

March 2022

# BSBAC Buzz



## March is National Nutrition Month®

In March, the Academy of Nutrition and Dietetics focuses attention on healthful eating through National Nutrition Month®. This year's theme, Celebrate a World of Flavors, embraces global cultures, cuisines and inclusivity, plus highlights the expertise of registered dietitian nutritionists.

"The theme Celebrate a World of Flavors gives every culture a place at the table," said registered dietitian nutritionist Libby Mills, a national spokesperson for the Academy in Philadelphia, Pa. "Celebrating the cultural heritage, traditions and recipes from all people is a tasty way to nourish ourselves, learn about one another and find appreciation in our diversity."

During National Nutrition Month®, the Academy encourages everyone to make informed food choices and develop sound eating and physical activity habits they can follow all year long. The Academy encourages seeking the advice of RDNs – the food and nutrition experts who can help develop individualized eating and activity plans to meet people's health goals.

National Nutrition Month® was initiated in 1973 as National Nutrition Week, and it became a month-long observance in 1980 in response to growing interest in nutrition. The second Wednesday of March is Registered Dietitian Nutritionist Day, an annual celebration of the dedication of RDNs as the leading advocates for advancing the nutritional status of Americans and people around the world. This year's observance will be March 9.



**eat right** Academy of Nutrition and Dietetics

As part of National Nutrition Month®, the Academy's website hosts resources to spread the message of good nutrition and the importance of an overall healthy lifestyle for all. Follow National Nutrition Month® on the Academy's social media channels including Facebook and Twitter using #NationalNutritionMonth.

Representing more than 112,000 credentialed nutrition and dietetics practitioners, the Academy of Nutrition and Dietetics is the world's largest organization of food and nutrition professionals. The Academy is committed to improving health and advancing the profession of dietetics through research, education and advocacy. Check out the articles later in this newsletter for more help information.

Visit the Academy at [www.eatright.org](http://www.eatright.org) to learn more.



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## Upcoming Events

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

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

**March 9 @ 1:45pm**  
Arts & Crafts Series: Acrylic  
Painting instructed by  
Faye Bowman

**March 10 @ 10:00am**  
Daytrip to San Antonio Missions  
w/lunch at MK Davis Restaurant

**March 13**  
Daylight Savings Time Begins

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

**March 15 @ 11:45am**  
Walk Across Texas Kick-off Party

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

**March 17 @ 10:00am**  
Daytrip to San Antonio Missions  
w/lunch at MK Davis Restaurant

**March 18 @ 9:30am**  
Volunteer Appreciation Breakfast

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

**March 24 @ 10:00am**  
Daytrip to San Antonio Missions  
w/lunch at MK Davis Restaurant

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

**March 30 @ 1:45pm**  
Karaoke Sing-Along



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



## Note From the Center...

**By Jessica Rosario**

Spring is here and hopefully it will only get warmer from now on, I think we've had enough of the 30-degree weather.

I would like to thank everyone who supported our Bulverde BBQ Battle! Despite the cooler and damper weather (and some mud slides when leaving the site), we had a great time and are already looking forward to next year.

We are once again partnering with Texas A&M AgriLife Extension for the Walk Across Texas challenge. The event is an 8-Week walk challenge and will run from March 15th to May 10th. Every physical activity you do will add points and can be converted to equivalent miles. Activities include walking, gardening, vacuuming, EGYM, exercise classes, running, biking, etc. Lifting the TV remote is not considered an activity. ;-)

It's easy to participate! Gather your friends and create a team to compete in this fun, friendly competition. Team and individual prizes will be awarded at the end of the 8 weeks. This is a great opportunity to start a healthy habit of exercising, getting fit and having fun! See Beth Collier for more information on the Challenge.

This challenge culminates with our 23rd Annual Run for the Hills. This year, we're updating the medals and will have some family friendly games onsite, so don't miss out! Remember that there's a distance for everyone (1 mile, 5K, 10K) and for those who don't want to walk/run, you can always sign up as a sleepwalker and get the t-shirt. Registration is online (link is on BSBAC website) through Athlete Guild or in person at the Center.

Just a reminder that the Center operations are largely dependent on donations. There are many ways to donate, including dropping a small donation in the box at the front, donating towards fellowship meals, social activities, arts & crafts, and other various programs we offer. You can also give by a monthly donation through our website, donating to our fundraising events, or consider giving through Champions for Charity (put on by Valero Texas Open), where we receive 107% of what you give (your donation actually grows). The link is on our FB page and website. etc. We cannot do what we do here at the Center without your help. Every amount helps, and we appreciate your support.

Wishing you a beautiful and pleasant spring!



# March Weekly Activity Schedule



## MONDAY

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



## TUESDAY

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



## WEDNESDAY

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



## THURSDAY

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



## FRIDAY

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



Anneliese Lopez  
 Athena Houghtaling  
 Barbara Jones  
 Barbara Lockard  
 Barbara Masterson  
 Bill Thomas  
 Bob Posey  
 Bonnie Countryman  
 Bonnie Payne  
 Carol Boice  
 Carol Dee  
 Carol Smith  
 Cathy Cunningham-

Little  
 Charlotte Meredith  
 Chris Chavera  
 Cindy Butler  
 Cornelia Beach  
 David Porter  
 David Wallace  
 Donna Williams  
 Edward Geffken  
 Elizabeth McLeod  
 Erin Roberts  
 Felicia Hughley  
 Frank Hofheinz

Gary Zaborowski  
 Henrietta LeSage  
 Henry Bueno  
 Jack Davidson  
 James Heitzman  
 Jeanetta Davis  
 Jill Ray  
 Joan Miller  
 Joseph Gdovin  
 Judy Reeves  
 Karen Valdez  
 Kay Geffken  
 Kim Linney

Lizette Kowalski  
 Louis Kowalski  
 Lucy Bobick  
 Luis Williars  
 Lydia Porter  
 Madeline Kimbrell  
 Maria McKinnon  
 Marjorie Long  
 Mary Pettit  
 Melanie Fishlock  
 Nelda Martinez  
 Olly Rojas  
 Pamela McAdams

Patricia Kelly  
 Patricia Wilson  
 Patrick Irie  
 Peggy Huber  
 Phil Sansom  
 Ralph Dearth  
 Ray Bomersbach  
 Ricardo Garcia  
 Richard McElvaney  
 Robert Karkosky  
 Roger Wettschreck  
 Ron Siliven  
 Rosa Gonzalez

Stephen Hopkins  
 Sylvia Rosas  
 Teri Plunkett  
 Thomas Helm  
 Velma Viers  
 Vilma Sarafin  
 Vincent Harrison  
 Virginia Callahan  
 Virginia Crownover  
 William Redington





# March 2022

## Center Meal Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1</p> <p>Pulled Pork Sandwich Cole Slaw Dessert</p>	<p>2</p> <p>Grilled Caprese Panini Fruit Dessert</p>	<p>3</p> <p>Stuffed Peppers Green Salad Dessert</p>	<p>4</p> <p>Salad Bar 3 Bean Salad Dessert</p>
<p>7</p> <p>Salad Bar Chicken Noodle Soup Dessert</p>	<p>8</p> <p>Veggie Burritos Southwest Salad Dessert</p>	<p>9</p> <p>Balsamic Pork Tenderloin Mashed Potatoes Peas Dessert</p>	<p>10</p> <p>Baked Potato Bar Caesar Salad Dessert</p>	<p>11</p> <p>Salad Bar Chicken Salad Dessert</p>
<p>14</p> <p>Salad Bar Baked Potato Soup Dessert</p>	<p>15</p> <p>Cajun Rice Cucumber Tomato Salad Dessert</p>	<p>16</p> <p>Hamburgers Chips Fruit Dessert</p>	<p>17</p> <p>Irish Stew Layered Salad Dessert</p> 	<p>18</p> <p>Salad Bar Lemon Broccoli Salad Dessert</p>
<p>21</p> <p>Salad Bar Italian Pasta Salad Dessert</p>	<p>22</p> <p>Spinach Stuffed Shells Caesar Salad Dessert</p>	<p>23</p> <p>Chef's Choice</p>	<p>24</p> <p>Meatloaf Mashed Potatoes Green Beans Dessert</p>	<p>25</p> <p>Salad Bar Pizza Dessert</p>
<p>28</p> <p>Salad Bar Egg Salad Sandwich Dessert</p>	<p>29</p> <p>Beef Tacos Beans Dessert</p>	<p>30</p> <p>Chili Cheese Dogs Cole Slaw Chips Dessert</p>	<p>31</p> <p>Chicken Spaghetti Salad Dessert</p>	

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



# Games Galore

Sponsored by: Alamo Hospice



## Saint Patrick's Day

March 17



### WORD CHANGE

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

EXAMPLE:

ANSWERS:

hole
comb



bear
door



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

### Bamboozles

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

drawn scale scale		rab bit rab bit rab bit
THERE THERE THERE	Itttttttt...	folks folks folks folks

BLARNEY  
CHARM  
CLOVER  
DANCE  
DUBLIN  
EMERALD

GOLD  
GREEN  
IRELAND  
ISLE  
LEPRECHAUN  
LIMERICK

LUCK  
MARCH  
PARADE  
RAINBOW  
SHAMROCK



### Commonyms

1. Furniture - Mustaches - Skis
2. Golf Course - Coffee Shop - A Quart
3. He - She - They
4. Jupiter - Alaska - The Blue Whale
5. Wood Tick - Leech - Mosquito
6. Yawning - Laughter - Influenza
7. Improper - Unit - Mixed
8. Marigold - Mustard - Canary
9. Snake - Cavity - Bottomless
10. Kidney - String - Black

### Feb Answers

1. They all have horns
2. They have benches
3. They have receivers
4. Seas
5. Chocolates
6. Sauces
7. They have threads
8. Boats
9. Car Races
10. They have roots



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A member of the Regence Health Group

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# February Health & Wellness Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	9:30am Zumba Gold 10:30am Ballet Barre 5:30pm Zumba	8:30am Zumba Toning 10:00am Active Aging Strength 11:00am Balance & Strength* 12:15pm Balance & Strength* 4:00pm Line Dancing 5:00pm Yoga	8:15am Easy Pace 9:30am Zumba Gold 10:30am Ballet Barre 11:45am Chair Yoga 4:00pm Restorative Yoga 5:30pm Zumba	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* 4:00pm Yoga	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* 4:00pm Yoga	15 9:30am Zumba Gold 10:30am Ballet Barre 5:30pm Zumba	16 8:30am Zumba Toning 10:00am Active Aging Strength 11:00am Balance & Strength* 12:15pm Balance & Strength* 4:00pm Line Dancing 5:00pm Yoga	17  8:15am Easy Pace 9:30am Zumba Gold 10:30am Ballet Barre 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* 4:00pm Yoga	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* 4:00pm Yoga				

## GYM HOURS

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

Fri: 9:00am - 3:00pm

\*Class is FREE for all BSBAC Membes



RenewActive™  
by UnitedHealthcare



**MyPlate for Older Adults**

**STAY ACTIVE**  
60 minutes each day

**Drink plenty of FLUIDS**

- Water
- Milk
- 100% Juice
- Coffee
- Tea
- Soup

**Make half your plate FRUITS & vegetables**

**Make at least half your grains WHOLE GRAINS**

**Flavor foods with herbs and spices instead of salt**

**Choose bright colored VEGETABLES**

**Enjoy low-fat and fat-free DAIRY products**

**Vary your PROTEIN food choices**

**Green Beans!**

# 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



Members enjoyed a night out for our Rodeo themed dinner dance. Join us for a Sock Hop in May for our next dinner dance!



We held two very informative Lunch & Learns in February. Comal County Public Health came out to the Center to talk about Grief and Depression and how to take care of your mental health. We also had the Comal County Tax Assessor-Collector here for a presentation on all things related to taxes in Comal County. If you missed the presentations, but would like the information, please contact Beth Collier, Outreach Coordinator.







# Activity Center Happenings



## 2022 BULVERDE BBQ BATTLE

Our 3rd Annual Bulverde BBQ Battle is in the books. Despite the weather challenges, it was a great weekend! Our BSBAC team and amazing volunteers made sure everything went smoothly. We want to send a huge shout-out to our Title Sponsor, Vulcan Materials Company, and all our other sponsors and community members for partnering with us to make this year's event possible! Big thank you to the teams and vendors who took it in stride and made the best of it. We appreciate everyone that participated in this year's event! We look forward to seeing you all next year for another great BBQ weekend!



## THANK YOU TO OUR 2022 BULVERDE BBQ BATTLE SPONSORS





TITLE SPONSOR

















































# March Event Flyers

**BLARNEY BRUNCH BINGO**

COME ENJOY IRISH BREAKFAST CASSEROLE

**WED. 3/2/22 10:00AM**

Bingo - \$2/3 cards  
6 games

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

**acrylic painting**

**March 9 1:45-3:45pm**

Instructed by Faye Bowman

**\$10/person**

All supplies will be provided

Limited spaces available  
Sign-up in the Center or call 830-438-3111

MARCH DAY

**SAN ANTONIO MISSIONS: NATIONAL HISTORICAL PARK**

Join us as we explore and learn about all four of the Missions: Conception, San Jose, San Juan and Espada.

THURSDAYS, MARCH 10TH, 17TH & 24TH | 10:00AM

LUNCH AT M.K. DAVIS RESTAURANT (TENTATIVELY)

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

**DAYLIGHT SAVINGS COMING UP...**

**MARCH 13, 2022 AT 2AM**

DO YOU PROVIDE CARE FOR A LOVED ONE WITH ALZHEIMER'S OR DEMENTIA?

*You are not alone...*

**HOPE HOSPICE CAREGIVER SUPPORT GROUP**

SUPPORT FOR FAMILY CAREGIVERS OF PEOPLE WITH ALZHEIMER'S OR DEMENTIA

*We know care-giving can be stressful.*

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

AVAILABLE AT NO COST

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

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

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

**Admit One**

**It's Movie Time**

**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, cutthroat 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, March 23, 1:45pm**

**Come enjoy a movie, snacks & fellowship.**

**Admit One**

**Karaoke**

Sing-along

**WEDNESDAY MARCH 30 1:45PM**

Come perform your favorite songs or just sing-along and enjoy friends!

# Upcoming Special Events

**WALK ACROSS TEXAS!**

JOIN THE BULVERDE SPRING BRANCH ACTIVITY CENTER

2022 8-WEEK WALK CHALLENGE

MARCH 15TH THROUGH MAY 10TH

LET'S WALK-N-TALK



**Get Registered Now!**

Both Team & Individual PRIZES will be AWARDED!



**HOW TO PARTICIPATE**

- Get started today organizing your team of up to 8 members including the team captain.
- Create a winning, unique team name.
- Team members sign-up, complete a pre-survey & receive a special gift.
- Teams have a friendly competition see who logs the most miles walking, jogging, biking, or even dancing!
- Start a Healthy Habit! Get Fit! Have Fun!
- Enjoy walking with friends!
- Participation is FREE!

**IMPORTANT DATES**

<b>MARCH 15TH:</b> WAT KICKOFF PARTY AT BSBAC	<b>MAY 10TH:</b> WAT FINAL DAY	<b>MAY 17TH:</b> AWARDS CELEBRATION AT BSBAC
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Joins us every other Tuesday @ 11:45am @BSBAC for walking and weekly health tips.

FOR MORE INFORMATION CONTACT:  
BETH COLLIER 830-438-3111  
OUTREACH COORDINATOR  
TEXAS A&M AGRILIFE EXTENSION  
MASTER WELLNESS VOLUNTEER  
BCOLLIER@BSBAC.COM



## VOLUNTEER APPRECIATION BREAKFAST

FRIDAY, MARCH 18, 9:30AM



IT WAS ONE OF THOSE MARCH DAYS WHEN THE SUN SHINES HOT AND THE WIND BLOWS COLD: WHEN IT IS SUMMER IN THE LIGHT AND WINTER IN THE SHADE.

- CHARLES DICKENS -

**Benefiting Bulverde Spring Branch Activity Center**

**23rd Annual Run for the Hills**

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

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

**TEAM AWARDS**  
TEAMS OF 10+ RECEIVE \$5 DISCOUNT

**VENDOR FAIR**

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

**SATURDAY, MAY 7TH, 2022**

# Eat Right

Food, Nutrition and Health Tips from the Academy of Nutrition and Dietetics

## Eating Right for Older Adults

Healthy eating is recommended throughout life, but as we age certain factors can affect our nutrient needs. Choosing a variety of foods from all the food groups (vegetables, fruits, grains, dairy and protein foods) will help you build a healthy eating routine.

The following tips can help you get started on your way to eating right.



### **Make half your plate fruits and vegetables.**

Eat a variety of different colored vegetables, including ones that are dark-green, red, and orange. Beans, peas, and lentils are also good choices. Fresh, frozen, and canned vegetables can all be healthful options. Look for “reduced sodium” or “no-salt-added” on the labels. Add fruit to meals, snacks or as dessert. Choose fruits that are dried, frozen, or canned in water or 100% juice, as well as fresh fruits.

### **Make at least half your grains whole.**

Choose breads, cereals, crackers, and noodles made with 100% whole grains. Whole grain corn tortillas, brown rice, bulgur, millet, amaranth and oats all count as whole grains, too. Also, look for fiber-rich cereals to help stay regular and cereals that are fortified with vitamin B12, which is a nutrient that decreases in absorption as we age or due to some medications.

### **Switch to fat-free or low-fat milk, yogurt and cheese.**

Older adults need more calcium and vitamin D to help keep bones healthy. Include three servings of fat-free or low-fat milk, yogurt or cheese each day. If you are lactose intolerant, try lactose-free milk or a calcium-fortified soy beverage.

### **Vary your protein choices.**

Eat a variety of foods from the protein food group each week. In addition to lean meat, poultry and eggs, choose seafood, nuts, beans, peas, and lentils when planning your meals. Spread your protein intake throughout the day by including a source with meals and snacks. Protein foods derived from animal sources also provide vitamin B12, and certain plant-based foods may be fortified. If you’re at risk for low levels of vitamin B12, your doctor may also recommend a supplement.



## **Limit sodium, saturated fat and added sugars.**

Look out for salt, or sodium, in foods you eat. Compare sodium in the foods you buy and choose those with lower amounts. Add spices or herbs to season food without adding salt. Switch from solid fats to oils when preparing foods. Make major sources of saturated fats occasional choices, not everyday foods. Examples of these include desserts, fried foods, pizza, and processed meats like sausages and hot dogs. Select fruit for dessert more often in place of treats with added sugars.

## **Stay well-hydrated**

Drink plenty of water throughout the day to help prevent dehydration and promote good digestion. Other beverages that can help meet fluid needs include unsweetened beverages, like low-fat and fat-free milk, fortified soy beverages, and 100-percent fruit juices. Choose these more often in place of sugary drinks.

## **Enjoy your food but be mindful of portion sizes.**

Most older adults need fewer calories than in younger years. Avoid oversized portions. Try using smaller plates, bowls and glasses.

## **Cook more often at home, where you are in control of what's in your food.**

When ordering out, look for dishes that include vegetables, fruits and whole grains, along with a lean protein food. When portions are large, share a meal or save half for later.

**Consult a registered dietitian nutritionist** if you have special dietary needs. A registered dietitian nutritionist can create a customized eating plan for you.

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**For a referral to a registered dietitian nutritionist and for additional food and nutrition information, visit [www.eatright.org](http://www.eatright.org).**



The Academy of Nutrition and Dietetics is the world's largest organization of food and nutrition professionals. The Academy is committed to improving health and advancing the profession of dietetics through research, education and advocacy.

This tip sheet is provided by:



# What's Cooking



## ASPARAGUS



**LOCALLY GROWN IN ONTARIO MAY-JUNE**

### HOW TO SELECT

When buying asparagus, look for firm, bright green spears with tight tips. Avoid buying spears that are limp, wrinkled, or have partially open tips.

### HOW TO STORE

Wrap ends in a damp cloth (or paper towel) and place in a perforated plastic bag. Alternatively, trim an inch from the bottom & set them upright in a short drinking glass filled with an inch or two of water. Cover the spears by inverting an open ziptop baggie over them. Both methods should keep your asparagus fresh for 5 - 7 days in your refrigerator.

### HOW TO PREPARE

Wash thoroughly before using. Trim tough ends from the spears using a sharp knife, about an inch from the bottom. Alternatively, bend the bottom part of a spear until the woody part snaps off. If the stalk seems tough or woody, you can peel the end with a vegetable peeler. Freezes well.



## Asparagus and Chicken Enchiladas

20 min Prep Time | 30 min Cook Time | 50 min Total Time

### Ingredients

- 1 jar (500 mL) salsa verde
- 18 asparagus spears, trimmed and blanched
- 2 cups (500 mL) shredded cooked chicken
- 1 1/2 cups (375 mL) shredded part skim Cheddar cheese
- 8 corn tortillas, lightly toasted
- 1/4 cup (60 mL) crumbled reduced fat feta
- 1/4 cup (60 mL) finely chopped red pepper
- 2 tbsp (30 mL) chopped fresh cilantro leaves
- 1/2 cup (125 mL) reduced fat sour cream

### Instructions

1. Preheat the oven to 425°F (220°C). Grease a 9 x 13-inch (3 L) baking dish. Spoon in 1/2 cup salsa verde.
2. Place 2 spears asparagus, 1/4 cup (60 mL) chicken, and 1 tbsp (15 mL) Cheddar cheese in each tortilla. Roll up tightly and place seam-side down in baking dish. Top with the remaining salsa verde and sprinkle with the remaining Cheddar cheese.
3. Bake, uncovered, for 20 to 25 minutes or until tortillas are lightly browned and filling is heated through. Chop the remaining asparagus spears and toss with the feta, red pepper and cilantro. Scatter over the baking dish. Serve with sour cream.

### Notes

For an easy weeknight dinner, use a store-bought deli roasted chicken.

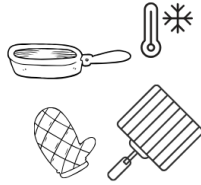
Substitute tomato salsa for salsa verde.

Nutritional Information per Serving (2 enchiladas):

Calories 327, Fat 9.5g, Cholesterol 4mg, Sodium 493mg, Carbohydrates 28g, Fibre 4g, Sugar 5g, Protein 26.5g

### SERVING IDEAS

Slice into 1-inch pieces for a stir-fry, chop into small pieces for pasta or casseroles, or just leave whole. Wonderful with eggs, grilled, also on pizza! Another option is to slice asparagus into paper-thin pieces using a vegetable peeler; a delicious addition to salads. Yes! You can eat asparagus raw!



BETTER



BETTER

## Asparagus

- ✓ Cholesterol-Free
- ✓ Fat-Free
- ✓ Low-Sodium
- ✓ Gluten-Free
- ✓ Low-Calorie

Good source of folate, thiamin, and iron, and vitamins A, B2, and K

(per 1/2 cup cooked, drained without salt)

0.2g FAT

1.8g FIBER

2.2g PROTEIN

verywell

20 CALORIES

3.7g CARBS

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**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



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