

Cache County Senior Center

July 2021

Photo by Mike Bullock



Commodities July 6th 1 pm-3 pm

We will begin providing transportation to the center this month! We are able to provide transportation to doctor appointments as well.

For transportation needs please call Travis at 755-1721. A suggested donation is always welcomed.

Closure dates to be aware of

- July 5
- July 22
- July 23



A New York City taxi driver arrives at the final stop for his shift. He honked. After waiting a few minutes, he honked again. Because it was his last stop, he considered pulling away. Instead, he put the car in park and walked up to the door. He knocked. He heard an elderly voice, “Just a minute.” He then heard the shuffling of bags moving across the floor. Then the door opened. It was a small woman in her 90’s with a soft smile wearing a print dress and a pillbox hat with a veil pinned on it. As she answered, the taxi driver caught a glimpse inside the house. It looked as if no one had lived there for years. All the furniture was covered in sheets, no clocks on the wall, and no knickknacks on the counters. “Could you carry my bag?” the lady asked. The cab driver walked her slowly down the steps of the front porch to the cab. Once in the cab, the lady handed the driver an address and asked, “Could you drive through downtown?” “It’s not the shortest way,” The driver answered. “I’m in no hurry. I don’t mind,” she said. “I’m on

my way to hospice...”

The driver and passenger shared a quick glimpse in the rearview mirror, enough for her to see his concern and continue: “I don’t have any family left. The doctor says I don’t have very long.”

The driver quietly reached over and shut off the meter then asked, “What route would you like me to take?”

For the next two hours, they drove through the city. She showed the driver where she once worked, the neighborhood where she and her husband first lived, a furniture warehouse that had once been a ballroom when she was a girl. There were a few parts of town she asked the driver to slow down and she would sit, staring into the darkness, saying nothing. After a couple hours, she suddenly said, “I’m tired. Let’s go now.”

They drove in silence to the address she had given him. When they arrived, two orderlies came out to the cab as soon as they pulled up. They must have been expecting her. The driver opened the trunk to take out the suitcase. As he shut the trunk, she was already in a wheelchair.

“How much do I owe you?” She asked, reaching into her purse.

“Nothing,” said the driver. “You have to make a living,” she answered. “There are other

passengers,” he responded. Almost without thinking, the driver bent and gave the lady a hug. She held on tightly. “You gave an old woman a little moment of joy,” she said. “Thank you.”

The driver gave a final squeeze of the lady’s hand and the two turned to go their separate ways. As he got in the car and glanced over to her, the door was shut.

He didn’t pick up any more passengers that night. In fact, he could hardly speak. What if that woman had gotten an angry or impatient driver? What if she got someone who refused to get out and go to her door? Refused to take the time driving around the city? The taxi driver couldn’t shake the feeling that this single moment may be one of the most important moments of his life.

THE CHALLENGE

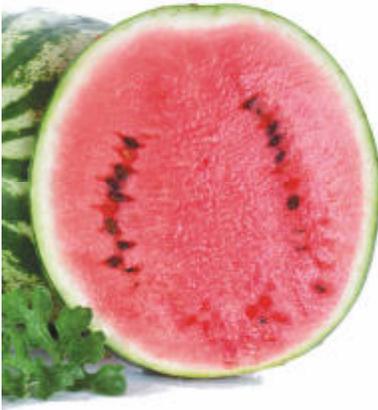
Be patient in conversation. We can treat our interactions as just that — an interaction — when, in fact, there may be an important moment waiting to be discovered. The woman is not the only one to benefit that day.

CHOOSE kindness

Good Things To Eat

Watermelon Caprese Appetizer

Health Benefits of Watermelons



<http://www.cardioworkouts.net>

Contains Antioxidants
Lowers Blood Pressure
Reduces Insulin Resistance
Helps You Hydrate
Low in calories
May Improve Heart Health
May Lower Inflammation
Good for Skin and Hair
Improve Digestion
Vitamin and mineral rich
Natural Viagra

While watermelon is delicious enough to stand alone, it makes just as strong of a showing as a main ingredient in summer salads, salsas, desserts, and cocktails. This is a refreshing appetizer for the summer; my family loved this so much they ate more than a serving each. Also great for those who love the flavor of caprese but aren't huge fans of tomatoes.



Ingredient Checklist

- 3 sprigs fresh basil, stems removed
- 1 small watermelon, fruit removed with a melon baller
- 1 (8 ounce) package fresh mozzarella cheese, cut into small pieces
- 2 tablespoons olive oil
- 2 tablespoons balsamic vinegar
- salt and ground black pepper to taste

Directions

- Step 1-Trim basil leaves into small circles about 1 inch in diameter.
- Step 2 -Thread watermelon and mozzarella cheese on toothpicks, sandwiching a basil leaf in between. Arrange on a serving plate.
- Step 3 -Pour olive oil and balsamic vinegar over toothpicks. Sprinkle salt and black pepper on top.



MARK
PARISI 5-26

MarkParisi@aol.com
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offthemark.com

Resources

Extra Help

Do you need help paying for your prescriptions? You could qualify for a federal program that helps pay some or in some cases all of the part D drug plan. If you make less than \$1,561.00 a month (\$2,113 for married couples), and your assets are below \$14,390 (\$28,720 for married couples) you may qualify for the "Extra Help" program. It could reduce your prescription costs for generics and for brand-name drugs. Contact Giselle or Colby for an appt. 755-1720

Transportation Vouchers

Clients can be reimbursed for travel costs to doctor appts. and or other medical care. This is a needs based program. Call BRAG to schedule an assessment and see if you qualify for this program that can reimburse friends and family for taking you to your Dr. appts. 752-7242.

VA Benefit Program

A representative from the VA will assist you with all of your benefit needs. Please call Deborah Crowther at 435-713-1462.

Dentist and Medicaid

The dentists for Cache & Bear Counties for the Aged Medicaid dental program are:

Ralph Binns & Jarron Tawzer (both are in the same office) at Tawzer Dental, 1-435-753-1686, 150 E 200 N suite F, Logan, UT 84321.

Medicare Cost Sharing Program

Medicare Savings Programs help low-income individuals with some of the out-of-pocket costs for Medicare, including Medicare Part A and Part B premiums, deductibles, copayments, and coinsurance. Eligibility for certain Medicare Savings Programs automatically qualifies you for the Extra Help program as well, which helps beneficiaries with the cost of prescription drugs. Contact Giselle or Colby for an appt. 755-1720.

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Medicare



Dear Marci

Dear Marci,

I just realized my new Part D plan

doesn't cover one of my prescriptions. I have an appointment with my doctor in a few weeks to discuss switching to a similar drug that is covered by my plan, but what should I do about my prescription until then? Am I eligible for a transition refill?

-Ruth (Akron, OH)

Dear Ruth,

Yes, it sounds like you are likely eligible for a transition refill! Let's discuss why:

A transition refill, also known as a transition fill, is typically a one-time, 30-day supply of a drug that you were taking:

Before switching to a different Part D plan (either stand-alone or through a Medicare Advantage Plan)

Or, before your current plan changed its coverage at the start of a new calendar year.

Transition refills let you get temporary coverage for drugs that are not on your plan's formulary or that have certain coverage restrictions (such as prior authorization or step therapy).

Transition refills are not for new prescriptions. You can only get transition fills for drugs you were already taking before switching plans or before your existing plan changed its coverage.

The following situations describe when you can get a transition refill if you do not live in a nursing home (there are different rules for transition refills for those living in nursing homes):

1. Your current plan is changing how it covers a Medicare-covered drug you have been taking. If your plan is taking your drug off its formulary or adding a coverage restriction for the next calendar year for reasons other than safety, the plan must either:
Help you switch to a similar drug that is on your plan's formulary before January 1
Or, help you file an exception request before January 1
Or, give you a 30-day transition fill within the first 90 days of the new calendar year along with a notice about the new coverage policy.

2. Your new plan does not cover a Medicare-covered

drug you have been taking.

If a drug you have been taking is not on your new plan's formulary, this plan must give you a 30-day transition refill within the first 90 days of your enrollment. It must also give you a notice explaining that your transition refill is temporary and informing you of your appeal rights.

If a drug you have been taking is on your new plan's formulary but with a coverage restriction, this plan must give you a 30-day transition refill free from any restriction within the first 90 days of your enrollment. It must also give you a notice explaining that your transition refill is temporary and informing you of your appeal rights.

In both of the above cases, if a drug you have been taking is not on your new plan's formulary, be sure to see whether there is a similar drug that is covered by your plan (check with your doctor about possible alternatives) and, if not, to file an exception request. (If your request is denied, you have the right to appeal.)

Note: If you file an exception request and your plan does not process it by the end of your 90-day transition refill period, your plan must provide additional temporary refills until the exception is completed.

Remember: All stand-alone Part D plans and Medicare Advantage Plans that offer drug coverage must provide transition fills in the above cases. When you use your transition fill, your plan must send you a written notice within three business days. The notice will tell you that the supply was temporary and that you should either change to a covered drug or file an exception request with the plan.

Best of luck with your transition refill!

- Marci



Lunch Programs



Musical Lunch
Entertainment

JULY 7th - 12:15PM
Beautiful singing and guitar by Julieann



ARE YOU REEADY?

Come learn about emergency preparedness and resources available to you!

Lunch and Learn
July 9th
12:15 PM



LPI

SUPPORT THE ADVERTISERS
that Support our Community!

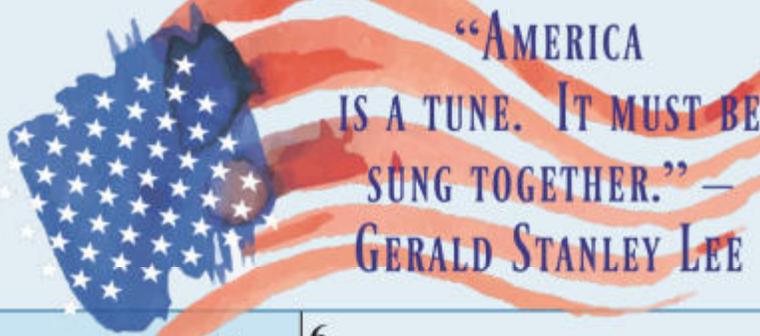


July

Monday

Tuesday

Wednesday



5

HOLIDAY:
SENIOR CENTER CLOSED

6
 8:30 Ceramics
 10:00 Breakfast Club
 1:00 Knotty Knitters
 1:00 Commodities Pickup
 1:30 Bingo

7
 10:00 Photography
 11:00 Line Dancing
 12:15 Bridge
 12:15 Lunch Music: Julieann
 1:00 Tai Chi

12
 10:00 Writers Group
 11:00 Line Dancing
 12:15 Bridge
 12:30 Jeopardy
 1:00 Tai Chi



13
 8:30 Ceramics
9:30 Bear Lake Field Trip
 1:00 Knotty Knitters

14
 10:00 Adult Coloring
 10:30 Sewing Group
 11:00 Line Dancing
 12:15 Bridge
 1:00 Tai Chi

19
 10:00 Writers Group
 11:00 Line Dancing
 12:15 Bridge
 1:00 Tai Chi

20
 8:30 Ceramics
 1:00 Knotty Knitters

21
 11:00 Line Dancing
 12:15 Bridge
 1:00 Tai Chi



26
 10:00 Writers Group
 11:00 Line Dancing
 12:15 Bridge
 1:00 Tai Chi

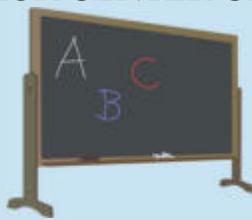
27
 8:30 Ceramics
 1:00 Knotty Knitters
 1:00 Movie: The Intern
 1:30 Bingo

28
 10:00 Adult Coloring
 11:00 Line Dancing
 1:00 Tai Chi
 2:00 Book Club

July

Thursday

Friday

<p>1 8:30 Ceramics 12:15 Bridge 1:00 Knotty Knitters 1:00 Mahjong 3:00 Clogging</p>	<p>2 8:30 Sit & Be Fit 10:30 Wii bowling Tournament 10:00 Painting Group 11:00 Line Dancing 11:00 Blood Pressure 1:00 Technology and You 101 1:00 Tai Chi</p>
<p>8 8:30 Ceramics 10:30 Poker 10:30 Wii Bowling (Lib) 12:15 Bridge 1:00 Cribbage 1:00 Knotty Knitters 3:00 Clogging</p>	<p>9 8:30 Sit & Be Fit 10:00 Painting Group 11:00 Line Dancing 12:15 Lunch & Learn: Emergency Preparedness 1:00 Tai Chi 2:15 Meditation Group</p>
<p>15 8:30 Ceramics 10:30 Wii Bowling (Lib) 11:00 Out to Lunch Bunch 12:15 Bridge 1:00 Knotty Knitters 1:00 Mahjong 3:00 Clogging</p>	<p>16 8:30 Sit & Be Fit 10:00 Painting Group 11:00 Blood Pressure 11:00 Line Dancing 1:00 Tai Chi 1:00 Technology and YOU 101</p> 
<p>22 STAFF TRAINING DAY: SENIOR CENTER CLOSED</p> 	<p>23 HOLIDAY: SENIOR CENTER CLOSED</p> 
<p>29 8:30 Ceramics 9:00 Pool Tournament Tournament 12:15 Bridge 1:00 Knotty Knitters 3:00 Clogging</p>	<p>30 8:30 Sit & Be Fit 10:00 Painting Group 11:00 Line Dancing 1:00 Tai Chi 2:15 Meditation Group</p>

Technology and YOU 101

Are you frustrated in using your new cell phone, iPad, tablet, computer?

Join us on July 2nd and July 16th as we give you tips and tricks to better use your devices.

Come prepared with your questions.

We will be meeting in the library at 1:00 pm



5 Ways to Be Happier Now

Easy, science-based tips for spring-cleaning your mood
by Hallie Levine, [AARP](#), May 21, 2021

While the pandemic was hard on nearly everyone, where we're at now — as vaccination rates rise and COVID-19 infections drop — is starting to feel much more individual. Certainly, some older adults are still dealing with the longer-term effects of the loneliness and isolation that came with stay-at-home orders, says Bruce Rabin, M.D., professor emeritus of preventive medicine at the University of Pittsburgh. "It's concerning, because we know loneliness has been linked to memory loss, heart disease, and even increased mortality rates in older adults."

But others may be feeling a lift from resuming all the activities put on hold earlier in the pandemic — book clubs, dining in restaurants, going to workout classes or even to your house of worship. And then there are those in the middle — feeling the glimmers of hope and greater appreciation for family and friends, yet still struggling to face their new normal with energy and equanimity.

Wherever you're at, there's always room, and reason, to shoot for a little more happiness.

Here are five ways to reengage and find more joy in life:

1. Count your blessings

Research has consistently shown that people who practice gratitude have a lower risk of depression, higher levels of relationship satisfaction and greater resilience in the face of stressful events, says psychologist Acacia Parks, chief scientist at Happify Health. She recommends that you take five minutes at the end of each day to write about three things that happened to you that were good. Research shows that if you do this exercise every day for just one week, you can experience an increase in happiness for at least six months. "Our brains are wired to give extra attention to the negative," explains Parks. "But if you purposefully focus on positive things, you'll automatically begin to notice all of the good around you, instead of dwelling on the bad." Nightly gratitude lists have the added benefit of helping you doze off happily — which may lead to better sleep quality as well, she adds.

2. Take a hike

Just the very act of being outdoors impacts your mood, says Sonja Lyubomirsky, distinguished professor and vice chair, Department of Psychology, University of California, Riverside. A 2014 Japanese study found that

people who walked in a forest for 15 minutes had lower heart rates and reported better moods and lower anxiety than those who did a similar walk in an urban environment. "There's something about being in nature that lowers blood pressure and heart rate, and reduces stress hormones," Lyubomirsky explains. You don't even need to hoof it to a forest. You can get many of the same benefits by exploring a quieter part of your neighborhood, she adds. Experts also recommend trying walking meditation: Focus on the sensation of your breath as it moves in and out of your body, or the feeling of your feet touching the ground. If your mind wanders, bring it back to focus on one of those sensations.

3. Master a new skill

Whether it's taking up golf or signing up for a virtual language class, you'll reap happiness benefits by stretching yourself to try new things. When people focus on tasks that built their skill set, the stress they feel at first tends to yield increased happiness in the long term, according to a study published in the *Journal of Happiness Studies*. "During the pandemic, a lot of our goals were put on hold — now is the time to pursue them," says Lyubomirsky, who recommends pursuing something "challenging enough to get you out of your comfort zone, but not so complex you give up in frustration." You can also try simply planning a vacation to a new locale, visiting a museum once a month, or regularly attending outdoor concerts. A study published in the *Review of General Psychology* found that people who engage in a variety of experiences are more likely to feel positive emotions, including happiness.

Continued on pg. 9



Health and Wellness

4. Volunteer

Older adults who volunteer for two to three hours a week report less depression, better overall health and longer lives than those who don't, according to a 2014 study published in the journal *Psychological Bulletin*. Experts say you'll get the biggest lift from something you do regularly, at which you make social connections and invest your time and skills. If you're not yet fully vaccinated, there are plenty of opportunities available online, says Rabin. You can find opportunities near you at Volunteer Match. Or simply sprinkle little acts of kindness throughout your week, says Lyubomirsky. "Anything that you do — whether it's grocery shopping for someone still afraid to venture out, or assisting a neighbor's child with remote learning — reaps happiness benefits," she says.

5. Savor the moment

The more time you spend thinking about the good stuff from the past, present and future, the happier you will feel. "It's about being mindful and lingering on the positive experiences of your lives," says Parks. "It doesn't just create positive feelings — it amplifies them and makes them last longer." One easy way to do this,

she says, is to take a minute or two every day to really focus on what you're doing, especially if it's an activity you usually do without thinking. "Most of us mostly zone out in the shower, but if you take a few minutes to think about how nice the water feels on your skin, and how good it feels to get clean, it really brings you into the present moment," she says. When you sit down to a meal, bring all your senses to the table and concentrate on how the food feels in your mouth, or its smell. Research shows that people who practiced these techniques for 30 days reported more happiness.

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JULY

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Turkey Burger & Fix N's Broccoli Salad Watermelon Chips	2 Mediterranean Tuna Salad Grapes Chickpea Salad
5 Closed for Independence Day 	6 Philly Beef Sandwich Peppers & Onions Marinated Vegetable Seasonal Fruit	7 Pot Roast Mashed Potatoes Mixed Vegetables Strawberry-Grape Salad Dinner Roll	8 BBQ Chicken Zucchini Pasta Salad Apple Sauce Biscuit	9 Chicken Salad Croissant Cucumber Salad Melon Chips
12 Breaded Fish Coleslaw Apricots	13 Chicken & Stuffing Roasted Broccoli Spiced Pears Tapioca	14 Chefs' Choice	15 Tortellini Sicilian Veggies Fruit Cup Garlic Bread	16 Ham Sandwich Grape Salad Fresh Veggies Chips
19 Alfredo Pizza Roasted Parmesan Broccoli Melon	20 Biscuits & Gravy Apple Sauce Sausage Fruit V8	21 Chicken Enchilada Casserole Mexican Corn Tropical Fruit Salad w/ Lime Mint	22 Closed for Staff Training 	23 Closed for Pioneer Day 
26 Sweet & Sour Pork Steamed Brown Rice Cut Green Beans Mandarin Oranges	27 Pulled BBQ Chicken Sandwich Coleslaw Melon Cup Cookie	28 Ravioli Spinach Strawberry Salad Peaches Garlic Bread Stick	29 Sloppy Joes Carrots & Broccoli Chips Pineapple Cottage Cheese Chips	30 Chicken Fried Steak Roasted Veggie Fruit Salad

For those 60+ and their spouse the suggested donation is \$3.00. Don't forget to call in by 3:00 p.m. the day before.

Field Trips



Out to Lunch Bunch



Beehive Grill
July 15th
11:00 am
\$1 Bus Fee

Field Trip Bear Lake

Tuesday, July 13th
9:30



\$10 Bus Fee Drive to the lake. Buy your own lunch at La Beau's.

RSVP at 435-755-1720

Staying Active During the Coronavirus Pandemic

Exercise is Medicine | AMERICAN COLLEGE OF SPORTS MEDICINE

The coronavirus (COVID-19) pandemic can make it challenging to maintain a physically active lifestyle. COVID-19 is spread by someone sneezing or coughing into the air or onto a surface, and then the virus enters and infects a new person through their mouth, nose or eyes. The most up-to-date information about COVID-19 can be found on the Centers for Disease Control and Prevention (CDC) website: <https://www.cdc.gov/coronavirus/2019-ncov/about/index.html>

Based on what we know about how the virus moves from one person to another, it is recommended to avoid public gatherings and keep a social distance of 6 feet or more. That, along with advice related to personal care (hand washing, not touching your face) has created concern about exercising in gyms, where hundreds of people are in and out every day.

Those at greatest risk for severe complications of COVID-19 are:

- older adults (age 65 and older)
- people with chronic diseases (such as diabetes, heart disease and lung disease)
- those with compromised immune systems (such as those going through cancer treatment or with HIV)

These individuals (and those under "shelter in place" orders) should avoid gyms altogether and exercise at home or in their neighborhood.

For all of us, young and old, regular physical activity is important for staying healthy! Compared to just sitting around most of the time, *moderate-intensity physical activity is associated with better immune function.* Regular physical activity can help *reduce your feelings of stress and anxiety* (which many of us may be feeling in the wake of the COVID-19 pandemic).

The Physical Activity Guidelines for Americans recommends 150-300 minutes per week of moderate-intensity aerobic physical activity and 2 sessions per week of muscle strength training. Fit in 2, 5, 10 or 20 minutes, however and wherever you can. Every active minute counts!

On the following page are some strategies to maintain physical activity and fitness.



Stay positive.
Stay active.
Be smart and safe.

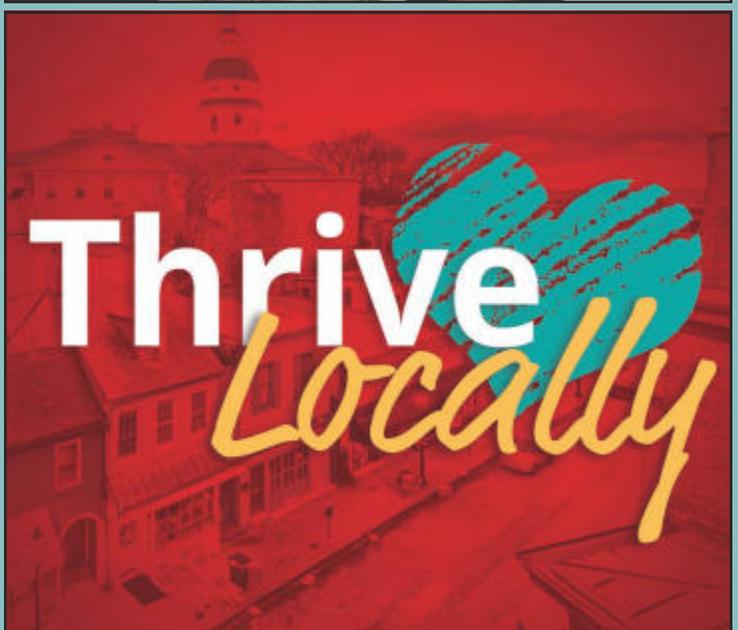
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Thrive Locally



5 maneras de ser más feliz ahora

Consejos fáciles y basados en la ciencia para refrescar tu estado de ánimo.

por: Hallie Levine, [AARP](#), 21 de mayo de 2021

Si bien la pandemia fue difícil para casi todos, el lugar donde estamos ahora —a medida que aumentan las tasas de vacunación y disminuyen las infecciones por COVID-19— está empezando a sentirse mucho más individual. Ciertamente, algunos adultos mayores todavía están lidiando con los efectos a largo plazo de la soledad y el aislamiento que surgieron con las órdenes de quedarse en casa, dice el Dr. Bruce Rabin, profesor emérito de Medicina Preventiva en University of Pittsburgh. “Es preocupante, porque sabemos que la soledad se ha vinculado con la pérdida de memoria, las enfermedades cardíacas y hasta con el aumento de las tasas de mortalidad en los adultos mayores”.

Pero otras personas pueden sentirse entusiasmadas por reanudar todas las actividades que suspendieron antes en la pandemia: clubes de lectura, comidas en restaurantes, clases de ejercicios o incluso las visitas a la iglesia o templo. Y también hay quienes están en el medio: sienten destellos de esperanza y una mayor apreciación de la familia y los amigos, pero todavía les cuesta afrontar su nueva normalidad con energía y ecuanimidad.

En cualquiera de esos puntos que te encuentres, siempre hay espacio y motivo para apuntar a un poco más de felicidad.

A continuación te presentamos cinco maneras de retomar la actividad y encontrar más alegría en la vida.

1. Agradece lo que tienes

Las investigaciones han demostrado constantemente que las personas que practican la gratitud tienen un menor riesgo de depresión, niveles más altos de satisfacción en sus relaciones y mayor resiliencia ante eventos estresantes, dice la psicóloga Acacia Parks, científica principal de Happify Health. Ella recomienda tomarse cinco minutos al final de cada día y escribir tres cosas buenas que sucedieron. Las investigaciones demuestran (en inglés) que si haces este ejercicio todos los días durante solo una semana, puedes experimentar un aumento en la felicidad durante al menos seis meses.

“Las conexiones de nuestro cerebro prestan más atención a lo negativo”, explica Parks. “Pero si te concentras deliberadamente en cosas positivas, automáticamente empezarás a notar todo lo bueno que te rodea, en lugar de estancarte en lo malo”. Las listas nocturnas de gratitud tienen el beneficio adicional de

ayudarte a dormir felizmente, lo que también puede llevar a una mejor calidad del sueño, agrega.

2. Haz una caminata

El solo hecho de estar al aire libre afecta tu estado de ánimo, dice Sonja Lyubomirsky, distinguida profesora y vicepresidenta del Departamento de Psicología de University of California, en Riverside. Un estudio japonés del 2014 (en inglés) encontró que las personas que caminaron en un bosque durante 15 minutos tuvieron frecuencias cardíacas más bajas y reportaron mejor estado de ánimo y menos ansiedad que quienes hicieron una caminata similar en un entorno urbano. “Hay algo sobre estar en la naturaleza que reduce la presión arterial y la frecuencia cardíaca, y reduce las hormonas del estrés”, explica Lyubomirsky. Ni siquiera necesitas ir a un bosque. Puedes obtener muchos de los mismos beneficios al explorar una parte más tranquila de tu vecindario, agrega. Los expertos también recomiendan meditar mientras caminas: concéntrate en la sensación de tu respiración a medida que entra y sale de tu cuerpo, o en la sensación de tus pies tocando el suelo. Si tu mente se distrae, vuelve a concentrarte en una de esas sensaciones.

3. Aprende una habilidad nueva

Ya sea jugar al golf o inscribirte en una clase virtual de idiomas, obtendrás beneficios de felicidad al expandirte y probar cosas nuevas. Cuando las personas se centran en tareas que edificaron su conjunto de habilidades, el estrés que sienten al principio tiende a dar paso a una mayor felicidad a largo plazo, según un estudio publicado en el Journal of Happiness Studies (en inglés). “Durante la pandemia, muchos de nuestros objetivos se pusieron en suspenso; ahora es el momento de perseguirlos”, dice Lyubomirsky, quien recomienda buscar algo “lo suficientemente difícil como para sacarte de tu zona de confort, pero no tan complejo que te rindas frustrado”. También puedes intentar simplemente planear unas vacaciones en un nuevo lugar, visitar un museo una vez al mes o asistir regularmente a conciertos al aire libre. Un estudio publicado en The Review of General Psychology (en inglés) encontró que las personas que participan en experiencias variadas tienen más probabilidades de sentir emociones positivas, incluida la felicidad.

Salud Mental (Spanish)

4. Haz tareas voluntarias

Los adultos mayores que hacen tareas voluntarias dos o tres horas por semana reportan menos depresión, mejor salud general y más años de vida que quienes no son voluntarios, según un estudio del 2014 publicado en la revista *Psychological Bulletin* (en inglés). Los expertos dicen que obtendrás el mayor beneficio si haces algo con regularidad y la actividad te permite crear conexiones sociales e invertir tu tiempo y tus habilidades. Si aún no estás completamente vacunado, hay muchas oportunidades disponibles en internet, dice Rabin. Puedes encontrar oportunidades cerca de ti en Volunteer Match (en inglés). O simplemente realiza pequeños actos de bondad a lo largo de la semana, dice Lyubomirsky. “Todo lo que hagas —ya sea comprar en el supermercado para alguien que todavía tiene miedo de aventurarse a salir o ayudar al hijo de un vecino con el aprendizaje a distancia— genera beneficios de felicidad”, dice.

5. Saborea el momento

Cuanto más tiempo pases pensando en las cosas buenas del pasado, el presente y el futuro, más feliz te sentirás. “Se trata de estar consciente y demorarte en las

experiencias positivas de tu vida”, dice Parks. “Eso no solo crea sentimientos positivos, sino que los amplifica y los hace durar más tiempo”. Una manera fácil de hacer esto, dice, es tomarte uno o dos minutos cada día para concentrarte realmente en lo que estás haciendo, especialmente si es una actividad que normalmente haces sin pensar. “La mayoría de nosotros no pensamos mucho en la ducha que estamos tomando, pero si te detienes unos minutos a pensar en lo agradable que se siente el agua sobre la piel y lo bien que se siente el hecho de lavarse, eso te lleva realmente al momento presente”, dice. Cuando te sientes a comer, pon todos tus sentidos en la mesa y concéntrate en cómo se siente la comida en la boca o en cómo huele. Las investigaciones demuestran que las personas que practicaron estas técnicas (en inglés) durante 30 días reportaron más felicidad.

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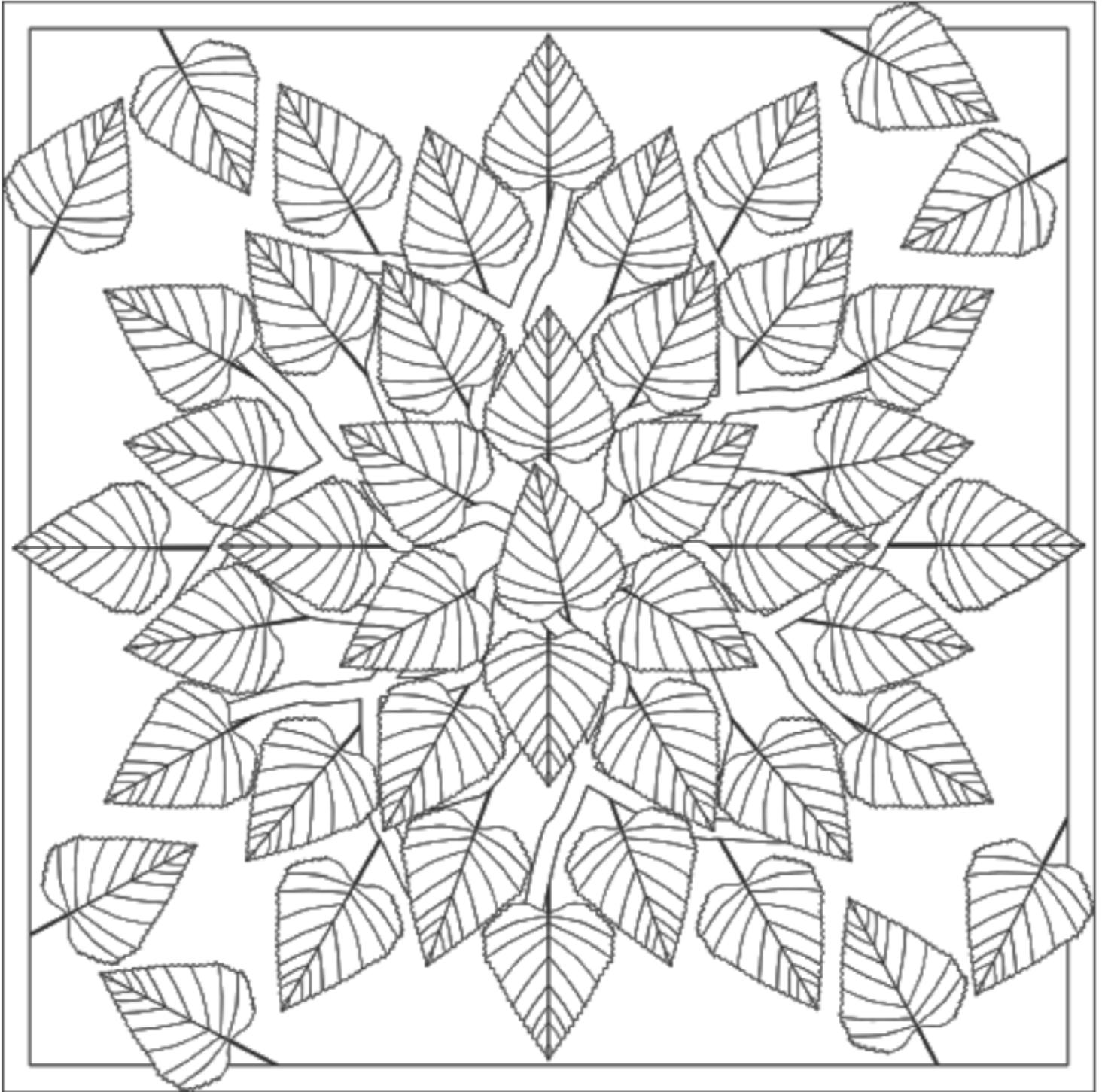


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Continued from pg. 1

One could argue that the cab driver got the most from their experience. A life to live with that memory and that feeling of what he did, the significance of the moment, and knowledge of how precious life is. I'm sure all this and more stuck with him every day after.

Not every interaction has this level of potential. But we'll never know unless we try.

Take a few moments today to find more patience with the people in your life. This might be listening more intently to your spouse, enjoying a conversation with your kids, taking time to check in with a neighbor, or listening to a coworker's struggle with something outside of work. Whatever it is, give it your attention. Look for the lesson, the opportunity to give encouragement, or, often the most important, simply be present with that person. It might mean the world to them.

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Hello Friends!

As I mentioned before in my last newsletter, thank you so much for your patience. I know everyone wants everything to go back to exactly how it was before. Change can be difficult, I understand that. I have a vision to expand more of our activities through out the day and we are limited with space in this building.

I am happy to see that there have been a few suggestions in our comment box. Happy to report that they were items that we were already working on. With opening up there are many steps and moving parts to make things happen and we have been trying our best to make this all happen smoothly. Per the comment box request we will be having Wii bowling every Thursday at 10:30 am. We will set up the TV in the library so that it is more private and tables and chairs are not being moved around. If there is little interest this month we will remove the scheduled event from the calendar in August, but have no fear we can bring it out at a later date. Just let Colby know and we would be happy to put this on our schedule. Another comment was blood pressure & Foot Clinic. We already had been working on this and are happy to share that we will have Bridgerland nursing students here on the 1st and 3rd Wednesday to take your blood pressure. They will be here for 1 hour, 11:00 am –12:00 pm. We have not heard anything back from the companies that did our foot clinic. As soon as we do we let you know.

Lastly, do you remember the game telephone? The one that you played in grade school. It is where you sit in a circle and one person whispers into neighbors ear one sentence and each person then passes the secret around til you end up with a silly sentence. Well I believe that has happened here. It has come to my Attention that there are stories that we are getting a new Senior Center. I am so sorry to share that this is NOT TRUE! I dream of a new senior center, I know that we need the space and having designated rooms for certain activities. I dream of a nice outdoor garden, and more than anything more space! But I am so sad to share that we are NOT at this time looking at getting a new Senior Center. A girl can dream though, right?

Again, thank you for your amazing support. I am truly happy to have you back in the center and your Happiness brings me happiness. Please know that we do everything with so much planning and thought. It may not seem that way to some, but I promise that there are many hours put into ensuring that your time here is enjoyable. We can never make everyone happy, that is an impossible task, but please know that every effort is made to do our part so that the center continues to be a vibrant and fun place to be!

-Giselle