are at higher risk for as we age, and some vaccines like the influenza (“flu”) vaccine is updated annually to best defend against a constantly changing virus. Your job, lifestyle, health status, or travel may require additional vaccinations.

Once you get vaccinated, you are less likely to get sick, which means you are less likely to get others sick. The more people who are vaccinated, the fewer opportunities a disease has to spread. So getting your recommended vaccines not only protects you, but also protects the people around you, such as infants who are too young to be vaccinated or people with weakened immune systems.

You can get vaccinated at your healthcare professional’s office, neighborhood pharmacy, health departments, community

health clinics, and even at some workplaces. Most health insurance plans cover the cost of recommended vaccines.

While most of us have had the flu or know someone who has had it, we often do not realize how serious it can be. Each year in the United States, flu infections result in hundreds of thousands of hospitalizations and tens of thousands of deaths from related complications. Specific populations including infants, people with weakened immune systems, people from racial and ethnic minority groups, and older adults are at the highest risk of complications from the flu. However, the flu can be prevented through simple actions.

Likewise, community-acquired pneumonia, causes between 350,000 and 620,000 hospitalizations in the elderly each year, and individuals 65 and older comprise over 50 percent of hospitalizations for influenza. An alarming 90 percent of the deaths associated with these two illnesses occur in those over 65. Despite these figures, CDC data shows that only 66.7 percent of seniors are immunized against the flu, and only 60.6 percent are immunized against pneumonia.

A list of vital vaccines for older Americans, as recommended by the Centers for Disease Control and Prevention, can be accessed here...<https://www.cdc.gov/vaccines/schedules/downloads/adult/adult-combined-schedule.pdf>.

*From <https://www.agingresearch.org/aging-health/vaccination/>

**From <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/recommendations/older-adults.html>



Inside this issue

- Upcoming Events & Note from the Center PAGE 2
- Weekly Activity Schedule PAGE 3
- Center Meal Menu PAGE 4
- Games Galore PAGE 5
- Health & Wellness Schedule PAGE 6
- Health & Wellness Descriptions PAGE 7
- Activity Center Happenings PAGE 8-9
- Aug. Event Flyers & Special Events PAGE 10-11
- News You Can Use PAGE 12-13
- What’s Cooking PAGE 14
- Thank You Sponsors PAGE 15
- Center Contact Info PAGE 16



Upcoming Events

August 3 @ 10:00am
Brunch Bingo

August 3 @ 1:45pm
Book Club

August 3, 10, 17, 31 @ 2:00pm
Spanish

August 8 @ 12:35pm
Bunco

August 10 @ 1:45pm
Arts & Crafts Series:
Cutting Board Craft

August 11 @ 10:15am
Daytrip: Clear Springs Restaurant
& Naegelin's German Bakery

August 17 @ 2:00pm
Caregiver's Support Group
w/Hope Hospice

August 18 @ 10:15am
Daytrip: Clear Springs Restaurant
& Naegelin's German Bakery

August 22 @ 12:35pm
Bunco

August 24 @ 1:45pm
Cinema at the Center: Top Gun

August 25 @ 10:15am
Daytrip: Clear Springs Restaurant
& Naegelin's German Bakery



Keep your face to the sunshine and you cannot see the shadows. It's what the sunflowers do.

~Helen Keller

Note From the Center...

By Jessica Rosario

August has arrived and we can almost feel the fall coming closer. We are definitely ready for cooler temperatures!!

In last month's issue, I talked about our Individual Giving Campaign (ICG) and would like to explain, in greater detail, about how important all of you are with your generous giving to The Center.

Many Senior Centers are run by the city which means that they receive funding from taxes and other revenues. Our Center is a freestanding non-profit organization. We don't receive any tax funding or any other revenue from the City or the County. Everything we offer is made possible through fundraisers, grants and donations.

Thanks to your donations, we are proud to offer over twenty classes each week helping all of our members stay healthy and reach their goals. Your donations help us offer many opportunities for socializing, including fellowship meals, games, arts and craft classes, day trips, bingo and so much more that provides fun for everyone and keeps our minds and bodies active.

Thanks to your donations, we have a wonderful outreach program called Meals on Wheels & Pets on Wheels. We are able to help the seniors in our community with these meals, as well as home maintenance and support services.

None of this would be possible without your generosity and loving

kindness during our Individual Giving Campaign each year. For many of us, The Center is our home away from home. We have made life-long friendships with so many of our members and for most of us, this is our family. That is why this year's ICG Campaign slogan is "Your Home Away from Home." We truly believe that is what we offer here at the Center. This is a place for you, the member, to feel comfortable, get healthy and fit, have fun, meet friends, and so much more.

There are many different ways to give during the campaign. You can do it in person at the Center or online through our website, www.bsbc.com. We also have the opportunity for you to create your own Peer to Peer Fundraising Page and share your love of the Center with friends and family. It's easy to set up your page and we can help you do it. You can also give a one-time donation or you can do a monthly recurring donation. Maybe doing a small amount each month is easier than doing a larger lump sum. Anything you feel you can give is truly appreciated and helps us to continue our mission here at the Center.

We wish to thank all of you for your past support and for your continued support this year.

Remember that our Active Aging Health Fair is on Saturday, October 15. We will have the Mammography bus and blood drive bus, as well as flu shots, produce sales, many vendors and more! Be sure and mark your calendar so you don't miss this event.

August 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)

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 Knitting/
 Crochet/Sewing
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



Alvera Arizpe
 Anna Guest
 Anne Simmons
 Beverly Ewald
 Beverly Williams
 Bill Coe
 Billie Gill
 Carol Barefoot
 Cathy Vance
 Charles Hughes
 Cindy Nash
 Colleen Cody
 Daniel Hicks
 Darlene Georgen
 Diana Haines

Edna Evans
 Elizabeth Lyons
 Frenchy Saintiny
 Gabriele Gambuzza
 Gail Keenan
 Gary Lampkins
 Gladys Hillyer
 Glenda Raichlen
 Gloria Pulido
 Helen Misner
 Irene Archer
 Iris Rossi
 James Postel
 Jan Neibling
 Jane Wood

Janet Christensen
 Jean Freeman
 Jessica Rosario
 Jessie Killian
 Jo Williams
 Joan Bishop
 Joan Brestal
 Joel Selko
 Joyce D'Sousa
 Juan Benites
 Judith Sbardellati
 Julie Gossell
 Kay Judkins
 Keith Sites
 Ken Bielefeld

Larry Remy
 Linda Lang
 Linda Wagner
 Loretta Miller
 Lynda Koehler
 Margo Robinson
 MaryAnn
 Simendinger
 Melinda
 Kopaczewski
 Melva Cooke
 Michael Ottea
 Norma Overstreet
 Patricia Sturts
 Patricia Williford

Patrick Friedrich
 Paula Gage
 Peggy Ellis
 Peggy Sproull
 Phyllis Bates
 Ron Deage
 Rose Mary
 Arredondo
 Sandy Kilpper
 Stacey Coursen
 Susan Lamarre
 Todd Foster
 Verne Montgomery
 Vicky Ohm
 William Jones



August 2022

Center Meal Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1 Pizza Green Salad Dessert	2 Bean Chalupas Guacamole Dessert	3 Tuna Salad Green Salad Dessert	4 Teriyaki Pineapple Drumsticks Rice Green Beans Dessert	5 Rice Salad Green Salad Dessert
8 Chicken Fried Rice Eggrolls Salad Dessert	9 Lazy Lasagna Green Salad Dessert	10 Hamburgers Potato Salad Fruit Dessert	11 Quiche Fruit Dessert	12 BLT Pasta Salad Green Salad Dessert
15 Grilled Cheese Fruit Dessert	16 BBQ Pulled Chicken Mac & Cheese Dessert	17 Greek Pasta Salad Green Salad Dessert	18 John Wayne Casserole Salad Brownies	19 Chicken Sandwich Macaroni Salad Dessert
22 Chicken Strips Green Salad Dessert	23 Ravioli w/Alfredo Sauce Green Salad Dessert	24 Chef's Choice	25 Fajita Chicken Bake Mexican Rice Guacamole Dessert	26 Spaghetti Pie Green Salad Dessert
29 Pizza Green Salad Dessert	30 Roll up Sandwiches Chips Dessert	31 Vegetable Lo Mein Egg Rolls Dessert		

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 (Donations help make our fellowship meals possible)
Menus are subject to change



Games Galore

Sponsored by: Alamo Hospice

Mumbo Jumbo

Unscramble each of the clue words. Take the letters that appear in boxes and unscramble them for the final message.

RETWEAH	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
ROSTM	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
NIRA	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
DANTOOR	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
HIAL	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
MDBU	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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)

BED BED	cycle cycle cycle	STAY NIGHT
$\frac{1}{1}$	i SLEPT	RACE

Commonyms

- Hair - A Brain - An Ocean
- Bride & Groom - Boat & Trailer - Horse & Buggy
- A Scale - A Tire - A Checkbook
- An Aquarium - An Army - A Car
- Sports Page - Movie - Musical
- A Cook - A Toilet - College Football
- A Doughnut - A Cavity - Prescription
- Coal Miner - Dentist - Guitar Player
- Male Goat - Dollar - Male Rabbit
- A Doctor - A Mailman - Domino's

July Answers

- They are caught
- They are tossed
- They are popped
- They have caps
- They have tongues
- They have anchors
- They are magazines
- They have lanes
- They lift
- They have checks

Summer Holidays



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

August	canoeing	holidays	pool	sprinkler
barbecue	cottage	ice cream	popsicles	strawberries
beach	family	July	puzzles	summer camp
biking	friends	lake	reading	swimming
bonfires	games	lemonade	relax	traveling
books	hammock	memories	road trips	vacation
camping	hiking	picnics	sports	watermelon

HOMETOWN CARE Alamo Hospice
a member of the Regent Senior Care

You have a choice when it comes to hospice care.
Choose local, choose the
"Best of the Best," choose Alamo Hospice.

1595 S. Main Street, Suite 101, Boerne, TX 78130
(830) 816-5024 • www.alamohospice.com



August Health & Wellness Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 8:15am Easy Pace 10:00am Line Dancing 11:00am Active Aging Strength 12:30pm Balance & Strength* 1:30pm Balance & Strength* 4:00pm Yoga	2 9:30am Line Dancing 10:30am Ballet Barre 5:30pm Zumba	3 8:30am Zumba Toning 10:00am Active Aging Strength 11:00am Balance & Strength* 12:15pm Balance & Strength* 3:30pm Line Dancing 5:00pm Yoga	4 8:15am Easy Pace 9:30am Zumba Gold 10:30am Ballet Barre 11:45am Chair Yoga 4:00pm Restorative Yoga 5:30pm Zumba	5 9:30am Line Dancing 11:00am Balance & Strength* 12:15pm Balance & Strength*
8 8:15am Easy Pace 10:00am Line Dancing 11:00am Active Aging Strength 12:30pm Balance & Strength* 1:30pm Balance & Strength* 4:00pm Yoga	9 9:30am Zumba Gold 10:30am Ballet Barre 5:30pm Zumba	10 8:30am Zumba Toning 10:00am Active Aging Strength 11:00am Balance & Strength* 12:15pm Balance & Strength* 3:30pm Line Dancing 5:00pm Yoga	11 8:15am Easy Pace 9:30am Zumba Gold 10:30am Ballet Barre 11:45am Chair Yoga 4:00pm Restorative Yoga 5:30pm Zumba	12 9:30am Line Dancing 11:00am Balance & Strength* 12:15pm Balance & Strength*
15 8:15am Easy Pace 10:00am Line Dancing 11:00am Active Aging Strength 12:30pm Balance & Strength* 1:30pm Balance & Strength* 4:00pm Yoga	16 9:30am Zumba Gold 10:30am Ballet Barre 11:30pm Balance & Strength* 5:30pm Zumba	17 8:30am Zumba Toning 10:00am Active Aging Strength 11:00am Balance & Strength* 12:15pm Balance & Strength* 3:30pm Line Dancing 5:00pm Yoga	18 8:15am Easy Pace 9:30am Zumba Gold 10:30am Ballet Barre 11:45am Chair Yoga 4:00pm Restorative Yoga 5:30pm Zumba	19 9:30am Line Dancing 11:00am Balance & Strength* 12:15pm Balance & Strength*
22 8:15am Easy Pace 10:00am Line Dancing 11:00am Active Aging Strength 12:30pm Balance & Strength* 1:30pm Balance & Strength* 4:00pm Yoga	23 9:30am Zumba Gold 10:30am Ballet Barre 5:30pm Zumba	24 8:30am Zumba Toning 10:00am Active Aging Strength 11:00am Balance & Strength* 12:15pm Balance & Strength* 3:30pm Line Dancing 5:00pm Yoga	25 8:15am Easy Pace 9:30am Zumba Gold 10:30am Ballet Barre 11:45am Chair Yoga 4:00pm Restorative Yoga 5:30pm Zumba	26 9:30am Line Dancing 11:00am Balance & Strength* 12:15pm Balance & Strength*
29 8:15am Easy Pace 10:00am Line Dancing 11:00am Active Aging Strength 12:30pm Balance & Strength* 1:30pm Balance & Strength* 4:00pm Yoga	30 9:30am Zumba Gold 10:30am Ballet Barre 5:30pm Zumba	31 8:30am Zumba Toning 10:00am Active Aging Strength 11:00am Balance & Strength* 12:15pm Balance & Strength* 3:30pm Line Dancing 5:00pm Yoga		

GYM HOURS

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

Fri: 9:00am - 3:00pm

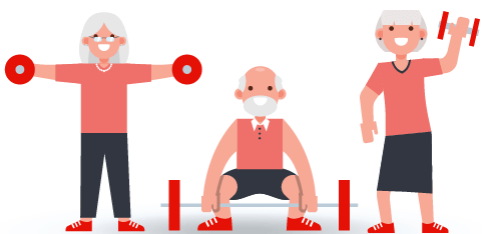
*Class is FREE for all BSBAC Membes



RenewActive™
by UnitedHealthcare



10 benefits of weightlifting for combating age-related muscle loss and sarcopenia



Muscle mass & strength

1. Significant improvements in muscle mass and muscle quality
2. Increases in general and maximal strength

Endurance & efficiency

3. Improvements in overall endurance, muscle endurance, aerobic conditioning, walking speed, and VO2 Max
4. Enhanced cycling economy and gross efficiency (energy produced in comparison to energy used)

Cellular level

5. Higher levels of blood lactate concentrations, hemoglobin, and capillary-to-fibre ratios
6. Allows for greater delivery of nutrients and oxygen to the muscles to allow them to perform optimally

Lifting & life

7. Long term lifting is the best way to prevent age-related muscle loss
8. Strength trained masters have an overall higher muscle force-generating capacity and overall functional performance
9. For training newbies, doing as little 1 to 3 sets 3x a week was shown to be enough to increase strength, skeletal muscle mass, and reduce body fat in osteosarcopenia obesity
10. For those with age-related muscle loss/sarcopenia, weight lifting improves overall functional independence and quality of life

The verdict

Weight lifting is the most effective treatment to prevent, slow down, or partially reverse age-related muscle loss and the detrimental health issues that come with it

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



Happy 90th Birthday Martha Paniszczyn!

Members and friends surprised Martha with a birthday party to celebrate her!



ARTS & CRAFTS SERIES

Thank you to Connie Zulaica, for teaching a class on floral arranging. Our members really enjoyed it and made beautiful arrangements. Join us in the fall for her next floral arranging class!





Activity Center Happenings



2022 STYLE SHOW AND LUNCHEON

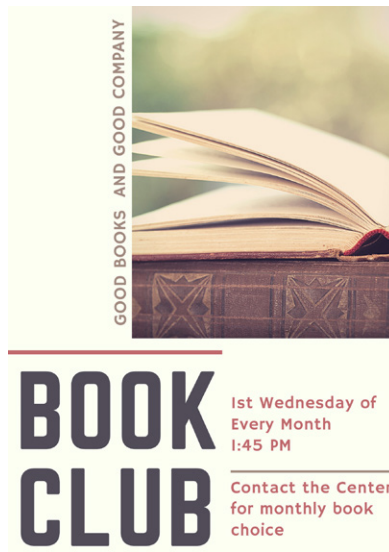
We had a great time at our 13th Annual Style Show and Luncheon. Thank you to everyone who came out and participated. Special thanks to our table hostesses, our boutiques (Cato Fashions & The Well Clothing), our models, the caterer (Duke's Catering), and community members and vendors that donated our door prizes. We couldn't have done it without you. We look forward to seeing you all again next year!



August Event Flyers



Brunch Bingo
 Wednesday, August 3
 10:00am
Summer Brunch Salad
 +
Muffins
 Come enjoy brunch &
 6 games of Bingo
 Please sign up in the Front Office



GOOD BOOKS AND GOOD COMPANY

BOOK CLUB
 1st Wednesday of Every Month
 1:45 PM
 Contact the Center for monthly book choice

ARTS & CRAFTS SERIES

Cutting Board Craft
 Wednesday, August 10
 1:45pm
 All supplies will be provided
 \$5 donation is appreciated



PLEASE SIGN UP IN THE FRONT OFFICE NO LATER THAN AUGUST 5

August Day Trip

Clear Springs Restaurant
German Bakery

Join us for a relaxing day as we go out to lunch at Clear Springs Restaurant and visit the German Bakery in New Braunfels.

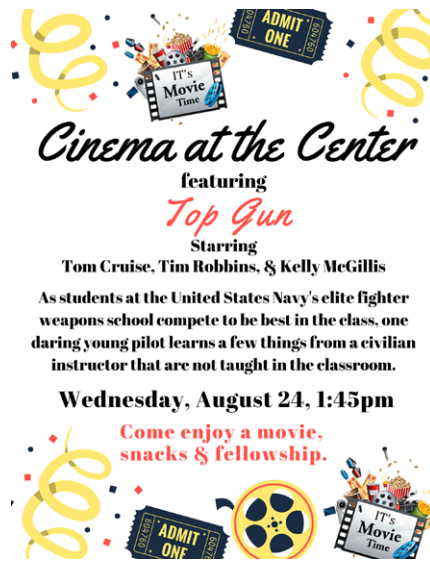
Thursday, August 11th
 August 18th
 August 25th

Bus Departs at 10:15am

\$10 per person if riding the bus.

Don't want to ride the bus, follow along in your own vehicle.

Make sure you let Beth know that you will be following along.

Cinema at the Center
 featuring
Top Gun
 Starring
 Tom Cruise, Tim Robbins, & Kelly McGillis

As students at the United States Navy's elite fighter weapons school compete to be best in the class, one daring young pilot learns a few things from a civilian instructor that are not taught in the classroom.

Wednesday, August 24, 1:45pm

Come enjoy a movie, snacks & fellowship.

DO YOU WANT TO LEARN TO SPEAK SPANISH ?

GRACIAS

SPANISH CLASS
 Classes start Wednesday 8/3 from 2pm-3pm and will be every Wednesday for 8 weeks. Cost is \$10/person for the 8 week class.

¡HOLA!

Slow paced for Beginners
 Writing & Speaking
 Common Words & Phrases
 Mouth Formation
 Pronunciation
 Short Salutations
 & More!

AUGUST WISH LIST

- 4ft Folding Table \$65 each (2 needed)
- White Storage Cabinet \$130 each (1 needed)
- Spandex Orange Tablecloth \$17 each (2 needed)
- Square Table \$53 each (4 needed)
- 1 Liter Glass Carafe, 6 pack \$35 each (2 needed)
- Ice Bucket w/ Lid & Scoop \$25 each (4 needed)
- 12pc Mini Cutting Boards \$15 each (2 needed)
- Case of 16oz & 32oz Mason Jars \$35 each (2 needed)

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!

"Happiness
 is not something ready made.
 It comes from **your own actions.**"

- 14th Dalai Lama

Upcoming Special Events

Your Home Away From Home

Come check out all we have to offer at BSBAC!

Health & Wellness

Increased physical activity leads to overall improved health and we offer over twenty classes each week including balance & strength, line dancing, yoga, active aging strength, ballet barre and Zumba as well as state-of-the-art EGYM equipment in our gym and trainers available to help you reach your goals.



Social Activities

There are many benefits, both physical and cognitive, to older adults. We offer numerous opportunities for socializing including fellowship meals, games, craft classes, bingo, day trips, movie days, book club, meditation group, parties and more! We also have several fundraising events throughout the year that provide fun for everyone!



Volunteer Opportunities

Volunteers are the heartbeat of our organization. If you enjoy meeting people and giving back to your community, we have a job for you! Our volunteer opportunities include clerical/administrative, Meals on Wheels drivers, kitchen help as well as general facility maintenance. Join our team!



Community Outreach & Education

We help seniors in our community not only through Meals on Wheels & Pets on Wheels, but also with other needs including home maintenance, transportation and support services.



30280 Cougar Bend, Bulverde
830-438-3111 • www.bsbac.com



2022

Individual Giving Campaign

During the month of August, we are running our Individual Giving Campaign, where we encourage members, to make a financial contribution to the Activity Center. This year's theme is "Your Home Away from Home." This is what we strive to be for our members...a place for you to feel comfortable, get healthy and fit, have fun, meet friends, and so much more.

With no City, State or County funding, we rely heavily on donations, fundraisers and grants, and we ask that you consider us for your charitable giving.

There are several ways to donate to our organization:

- Click the "Donate Now" button on our website.
- Mail a check to the Center.
- Pay with card, cash or check in the Center using the donation form. (See below)

Annual Active Aging Health Fair & Open House



SERVICES AVAILABLE AT THE EVENT:

UHS MAMMOGRAPHY BUS
SOUTH TEXAS BLOOD & TISSUE BLOOD DRIVE
RIVER CITY PRODUCE
SENSATIONAL SALADS & WRAPS

SATURDAY, OCTOBER 15TH

9AM-12PM

30280 COUGAR BEND
BULVERDE, TX 78163

ONSITE:

WE WILL HAVE A VARIETY OF HEALTH & WELLNESS VENDORS
AN OPPORTUNITY TO VIEW OUR FACILITY
FLU SHOTS BY SPRING BRANCH PHARMACY

WHO WE ARE?

The Bulverde Senior Center (BSC) dba Bulverde Spring Branch Activity Center (BSBAC) is a non-profit 501 (c) 3 organization that provides services to seniors in the Bulverde/Spring Branch, Texas area. Current programs include Meals on Wheels, Senior Outreach, Social Activities, and Health & Fitness.

WHAT WE DO

We do many things here at the Bulverde Spring Branch Activity Center as our mission is to facilitate active aging and enhance the quality of life for older adults in our communities. We provide services and resources to seniors, homebound and those in need, through our Meals on Wheels program. We also provide Pet Meals on Wheels to our homebound members. We have many social activities going on all week throughout the Center. These include card games, exercise classes, group games, educational seminars, arts & crafts classes, daytrips, and much more.

Interested in becoming a vendor, please contact Beth Collier

CALL US FOR MORE INFO
830-438-3111

bcollier@bsbac.com
www.bsbac.com



	DONATION FORM		DATE _____	Staff Entry _____
	NAME/COMPANY _____			
ADDRESS _____				
CITY/STATE/ZIP _____				
PHONE _____ EMAIL _____				
Recurring payment:				
\$ _____ weekly for _____ week(s) <input type="radio"/> In-Person/Mail		One-time contribution:		
\$ _____ monthly for _____ month(s) <input type="radio"/> In-Person/Mail		_____ \$25		
Amount given today \$ _____		_____ \$50		
Amount to be billed \$ _____		_____ \$100		
Please designate my gift to:		_____ \$250		
<input type="checkbox"/> Meals on Wheels		<input type="checkbox"/> Program Support		
<input type="checkbox"/> Capital Campaign		<input type="checkbox"/> Other: _____		
For recurring donations, please visit www.bsbac.com ("online form") to sign up.				
TOTAL DONATION \$ _____		<i>Thank You!</i>		

Join us on Facebook at [BulverdeSpringBranchActivityCenter](https://www.facebook.com/BulverdeSpringBranchActivityCenter) for information and upcoming events!



Healthy Living with Diabetes: Getting the Vaccines You Need



Why is Vaccination Important for People with Diabetes?

Each year, thousands of adults in the United States get sick from diseases that could have been prevented by vaccines. Because diabetes can make it harder for your immune system to fight some infections, you may be at higher risk of getting certain diseases if you are living with diabetes. Additionally, people with diabetes are also at higher risk of serious problems from some vaccine-preventable diseases.

Learn More at:

www.cdc.gov/diabetes/vaccines



What Vaccines do People with Diabetes Need?

Influenza vaccine

- Flu is a contagious respiratory illness caused by influenza viruses.
- People with diabetes are at high risk of serious flu complications, such as pneumonia, bronchitis, sinus infections, and ear infections, often resulting in hospitalization and sometimes, even death.

A flu shot every year is the single best way to protect yourself from the flu.

Tdap vaccine

The Tdap vaccine protects against three serious diseases caused by bacteria:

- **Tetanus** causes painful muscle tightening and stiffness. It kills about 1 out of 10 people who are infected, even after receiving medical care.
- **Diphtheria** causes a thick coating to form in the back of the throat and can lead to breathing problems, heart failure, paralysis, and death.
- **Pertussis** (whooping cough) causes severe coughing spells, which can cause difficulty breathing, vomiting, and disturbed sleep.

CDC recommends all adults get the Tdap vaccine once, and a Td vaccine booster dose every 10 years, to protect against tetanus, diphtheria, and pertussis.

Zoster vaccine

- Shingles is a painful rash caused by the same virus that causes chickenpox. After a person recovers from chickenpox, the virus stays in the body. Years later, it may cause shingles.
- For some people the pain can last for months or even years after the rash goes away — known as post-herpetic neuralgia (PHN).
- Zoster vaccine reduces the risk of developing shingles and PHN in people who have been vaccinated.

Herpes zoster vaccine is approved for people age 50 years and older. CDC recommends vaccination. People with very weak immune systems should not get the zoster vaccine.

Pneumococcal vaccine

- Pneumococcal disease is an infection caused by pneumococcus bacteria.
- People with diabetes are at increased risk for death from pneumococcal infections, which include pneumonia (lung infection), bacteremia (blood infection), meningitis (infection of the lining of the brain and spinal cord), and ear infections.

CDC recommends people with diabetes get pneumococcal vaccines once as an adult before 65 years of age and then two more doses at 65 years or older.

Hepatitis B vaccine

- Hepatitis B is a liver infection caused by the hepatitis B virus (HBV) and transmitted through blood or other body fluid. Chronic hepatitis B can lead to serious health issues, such as cirrhosis or liver cancer.
- People with type 1 or type 2 diabetes have a higher risk of hepatitis B virus infection.
- Hepatitis B can be spread through sharing of blood sugar meters, finger stick devices, or other diabetes care equipment, such as insulin pens. To prevent hepatitis B infection, never share diabetes care equipment.

CDC recommends hepatitis B vaccination for all unvaccinated adults with diabetes who are younger than 60 years of age. Many people have had the hepatitis B vaccine as a child, so check with your doctor to see if you have been vaccinated already. If you are 60 years or older, talk to your doctor to see if you should get the hepatitis B vaccine.



Build a Healthy Eating Routine as You Get Older

Good nutrition is key to staying healthy, active, and independent as you get older. And it's never too late to make healthy changes!

Follow these tips to build a healthy eating routine that works for you.



Choose a mix of healthy foods

There are lots of healthy choices in each food group! Choose a variety of foods you enjoy, including:



Whole fruits — like apples, berries, oranges, mangos, and bananas



Veggies — like broccoli, sweet potatoes, beets, okra, spinach, peppers, black beans, edamame, and jicama



Whole grains — like brown rice, millet, oatmeal, bulgur, whole-wheat bread, and pasta



Protein foods — like lean meats and chicken, eggs, seafood, beans and lentils, nuts and seeds, and tofu



Low-fat or fat-free dairy — like milk, yogurt, cheese, lactose-free dairy, and fortified soy beverages (soy milk) or soy yogurt



Oils — like vegetable oil, olive oil, and oils in foods like seafood, avocado, and nuts



Depending on your culture and tastes, you might choose different foods than the ones listed here — and that's okay! You can find healthy foods that work for you at [DietaryGuidelines.gov/sites/default/files/2020-12/DGA_2020-2025_CustomizingTheDietaryGuidelines.pdf](https://www.dietaryguidelines.gov/sites/default/files/2020-12/DGA_2020-2025_CustomizingTheDietaryGuidelines.pdf).



PEACHES

Best Ever Peach Crisp

The Best Ever Peach Crisp has a sweet and juicy filling topped with the perfect blend of sugary crumble on top. Eat it warm with a scoop of vanilla ice cream for an amazing dessert!



★★★★★
5 from 3 votes

Prep Time	Cook Time	Total Time
15 mins	30 mins	45 mins

Course: Dessert Cuisine: American Keyword: Peach Crisp
Servings: 8 Servings Calories: 321kcal

Ingredients

- 3 pounds fresh peaches peeled, pitted, and sliced
- 1/4 cup lemon juice
- 1/4 cup white sugar
- 2 tablespoons cornstarch
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon vanilla extract
- 1/2 cup all-purpose flour
- 1/2 cup brown sugar
- 1/2 teaspoon ground cinnamon
- 1/2 cup cold salted butter
- 1 cup rolled oats

Instructions

1. Preheat oven to 350 degrees F. Lightly grease a 9x9 baking pan.
2. In a large mixing bowl, toss peaches with lemon juice, sugar, cornstarch, 1/2 teaspoon cinnamon, and vanilla. Scoop into prepared baking pan with all the juices.
3. In a medium-sized bowl or food processor, combine flour, sugar, and 1/2 teaspoon cinnamon. Use a pastry cutter or food processor to cut in cold butter, until the mixture resembles cornmeal.
4. Stir in oats. Sprinkle mixture over the top of the peaches in an even layer.
5. Bake in the preheated 350 degree oven, uncovered, for 30 minutes until crumble is toasted and lightly browned.

Nutrition

Calories: 321kcal | Carbohydrates: 51g | Protein: 3g | Fat: 12g | Saturated Fat: 7g | Cholesterol: 30mg | Sodium: 106mg | Potassium: 394mg | Fiber: 3g | Sugar: 34g | Vitamin A: 910IU | Vitamin C: 14.2mg | Calcium: 30mg | Iron: 1.3mg

PEACH

NUTRITION BENEFITS

1

Combats Free Radicals

Peaches display strong antioxidant properties that have long-term implications for fighting disease and ridding the body of free radicals.



2

Fights and Prevents Cancer

The skin, pulp, seeds and flowers from the peach tree have all been shown to fight cancer.

3

Prevents Dangerous Heart-Related Conditions

These "stone fruits" have proved to have a unique combination of bioactive compounds that, together, create drastic improvement in individuals at risk for heart disease.

4

Reduces Inflammation

Among its many anti-inflammatory abilities, peach nutrition stops the production of inflammatory cytokines and suppresses the release of histamines in the bloodstream that cause allergic reactions.

5

Treats Gut Disorders

Not only does the extract of peach flowers protect against certain cancers, but it's also a reasonable treatment for certain gut disorders known as motility disorders.

6

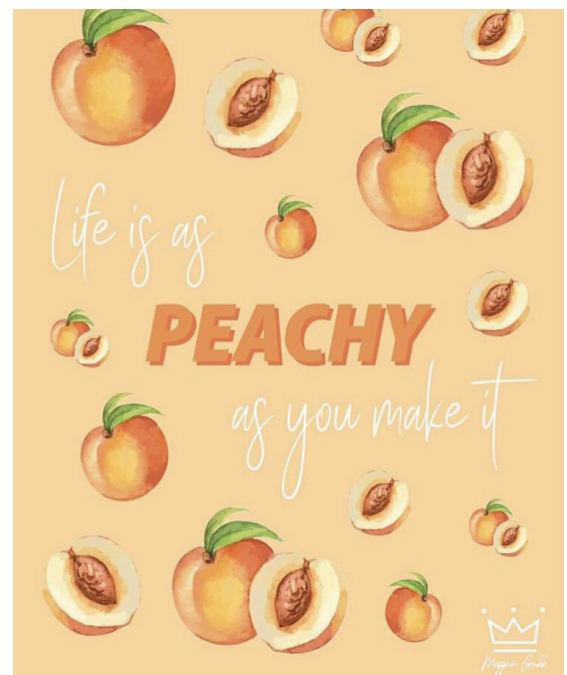
Destroys Candida Fungus

Peach nutrition fights and eliminates the growth of candida fungus with its combination of polyphenols, bioflavonoids and condensed tannins.

7

Supports Healthy Eyes

Because they contain the powerful antioxidants like lutein, peaches also help to protect your eyes and keep them healthy.



Thank You Sponsors



ALTITUDE AUDIOLOGY
MILES ABOVE THE REST

- Hearing Aids
- Hearing Testing
- Ear Cleaning
- Hearing Aid Checks & Cleaning
- Vertigo/Dizziness/Imbalance

(830) 438-7766
172 CREEKSIDE PARK, STE 107 | SPRING BRANCH TX, 78070

DLW Software LLC
Software & Web Solutions for Your Business

Microsoft® Dynamics 365 & CRM 2016 Consultation, Installation, Deployment, Customization, & Extending	Computer Sales & Service (by Appointment)
(830) 660-7856 DaleWilken@DLWSoftwareLLC1.com	www.DLWSoftwareLLC1.com Spring Branch, TX 78070



Get all your family's
Fiber Internet
and entertainment needs!

Speeds up to 1 Gbps

Internet | TV | Security | Phone

gvtc.com | 800-367-4882



**NOAH'S ARK
SELF STORAGE**

CLIMATE CONTROL &
NON-CLIMATE CONTROL

30435 HWY 281 N
BULVERDE, TX 78163
830-980-8227
www.noahsarkselfstorage.com



RBFCU



www.hopehospice.net
Offering End-of-Life Care,
Caregiver Support,
& Grief Counseling.
Volunteers Needed!

**HOPE
HOSPICE**
Ask for Hope

Your Hometown Hospice

Office Locations

New Braunfels 830.625.7525	Bulverde/ Spring Branch 210.686.3131
-------------------------------	-----------------------------------------

(210) 468-0037
prestoltservices.com

**FREE
MOVING KIT**

Morningstar has all the moving supplies you need and we're giving them away for free. Stop by a nearby Morningstar location for your free moving kit today.

Your kit will include boxes, bubble wrap, tape, and more.

4715 US Hwy 281 N | 830.438.4838
www.morningstarstorage.com



HGWS



Regina Silva
AGENCY OWNER
HEALTH INSURANCE ADVISOR

Office (830) 488-7670
Cell (949) 836-2658
www.SelectSilvaAgency.com
5525 Blanco Rd # 103
Castle Hills TX, 78216

**SELECT SILVA
AGENCY**



PRESTO IT
the magic touch

- COMPUTER REPAIR
- CELL PHONE REPAIR
- ONSITE REPAIR SERVICES

Vulcan
Materials Company



MARKSMEN
GENERAL CONTRACTORS

CHERI ETTINGER,
REALTOR®, ABR PSA RENE NHC NHSAC



COLDWELL BANKER
D'ANN HARPER,
REALTORS®

10 OFFICES SERVING
CENTRAL AND SOUTH TEXAS

Cell: (210) 722-6722
Office: (210) 483-7526
cettinger@cbharper.com
cettinger.cbharper.com



M&S ENGINEERING
CIVIL | ELECTRICAL | STRUCTURAL | MEP

EXPERIENCED. RESPONSIVE. PRACTICAL.



WE BELIEVE PEOPLE MAKE THE DIFFERENCE.

(830) 228-5446 • WWW.MSENGR.COM



Serving
San Antonio, TX
& Surrounding
Areas

**RE/MAX
GENESIS**

Lisa Polasek
REALTOR®, GRI

210-459-4259
lisapol328@aol.com
lisapol328.com
lisapolasek.realtor

I'm never too busy for your referrals!



MASSAGE HEIGHTS®
body + face
New Braunfels & Spring Branch

Your
South Texas
Real Estate
Solution



Robert L. Evans
ABR, SRES, GRI

210-422-2327
robert@gvtc.com



**RRR
Reliance**
Residential Realty

16 years representing Buyers
and Sellers of Real Estate in
South Texas

Join our waitlist today! FOR INDIVIDUALS 55+

Highlander Senior Village
A FAIRWAY MANAGEMENT COMMUNITY

Call Today! **830.438.1220**

**1 AND 2 BEDROOM
APARTMENT HOMES** 30445 Willow Branch
Bulverde, Texas 78163

williams steinert mask

Certified Public Accountants and Advisors

Scott Williams
Marketing Outreach Specialist
scott.williams@wellcare.com
C: 210-238-7336, O: 210-694-3901
Wellcare.com





Staff Members



Jessica Rosario
Executive Director
jrosario@bsbac.com



DeLisa Leopold
Membership Director
dleopold@bsbac.com



Reghan Swenson
Marketing Coordinator
rswenson@bsbac.com



Jean Larson
Meals on Wheels Coordinator
jl Larson@bsbac.com



Beth Collier
Outreach Coordinator
bcollier@bsbac.com



Lauren Bippert
Administrative Assistant
lbippert@bsbac.com



Todd Foster
Transportation



Candice Hitt
Bookkeeper



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.

Board Members

Brian Meuth: Chair
Ann Parham: Vice Chair
Keri Sandvig: Treasurer

Ashley Orndorff
James Head
Bobby Craft
Matt Hester



www.bsbac.com



830-438-3111



30280 Cougar Bend, Bulverde TX 78163