



HAYSVILLE SENIOR CENTER

Volume 10 Issue 11

November 2016

THANK YOU VETS

Broad stripes and bright stars.... gave proof....

that our flag was still there.

Broad stripes and bright stars

gave proof that our flag was still there.

Veteran

I was a proud veteran
That served my country well
To those that would listen
I had many stories to tell.

We fought for America's freedom
In far away places on foreign land.
Wherever the battle for democracy raged,
America's finest made a stand.

We fought for your future
And the right to remain free.
For we saw what freedom meant
To those not blessed with Liberty.

For you and yours
We would gladly have given our life.
We faced the fears and perils of battle
We braved endless turmoil and strife.

Please remember us veterans
And the sacrifices we made for you.
Please share the blessings of freedom.
Proudly wave the red, white and blue.

poetrysync blog

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New in November 6



Who does falling effect?

Falling is a major issue. Every year, more than 2.5 million people go to emergency departments for fall-related injuries. Knowing the danger zones that make you more likely to fall, may help you prevent falls from happening. Exercise, home modifications such as grab handles, and proper foot wear, are all ways to help protect against falls.

**The Low Down on Sitting**

Don't let the fear of falling keep you down; sitting down that is. Sitting too much is not good for your health. Studies have shown that sitting down too much can be linked to cancer, diabetes, and heart disease. Standing relieves pressure on the back, and legs. It also burns 50 more calories per hour compared to sitting.

**Practical Tips to Prevent Falls**

1. Have the sidewalks and driveways around your home salted when icy.
2. Install a grab bar by your bathtub to support you while getting in and out of the tub .
3. Check pathways inside your home for hidden items you could trip over.
4. When sitting make sure you are not too dizzy to rise before standing.

**Balance Exercises***

- Stand on one foot for 30 seconds and then switch legs.
- Practice walking heel to toe.
- Practice sitting and standing from a chair.
- Balance walk (focus on a spot ahead of you and walk with arms raised to the sides at shoulder length). Continue for 20 steps.

*You may also do some of these exercises while holding the back of a sturdy chair, or with a partner standing by for more support.



Information provided by the AARP Bulletin/Real possibilities, and Top Health brought to you by Oakstone.

Banana Bread Oatmeal

Ingredients

- 3 cups fat-free milk
- 3 tbsp. firmly packed brown sugar
- 3/4 tsp. ground cinnamon
- 1/4 tsp. salt (optional)
- 1/4 tsp ground nutmeg
- 2 cups Quaker Oats uncooked (quick or old fashioned)
- 1 cup mashed ripe bananas (about 3 medium)
- 2 tbsp. coarsely chopped toasted pecans

Preparation

1. In medium saucepan bring milk, sugar, salt and spices to a boil
 2. Stir in oats, return to a boil, then reduce heat to medium
 3. Cook until most liquid is absorbed, stirring occasionally
 4. Remove oatmeal from heat, and then stir in mashed bananas and pecans
- Optional: top with plain or vanilla yogurt, banana slices, or pecan halves



Upcoming Birthday Dinners

November 4th– Veterans celebration. Entrée will be Turkey. Celebration is one week early due to the City of Haysville Observance of Veterans Day on November 11th.

December 9th– Jingle Bell Bingo. Ham will be the entrée , followed by Bingo. More information to follow.

Please sign-up at the front desk. Dessert and entrée will be provided, the sides will be pot-luck style.



Quote of the Month

Vegetables are a must on a diet. I suggest carrot cake, zucchini bread, and pumpkin pie.

– Jim Davis



The Cold Weather Rule

The Cold Weather Rule is a program to help keep your utilities connected, even if you can't pay your bills in full. It was designed in 1983, to help ensure customers have services in their homes to keep warm during the winter. It only applies to residential customers of utility companies under the Kansas Corporation Commission's Jurisdiction. This program runs from November 1st through March 31st, and includes, electric, gas, and water service. The first step is to call your utility company to make payment arrangements if you can not pay your full bill. Utility companies can inform you about the Cold Weather Rule payment plan, as well as any other available payment plans. With the Cold Weather Rule, you may negotiate to pay the over due amount over 12 months with a payment plan. You can call (800)662-0027 or visit: <http://kcc.ks.gov/> for more information.



Weatherization

Weatherization increases the comfort of your home, by improving heating/cooling efficiency. The Weatherization Assistance program administered by the Kansas Housing Resources Corporation, can help with weatherization even if you rent your home. Eligibility is based on household income in relation to federal low-income guidelines. For more information please call 1-800-752-4422, or visit them online at www.kshousingcorp.org



Things to Ponder ??????

1. What goes up and down but doesn't move?
2. Why couldn't the pirate play cards?
3. Where does success come before work?
4. What do you call a fake Noodle?

1. Stairs
2. He was sitting on the deck!
3. In the dictionary!
4. An impostor!

HUMOR SEEN IN CHILDREN'S PRAYERS



Dear God: Did you mean for giraffes to look like that or was it an accident?

Dear God: If we come back as somebody else, please don't let me be Marsh Dinkins because her sacks always fall down.

Dear God: Thank you for the baby brother, but what I asked for was a puppy. I never asked for anything before. You can look it up.

Dear God: My grandpa said you were around when I was a little boy. How far back do you go?

THANKSGIVING STATISTICS



*In 1621, the first Thanksgiving was observed as a festival following a good harvest in Plymouth, Massachusetts to give thanks. It was led by Plymouth Colony Governor William Bradford. Approximately 90 Native Americans attended.

*In 1789 President George Washington proclaimed November 26th as National Thanksgiving Day.

*October 3rd, 1863, President Abraham Lincoln proclaimed the 4th Thursday of November as Thanksgiving

*There are 17 ridges on a 14 ounce can of Ocean Spray Jellied Cranberry Sauce

*In 2012 an estimated 46 million turkeys were eaten in the United States for Thanksgiving

*79 percent of Americans would rather eat Thanksgiving Day leftovers than the original meal.

*237.5 Million Turkeys were raised in the United States in 2014

*The first Macy's parade was held in 1924 and was originally called "The Macy's Christmas Parade". Approximately 50 million people watch the parade each year.

HAPPY THANKSGIVING WORD SEARCH

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

See how many of these words you can find in the puzzle. The words can be forward, backward or diagonal.

- | | | | |
|-----------------|-------------|-------------|----------------|
| 1. THANKSGIVING | 5. THANKFUL | 9. STUFFING | 13. PUMPKIN |
| 2. HOLIDAY | 6. FOOD | 10. SALAD | 14. PIE |
| 3. FAMILY | 7. TURKEY | 11. BREAD | 15. VEGETABLES |
| 4. FRIENDS | 8. POTATOES | 12. YAM | 16. HAM |

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DID YOU KNOW.....

NOVEMBER IS NATIONAL DIABETES MONTH

- Nov. 6..... Daylight Savings Time Ends
- Nov. 8..... Election Day
- Nov. 11..... Veterans Day
- Nov. 12..... National Pizza Day
- Nov. 14..... World Diabetes Day
- Nov. 17..... Great American
Smoke out Day
- Nov. 19..... World Toilet Day
- Nov. 21..... World Television Day
- Nov. 24..... Thanksgiving Day
- Nov. 25..... Black Friday
- Nov. 26..... Small Business Saturday



Check out what's new in November

LIVING HISTORY RENDEZVOUS

A Celebration of Nineteenth Century
Life on the Great Plains

NOVEMBER 3-6, 2016

RIGGS PARK—HAYSVILLE, KS



For More Information Contact:
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(If no answer, please leave message.)
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PLAN YOUR ATTENDANCE TODAY



Don't forget to turn the
clocks back Saturday,
November 5th when
you go to bed for the end
of Daylight Savings Time

November 11

**The Senior Center will be
closed in observance
of Veteran's Day.**



November 24 & 25

**The center will be
closed Thursday
and Friday in
observance of the
Thanksgiving Holiday. No
lunches will be served.**

