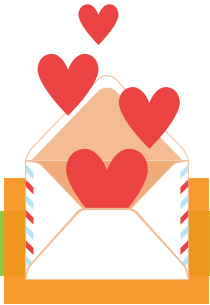


February 2022

BSBAC

Buzz



February is American Heart Month

American Heart Month is observed to raise awareness on the importance of a healthy heart and to encourage healthy habits that help reduce the risk of heart disease.

Why do we observe American Heart Month every February? Well, every year more than 600,000 Americans die from heart disease. The number one cause of deaths for most groups, heart disease affects all ages, genders, and ethnicities. Risk factors include high cholesterol, high blood pressure, smoking, diabetes, and excessive alcohol use.

Do you know how to keep your heart healthy? You can take an active role in reducing your risk for heart disease by eating a healthy diet, engaging in physical activity, and managing your cholesterol and blood pressure. This is a great chance to start some heart-healthy habits!

HISTORY OF AMERICAN HEART MONTH

The human heart is responsible for pumping blood throughout our body, supplying oxygen and nutrients and removing toxins and waste. Weighing between 8 and 12 ounces, the heart is a mighty organ divided into four chambers that work together to pump blood in and out. The heart gets oxygenated blood from the lungs and pumps it throughout the rest of the body. It does this by contracting at a rhythmic pace, about 60-80 times per minute, thanks to electrical cells called "pacemakers." When the heart ceases to perform its regular function, a medical device also called a pacemaker can be



implanted to assist the heart.

Heart disease occurs when the arteries leading to the heart become clogged. Although heart disease has been around for thousands of years, we do know that many aspects of modern life exacerbate risk factors and make people more prone to heart disease and heart failure. Today, one in four deaths in the U.S. is attributable to heart disease. Heart disease can affect everyone, but taking stock of your prior health risks, activities and diet can help you reduce your risk.

Although we've learned a lot about how the heart works, there are still many unanswered questions about heart health and the cardiovascular system. As far as we know, the best way to protect your heart is to stay active, eat a healthy and balanced diet, and reduce your daily stress. To celebrate American Heart Month, take some time to learn about heart health risks, find your favorite heart-healthy activities, and cook some healthy meals with your family.

To learn more, visit www.heart.org and <https://www.nhlbi.nih.gov/>.



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Upcoming Events

February 1 @ 11:45am
Lunch & Learn: Comal Public Health

February 2 @ 10:00am
Brunch Bingo

February 2 @ 1:45pm
Book Club

February 3 @ 9:15am
RESCHEDULED Daytrip to Wimberley Glassworks w/lunch at Wimberley Cafe

February 7 @ 12:35pm
Bunco

February 9 @ 1:45pm
Arts & Crafts Series: Sweet Scent Sachets

February 10 @ 9:15am
RESCHEDULED Daytrip to Wimberley Glassworks w/lunch at Wimberley Cafe

February 14 @ 12:35pm
Bunco

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

February 17 @ 4:00pm
Rodeo Dinner & Dance

February 22 @ 11:45am
Lunch & Learn: Comal County Tax Office

February 23 @ 1:45pm
Cinema at the Center: Queen Bees

February 25-26
3rd Annual Bulverde BBQ Battle

February 27 @ 3:00pm
Seniors' Sunday Social Hosted by SVHS Students



*During this season of love, focus on loving more than just those closest to you.
Love Everyone.*

Note From the Center...

By Jessica Rosario

Hearts are everywhere in February! In addition to Valentine's Day, February is American Heart Month. Heart Disease is still the #1 killer in the U.S. and on Friday, February 4, we are all encouraged to wear red to raise awareness of this often silent disease. In addition to wearing red, schedule your annual checkup with your medical provider to catch any symptoms before they get worse.

In San Antonio, February is also Rodeo month! We wanted in on the fun and made two of our events this month rodeo themed; Brunch Bingo and the February Dance. We hope that you put on your boots and hat, and join us for some cowboy fun!

During the last weekend of February, we are organizing our 3rd Annual Bulverde BBQ Cook-Off! We are still looking for teams so if you, or someone you know, think you make the best brisket, chicken or ribs, come on out and showcase your talent! If you

don't want to cook but want to see (and oftentimes taste) the best BBQ around, purchase a wristband and join us on February 26. You can also sign up to judge the competition and decide for yourself whose BBQ is the most delicious (other categories include salsa and margarita). We will have games, such as hatchet throwing and washer tournament, whiskey tasting, food, and live music so mark the date on your calendar and come on out!

Finally, our center could not continue its operation without financial support and I would like to thank everyone who donated in 2021! Your contribution is very important to our mission and we appreciate your commitment to the center. Thank you!

Considering how temperamental the weather can be this time of year, please stay safe and warm so we can enjoy 2022 together!



February 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)

11:30am
 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)
11:00am Mah Jong

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)
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



Atilano Saenz
 Barbara Smith
 Bobbie Sena
 Bobby Craft
 Bonnie Feely
 Cathy Croom
 Charles McCollum
 David Judson
 DeLisa Leopold
 Dolores Lopez
 Edward Lopez

Genell Slay
 Gladys Gibbs
 Gwen Zaborowski
 Hope Molina
 Jala Hefner-Hill
 Jameson Arnold
 Jo Ann Rahn
 Julie Cole
 Kenneth Kruciak
 Kenneth Sharp
 Kristi Ashcraft

Laurel Meseck
 Lawrence Muzny
 Lonnie Mansolo
 Lorraine Little
 Lorraine Krueger
 Margaret Emerson
 Maria Brady
 Maria Garcia
 Marilyn Iorio
 Mark Wilson
 Mark Morrison

Martha Charles-
 Vickers
 MaryAnn Carter
 Melissa Aylstock
 Michael Gerescher
 Mildred Buffum
 Nancy Keith
 Nancy Nunnely
 Pauline Dolezal
 Phyllis Renth
 Rosalind Rainbolt

Rose Marie Jundzilo
 Roxana Hopkins
 Ruby Wagoner
 Sam Shelton
 Sharon Oar
 Thomas Buffum
 Thomas Taylor
 Weslea Miller





February 2022 Center Meal Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1 Ham & Cheese Quiche Fruit Dessert</p>	<p>2 Split Pea Soup Salad Dessert</p>	<p>3 Cajun Rice Bake Cucumber/Tomato Salad Dessert</p>	<p>4 Salad Bar Pasta Salad Dessert</p>
<p>7 Salad Bar Chicken Bites Dessert</p>	<p>8 Pulled Pork Sandwich Cole Slaw Dessert</p>	<p>9 Shepherd's Pie Salad Dessert</p>	<p>10 Spaghetti with Meat Sauce Salad Dessert</p>	<p>11 Salad Bar Ham & Cheese Sandwich Dessert</p>
<p>14 Taco Salad Dessert</p>	<p>15 Chicken Rollups Salad Dessert</p>	<p>16 Chef's Suprise</p>	<p>17 Turkey & Stuffing Bake Green Beans Dessert</p>	<p>18 Salad Bar Split Pea Soup Dessert</p>
<p>21 Salad Bar Lemon Turkey Rice Soup Dessert</p>	<p>22 Hamburgers Potato Salad Dessert</p>	<p>23 Chicken Pot Pie Salad Dessert</p>	<p>24 Doritos Chicken Casserole Pinto Beans Dessert</p>	<p>25 Salad Bar Tuna Salad Dessert</p>
<p>28 Salad Bar Ham & Cheese Sliders Dessert</p>		<p>Happy Valentine's Day</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

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:

role
mood



ANSWERS:

cape
more



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)

U can <u>1,2,3,...</u> IT	DO ¹² OR	CAN'T DO CAN'T DO CAN'T DO CAN'T DO
GOODNESS GOODNESS NEST	WEIGH PRICED	living SHOESTRING

Valentine's Day

Find the words on the list in the word search below!

```

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



- | | | |
|--------|----------|------------|
| ARROWS | CANDY | CHOCOLATE |
| CUPID | FLOWERS | FRIENDSHIP |
| FUN | GIFTS | HAPPINESS |
| HEARTS | KINDNESS | LETTERS |
| LOVE | NICE | PINK |
| RED | ROSE | SERVICE |
| SHARE | SWEET | THOUGHTFUL |



Commonyms

1. A Bull - A Car - A Shoe Salesman
2. A Courtroom - A Dugout - A Park
3. A Football Team - A Phone - A Stereo
4. Yellow - Black - Baltic
5. Dark - White - Milk
6. Steak - Spaghetti - Tartar
7. A Bobbin - Spider Web - A Screw
8. Tow - Row - Show
9. Rally - Stock - Drag
10. Families - Trees - Hair



Jan Answers

1. Books
2. They have whistles
3. They're carved
4. They all have combs
5. Trucks
6. Suits
7. They all have arches
8. Pies
9. Salts
10. Moons



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A member of the Regence Health Care

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February Health & Wellness Schedule



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

GYM HOURS

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

Fri: 9:00am - 3:00pm

*Class is FREE for all BSBAC Membes



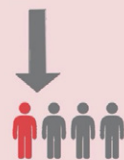
VITAMIN D

FOR THE

HEART

February is American Heart Month, a month-long United States observance.

Why?



Talk to your doctor about supplementing today!

- It might help by...
- Lowering blood pressure
 - Reducing inflammation
 - Improving muscle function

Vitamin D, a nutrient many are deficient in, might be able to help and be part of a healthy, heart disease-free lifestyle

Observational studies show that those with the highest vitamin D levels have a 43% reduced risk of all-type heart disease



RED SUPERFOODS FOR A HEALTHY HEART

APPLES

THE PECTIN IN APPLES PROVIDES 4 GRAMS OF CHOLESTEROL-LOWERING FIBER PER SERVING.

TOMATOES

TOMATOES ARE RICH IN LYCOPENE AND VITAMINS C AND K.

POMEGRANATES

THEIR POWERFUL LITTLE SEEDS ARE RICH IN VITAMIN C AND ANTIOXIDANTS.

BEETS

RICH IN VITAMIN C AND FOLATE, BEETS ARE PACKED WITH ANTIOXIDANTS AND FIGHT INFLAMMATION.

CHERRIES

THE ANTIOXIDANTS IN THIS SWEET FRUIT ARE KNOWN TO PROTECT HEART HEALTH.

RED PEPPERS

THESE BRIGHT-COLORED VEGGIES ARE RICH IN VITAMIN C AND CAROTENOID.

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.

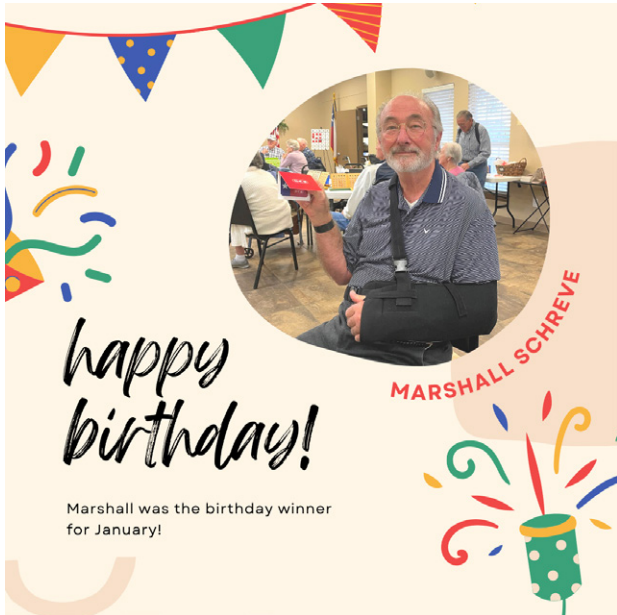


“Exercise not only changes your body, it changes your mind, your attitude, and your mood.”

LOVE

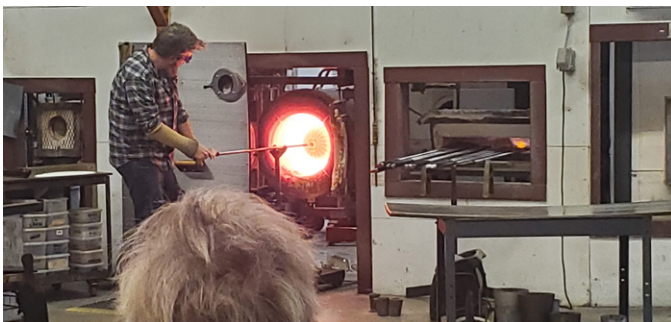


Activity Center Happenings



WIMBERLEY GLASSWORKS DAYTRIP

Members enjoyed a daytrip to Wimberley Glassworks, Texas' premier hand blown glass lighting and art glass studio, creating exclusive vases, sculptures, platters, glassware, gifts and lighting since 1992 for a live glassblowing demos. They also enjoyed a nice lunch at Wimberley Cafe. Unfortunately, due to bad weather, two trips were rescheduled for February. We look forward to taking additional members on this interesting day trip.





Activity Center Happenings



2021 ACTIVITY SNAPSHOT

Despite the continuing COVID pandemic in 2021, BSBAC had a great year overall. See the graphic below for details on our activity and events for the year.



BSBAC CELEBRATED 30 YEARS
and updated the logo!

287 NEW MEMBERS IN 2021
bringing our total Membership to 700



MORE THAN 900 MEMBERS
checked in for activities
18,962 times



VOLUNTEERS LOGGED
7,531 HOURS

\$25,000+ RAISED
through our Individual
Giving Campaign



13,741 MEALS DELIVERED
BY VOLUNTEERS

to over 100 homebound seniors



**PROVIDED FOOD,
SUPPLIES, & MEDICINE**
for Pets on Wheels



361 RUNNERS
registered for the
22nd Annual Run for the Hills

46 TEAMS

registered for the
2nd Annual Bulverde BBQ Battle



300+ COVID VACCINATIONS

distributed during out on-site
vaccination clinics



MEMBERS CHECKED IN
7,716 TIMES
to our fitness classes




MORE THAN 1,200 BINGO GAMES
enjoyed by members



THANK YOU TO OUR COMMUNITY SPONSORS

We are grateful to have incredible community partners whose contribution makes a big impact on our community.

February Event Flyers




Lunch & Learn

END THE STIGMA NOW

Let's talk about Mental Health & How to cope with Grief & Depression

Presented by Comal County Public Health

TUESDAY, FEBRUARY 1ST
11:45AM-12:45PM
LIGHT LUNCH WILL BE PROVIDED



BOOK CLUB

1st Wednesday of Every Month
1:45 PM

Contact the Center for monthly book choice



RODEO ROUND-UP BRUNCH BINGO

Wednesday
February 2 - 10:00am

Come enjoy Sausage Biscuits + Fruit

Bingo - \$2/3 cards
6 games



Explore **WIMBERLEY GLASSWORKS**

JANUARY DAY TRIP
THURS, JAN 20TH, 27TH & FEB 3RD BUS DEPARTS AT 9:15AM

Come and explore Texas' premier hand-blown glass studio. Watch them create a unique one-of-a-kind piece from start to finish in a live glass blowing demonstration.

Cost is \$2 per person

LUNCH AT THE WIMBERLEY CAFE

\$5 PER PERSON IF RIDING THE BUS. DON'T WANT TO RIDE THE BUS, FOLLOW ALONG IN YOUR OWN VEHICLE.

ARTS & CRAFTS SERIES

Sweet Scents

DIY SACHETS

Wednesday, February 9
1:45pm

Join us in making sachets with your favorite scents to freshen up your drawers, bags, car, etc.

All supplies will be provided.

Workshop is free to BSBAC members.

Donations are appreciated.




BOOTS OR BLING

What's your thing?

JOIN US FOR A RODEO THEMED PARTY, DRESSED IN YOUR FAVORITE DUDS!

THURSDAY, FEBRUARY 17
4:00-6:00PM

COME ENJOY YOUR FAVORITE MUSIC & A TASTY DINNER!

MENU
PULLED PORK SLIDERS
POTATO SALAD
RANCH STYLE BEANS
DESSERT

TICKETS \$5
Tickets available at the Front Desk


FEBRUARY LUNCH & LEARN TUES, FEB 22ND 11:45AM-12:45PM



LEARN ALL THERE IS ABOUT PROPERTY TAXES IN COMAL COUNTY

A REPRESENTATIVE WITH THE COMAL COUNTY TAX OFFICE ALONG WITH THE CHIEF APPRAISER WITH THE COMAL APPRAISAL DISTRICT WILL BE PRESENTING AND ANSWERING ANY QUESTIONS RELATED TO PROPERTY TAXES WITHIN COMAL COUNTY.

A LIGHT LUNCH WILL BE PROVIDED.

Cinema at the Center


featuring **Queen Bees**

Starring James Caan, Ann-Margret, Jane Curtin, Loretta Devine, and Christopher Lloyd

Michael Lenbeck's film follows Helen (Burstyn), who is forced to move into a nearby retirement community when her home undergoes repairs. She encounters widows, unethical bridge tournaments, and, get this, the older version of the 'mean girls.' Yearning for the isolation of her own home, she seeks solace in flower arranging and water aerobics... later realizing that it's never too late to make new friends and find new romance.

Wednesday, February 23, 1:45pm

Come enjoy a movie, snacks & fellowship.




SENIORS' Sunday SOCIAL

Socializing, Games, Food, & Fun

27 FEB, 2022
3-5 PM

HOSTED BY: SVHS STUDENTS

Upcoming Special Events

BULVERDE SPRING BRANCH ACTIVITY CENTER
PRESENTS

BULVERDE BBQ BATTLE

COMPETITION BBQ COOK-OFF
FEBRUARY 25-26, 2022

NEW LOCATION: 6301 US HWY 281

TITLE SPONSOR
Vulcan
Materials Company

Scan for team registration, event sponsorship and wristbands.



Event Contacts
Sponsorship - Jessica Rosario
jrosario@bsbac.com
Team Information - DeLisa Leopold
dleopold@bsbac.com

BULVERDE SPRING BRANCH ACTIVITY CENTER
est. 1991

\$200 team registration includes:

- Team Space (RVs welcome)
- Parking (2)
- Entry into chicken, ribs & brisket.

Jackpot categories/\$25 each:

- Beans
- Dutch Oven Dessert
- Margarita
- Kid's Cook
- Salsa
- Cook's Choice

Not a cooker, but want to join the fun?
\$10 wristbands, good for Friday and Saturday.
Wristbands include parking, BBQ tastings, music, vendor shopping and a great time with friends!

Gates open Friday, February 25 at 5:00pm and Saturday, February 26, 10am





3rd Annual Bulverde BBQ Battle

Sponsorship Opportunities

The Bulverde BBQ Battle is an annual event that serves as a major fundraiser for the Bulverde Spring Branch Activity Center as well as a community event. The first year of the event, 2020, BSBC hosted 28 competition-cooking teams. In 2021, we hosted 46 teams. The Cook-off gathers cooks and attendees from the Bulverde/Spring Branch area as well as surrounding communities and counties.

For more information regarding sponsorship, please contact Jessica Rosario at 830-438-3111 or jrosario@bsbac.com

The Bulverde Spring Branch Activity Center is a nonprofit, 501(c)(3) organization.





How you can help...

FEBRUARY 25-26, 2022

There will be a "Booze Buggy" raffle at the event and we need your help filling the buggy with donations!

DONATIONS MAY BE LEFT AT THE FRONT DESK BY WEDNESDAY, FEBRUARY 23.

<p>Tier 1 - \$5000</p> <p>TITLE SPONSOR (1) 2 team spots, sponsor logo on all printed and online event materials and recognition. Recognition as Title Sponsor, display of sponsor banner* during event, 10 event wristbands and 5 event t-shirts.</p> <p>HOSPITALITY SPONSOR (1) Team spot, display of sponsor banner on band tent, display of sponsor logo on event banners and promotions, 8 event wristbands and 4 event t-shirts.</p>	<p>Tier 3 - \$1000</p> <p>JUDGING TENT SPONSOR (1) Team spot, sponsor banner on judging tent, sponsor logo on judging sheets, display of sponsor banner* during event, 6 event wristbands and 3 event t-shirts.</p> <p>PUBLIC TENT SPONSOR (1) Team spot, sponsor banner on public tent, sponsor logo on public tent, display of sponsor banner* during event, 6 event wristbands and three event t-shirts.</p> <p>TEAM SPONSOR (2) Team spot, sponsor banner on public tent, sponsor logo on public tent, display of sponsor banner* during event, 6 event wristbands and three event t-shirts.</p> <p>GATE SPONSOR (2) Team spot, sponsor banner at entry gate, sponsor logo on event schedule card, display of sponsor banner* during event, 6 event wristbands and three event t-shirts.</p> <p>*Provided by sponsor</p>
<p>Tier 2 - \$2500</p> <p>T-SHIRT SPONSOR (6) Sponsor logo on event t-shirts, display of sponsor banner*.</p> <p>KOOZIE SPONSOR (1) Sponsor logo on koozie, display of sponsor banner* during event.</p> <p>RAFFLE SPONSOR (4) Sponsor logo on raffle item flyer, verbal recognition during raffle drawings/awards presentation, display of sponsor banner*.</p>	<p>Tier 4 - \$500</p> <p>COMMUNITY PARTNER Each sponsorship includes 4 event wristbands and display of sponsor banner during event and logo on event banner. There are variety of sponsorship options with this level. Contact us for details!</p>
<p>Tier 5 - \$250</p>	<p>THANK YOU PAUL BARTON - EDWARD JONES SPRING BRANCH PHARMACY MEARS INSTALLATION, LLC SEAN & VONNA PURTELL BERGHEIM PIZZA JENGRAVABLE</p>



February is American Heart Month



Heart Disease is the #1 cause of death in the US and worldwide.

85.6 million people in the US live with cardiovascular disease.



80% of heart disease can be prevented



1 in 3 women have some form of heart disease



32.6% of adults -about 80 million- have high blood pressure



316.6 Billion: Direct and indirect costs of heart disease



TAKE 20

Reduce your heart attack risk with 20 minutes of exercise daily.

TAKE CONTROL of your HEART HEALTH



Manage blood pressure



Know your blood sugar



Control cholesterol



Stop smoking



Maintain a healthy weight



Eat clean



Watch salt intake



Talk to your doctor about your heart



CARDIAC ARREST VS. HEART ATTACK

People often use these terms interchangeably, but they are not the same.

WHAT IS CARDIAC ARREST?

CARDIAC ARREST occurs when the heart malfunctions and stops beating unexpectedly.

Cardiac arrest is triggered by an electrical malfunction in the heart that causes an irregular heartbeat (arrhythmia). With its pumping action disrupted, the heart cannot pump blood to the brain, lungs and other organs.



Cardiac arrest is an **"ELECTRICAL"** problem.

WHAT HAPPENS

Seconds later, a person becomes unresponsive, is not breathing or is only gasping. **Death occurs within minutes if the victim does not receive treatment.**

WHAT TO DO



Cardiac arrest can be reversible in some victims if it's treated within a few minutes. First, call 9-1-1 and start CPR right away. Then, if an Automated External Defibrillator (AED) is available, use it as soon as possible. If two people are available to help, one should begin CPR immediately while the other calls 9-1-1 and finds an AED.

CARDIAC ARREST is a **LEADING CAUSE OF DEATH.**

Nearly **360,000** out-of-hospital cardiac arrests occur annually in the United States



Fast action can save lives.

WHAT IS A HEART ATTACK?

A **HEART ATTACK** occurs when blood flow to the heart is blocked.

A blocked artery prevents oxygen-rich blood from reaching a section of the heart. If the blocked artery is not reopened quickly, the part of the heart normally nourished by that artery begins to die.



A heart attack is a **"CIRCULATION"** problem.

WHAT HAPPENS

Symptoms of a heart attack may be immediate and may include intense discomfort in the chest or other areas of the upper body, shortness of breath, cold sweats, and/or nausea/vomiting. More often, though, symptoms start slowly and persist for hours, days or weeks before a heart attack. Unlike with cardiac arrest, the heart usually does not stop beating during a heart attack. **The longer the person goes without treatment, the greater the damage.**



The heart attack symptoms in women can be different than men (shortness of breath, nausea/vomiting, and back or jaw pain).

WHAT TO DO

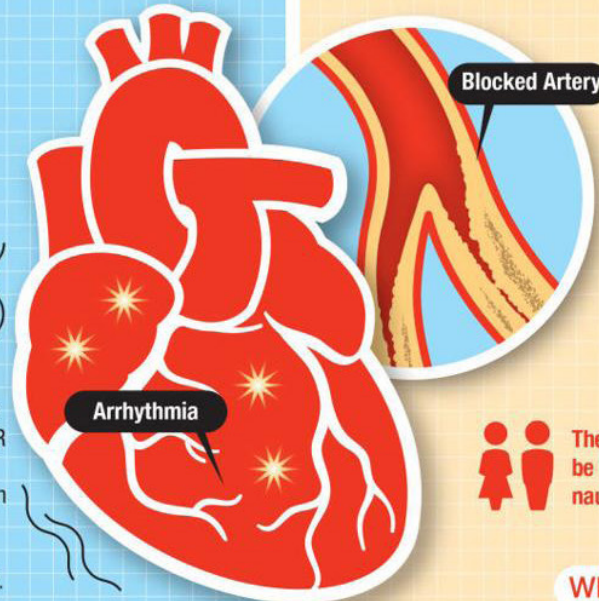


Even if you're not sure it's a heart attack, call 9-1-1 or your emergency response number. Every minute matters! It's best to call EMS to get to the emergency room right away. Emergency medical services staff can begin treatment when they arrive — up to an hour sooner than if someone gets to the hospital by car. EMS staff are also trained to revive someone whose heart has stopped. Patients with chest pain who arrive by ambulance usually receive faster treatment at the hospital, too.

WHAT IS THE LINK?



Most heart attacks do not lead to cardiac arrest. But when cardiac arrest occurs, heart attack is a common cause. Other conditions may also disrupt the heart's rhythm and lead to cardiac arrest.



American Heart Association®

CPR & First Aid

Learn more about CPR or to find a course, go to heart.org/cpr



NATIONAL CHERRY MONTH

Five fun facts about cherries.

The largest cherry pie in the world was baked in Oliver, British Columbia, and weighed nearly **40,000 POUNDS!**

HUMANS HAVE BEEN EATING CHERRIES SINCE THE STONE AGE!

AN AVERAGE CHERRY TREE PRODUCES **7,000 CHERRIES!**

WASHINGTON STATE GROWS **62%** of the country's sweet cherries (for eating raw)

WHILE MICHIGAN GROWS MORE THAN **50%** of our tart cherries (for cooking).

THERE ARE MORE THAN **1,000** VARIETIES OF CHERRIES.

7 health benefits of CHERRIES

- Lower Risks of Gout
- Provide Arthritis Pain Relief
- Reduce Post Workout Muscle Pain
- Protect from Cancer
- Prevent Strokes
- Help in Sleeping Well
- Reduce Belly Fat

Rustic Cherry Tarts

★★★★★
5 from 2 votes

Rustic Cherry Tarts make the most of the season's beautiful, fresh cherries. The simplicity of the recipe allows the flaky texture of the crust and the juicy flavor of the cherries to shine.

Servings: 4 - 6 Inch Tarts

Ingredients

For the Crust

- 1 and 1/2 cup all purpose flour
- 3/4 tsp salt
- 2 T sugar
- 1/2 cup shortening
- 1/4 cup ice cold water

For the filling

- 4 cups pitted sweet cherries
- 3 T sugar
- 1 and 1/2 tsp cornstarch
- 1 egg beaten

Instructions

1. In a medium bowl, mix together the flour, salt and sugar. Cut in shortening with a pastry blender until pea sized crumbs.
2. Sprinkle the cold water over the mixture, lightly stirring with a fork until dough forms into a ball. Chill the dough for at least an hour. This makes it much easier to handle.
3. Preheat oven to 400 F. Mix the cherries with the sugar and cornstarch.
4. Divide the dough into fourths. Roll out each fourth into a 8 in round circle. Trim the edges a bit with a knife, if necessary.
5. Spoon a cup of the cherries into the middle of each circle, leaving about an inch and a half of crust around the edges.
6. Gently fold the edge of the crust over the cherries, pleating as you go. Brush the crust with a beaten egg. Bake for 25-30 minutes or until the crust is golden brown and the cherries are tender.





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

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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