

Margaret Gray Center News

August 2017

Staying in Your Home

Most of us want nothing more than to stay in our home for as long as we can—right?

We're comfortable in our own home, we're happier in our own home and studies show that if you can fearlessly stay in your home, you're healthier and might just live longer.



Do you know what the barriers are for you to stay in your home? Chances are, there may be some simple steps that you can take now to make staying in your home much easier.

Falls, or fear of falling, is a big reason why people leave their homes. There are some simple things you can do to reduce the potential of falling and we'll have much more information about this in **September** when we celebrate National Falls Prevention Awareness Day on **September 22**. So watch for that then.

Are you afraid to drive or have you given up your car? Are you reluctant to stay in your home if you have no way to go shopping or to the doctor? We have a fix for that! We provide transportation via OATS and can get you here to the center, to your doctor in town or grocery shopping with just a quick call to us to say you need to go, you just need to call 24 hours in advance.

You might just need a few improvements to your home like a walk-in tub, or grab bars that can help you get in and out of the tub or up off the toilet seat—or you can get a lift for your toilet seat that makes it taller. Maybe a ramp can help you get in and out of your home.

Some seniors may have a fear of getting into a bad situation, like after a fall, and not being able to get help. An easy way to alleviate that fear is to subscribe to a Personal Emergency Response System (PERS). The basic principle of this type of service is that you have a device that you can activate that will place a call to a dispatch center and then someone in that center will talk to you and get the help you need right away.

Care Connection for Aging Services has begun offering a choice in Personal Emergency Response Systems (PERS). In addition to providing information on current systems already on the market, Care Connection has partnered with n4a (National Association of Area Agencies on Aging) and Critical Signal Technologies (CST) to offer Carenect, the Ultimate Personal Emergency Response System with 24/7 assistance. With the press of a button or signal from the Carenect unit the Care Center representatives are instantly in touch with you and have immediate access to your personal files with instructions for family or caregiver and appropriate emergency response.

The Carenect system provides 2-way ClearVoice communication between you and the Care Center at longer distances or when your ability to speak may be compromised. The 2-way communication relieves the need to get to the phone to respond to the caller. Carenect offers peace of mind at the press of a button, social reassurance 24/7, unique fall-down, reminder and inactivity features are available.

If you'd like to know more, simply contact Bertina Markworth for information!



Summer Word Search

See if you can find the hidden words associated with Summer.

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

AUGUST
 BARBECUE
 BEACH
 FUN
 HEAT
 HOTDOGS
 ICECREAM
 JULY
 JUNE
 LEMONADE
 LIGHTNING
 LOTION
 PICNIC
 POOL
 SHADE
 STORMS
 SUMMER
 SUNBURN
 SUNGLASSES
 SUNTAN
 SWIMMING
 THUNDER
 VACATION

All About Puzzles
puzzles.about.com



Our birthday celebrations are the 3rd Thursday of every month.

The following folks will celebrate birthdays this month. We'd love to see you at our birthday celebration on **Thursday, August 17**.

Mary Belle Maxwell	August 2 nd
Nancy Whitesitt	August 3 rd
Dorothy Renno	August 7 th
Gladys Lichte	August 10 th
Pat Scott	August 11 th
Judith White	August 12 th
Robert Claypole	August 12 th
Bob Garrison	August 12 th
Gwen Trumbo	August 13 th
Marjorie Myers	August 14 th
Jeanne Decker	August 15 th
Donna Swartz	August 17 th
Lena Brown	August 18 th

Helen Bennett	August 19 th
Sharon Martin	August 20 th
Aldonna Burnett	August 23 rd
Viginia Winingham	August 25 th
Dorothy Levy	August 27 th



Lafayette County Health Department
 (3rd Thursday except where noted!)

✓ September 21

✓ November 16

Please note, the Health Department will be at our Centers every other month.

Center Tidbits



KISS THE PIG

Pig!"

These brave souls—Jannelle Neece, Rev. Liz Deveney, Isaiah Fowler, Stephanie Carter, Ajah Bharti, and our own Candy McGill—have signed up to “Kiss the Pig”!

To help these lucky contestants in their quest to kiss a pig, place your “vote” in the cans located at Dave’s Country Market from August 1st thru 23rd. The participant who raises the most amount of votes (money) will get to Kiss the Pig on **Saturday, August 26th**, in front of the

courthouse, immediately following the parade. Votes (money) for each contestant will be donated to the charity they’re playing for—so it’s a double win! The charity wins and if your contestant wins, you get to see them kiss a real, live pig. And of course, we want our Candy to win!!! Vote early, vote often (as they say in Chicago!).



We’ve decided to cancel this year’s Bikers 4 Boomers poker run. We just couldn’t pull everything together and didn’t want to deliver a less-than-the-best-event. We’ll be back in 2018!



By now, you’ve probably heard more than you ever wanted to know about the Total Eclipse of the Sun happening on August 21, 2017. Well, it’s kinda a big deal because for most of us, this is a once in a lifetime event! But here’s a little history on solar eclipse events.

Ancient cultures tried to understand why the Sun temporarily vanished from the sky, so they came up with various reasons for what caused a solar eclipse.

Hungry Demons, Thieving Dogs

In Vietnam, people believed that a solar eclipse was caused by a giant frog devouring the Sun, while Norse cultures blamed wolves for eating the Sun.

In [ancient China](#), a celestial dragon was thought to lunch on the Sun, causing a solar eclipse. In fact, the Chinese word for an eclipse, *chih* or *shih*, means to eat.

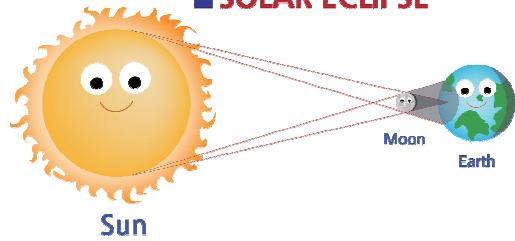
Native American Solar Eclipse Myths and Legends

The Pomo, an indigenous group of people who live in the northwestern [United States](#), tell a story of a bear who started a fight with the Sun and took a bite out of it. In fact, the Pomo name for a solar eclipse is *Sun got bit by a bear*. After taking a bite of the Sun and resolving their conflict, the bear, as the story goes, went on to meet the Moon and take a bite out of the Moon as well, causing a [lunar eclipse](#). This story may have been their way of explaining why a solar eclipse happens around [2 weeks before or after a lunar eclipse](#). The Tewa tribe from New Mexico in the United States believed that a solar eclipse signaled an angry Sun who had left the skies to go to his house in the underworld.

Traditionally, people in many cultures get together to bang pots and pans and make loud noises during a solar eclipse. It is thought that making a noise scares the demon causing the eclipse away. So let's make some noise! And don't forget to protect your eyes with the proper type of viewing glasses.

Learn something new every month!

■ SOLAR ECLIPSE



**THE MARGARET
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We are on the web! Find us at
www.goaging.org

"Like" us on Facebook!



**Special
Dates**

Fridays 1pm-4pm

Bridge

Biscuits & Gravy is
back! Join us on
Thursday mornings!

Monday July 10 –
Pinochle Party

Wednesday, July 12 –
4Life Board Meeting

Thursday July 13 –
Pitch Party

Tuesday, July 18 – Center
Services Board Meeting
@ noon.

Thursday July 20 –
Birthday Day!

Thursday, July 27 – Pitch
Party

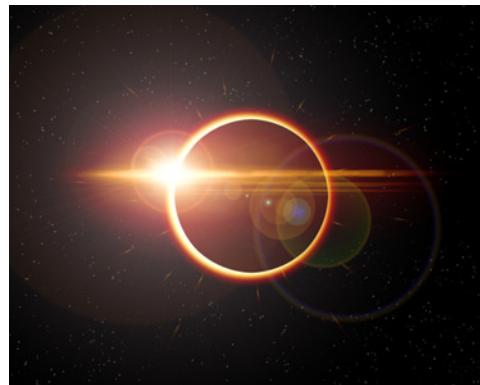
See the Activities Calendar
for more details and
normally scheduled events.

Margaret Gray Center

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Our mission is to provide resources and services that empower people to create healthy aging experiences. We strive to provide an atmosphere that is safe, comfortable, friendly, and well—equipped to meet the needs of the senior citizens in our area.

Coordinator's Corner



AUGUST 21ST

How exciting that we will get to experience an eclipse which only happens every 200 years!!!

What's really exciting it will happen during our lunch time out here at the center, and I have eclipse glasses so we all can check it out.

Then later on August 21st we will have our Lexington Fair Fried Chicken Dinner & Pie Auction starting at 4:30pm til 6:30. Please come on out and listen to the awesome music of Dan Lloyd, eat a delicious Fried Chicken Dinner and buy a pie to take home. The Pie Auction starts right around 5:30.

Don't forget we are a cooling center so please stay out of the dangerous temperatures.

Candy

Stay-at-Home Workouts for Type 2 Diabetes

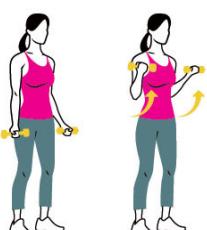
Do you have diabetes? Many of us do and it can be hard to fit in exercise to help control your blood sugar and A1C numbers. So here are a few tips to help you with some simple, stay-at-home exercises that don't require a gym membership or any special equipment! These tips come from the website www.everydayhealth.com!

The key to an exercise program is making it fun and easy to do! Pick out some music to play while you're doing these simple exercises—music that you like that makes you feel good. If you have a cable plan for your television, many of the higher number stations play music all the time and show photographs that "match" the music mood. Tune into those and get moving!!

As always, talk to your doctor before beginning any exercise program. If at any time you feel uncomfortable, dizzy or wobbly, stop what you're doing and sit down. Keep a snack handy if you feel your blood sugar is dropping too low.

Here's how to build a basic home-based routine for a workout of 25 to 30 minutes says exercise physiologist Melinda S. Sothern, PhD, a professor of health promotion in the behavioral and community health sciences department of the School of Public Health at Louisiana State University Health Sciences Center in New Orleans, and author of "Safe and Effective Exercise for Overweight Youth".

Warm up for five minutes. She suggests low-intensity dance moves, just to get started.



Start moving. Add in movements like bicep curls, rowing movements with your arms, and marching in place, again for about five minutes.

Pick up the pace. For the next five minutes, try "twisting, running in place, or jumping jacks," she says. If you need a low-impact version of jumping jacks, try seated jumping jacks—sit in a chair and simply swing your arms up and push your legs out.



FITNESS CLASSES... around the County

Silver Sneakers :

HIGGINSVILLE
ODESSA
LEXINGTON

10 am Mon & Thurs.
10:15am Tues & Fri
9:00am Thursday

Stay Strong :

HIGGINSVILLE

11 am M-W-F

Peppi :

LEXINGTON

9 am Mon & Fri

Functional Fitness :

HIGGINSVILLE

8 am M---W---F

Go fast. For about two minutes, run in place while listening to one of your favorite fast songs. Skip this for the first few weeks if you are new to exercise. You can also do a seated version of this by simply marching in place. The idea is to get your heart rate up just a bit!



Slow down. Go back to running in place (or marching in place while seated) at a medium pace for five minutes.

Switch to strength training. Try 20 wall push-ups.



Or 20 seated mock rowing exercises using stretchy bands around your feet.



Or 20 half squats (using a chair if you need support as you squat).



Stretches. This is an opportunity to cool down and relax your muscles before you're finished.

Do two stretches for your upper body. You might move your head from side to side and front to back. Do this slowly and really stretch your neck muscles. Next you might slowly raise your arms above your head and breath in—then lower them back down and breath out.

And do two for your lower body. Seated in a chair, you might flex your feet out, then relax them back. This works not only your feet but your calf muscles. Also while seated, you can bend over at the waist and touch your lower legs or toes. This will stretch your lower back and thighs.

If this is too much to do at home, join us at the center for one of our classes! Ask Candy for more details.

Color Your World, Relax Your Mind!

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It's summer and the livin' is easy!