



Haysville Senior Center

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Proclamation 5847- National Senior Citizens Day, 1988

August 19th , 1988

By the President of the United States of America

A Proclamation

Throughout our history, older people have achieved much for our families, our communities, and our country. That remains true today, and gives us ample reason this year to reserve a special day in honor of the senior citizens who mean so much to our land.



With improved health care and more years of productivity, older citizens are reinforcing their historical roles as leaders and as links with our patrimony and sense of purpose as individuals and as a Nation. Many older people are embarking on second careers, giving young Americans a fine example of responsibility, resourcefulness, competence, and determination. And more than 4.5 million senior citizens are serving as volunteers in various programs and projects that benefit every sector of our society. Wherever the need exists, older people are making their presence felt- - for their own good and that of others.

For all they have achieved throughout life and for all they continue to accomplish, we owe older citizens our thanks and a heartfelt salute. We can best demonstrate our gratitude and esteem by making sure that our communities are good places in which to mature and grow older- - places in which older people can participate to the fullest and can find the encouragement, acceptance, assistance, and services they need to continue to lead lives of independence and dignity.

The Congress by House Joint resolution 138, has designated August 21st, 1988, as "National Senior Citizens Day" and authorized and requested the President to issue a proclamation in observance of this event.

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August 11th,
First Day of School

Vanilla Peach Pops

Makes 10 popsicles

Ingredients

- 1 3/4 cups of Vanilla Almond Breeze Almond Milk
- 2 teaspoons (melted) coconut oil
- 1 tablespoon maple syrup
- tiny pinch of salt
- 4-5 ripe peaches, chopped

Instructions

1. Bring vanilla almond milk to room temp. (otherwise the melted coconut oil will harden as you add it). Wisk the almond milk together with coconut oil, maple syrup and a pinch of salt.
2. Slice peaches into small pieces and put them into a popsicle mold.
3. Pour the almond milk mixture over the peaches. (Depending on the size of your peaches you might have extra). Place sticks, then freeze overnight.

Notes: Don't use unsweetened milk or you will have to add more sugar to the recipe.

If you don't have a popsicle mold, you can freeze them in little cups.

Recipe provided by: www.foodnetwork.com



Interesting Days In August

- 1st-Respect for Parents Day
- 3rd- Watermelon Day
- 4th- National Night Out
- 7th- Purple Heart Day
- 10th- S'mores Day
- 12th- Milkman Day
- 15th- Best Friends Day
- 19th- Aviation Day
- 22nd- Be An Angel Day
- 26th- National Toilet Paper Day

Senior Birthday Dinner is August 14th @ 5:30 PM.



We will provide Dessert and the Main Entrée which will be Fried Chicken this month. Please bring a side dish and Join the Fun. It only costs **\$3.00** for entry. Sign up yourself and your guests.

Hosts and Hostesses are needed in order to have the Senior Birthday Dinner. **Please Sign up to Volunteer.**

Joke:

A teacher asked her students to use the word "beans" in a sentence. "My father grows beans," said one girl. "My mother cooks beans," said a boy. A third student spoke up, "We are all human beans."

Provided By:

www.laughfactory.com



Proclamation 5847-- National Senior Citizens Day 1988 (Continued)

Now, Therefore, I, Ronald Reagan, President of the United States of America, do hereby proclaim August 21st, 1988, as National Senior Citizens Day. I call upon the people of the United States to observe this day with appropriate ceremonies and activities.

In Witness Whereof, I have hereunto set my hand this nineteenth day of August, in the year of our Lord Nineteen hundred and eighty-eight, and of the Independence of the United States of America the two hundredth and thirteenth.

Ronald Reagan

[Filed with the Office of the Federal Register,
10:42 a.m., August 22, 1988]

Provided By: www.brownielocks.com
www.reagan.utexas.edu

*An actual letter from
President Ronald
Reagan (Reprinted)*



**President Ronald
Reagan**

is the 40th President of
the United States of
America

4 R's for Restoring Health

Sooner or later, unhealthy habits catch up with us. Maybe too much eating, drinking, sitting, sunning or worry? Our bodies have the amazing ability to heal itself. You can start now.

Reflect: Are you ready to put your health first? Feeling positive about your decision can keep you motivated to succeed.

Review: Identify what's causing your health problems. Is your weight out of control? Is your lack of energy preventing you from enjoying life? Then set practical goals for changes to fit your lifestyle.

Reverse: Adopt 1 or 2 positive habits that lead to improvement. Take quitting smoking, for example: Ask your health care provider about quitting aids. With that first step you begin repairing the damage.

Rebuild: New habits require different behaviors. For example, rather than eating out most nights, simplify your life to gradually fit in more nutritious home cooking.

Important: Staying active fights off weight gain, stress and several chronic diseases and gives you the endurance to enjoy life more. *One of the easiest exercises at any age is walking.*

*You can't turn back the
clock but you can always
get better mileage.*



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Bake Sale - August 8th

It's that time of year again and we will be having our yearly **Bake Sale** during the City Wide Garage Sale on August 8th. We are asking everyone to



donate **2 baked items**. Some ideas to get you started are brownies, cookies, pies, cinnamon rolls, breads, and bars, anything yummy. Please don't make cakes with frosting however since it will melt in the heat. Please bring these items to the Senior Center sometime during the day Aug. 7th. We will be at the Mini Stop and Kim's house.

Wacky Wordie

CAN YOU FIGURE OUT WHICH COMPOUND NOUN OR PHRASE EACH OF THESE REPRESENT? GOOD LUCK!

1 SAND	2 MAN BOARD	3 STAND I	4 R E A D I N G
5 WEAR LONG	6 R ROAD A D	7 T O W N	8 CYCLE CYCLE CYCLE
9 LE VEL	10 O M.D. Ph.D. B.S.	11 KNEE LIGHTS	12 I I O O O O O
13 CHAIR	14 DICE DICE	15 L O C O T	16 GROUND FEET FEET FEET FEET FEET
17 MIND MATTER	18 HE'S/HIMSELF	19 ECNALG	20 DEATH/LIFE
21 G I C C C C C C C	22 PROGRAM	23 C R O S S E R	24 J U S T YOU S ME

Puzzle provided by: www.pintrest.com