

August 2023

# BSBAC Buzz



## National Immunization Awareness Month (NIAM)



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 here at the Center. 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.

The CDC now recommends the new shingles vaccine (Shingrix) for adults 50 and older. It is a very painful disease, and your risk of getting it increases as you age, but you can protect yourself against shingles. You are more likely to have severe, long-term pain if you get shingles when you are older. About 1 out of every 3 people in the U.S. will develop shingles in their lifetime.

The Adult Vaccine Assessment Tool by the Centers for Disease Control and Prevention can help you find out which vaccines you may need, can be accessed here...<https://www2.cdc.gov/nip/adultimmsched/>. You can also get more information from <https://www.cdc.gov/vaccines/hcp/adults/for-patients/older-adults.html>



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## Upcoming Events

**August 2 @ 10:00am**  
Brunch Bingo

**August 2 @ 1:45pm**  
Book Club

**August 8 @ 12:30pm**  
August Birthdays: Cake sponsored  
by Jill Bullock, Silver & Secure

**August 9 @ 10:00am**  
Card Creations Class

**August 9 @ 1:00pm**  
Arts & Crafts Series: Watercolor  
Tape Art

**August 10, 17, 24 @ 10:15am**  
Daytrip: Clear Springs Restaurant &  
Naegelin's Bakery

**August 14 @ 12:35pm**  
Bunco

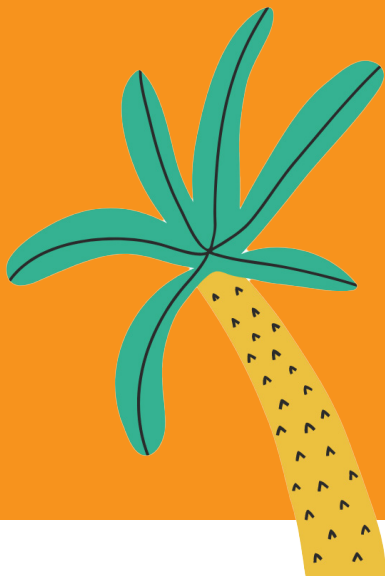
**August 16 @ 2:00pm**  
Caregiver's Support Group  
w/Hope Hospice

**August 21 @ 11:30am**  
Membership Connection Lunch  
Senior Citizens Day!

**August 22 - 11:45am**  
Lunch & Learn: Let's Talk all Things  
Health presented by Future Concepts  
Insurance Agency & Village Medical

**August 28 @ 12:35pm**  
Bunco

**September 1 @ 11:00am**  
Labor Day Potluck



*One small positive thought in the morning can  
change your whole day!*

## Note From the Center...

**By DeLisa Leopold, Executive Director**

You know the saying, "A picture is worth a thousand words.", isn't that so true?! As members join us here at the Center, we exchange cordial greetings, have brief conversations as everyone is off to an activity or back to work. It's valued moments when we get to sit down with someone and really get to know them. We as a staff are often so impressed by what we find out about our members. We have former city councilmen, civil servants, attorneys, teachers, bankers, dedicated homemakers, military officers, the list goes on and on. Sometimes after we have these wonderful chats, we are fortunate enough to be shown a picture, article, or item that helps tell more of their story.

For the month of August, we will have a photo wall in the Center. We would love for you to share a photo that tells part of your wonderful story, whether that be your wedding day, last day of military service, or when you were at lunch with friends just last week. We want to see YOU!

Our community is a wonderful one, and we want to celebrate all that you, our amazing members, are.

"The best thing about a picture is that it never changes, even when the people in it do."

– Andy Warhol



# August Weekly Activity Schedule



## MONDAY

**9:00am** Library  
**9:00am** Socializing  
**9:00am** Wood Carving  
**10:00am** Dominoes:  
 Mexican Train (1st &  
 3rd Mon)  
  
**11:30am**  
 Fellowship Meal  
  
**12:35pm** Bunco  
 (2nd & 4th Mon)  
**1:00pm** Bridge  
 Foursome  
 (1st & 3rd Mon)  
**1:30pm** Dominoes  
**2:30pm** Table Tennis



## TUESDAY

**9:00am** Library  
**9:00am** Socializing  
**11:00am** Mah Jong  
  
**11:30am**  
 Fellowship Meal  
  
**1:00pm** Bingo  
**2:15pm** Beginning  
 Spanish



## WEDNESDAY

**9:00am** Library  
**9:00am** Socializing  
**9:00am** Bridge  
**10:00am** Brunch  
 Bingo (1st Wed)  
**10:00am** Card  
 Creations (2nd Wed)  
  
**11:30am**  
 Fellowship Meal  
  
**12:00pm** Knitting/  
 Crochet/Sewing  
**1:45pm** Book Club  
 (1st Wed)  
**2:00pm** Intermediate  
 Spanish  
**2:00pm** Caregiver  
 Support Group  
 (3rd Wed)



## THURSDAY

**9:00am** Library  
**9:00am** Socializing  
**9:00am** Wood Carving  
**10:00am** Canasta HF  
**10:00am** Daytrip  
 (2nd, 3rd, 4th Thurs)  
**12:00pm** Poker  
  
**11:30am**  
 Fellowship Meal  
  
**12:30pm** Mindful  
 Meditation  
**1:00pm** Bible Study



## FRIDAY

**9:00am** Library  
**9:00am** Socializing  
  
**11:00am**  
 Fellowship Meal  
  
**12:15pm** Bingo



Allen, Elaine  
 Archer, Mary  
 Arredondo, Rose Mary  
 Barefoot, Carol  
 Bates, Phyllis  
 Becker, Sandra  
 Benites, Juan  
 Berger, Suzie  
 Bishop, Joan  
 Block, Michelle  
 Bommer, Jacque  
 Brestal, Joan  
 Brown, Kirk  
 Carter, Linda  
 Christensen, Janet  
 Cobb, Regina  
 Cody, Colleen  
 Collard, Lisa  
 Crane, Russell  
 Curry, David  
 Deitch, Mike  
 D'Sousa, Joyce  
 Eisenbrey, Susan  
 Ellington, Alvin  
 Evans, Edna

Ewald, Beverly  
 Foster, Todd  
 Friedrich, Patrick  
 Georgen, Darlene  
 Gill, Billie  
 Gossell, Julie  
 Guyot, Carolyn  
 Hagen, Gary  
 Haines, Diana  
 Hedman, Zo  
 Hicks, Betty  
 Hicks, Daniel  
 Isaacks, James  
 Ives, Mary Jane  
 Jones, William  
 Keenan, Gail  
 Kehoe, Susan  
 Keller, Dorothy  
 Killian, Jessie  
 Kilpper, Sandy  
 Knight, Joe  
 Koehler, Lynda  
 Kopaczewski, Melinda  
 Kruciak, Deborah  
 Lageman, Neil

Lamarre, Susan  
 Lang, Linda  
 Lawson, Pat  
 Loveless, Peggi  
 Lyons, Elizabeth  
 Macias, Miguel  
 McCarty, Pat  
 Mccollum, Denise  
 Medina, Barbara  
 Medina, Pedro  
 Miller, Loretta  
 Millsap, Carolyn  
 Misner, Helen  
 Moble, Yvonne  
 Montgomery, Verne  
 Mulero, Gladys  
 Mulero, Pedro  
 Munoz, Sandra  
 Nash, Cindy  
 Neibling, Jan  
 Oehlke, Larry  
 Ohm, Vicky  
 Organ, Cynthia  
 Ottea, Michael  
 Ottmers, Elizabeth

Overstreet, Norma  
 Pelczar, Kenneth  
 Postel, James  
 Poteet, Jon  
 Pulido, Gloria  
 Raichlen, Glenda  
 Rector, Rita  
 Remy, Larry  
 Richardson, Patricia  
 Robinson, Margo  
 Rosario, Jessica  
 Rossi, Iris  
 Rothwell, Reann  
 Saintiny, Frenchy  
 Salkowski, Mary  
 Sbardellati, Judith  
 Silveira, Rosa  
 Simendinger,  
 Maryann  
 Simmons, Anne  
 Singer, Stanley  
 Sites, Keith  
 Snyder, Craig  
 Sproull, Peggy  
 Stockham, James

Sturts, Patricia  
 Tafolla, Santa  
 Thomas, Linda  
 Thomas, Max  
 Thrasher, Bonnie  
 Topper, Linda  
 Tortorelli, Catherine  
 Vance, Cathy  
 Wagner, Linda  
 Williams, Beverly  
 Williams, Jo  
 Williford, Patricia  
 Wolcott, Roberta  
 Wood, Jane





# August 2023

## Center Meal Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1</p> <p>Spaghetti Green Salad Garlic Bread Dessert</p>	<p>2</p> <p>Egg Rolls Fried Rice Dessert</p>	<p>3</p> <p>Swedish Meatballs over Egg Noodles Green Beans Dessert</p>	<p>4</p> <p>Chicken Salad Croissant Fruit Dessert</p>
<p>7</p> <p>Cowboy Salad Dessert</p>	<p>8</p> <p>Greek Omelet Casserole Fruit Dessert</p>	<p>9</p> <p>Bean &amp; Cheese Chalupas Dessert</p>	<p>10</p> <p>Dijon Chicken Roasted Brussel Sprouts Dessert</p>	<p>11</p> <p>Roast Beef Sliders Salad Dessert</p>
<p>14</p> <p>Beef Tacos Guacamole Dessert</p>	<p>15</p> <p>Ham &amp; Cheese Sliders Broccoli Salad Dessert</p>	<p>16</p> <p>Pizza Green Salad Dessert</p>	<p>17</p> <p>Chicken Pot Pie with Biscuits Green Salad Dessert</p>	<p>18</p> <p>Corn Chowder Green Salad Garlic Bread Dessert</p>
<p>21</p> <p>Sausage &amp; Pepper Sauté Green Beans Rolls Kentucky Butter Cake</p>	<p>22</p> <p>Chicken Caesar Salad Dessert</p>	<p>23</p> <p>Chicken Wings Dill Pickle Past Salad Carrots &amp; Celery Key Lime Pie Bars</p>	<p>24</p> <p>Beef Tortellini Skillet Sautéed Squash Dessert</p>	<p>25</p> <p>Sub Sandwiches Carrot Raisin Salad Dessert</p>
<p>28</p> <p>Fried Cabbage with Sausage Carrots Dessert</p>	<p>29</p> <p>Cheeseburgers Jalapeno Rice Salad Watermelon</p>	<p>30</p> <p>Chef's Choice Dessert</p>	<p>31</p> <p>King Ranch Chicken Pinto Beans 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 (Donations help make our fellowship meals possible)  
Menus are subject to change







# August Health & Wellness Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> 9:30am Zumba Gold 10:30am Pilates 1:00pm Beginning Line Dancing 5:30pm Zumba	<b>2</b> 8:30am Zumba Toning 10:00am Active Aging Strength 11:00am Balance & Strength* 12:15pm Balance & Strength* 3:30pm Line Dancing 5:00pm Yoga	<b>3</b> 8:30am Easy Pace 9:30am Zumba Gold 10:30am Pilates 11:45am Chair Yoga 1:00pm Balance & Strength* 4:00pm Restorative Yoga 5:30pm Zumba	<b>4</b> 9:30am Line Dancing 11:00am Balance & Strength* 12:15pm Balance & Strength*
<b>7</b> 8:30am Easy Pace 10:00am Line Dancing 11:00am Active Aging Strength 12:30pm Balance & Strength* 1:30pm Balance & Strength* 4:00pm Yoga	<b>8</b> 9:30am Zumba Gold 10:30am Pilates 1:00pm Beginning Line Dancing 5:30pm Zumba	<b>9</b> 8:30am Zumba Toning 10:00am Active Aging Strength 11:00am Balance & Strength* 12:15pm Balance & Strength* 3:30pm Line Dancing 5:00pm Yoga	<b>10</b> 8:30am Easy Pace 9:30am Zumba Gold 10:30am Pilates 11:45am Chair Yoga 1:00pm Balance & Strength* 4:00pm Restorative Yoga 5:30pm Zumba	<b>11</b> 9:30am Line Dancing 11:00am Balance & Strength* 12:15pm Balance & Strength*
<b>14</b> 8:30am Easy Pace 10:00am Line Dancing 11:00am Active Aging Strength 12:30pm Balance & Strength* 1:30pm Balance & Strength* 4:00pm Yoga	<b>15</b> 9:30am Zumba Gold 10:30am Pilates 1:00pm Beginning Line Dancing 5:30pm Zumba	<b>16</b> 8:30am Zumba Toning 10:00am Active Aging Strength 11:00am Balance & Strength* 12:15pm Balance & Strength* 3:30pm Line Dancing 5:00pm Yoga	<b>17</b> 8:30am Easy Pace 9:30am Zumba Gold 10:30am Pilates 11:45am Chair Yoga 1:00pm Balance & Strength* 4:00pm Restorative Yoga 5:30pm Zumba	<b>18</b> 9:30am Line Dancing 11:00am Balance & Strength* 12:15pm Balance & Strength*
<b>21</b> 8:30am Easy Pace 10:00am Line Dancing 11:00am Active Aging Strength 12:30pm Balance & Strength* 1:30pm Balance & Strength* 4:00pm Yoga	<b>22</b> 9:30am Zumba Gold 10:30am Pilates 1:00pm Beginning Line Dancing 5:30pm Zumba	<b>23</b> 8:30am Zumba Toning 10:00am Active Aging Strength 11:00am Balance & Strength* 12:15pm Balance & Strength* 3:30pm Line Dancing 5:00pm Yoga	<b>24</b> 8:30am Easy Pace 9:30am Zumba Gold 10:30am Pilates 11:45am Chair Yoga 1:00pm Balance & Strength* 4:00pm Restorative Yoga 5:30pm Zumba	<b>25</b> 9:30am Line Dancing 11:00am Balance & Strength* 12:15pm Balance & Strength*
<b>28</b> 8:30am Easy Pace 10:00am Line Dancing 11:00am Active Aging Strength 12:30pm Balance & Strength* 1:30pm Balance & Strength* 4:00pm Yoga	<b>29</b> 9:30am Zumba Gold 10:30am Pilates 1:00pm Beginning Line Dancing 5:30pm Zumba	<b>30</b> 8:30am Zumba Toning 10:00am Active Aging Strength 11:00am Balance & Strength* 12:15pm Balance & Strength* 3:30pm Line Dancing 5:00pm Yoga	<b>31</b> 8:30am Easy Pace 9:30am Zumba Gold 10:30am Pilates 11:45am Chair Yoga 1:00pm Balance & Strength* 4:00pm Restorative Yoga 5:30pm Zumba	

## GYM HOURS

Mon-Thurs: 8:00am - 5:00pm

Fri: 8:00am - 3:00pm

\*Class is FREE for all BSBAC Membes



## GET HYDRATED, STAY HYDRATED

DAILY WATER RECOMMENDATIONS FOR ADULTS CONSIST OF 3.4 L/DAY FOR MALES, AND 2.8 L/DAY FOR FEMALES.



**WATER BOTTLE**  
Aim to refill your water bottle 3-5 times per day.



**FOOD INTAKE**  
Food can contribute to your daily fluid goals.



**SWEAT RATE**  
The more you sweat, the more fluid you require.



**SET A TIMER**  
Remind yourself to drink some water.



**PERFORMANCE**  
Dehydration can quickly impair performance.



**HYDRATION**  
Use a urine chart to assess hydration.



**BEVERAGES**  
Other drinks will contribute to fluid goals.



**HEALTH**  
Staying hydrated is essential for good health.

# 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\***



## 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.



## PILATES

Pilates is a low impact exercise comprising controlled movements that enhance your balance, core strength, mobility, flexibility, and even mood. It focuses on the smaller and deeper muscles that support your structure and enhance your overall health.



## 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, effortless 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.

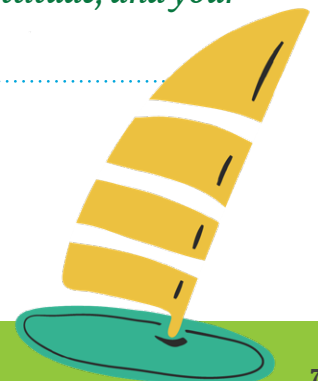


## ZUMBA TONING

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.”*





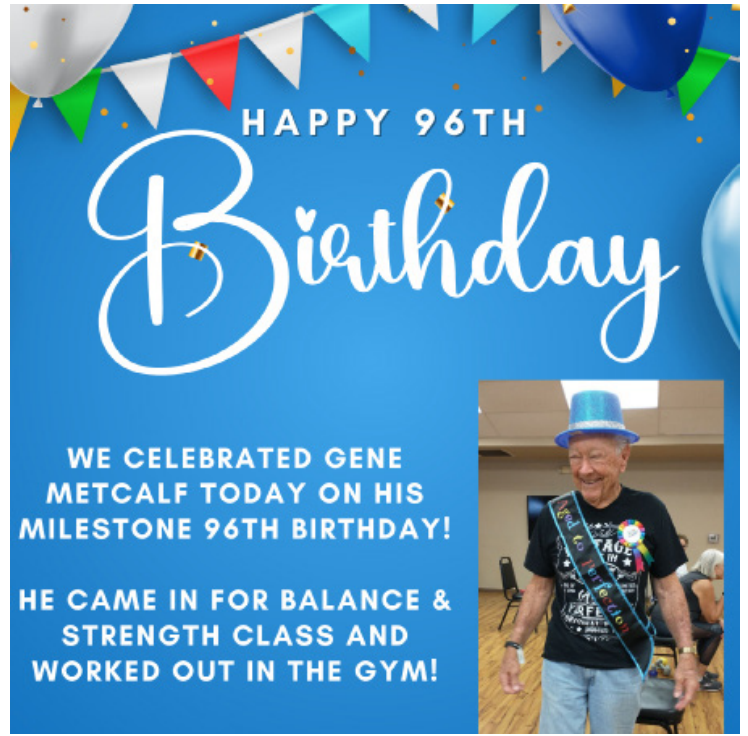


# Activity Center Happenings




**Bingo Winners**

Ruby Wagoner & Virginia Callahan were our progressive Bingo winners sponsored by Conviva Care Center and Audrey Cheatum, Realtor



HAPPY 96TH  
**Birthday**

WE CELEBRATED GENE METCALF TODAY ON HIS MILESTONE 96TH BIRTHDAY!

HE CAME IN FOR BALANCE & STRENGTH CLASS AND WORKED OUT IN THE GYM!

We had a self-care workshop in July on the benefits of massage, and members received complimentary chair massages from Luis Garcia, Ideal Therapeutic Massage. They also made calming eye pillows and sock neck wraps. Check out Ideal Therapeutic Massage for yourself at their website.







# Activity Center Happenings



## ANNUAL STYLE SHOW & LUNCHEON

We had such a fun time at the 14th Annual Style Show and Luncheon! Thank you to the sponsors, boutiques and models for helping us to make this event a success!



14th Annual  
*Style Show and Luncheon*

Thank you Sponsors

SCHERTZ BANK & TRUST

RBFCU

State Farm  
Kathleen Banse  
830-438-7025

BOOKKEEPING BY VAL

San Antonio  
TREAT FACTORY  
FOR YOU  
Gourmet Treats

Boutiques

FARMHOUSE market

PETITCOAT JUNCTION

CATO  
YOUR STYLE. DELIVERED

BULVERDE Thrift Store  
SHOP • SELL • SUPPORT







# August Event Flyers

*August Brunch Bingo*


WEDNESDAY, AUGUST 2ND  
10AM

King's Hawaiian  
Cheesecake Danish  
with Sausage

6 Games of Bingo - \$2  
Brunch - \$4  
Donations Appreciated



GOOD BOOKS AND GOOD COMPANY



**BOOK CLUB**

1st Wednesday of  
Every Month  
1:45 PM

Contact the Center  
for monthly book  
choice

**CARD CREATIONS**

HAVE YOU SEEN THE  
HANDCRAFTED CARDS IN THE  
GIFTSHOP? ARE YOU INTERESTED  
IN LEARNING HOW TO MAKE  
THESE TYPES OF CARDS?

SIGN-UP UP ON THE INTEREST  
LIST!

2ND WEDNESDAY OF EVERY MONTH  
10:00AM

ARTS & CRAFTS SERIES

*Watercolor Tape Art*



**WED. 8/9, 1:00PM**

All supplies will be provided.  
**\$5 donation appreciated**

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 10th  
August 17th  
August 24th

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. Let us know you are going.

\*\*Day trips are reserved for BSBAC members on a first come, first served basis.\*\*



Monday, August 21st

*Senior Citizens Day*

Join us for a day celebrating you! Snacks, Treats & Giveaways




**Lunch & LEARN**

VillageMedical™  
Primary Care

&

Medicare Agent  
Trinidad Parada  
Future Concepts Gonzales Ins.

**TOPIC**

Future Concepts / Medicare and Open Enrollment  
Village Medical / Value Based and Coordinated Care

**DATE**

Tuesday, August 22nd | 11:45pm-12:45pm

\*\*Sign up no later than Thursday, August 17th\*\*  
To Reserve Your Food.

Come and meet with Medicare agent and Village Medical to ask questions about ways to help manage a healthier lifestyle.



**LABOR DAY POTLUCK**

Friday, Sept. 1st @ 11:00am

Main Dish provided by BSBAC  
Please sign up to bring your favorite appetizer, side, or dessert to share





# Upcoming Special Events



## Active Aging Health Week & Vendor Fair

**Saturday, October 21st**  
**9am-12pm**  
**Bulverde Spring Branch Activity Center**  
**30280 Cougar Bend**

Various Health & wellness Vendors  
 Hearing Screenings by Altitude Audiology \*  
 Giveaways  
 Flu Shots & Covid Boosters by Spring Branch Pharmacy\*  
 Gift Bags  
 Blood Drive by South Texas Blood & Tissue\*

**\*Must signup or register in advance.**

**VISIT OUR FACEBOOK PAGE OR WWW.BSBAC.COM FOR MORE INFORMATION**

Active Aging Week promotes the benefits of a healthy lifestyle on a national scale by giving our older adults the opportunity to experience activities in a safe, friendly, and fun atmosphere.



hello  
 Sunshine

## August Wish List

- Sizzix Big Shot Die Cut/Embosser \$150 (for Card Creations)
- \$25 Gift Cards (Variety of Places)
- 4 inch 3-Ring Binders - 6 pack \$50 each
- Bistro Chalk markers-Asst Colors pack \$10 Each
- Pizza Pans \$15 each (need 4)
- Kitchen Knife Block Set \$100 each
- Chicken Broth
- Canned Cream Soups
- Canned Chicken
- Folgers Coffee
- Individual Juice Boxes or Bottles (No Pouches Please)

If you would like to help us get these items or would like to donate towards an item (no matter how big or small...every bit helps our center), please see Beth.

Thank you to those that have already donated!

The secret of health for both mind and body is not to mourn for the past, not to worry about the future, but to live the present moment wisely and earnestly."  
 -Buddha





## 2

### Vaccine Recommendation

A Series on Standards for Adult Immunization Practice



Your recommendation is a critical factor in whether your patients get the vaccines they need.

Routinely assess patient immunization status and strongly recommend vaccines that patients need, whether you stock the vaccines or not.

#### Recommending vaccines prompts most patients to get immunized.

Research indicates that most adults believe that vaccines are important and are likely to get them if recommended by their healthcare professionals.

For some patients, a clear and strong recommendation may not be enough. You can encourage these patients to make an informed decision about vaccination by sharing critical information.

**S**

**SHARE** the tailored reasons why the recommended vaccine is right for the patient given his or her age, health status, lifestyle, occupation, or other risk factors.

**H**

**HIGHLIGHT** positive experiences with vaccines (personal or in your practice), as appropriate, to reinforce the benefits and strengthen confidence in vaccination.

**A**

**ADDRESS** patient questions and any concerns about the vaccine, including side effects, safety, and vaccine effectiveness in plain and understandable language.

**R**

**REMIND** patients that vaccines protect them and their loved ones from many common and serious diseases.

**E**

**EXPLAIN** the potential costs of getting the disease, including serious health effects, time lost (such as missing work or family obligations), and financial costs.

For tips on answering common patient questions and links to patient education materials, see back.

#### U.S. vaccination rates for adults are extremely low.

For example:

- Only 14% of adults 19 years or older have received Tdap vaccination.
- Only 20% of adults 60 years or older have received zoster (shingles) vaccination.
- Only 20% of adults 19 to 64 years old, at high risk, have received pneumococcal vaccination.
- Only 41% of adults 18 years or older had received flu vaccination during the 2012–2013 flu season.

Sources: NHIS 2012 (MMWR 2014;63(5))  
BRFSS 2012-2013 ([www.cdc.gov/flu/fluview](http://www.cdc.gov/flu/fluview))

For resources and tips on vaccine assessment, administration, referral, and documentation, visit:

[www.cdc.gov/vaccines/adultstandards](http://www.cdc.gov/vaccines/adultstandards)

# DON'T WAIT. VACCINATE!



U.S. Department of Health and Human Services  
Centers for Disease Control and Prevention





## Tips for Addressing Common Questions About Adult Vaccination

### Do I really need vaccines?

- All adults need immunizations to help prevent getting serious diseases that could result not only in poor health, but also missed work, medical bills, and not being able to care for their families.
- You may not have received all of your recommended childhood vaccines. Also, the protection from some vaccines you received as a child can wear off over time and you might need a booster (tetanus and whooping cough). Some vaccines are recommended based on your age, job, lifestyle, or health conditions. For example, adults with chronic conditions like asthma or COPD are at higher risk for complications from certain diseases like flu and pneumonia.
- Getting vaccinated not only reduces your chance of getting sick, but also reduces the chance that you will spread a serious disease to those around you—including those most vulnerable to severe illness (infants, older adults, and people with chronic health conditions and weakened immune systems).

For tips on addressing common questions about specific adult vaccines, visit: [www.cdc.gov/vaccines/hcp/patient-ed/adults/for-practice/standards/recommend.html](http://www.cdc.gov/vaccines/hcp/patient-ed/adults/for-practice/standards/recommend.html)

### How well do adult vaccines work?

- Vaccines work with the body's natural defenses to reduce the chances of getting certain diseases and suffering from their complications.
- The amount of protection you will get varies by vaccine and other factors like your age and health, but immunization is the best defense against many of these serious, and sometimes deadly, diseases.
- The greatest risk of vaccine-preventable diseases occurs among people who are not vaccinated.

### Are adult vaccines safe?

- Vaccines are one of the safest ways to protect your health.
- Vaccines go through thorough testing before they can be licensed by the Food and Drug Administration (FDA). Once a vaccine is licensed, research is reviewed by medical and scientific experts to make recommendations on who should be vaccinated. Even after a vaccine is licensed, CDC and FDA continue to carefully monitor the safety of vaccines.
- It is safe to receive vaccinations while taking prescription medications. If you take medication that suppresses your immune system, you may not be able to get certain live vaccines including MMR, varicella, and shingles vaccines.

Patients vary in their level of knowledge about immunization and their preferences for learning about it.

Find free education materials for your patients:  
[www.cdc.gov/vaccines/AdultPatientEd](http://www.cdc.gov/vaccines/AdultPatientEd)

### What are possible risks from adult vaccines?

- Side effects from vaccines are usually minor and temporary, such as feeling sore where you get the shot or a slight fever, and go away within a few days.
- Some people may have allergic reactions to vaccines, but serious or long-term effects are rare.

For additional information and resources on adult immunization, visit: [www.cdc.gov/vaccines/hcp/adults](http://www.cdc.gov/vaccines/hcp/adults).



## DID YOU KNOW?



**DRIED APRICOTS** are a good source of potassium and magnesium, two minerals that give the body endurance, energy and stamina.



BRAIN HEALTH



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BONE HEALTH

# APRICOT BENEFITS

the Liver, Eyes & Digestive System



## WHAT YOU NEED TO KNOW ABOUT APRICOT

Boasting an extensive nutrient profile and a long list of benefits, the apricot is equally rich in both flavor and health-promoting properties

Apricots are considered a nutrient-dense food and are low in calories but high in fiber, vitamin A and vitamin C

## Fresh Apricot Crisp

from kristineskitchenblog.com

★  
4.84

Made with delicious, subtly sweet apricots, this Apricot Crisp is a real treat. It's sweet-tart and juicy, with a hint of cinnamon and ginger. This easy dessert recipe also works well with peaches and nectarines.

Prep Time  
12 mins

Cook Time  
32 mins

Total Time  
44 mins

Servings: 6 servings    Calories: 396kcal

### Ingredients

#### For the filling:

- 6 cups fresh apricots pitted and sliced (no need to peel)
- zest of one small lemon about ½ teaspoon
- 1 tablespoon cornstarch
- ½ teaspoon ground ginger
- ½ teaspoon ground cinnamon
- ½ cup honey or pure maple syrup or granulated sugar\*

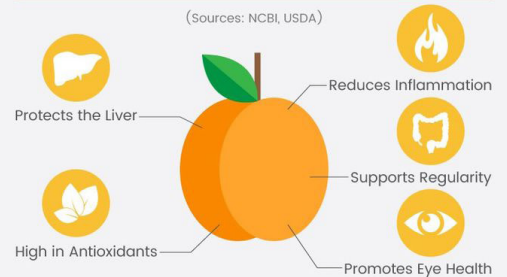
#### For the topping:

- 1 cup old-fashioned oats
- ¾ cup white whole wheat flour or all-purpose flour
- 1 teaspoon cinnamon
- ¼ teaspoon salt
- 6 tablespoons cold unsalted butter, cubed
- 3 tablespoons pure maple syrup or brown sugar\*



## BENEFITS

(Sources: NCBI, USDA)



## USES



### Instructions

#### Make the filling:

1. Preheat oven to 350 degrees F. Lightly spray an 8x8-inch baking dish with cooking spray.
2. In a large bowl, toss together the apricots, lemon zest, cornstarch, ginger, and cinnamon. Stir gently until apricots are evenly coated with the spices, and then gently stir in the honey. Pour into the prepared baking dish.

#### Make the topping:

1. In a medium bowl, stir together the oats, white whole-wheat flour, cinnamon, and salt. Add the butter cubes and use your fingers to work the butter into the oat mixture until it begins to clump together and the butter pieces are small. Stir in the maple syrup. Sprinkle topping over apricots.
2. Bake in the preheated oven until filling is bubbly and topping is golden brown, 30-32 minutes. Let cool slightly before serving.



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**DeLisa Leopold**  
*Executive 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**  
*Membership Coordinator*  
lbippert@bsbac.com



**Todd Foster**  
*Transportation*



**Rod Garcia**  
*Transportation*



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*Bookkeeper*



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