

Kennedy Center News

Happy
Valentine's
Day

February 2016



February is Heart Month!

We encourage you to monitor your blood pressure and make control your goal. Uncontrolled high blood pressure can cause heart disease and stroke. If you have high blood pressure, ask your doctor how to lower it, take your blood pressure medicine as directed, relax, eat healthy fats, increase dietary fiber, maintain a healthy weight, exercise, quit smoking, and reduce sodium intake. It is important to be aware of the symptoms of a heart attack : chest pain, shortness of breath, jaw pain, neck pain and sudden weakness or light headedness. If you feel these symptoms, call **911**.

Friendly Visits

If you know a homebound senior who would benefit from a friendly visit, call Outreach Coordinator, Marge Donaher, at 617-376-1243.

Friendly visits provide social support for lonely, isolated and/or homebound elders. A face to face chat can help a senior stay socially connected and reside at home longer, as well as help address health and social isolation among our homebound senior population.



Dear Friends,

Can you believe it is February already? Didn't we just celebrate Christmas? I hope everyone stayed safe and warm in January. At this time last year, we were sandwiched in the middle of very challenging and unprecedented snow storms. One of the most difficult parts of long New England winters is staying socially, mentally and physically active. Staying inside, curled up under an afghan on the couch with a hot cup of tea reading a good book or watching an interesting program appeals much more to our sense of comfort. However, I cannot stress to you enough how important it is to remain active during the cold, dreary winter months. February is national heart month and that means it is time to pay attention to the health of your heart. I encourage you to participate in the many activities we offer here at the Center to keep not only your mind and body healthy, but also your heart. February is also the month of love...love your heart.

The health and safety of seniors is the primary concern of the Kennedy Center staff. With another month or so ahead of us with the potential for storms of significant snowfall, it is important you know our winter weather policy. When Quincy Public Schools are closed due to inclement weather, all events, activities and transportation are canceled for the day at the Kennedy Center; however, the Center is always open during regular business hours 8:30am-4:30pm. Following a storm, it is best to call 617-376-1506 to confirm an activity is taking place. Call 617-376-1242 with transportation related concerns.

I would be remiss not to recognize how blessed I am to be working in the City I grew up in, a community that values and respects the elder population and is supportive of the work we do at the Kennedy Center. Never has that sentiment been more true or stronger. Jane Braun, our dear friend and dedicated member of the Kennedy Center, passed away in December. In lieu of flowers, it was requested donations be made to the Council on Aging in her memory. My sincere thanks to all in the community who kindly contributed to the Center in Jane's name. She will be sorely missed by her Kennedy Center family.

Sincerely,

Thomas F. Clasby, Jr.
Director

 For timely information, topics of interest, announcements and more, be sure to like us on facebook! Search us under Quincy Council on Aging  Like

KENNEDY CENTER

Kennedy Center
440 East Squantum Street
Quincy, MA 02171
617-376-1506
www.quincyma.gov/government/elderserv
Hours : Monday - Friday 8:30 a.m.– 4:30 pm



Healthy Heart

Friday, February 12th at 11:30am

Registration required.
Call 617-376-1506 to register

In conjunction with **Heart Health Month**, Quincy Public Health Nurse and Educator Ruth Jones will host a discussion on heart health, including risk factors for heart disease, how to minimize the risk of heart disease, ways to improve heart health and more. Enjoy light refreshments. Space is limited.



2 Sisters Senior Living Advisors

Wednesday, February 24th 10:30 am

Join us for a workshop presented by 2 Sisters, a referral service for seniors navigating the maze of choices in independent living, assisted living, memory care, home care and nursing care. 2 Sisters will discuss living options, how to meet needs and plan for the future. Light refreshments. Registration required. Register at 617-376-1506.



Coloring Group

Thursdays at 1 pm

Supplies will be provided.
Call 617-376-1506 to register

Join the coloring craze! It's not just for kids. It is a great relaxing exercise. Health benefits include improved fine motor skills and vision and brain focus. Doctors prescribe coloring to patients to calm and center their minds and combat stress and anxiety. Coloring lets you be you-color in the lines or out, color a duck blue or purple, it's all yours. Supplied provided. If you have supplies you prefer to use, ie., book, colored pencils, bring them along.



Spine Health with Dr. William Byrne

Tuesday, March 8th at 10 am



Take care of your spine and your spine will take care of you! Join Dr. William Byrne of So. Shore Family Chiropractic at a workshop on spine health. Space is limited. Registration req'd. Register at 617-376-1506 to register.



Choose Happiness

February 25th at 1pm



Join Randy Veraguas from Atria Marina Place for tips on how to beat the winter blues and attain year round joy. Light refreshments. Space is limited. Registration req'd. Register at 617-376-1506.



St. Patrick's Celebration

March 11th at 1 pm



Everyone is Irish on St. Patrick's Day! Join us to honor St. Patrick with grand ole Irish cheer, good craic and music you'll want to dance a jig to. Wear your Kelly green, Irish knits, Scally caps, or Celtic plaid and join us for an authentic Irish celebration at the Kennedy Center, complete with an Irish sing-a-long, free raffles and lunch of corned beef and cabbage, and dessert. Buy your ticket today. \$20pp

FREE MOVIE FRIDAYS

Free Movies at the Kennedy Center

Every Friday at 12:30pm

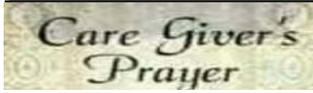
Love is in the air at the Kennedy Center!

- Feb 5 *The Notebook* A great love story based on the best selling Nicholas Sparks novel.
- Feb 12 *An Affair to Remember* a classic love story starring Cary Grant and Deborah Kerr
- Feb 19 *Under the Tuscan Sun* a romantic comedy drama based in Tuscany starring Diane Lane
- Feb 26 *Ghost* A romantic fantasy drama thrillers starring Demi Moore and Patrick Swayze



In sympathy We extend our heartfelt sympathies to the family and friends of **Jane Braun** who passed away in December. An active member of the Kennedy Center family, Jane was always willing to help whenever and wherever needed. Jane's assistance with the collation and distribution of our monthly newsletter was invaluable to staff and members. She has continued to contribute to the QCOA posthumously. In lieu of flowers, Jane asked that donations be made to the Kennedy Center, exemplifying her dedication to the QCOA. She will be sorely missed and warmly remembered in the hearts of all she touched. How blessed we all were that she was part of our lives here.





A Prayer for the Caregiver

Unknown and often unnoticed, you are a hero nonetheless. For your love, sacrificial, is God at his best. You walk by faith in the darkness of the great unknown, and your courage, even in weakness, gives life to your beloved. You hold shaking hands and provide the ultimate care: your presence, the knowing, that you are simply there. You rise to face the giant of disease and despair, it is your finest hour, though you may be unaware. You are resilient, amazing and beauty unexcelled. You are the caregiver and you have done well.

- Bruce McIntyre



Worried about paying your heating bills? With temps continuing to drop, you need to stay warm. QCAP may help you save money on your winter heating bills. Fuel assistance is available to income eligible homeowners and renters. Call QCAP at 617-479-8181 x301 to see if you qualify.



Kennedy Center Book Club is held the first Thursday of each month at 1:30pm. The Book Club is a friendly, welcoming group that meets for easy, stimulating conversation in a comfortable environment. The book for the February 4th meeting is *"The Yellow House"* by Patricia Falvey. *"Bossy Pants"* by Tina Fey is the book for the March 3rd meeting. All are encouraged and welcome. Registration is not necessary.



Parkinson's Support Group is held the **2nd Wednesday** of each month at the Ward 4 Community Center, 100 Brooks Ave, at 7 pm to discuss Parkinson's. Call Brian 617-770-2090 for information.



Norfolk County Sheriff TRIAD Program

February 19th at 10am

A representative from Norfolk County Sheriff Michael Bellotti's office will speak about the Sheriff's TRIAD Program. This program is a partnership between senior citizens, law enforcement/public safety agencies and senior support services. TRIAD Programs include RUOK?, File of Life, Yellow Dot, LoJack Safety Net Search and Rescue, Speakers Bureau, and Senior I.D. Call the Kennedy Center at 617-376-1506 to register.



Be happy: Accept things you can't change. If you can and want to change them, do it. Let go of people who are holding you down or make you feel bad - you likely know who they are without another thought. Play your favorite songs and sing along...better yet,

dance. Go for a nice walk and walk until you feel good. Call someone you love. Just hearing their voice can make your day better. Smile at a stranger. It will make both of you smile. Watch your favorite movie. Write down what you don't like about yourself. Rip it up. Burn it. * Like yourself. Love yourself.

LOVE YOURSELF



February is a special month... it is the only month that can add or subtract a day to a year, the only month that starts and ends on the same week day in leap year and that can change a normal year to a leap year. The fun tradition **Groundhog Day** is February 2nd, when the groundhog awakens from his long winter's nap and ventures outside to see if he sees his shadow. According to legend, if he does not see his shadow, spring is just around the corner. Whether the groundhog, AKA Punxsutawney Phil, sees his shadow or not, we know February means we are inching a little closer to spring. Just knowing daylight hours are becoming longer can help us get through the upcoming cold months. ❤️ February is the month we celebrate love and friendship on **Valentine's Day**. It is the perfect time to remind your family and friends you love them. Valentine's Day can trigger loneliness for those who have lost their spouses or loved ones. Hearing from you may be just what they need. ❤️ February is nationally known as **American Heart Month**. The heart is recognized as a symbol of love. We need to remember it is a symbol of life, as well. Treat your life and your heart with love. Many workshops are offered throughout the year at the Kennedy Center that focus on healthy living and heart health. In addition to the many exercise programs we offer, we encourage you to participate in healthy living workshops and presentations. ❤️ February is **Black History Month**, a month of the year for the nation to honor the history and contributions of black Americans, commemorate the Emancipation Proclamation that ended slavery and remember the Civil Rights movement of the 1960's. ❤️ February has great meaning for us football fans, too. At the time this newsletter goes to print, we do not know the teams that will play in Super Bowl 50, but certainly we all hope it is the New England Patriots. Go Pats! 🇺🇸 May you leap into February with love, optimism and energy.



Computer Classes - February 2016 - \$5 per class Instruction by Grace Buscher



*Registration required for classes * Bring your laptop. You are welcome to come without laptops for instruction only. The center's computers are available first come, first serve. Call 617-376-1506 to register.*

February 4th	Mac Computer	10am-12pm
<small>Class concentrates exclusively on Mac, including how it works, using email, internet and more. Bring Mac to class if you have one.</small>		
February 11th	Computer Safety	10am-12pm
<small>Learn about the perils of virus', malware, adware and items designed to harm your computer, as well as antivirus protections and general maintenance.</small>		
February 18th	Word Processing	10am-12pm
<small>Word processing based on Microsoft Word. Learn what you can do with word processing, program features and how to use them.</small>		

Seniors are often intimidated by technology. Join Grace for computer classes at the Kennedy Center - stimulate your mind and learn how to use a computer and navigate the internet. Beginner classes are Tuesdays at 10:30am and Wednesdays at 1:30pm.



Thank you to **Ray and Anna Zanelli** for their help with the Christmas party, as well as for all they contribute to the Kennedy Center year round. Thank you to everyone who dropped off goodies for Kennedy Center staff and volunteers - during the Christmas season and all year long. Thanks to **Kathy Hubley** for the gift basket she donated for an event raffle. Thanks to **Susan Farago** for the beautiful handmade afghan she donated for a special holiday raffle. Thanks to **Karen Gaughan** for her generous donation of a basket of goodies for a raffle. Thank you to our friends from the **Quincy Rotary Club** for hosting their annual pasta lunch for seniors, always a favorite event! Thank you to Quincy Public Health Nurse and Educator **Ruth Jones** for her presentation on living with diabetes and a workshop she hosted on senior first aid. Thank you to **Mary Gougian** for lending movies from her vast collection for Free Movie Friday at the Kennedy Center. Thank you to Kennedy Center volunteer **Marie O'Toole** for her much needed help in the Kennedy Center Café.



Etymology (root of word/phrase) of popular phrases: Break the ice means to relax tense or formal atmosphere. The phrase came into general use in English through Lord Byron's, 'And your cold people are beyond all price, once you've broken their confounded ice.' *It's raining cats and dogs, a phrase to describe torrential rains, was first known recorded in Dean Swift's "Polite Conversation" (1873). Two centuries prior, a character said in a play, "The City Witt"(1652), 'From henceforth the world shall flow with dunces, it shall rain dogs and polecats & so forth.' *Crocodile tears- it is proverbial crocodiles cry like humans in distress to lure subjects close to snatch and devour, then cry tears over their victim's fate. References are found in ancient literature.



Urinary Tract Infections (UTI): Signs and symptoms include sensation of need to urinate urgently and often with only a small amount of urine, pain/burning during urination, fever, abdominal pain, pelvic pressure, nausea, vomiting, shaking/chills, pain in back or side. Other symptoms include fever or hypothermia, poor appetite, lethargy, change in mental status. If UTI symptoms develop, evaluation by a doctor is necessary. UTIs can be serious. Follow treatment. Finish antibiotics even if feeling better. Take pain relievers. Use a heating pad to ease pain. Drink plenty of water. Avoid spicy foods, alcohol and coffee. Quit smoking. Phenazopyridine or similar drugs can be used to alleviate burning pain during urination. Help prevent UTIs by emptying bladder regularly and completely, particularly after sexual intercourse. Drink plenty of fluids. Cranberry juice can help prevent UTIs as cranberries reduce risk of the bacteria's adhesion to bladder cells.



Event Registration: Many events and activities require pre-registration. Most programs' participation is limited to a certain number due to space or requests from sponsor hosts. Popular activities fill up fast and some require accurate registrant numbers to adequately plan. It is sometimes necessary to cancel a program if registration is minimal. Help us by registering early, attending, and, if you must cancel, do so before the day of event- we often have waitlists. Refunds are not available. Thank you for your cooperation.

Photos above: Guests at our annual New Year's party enjoying the photo booth.

Our photo albums and videos are on the Quincy Council on Aging facebook page. Not on facebook? Sign up for a computer class at the Kennedy Center with Grace Buscher and become a computer and social network whiz! Call 617-376-1506 to register.



1. What separates "60 Minutes" on CBS from every other TV show?
2. Half of all Americans live within 50 miles of what?
3. Which of the Great Lakes lies above and feeds into Niagara Falls?
4. What was the Godfather, Vito Corleone's last name when he was born?
5. When was Euro introduced as world market legal currency?
6. What common everyday occurrence is composed of 59% nitrogen, 21% hydrogen and 9% dioxide?
7. Who were Richard Nixon's two Vice Presidents?
8. What color is the black box on an airplane?
9. How long was the hundred year war?
10. Who was the legendary Benedictine monk who invented champagne?
11. What is someone who shoes horses called?
12. What is another word for lexicon?
13. What is the diameter of Earth?
14. What actress in what movie said, "Fasten your seatbelts. It's going to be a bumpy night."
15. Which kind of garden bulbs were once exchanged as a form of currency?
16. Name the only heavyweight boxing champ to finish his career of 49 fights without ever having been defeated?
17. Which chess piece can only move diagonally?
18. What is the only food that does not spoil?
19. When did the Cold War end?
20. How many valves does a trumpet have?
21. In needlework, what does UFO refer to?
22. What actor in what movie said, "We'll always have Paris."?
23. How many colors are there in a rainbow?
24. How many squares are there on a chess board?
25. What was the very first women's magazine called?



Answers on calendar on page 9

DID YOU KNOW...

A pregnant goldfish is called a twit. A dragonfly has a lifespan of just 24 hours. A flamingo can only eat when its head is upside down. A female ferret dies if it goes into heat and cannot find a mate. A snail can have nearly 25,000 teeth. An average American will spend about 6 months during his lifetime waiting at red lights. An eagle can kill a young deer and fly away with it. When George Lucas was mixing the American Graffiti soundtrack, he numbered reels of film starting with an R and numbered the dialog starting with a D. *American Graffiti* sound designer Walter Murch asked George for Reel 2, Dialog 2 by saying R2D2 - George liked how it sounded so much he integrated it in a project he was working on-Star Wars. Armadillos can be housebroken. It is possible to lead a cow upstairs but not downstairs. A mole can dig a tunnel 300 ft long in a night. The average person has 1,400+ dreams a year. Chewing gum while peeling onions keeps you from crying. Bats turn left when exiting a cave. 10% of Russia's government's income is from vodka sales. The only 2 days of the year there are no pro sports games (MLB, NBA, NHL, NFL) are the day before and after the Major League All Star Game. Marilyn Monroe had six toes. A jiffy is an actual unit of time for 1/100th of a second.



This is a **Beginner** Level Puzzle.

Exercise Your Brain!



	8		2					9	
				6	8			1	5
		1	9				3		
		9	4					5	1
	5			4		2			9
	2		3					7	8
				2				8	4
		2	5		1	8			
		3						2	5

Sudoku

Use your logic to find the correct number for each square. When finished, all nine rows across, all nine columns down and all nine 3 by 3 boxes must contain all nine numbers, 1 through 9, with no repeats.

Level: Beginner
Good luck!!



Fact or fiction? Spicy foods trigger heartburn Not necessarily. Research shows restricting spicy foods does not curb heartburn or acid reflux. **Soda contributes to bone loss** Possibly. Research suggests consuming 3+ sodas a day is associated with lower bone mineral density in women. **Swallowing sugar cures hiccups** Somewhat...the swallowing part is true. Putting a teaspoon of sugar or honey on the back of the tongue and swallowing slowly can help make hiccups go away. Hiccups are abrupt contractions in the diaphragm followed by a sudden closure of the opening between the vocal cords which affects inflow of air. Sugar may influence the nerve that causes hiccups thereby stopping the spasm. Swallowing helps but can be achieved by several small swallows of any liquid in rapid succession. **Turkey or warm milk make you sleepy** Perhaps, but not because of the tryptophan, a precursor to the neurotransmitter serotonin, which helps regulate sleep. It is unlikely one would eat enough turkey to get that kind of dose of tryptophan. Post turkey fatigue is likely due to overeating. Drinking warm milk may speed slumber because it is a comfort food associated with childhood bedtime rituals. **An apple a day keeps the doctor away** Not literally, but they are very healthful. They contain antioxidants which can reduce the risk of some cancers and chronic diseases. They are also a great source of fiber. **Feed a cold; starve a fever** Maybe...A recent uncontrolled study found overnight fasting did increase the number of cells that help fight fever related bacterial infections, ie., flu. People who had a meal showed an increase in cell types that attack cold related viruses. **Pluck a gray hair and two grow back** No. Pigment formation in one follicle has no influence over another. Over time, people inevitably get more grays - and blame it on plucking. **Go out with wet hair in winter and catch a cold** Maybe. The theory is frigid temps restrict circulation, decreasing germ fighting immune cells, which can happen with wet hair in the cold. **Fish is brain food** YES! Studies found people with the highest concentration of DHA (found in Alaskan salmon, herring and mackerel) had a nearly 50% less risk of developing Alzheimer's disease. **Knuckle cracking causes arthritis** No. The most common form of arthritis, an inflammation inside the joints, is osteoarthritis, caused by genetics, obesity, sports injuries, etc. **Bed rest for back injury** True only for severe pain. For all but the worst cases, staying in bed is bad for muscular fitness and bone density. **Five second rule** Food quickly picked up from tile or wood floors picks up more bacteria than food that falls on a carpet (aside from carpet fuzz). **Raw carrots are more nutritious than cooked.** Cooking actually increases carrots' nutritional value. The process breaks down the tough cellular walls that encase beta-carotene. **To minimize fat and calories, remove skin before cooking chicken** Baking broiling, grilling or roasting poultry with the skin intact helps preserve natural juices. Cook with the skin and remove before eating/serving. **The MSG in some Chinese foods trigger head aches** It probably is not the MSG, but a reaction to histamine, tyramine and phenylethylamine. **Cranberry juice can cure a urinary tract infection** There is no proof cranberry can treat an infection, which should be medicated with antibiotics, but cranberries can help prevent such infections because compounds in the juice stop infection causing bacteria from sticking to the bladder wall. **Frozen and canned fruits & veggies are less nutritious than fresh.** Fresh fruits *the instant they are picked* are most nutritious, but the foods you find in the produce section have had a long journey. During shipping and storage, natural enzymes are released that result in lost nutrients. By contrast, quickly frozen fresh picked produce preserves much of its vitamin and mineral content.



Chinese New Year (February 8th), also known as the Spring Festival, is the largest, grandest celebratory event in China. A time for families to reunite, similar to Christmas Day, it lasts 15 days from the 1st to 15th day of the first lunar month. 2016 is the Year of the Monkey. It will not be the Year of the Monkey again until 2028. Lucky signs include: numbers 1, 7, 8; white, gold, and blue colors; flowers are chrysanthemum and alliums. Unlucky colors include red, black, grey, dark coffee; unlucky numbers are 2, 5, 9; the unlucky direction is east.

It is with great sadness we announce the passing of **Edward Boyle**, brother of devoted Kennedy Center volunteer **John Boyle**, on January 15th. A longtime resident of Dorchester, Edward passed surrounded by family after a courageous battle with cancer. Our deepest sympathies to John and his family at this difficult time.

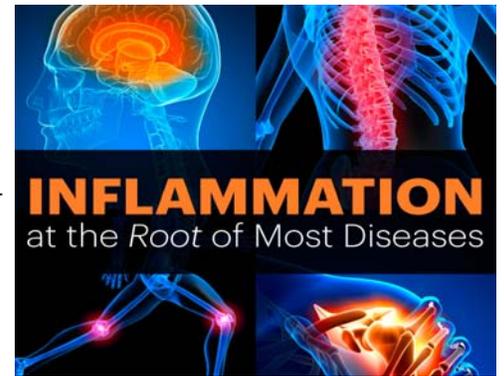


HEALTHY CHANGES

When you are healthy, you feel it both mind and body: more spring in your step, greater energy, positive outlook, your skin glows, and your body moves the way it was meant to. It means you're free of disease and, if you have a medical concern, it is under control and you do what you must to keep it that way. The best strategies to achieve and maintain vibrant health include a diet that incorporates fresh, whole foods. There is strong evidence to suggest choosing certain foods plays a big role in healthier living. Diets high in vegetables, fruit, legumes, fish, poultry and whole grains contribute to longer lives. A healthy diet must accompany a healthy lifestyle for maximum benefits. **Inflammation** is the cornerstone of the body's healing response, allowing the immune system to deliver more blood, nourishment and defense to an area that is injured or under attack. Inflammation can often be bad. Purposeless, chronic inflammation appears to be the root cause of many serious conditions, including cardiovascular disease, cancer, obesity and Alzheimer's Disease. When you consume certain essential fats, your body produces hormones called prostaglandins which help regulate inflammation. Some fats, such as omega-6 fatty acids and trans fats, induce the production of prostaglandins that can increase inflammation, while others, like omega-3 fatty acids, decrease it.

Quick-digesting carbs, especially foods made from flour and sugar, increase inflammation by a different mechanism. Refined, processed and manufactured foods should be replaced with healthier alternatives, such as fruits, vegetables, whole grains, whole soy and other legumes, and oily cold water fish, which quell inflammation. **Suggestions: Healthy fats** Choose extra virgin olive oil and other sources of monounsaturated fat, which counteract inflammation. Increase consumption of omega 3 fatty acids found in oily fish, flaxseed, walnuts, fortified eggs, etc. **Avoid unhealthy fats** including polyunsaturated vegetable oils, ie., safflower, sunflower, corn and soy oil, margarine, and vegetable shortening promote inflammation. **Eat more produce**

Eat fruits and vegetables packed with protective phytonutrients, including antioxidants. **Limit High-glycemic load carbs** Foods made with flour and sugar rapidly increases blood sugar. **Reduce animal products** Red meat and dairy tend to be high in saturated fat and are linked to diseases. **Spice things up** Use turmeric, ginger and pepper varieties for natural anti-inflammatory protection. **Drink lots of water** or mostly water drinks (tea, etc.)



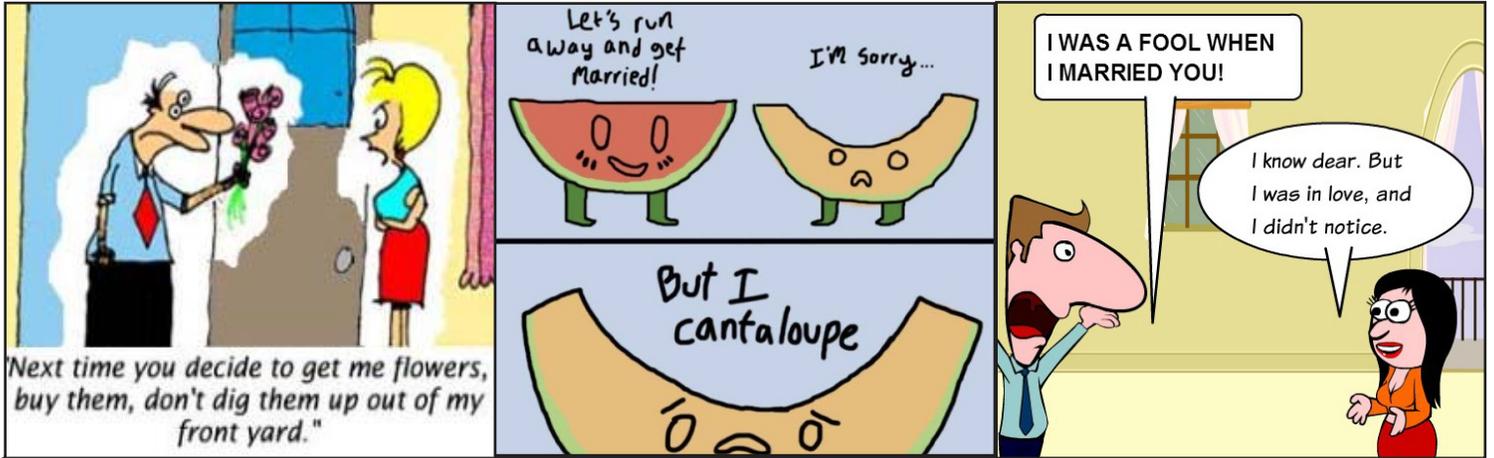
Anti-Inflammatory Foods	Pro-Inflammatory Foods
Vibrantly-Colored Vegetables especially dark leafy greens, beets, broccoli, cooked mushrooms, carrots, Brussels sprouts, onions, sea vegetables (kombu, nori, etc), zucchini	Animal Fats especially non-free-range/grass-fed meats, dairy products
Vibrantly-Colored Fruits especially berries, red grapes, apples, pears, cherries, pomegranates, plums	Omega-6 Fats especially corn, safflower, soybean, sunflower oil
Healthy Fats (monounsaturated or omega-3) especially extra-virgin olive oil, avocados, nuts (especially walnuts), seeds (especially ground flax and chia), omega-3 enriched eggs	Processed Foods especially those made with oils mentioned above, partially hydrogenated oils, high fructose corn syrup
Beans & Legumes especially lentils, kidney beans, chickpeas, edamame, black beans	Sugar especially refined sugars, high fructose corn syrup
Whole Grains especially black rice (forbidden rice!), quinoa, steel-cut oats, brown rice	
Cold Water Fish especially wild Alaskan salmon, sardines, herring, black cod	
Herbs and Spices especially ginger, garlic, turmeric, cinnamon, chili peppers	
Freshly Brewed Tea especially green and white	

Foods for optimal health:

Wild Alaskan Salmon superfood most rich in omega 3s; **garlic & onions** possess sulfur-containing compounds; **olive oil** contains mostly monounsaturated fat which lowers bad cholesterol; **flaxseed** has loads of fiber and antioxidants; **turmeric**, a culinary spice, helps reduce risk of diseases and is an anti-inflammatory; **walnuts** are good source of alpha-linolenic acid for a healthy heart; **tofu** is high in protein, fiber, iron and B vitamins; **Shiitake mushrooms** are packed with fiber, protein, vitamins B & D, antioxidants and more; **sweet potatoes** are packed with powerful phytonutrients and other beneficial compounds; **broccoli and other cruciferous vegetables (cauliflower, brussels sprouts, cabbage, turnip greens, kale)** are rich in antioxidants; **blueberries** have powerful antioxidants; **spinach** contains twice the iron of other leafy greens; **black beans** contain protein, potassium, magnesium, copper, iron and zinc; **green tea** is one of the world's healthiest drinks; **dark chocolate** contains antioxidants; **whole grains** are high in fiber, B vitamins and minerals; and, of course, **apples**, a nutritional powerhouse full of antioxidants.



Ha! Ha! Ha!



New England Patriots Word Search

**BELICHICK
GRONK
TWELVE
BRADY
FOOTBALL**



**GILLETTE
SCHAEFER
EDELMAN
DANNY
TACKLE**

**COLLINS
YARD
TOUCHDOWN
FIELDGOAL
NEW ENGLAND**



**PATRIOTS
LAFELL
GOSTOWSKI
BUTLER
AFC**

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

February 2016

Mon	Tue	Wed	Thu	Fri																																																																																	
<table border="1" style="display: inline-table; vertical-align: top;"> <tr><td>8</td><td>5</td><td>2</td><td>1</td><td>4</td><td>7</td><td>3</td><td>9</td><td>6</td></tr> <tr><td>3</td><td>4</td><td>7</td><td>6</td><td>8</td><td>9</td><td>1</td><td>5</td><td>2</td></tr> <tr><td>6</td><td>1</td><td>9</td><td>5</td><td>2</td><td>3</td><td>4</td><td>7</td><td>8</td></tr> <tr><td>7</td><td>9</td><td>4</td><td>8</td><td>3</td><td>6</td><td>5</td><td>2</td><td>1</td></tr> <tr><td>5</td><td>8</td><td>1</td><td>4</td><td>7</td><td>2</td><td>6</td><td>3</td><td>9</td></tr> <tr><td>2</td><td>6</td><td>3</td><td>9</td><td>5</td><td>1</td><td>7</td><td>8</td><td>4</td></tr> <tr><td>1</td><td>7</td><td>6</td><td>2</td><td>9</td><td>5</td><td>8</td><td>4</td><td>3</td></tr> <tr><td>4</td><td>2</td><td>5</td><td>3</td><td>1</td><td>8</td><td>9</td><td>6</td><td>7</td></tr> <tr><td>9</td><td>3</td><td>8</td><td>7</td><td>6</td><td>4</td><td>2</td><td>1</td><td>5</td></tr> </table>	8	5	2	1	4	7	3	9	6	3	4	7	6	8	9	1	5	2	6	1	9	5	2	3	4	7	8	7	9	4	8	3	6	5	2	1	5	8	1	4	7	2	6	3	9	2	6	3	9	5	1	7	8	4	1	7	6	2	9	5	8	4	3	4	2	5	3	1	8	9	6	7	9	3	8	7	6	4	2	1	5	<p>The best part of being married on Valentine's Day is having all your expectations fulfilled. Because you have no expectations. *** Three seniors are out for a stroll. One of them remarks, "It's windy." Another replies, "No, it's Thursday." The last one says, "Me, too." Let's have a soda."</p>	<p>One Palm Sunday, lil Joey was home sick from Mass. When his brother and sister returned carrying palm, Joey asked where they came from. His father replied, "When Jesus walked by, people held palm branches over his head." Joey said, "Just my luck! The one time I miss Mass, Jesus showed up!"</p>	<p>An elderly man with hearing problems went to see a specialist. The doctor fitted him with hearing aids that brought his hearing to 100%. After a few weeks, the man went back to ensure the equipment was working properly. The specialist said, "Your family must be delighted you hear perfectly now. The man responded, "No, I didn't tell them. I just listen carefully. I've changed my will 4 times."</p>	<p>Compassion brings us to a stop, and, for a moment, we rise above ourselves. - Mason Cooley ... Forgiveness is not an occasional act : it is an attitude. -Martin Luther King, Jr. ... Some days there won't be a song in your heart. Sing anyway. -Emory Austin ... If you obey all the rules, you miss all the fun! - Katherine Hepburn</p>
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<p>1 Foot Screening 9:30 Walking Club 10 Line Dancing 11 Scrabble 11:45 ZUMBA 1:30 Mindfulness/Meditation 5pm Healthy Eating</p>	<p>2 Groundhog Day S.H.I.N.E. Piano Lessons  9am Exercise 10am Writing 10 Quilting 10 Ballroom Dance 10:30 Computer 12:30 pm Yoga</p>	<p>3 S.H.I.N.E. by appt 9:30 am Tai Chi 10 Knitting Group 11 Blood Pressure 1:30 pm Computer</p>	<p>4 Thank A Mailman Day 9 am Exercise 9 Chess/lessons  10 Mah-jongg 10 Sing-a-long 10 Computer 10 Blood Pressure 10:30 Strength Training 12:30 pm Yoga 1:00pm Coloring Group 1:30 Book Club</p>	<p>5 ZUMBA 10:30 Tai Chi 12 pm Bridge 12:30 Free Movie <i>The Notebook</i></p>																																																																																	
<p>8 9:30am Walking Club 10 Line Dancing 11 Scrabble 11:45 ZUMBA 1:30 Mindfulness/Meditation 5pm Healthy Eating</p>	<p>9 S.H.I.N.E. by appt Piano Lessons by appt 9 am Exercise 10am Writing 10 Quilting 10 Writing Class 10:00 Ballroom Dance 10:30 Computer 12:30pm Yoga  1 Mardi Gras 2 Vet's Book Club</p>	<p>10 Foxwoods S.H.I.N.E. by appt 9:30 am Tai Chi 10 Knitting Group 11 Blood Pressure 1:30 pm Computer</p>	<p>11 9 am Exercise 9 Chess & lessons 10 Mah-jongg 10 Men's Discussion 10:30 Strength Training 10 Sing-a-long 10 Blood Pressure 10 Computer Class 1:30pm Women's Discussion 12:30 pm Yoga 1pm Coloring Group</p>	<p>12 9 ZUMBA 10:30 Tai Chi 12 pm Bridge 12:30 Free Movie <i>An Affair to Remember</i> </p>																																																																																	
<p>15 President's Day Kennedy Center Closed </p>	<p>16 S.H.I.N.E. by appt Piano Lessons by appt 9 am Exercise 10 Quilting 10 Writing Class 10 Ballroom Dance 10:30 Computer 12:30 pm Yoga</p>	<p>17 Random Acts of Kindness Day S.H.I.N.E. by appt 9:30 am Tai Chi 10 Knitting 11 Blood Pressure 1:30pm Computer</p>	<p>18 9am Chess & lessons 10 Mah-jongg 10 Sing-a-long 10 Blood Pressure 10:30 Jewelry Making 1pm Coloring Group</p>	<p>19 Simple Wills by appt National Caregiver Day 9 ZUMBA 10 Sheriff's TRIAD  10:30 Tai Chi 12pm Bridge 12:30 Free Movie <i>Under the Tuscan Sun</i></p>																																																																																	
<p>22 Hearing Screening 9:30am Walking Club 10 Line Dancing 11 Scrabble 11:45 ZUMBA 1:30 Mindfulness/Meditation 5pm Healthy Eating</p>	<p>23 S.H.I.N.E. by appt Piano Lessons by appt 9 am Exercise 10 Quilting 10 Writing Class 10 Ballroom Dance 10:30 Computer 11 Urgent Care 12:30 pm Yoga</p>	<p>24 S.H.I.N.E. by appt 9:30 am Tai Chi 10 Knitting 10:30 2 Sisters Advisors 11 Blood Pressure 1:30pm Computer</p>	<p>25 9 Chess & lessons 10 Mah-jongg 10 Sing-a-long 10 Blood pressure 10 Computer 1pm Coloring Group</p>	<p>26 9 ZUMBA 10am Health Express 10:30 Tai Chi 12pm Bridge 12:30 Free Movie <i>Ghost</i></p>																																																																																	
<p>29 9:30am Walking Club 10 Line Dancing 11 Scrabble 11:45 ZUMBA 1:30 Mindfulness/Meditation 5pm Healthy Eating</p>	<p>Have patience - remember how you will want someone to treat you when you need a caregiver. It is not how much you do, but how much love you put in the doing. — Mother Teresa A population that does not take care of the elderly, children and young has no future because it abuses both its memory and its promise.—Pope Francis</p>	<p>1. No theme song/music 2. Birthplace/propinquity 3. Lake Erie 4. Andolini 5. January 1, 1999 6. Passing wind 7. Spiro Agnew/Gerald Ford 8. Orange 9. 116 years </p>	<p>10. Dom Perignon 11. A farrier 12. Dictionary 13. approx. 8,000 miles 14. Bette Davis in All About Eve as Margo Channing 15. Tulips 16. Rocky Marciano 17. Bishop 18. Honey </p>	<p>19. 1989 20. Three (3) 21. An unfinished object 22. Humphrey Bogart Casablanca 23. (7): Red, yellow, orange, blue, green, violet, indigo 24. 64 25. The Ladies' Mercury</p>																																																																																	