

WHAT'S MY NAME?

FEBRUARY 2021

CENTRAL WYOMING SENIORS SERVICES INC

1831 EAST 4th STREET • CASPER, WYOMING 82601 • 307-265-4678 • raea@casperseniorcenter.com

Presidents' Day: A United States holiday

<https://www.britannica.com/topic/Presidents-Day>

The origin of Presidents' Day lies in the 1880s, when the birthday of George Washington—commander of the Continental Army during the American Revolution and the first president of the United States—was first celebrated as a federal holiday.

In 1968 Congress passed the Uniform Monday Holiday Bill, which moved a number of federal holidays to Mondays. The change was designed to schedule certain holidays so that workers had a number of long weekends throughout the year, but it has been opposed by those who believe that those holidays should be celebrated on the dates they actually commemorate. During debate on the bill, it was proposed that Washington's Birthday be renamed Presidents' Day to honor the birthdays of both George Washington (February 22) and Abraham Lincoln (February 12); although Lincoln's birthday was celebrated in many states, it was never an official federal holiday.

Following much discussion, Congress rejected the name change. After the bill went into effect in 1971, however, Presidents' Day became the commonly accepted name, due in part to retailers' use of that name to promote sales and the holiday's proximity to Lincoln's birthday.

Presidents' Day is usually marked by public ceremonies in Washington, D.C., and throughout the country.



Museum of the \ .
American Revolution \
Philadelphia, PA /
/Presidents' Day Parade:
\Old Town, Alexandria



Costume
Contest at
Betsy Ross
House in
Philadelphia,
Pennsylvania

Try to Find This!

Let the front office know the answer for entry into the drawing for a free week of lunches!!

2 Chances in this issue!



Social distancing remains so difficult, for us and surely for you as well. While we are in the process of and excited to be working on reopening, we hope we are still adequately meeting all of our clients' needs.

We have several names for the newsletter under consideration and are continuing to offer more diverse content with more helpful information.

Thanks for the support!!

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WHO'S WHO AROUND THE CENTER

Board of Directors

Errol Miller President

Barbara Flinn.... Vice President

Kim Latka Treasurer

Linda Blackstone Secretary

Members

Clyde Cain

L. Chuck Davis

Gloria Fuhrer

Miles Hartung

Crystal Morse

Jennifer Rohrer

Linda Loranger

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Ray Pacheco

Executive Director

Rita Wagner

Assistant Director

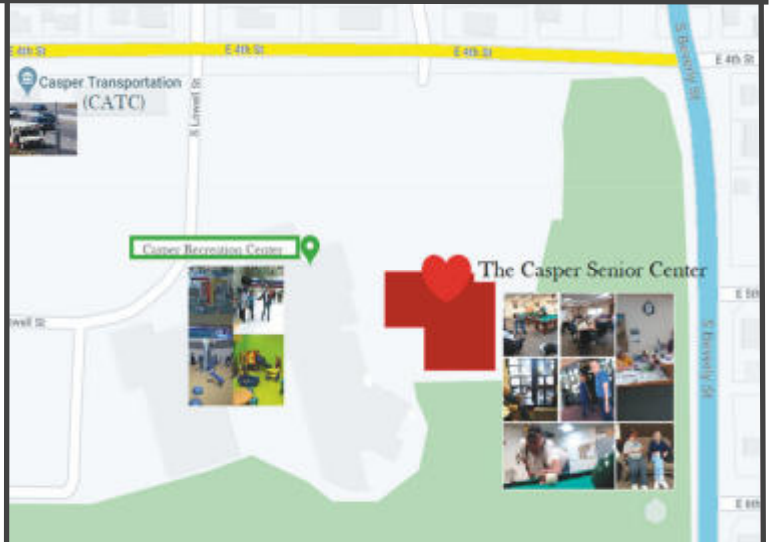
Rachel Brown

Community Programs Director

Lacey Kidman

Dietary Director

Kimberly Cooper



Locations

CASPER (MAIN)

1831 East 4th St (307) 265-4678

MILLS

401 Wasatch (307) 237-1317

EVANSVILLE

71 Curtis St (307) 315-6719

Connect with us:



www.casperseniorcenter



[Facebook.com/pages/Casper-Senior-Center](https://www.facebook.com/pages/Casper-Senior-Center)

ALL ABOUT US

Central Wyoming Senior Center was established in 1975 to provide nutritious meals, companionship, program support, and activities for the senior citizens of Natrona County. We began serving meals in a church basement and eventually moved into our current


facility, where we provided more than 29,000 meals last year. All of our programs are designed to enhance the ability of the over-60 population of Natrona County to stay active, healthy and independent by offering activities and nutritional support & services

to meet their changing needs. We were established as a 501(c)3 in 1976 to provide low cost, nutritious meals to the over-60 population of Natrona County. Many of our programs are administered by the Wyoming Department of Health Office of Healthcare Financing.

Winter and spring in Wyoming can easily produce wind speeds between 75 and 100 MPH. These would be considered “Hurricane-type” winds in any other part of the country!! Casper has an average annual wind speed of 13 MPH.

The Science of Wind Chill


NO WIND



98.6°F
Average temperature of the human body

When people lose heat through convection— there's still a layer of heat between our skin and our cold surroundings.


WINDY



95°F
Hypothermia begins when our body temperature drops two to four degrees

But when it's windy, the moving air breaks up this insulating layer. It speeds up heat loss by whisking away the warmth from our skin.

Heat is moved away from our bodies.



weather.gov/winter

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Thrive

Locally



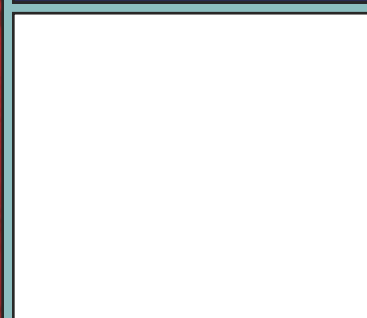
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MISCELLANEOUS INFORMATION

WAYS TO



GET HELP:

Wyoming Home Services is a program that provides assistance to an individual in their home.

Services include housekeeping, personal care, respite, and care coordination.

National Family Caregiver Program provides assistance to caregivers who are taking care of a loved one.

Services include homemaking, personal care, respite, and care coordination.

Any questions? Come see Lacey or Alicia!

Or give us a call at (307) 265-4678.

We're looking for interested parties for new activities.

If you would like to try:

Mah-Jongg

Bunco

Crocheting

Knitting

Zentangle

Cribbage

or have a suggestion for another activity, please come to the office to discuss with staff!

Board Meeting Schedule:

(All meetings are public)

Fourth Monday of each month at 2:00 pm in the Conference Room.

This is the perfect time for the public to attend and find out about what is happening within the Agency.

Meal Prices:

Suggested donation for a senior meal is \$5.00. We do offer 10 and 20 count punch tickets. As an incentive, we will offer one free meal with every 20 punch ticket donation.

Remember that our guests under the age of 60 need to purchase a single meal ticket at the reception desk for \$8.00. (See the notices posted.) When you invite a non-senior guest, please stop by the front desk to purchase their meal ticket

Thank you for your support of our meal program!.

Meal Times:

Casper: 11:00 AM to 1:00 PM

Mills: Noon to 1:00pm

Evansville: Noon to 1:00 PM

Reservations Required at the Mills and Evansville Sites

MENU IS SUBJECT TO CHANGE

RIDDLE

You can touch me,
You can break me,
You should win me
if you want to be mine.
What am I?

Let the front office know the correct answer for your chance to win a free week of lunches!!

Copies of The Casper Senior Cookbook Are Still Available!

\$10.00 each

Buy yours while supplies last!



Around the Center



Joyce's Easy Clogging by Joyce Sisk

Call (307) 237-4908 for more information.

FREE, Every Monday at the Senior Center (when open)

10:50 am–11:10 am Learn Steps

11:10 am–12:10 pm Dance Routines

"We DO NOT Jump, Stand on One Foot, or Go Around in Circles. I Keep it Balanced."

If you do not want to or are unable to stand, join us to sit and tap to Western, Rock & Roll, Christmas music, and more!

Sudoku 30

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



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Get Connected Get Help

Wyoming COVID-19 Aging Network (CAN)

In this unprecedented time, many people who have never had to ask for help may need to turn to others. Whether you are an older adult, a caregiver, or an adult with disabilities, we want to make it easy for you to ask for the things you need to keep yourself and your family safe at home.

Visit www.wyoming211.org or dial 2-1-1 to get connected.

Wyoming 2-1-1 Wyoming Department of Health

SPOTLIGHT

The Day the Music Died

The Day the Music Died: Rock's Great Tragedy

WENDY MEAD | UPDATED: SEP 8, 2020 | ORIGINAL: FEB 1, 2019

<https://www.biography.com/news/the-day-the-music-died-plane-crash>



Ritchie Valens

Buddy Holly

The Big Bopper

In the early morning hours of February 3, 1959, three performers — Buddy Holly, Ritchie Valens, and J.P. “The Big Bopper” Richardson — joined their pilot Roger Peterson for what was supposed to be a flight to their next tour stop. But the passengers and their pilot never made it to their

destination. Instead, the four were involved in a deadly crash that took the lives of all aboard. This tragedy has been remembered as “**The Day the Music Died.**”

Holly had been the biggest star of the bunch, known for such hits as “That’ll Be the Day” and “Peggy Sue.” The teenaged Valens was an up-and-coming performer having nearly made it to the top of the charts in 1958 with his ode to his high school sweetheart with the song “Donna.” Richardson, better known as “The Big Bopper,” was a Texas songwriter and radio DJ who caught the nation’s ear with the catchy tune “Chantilly Lace.”

The three singers had each signed on to be part of “The Winter Dance Party” tour, which had a hectic schedule of 24 concerts in the Midwest over a three-week period. Dion and the Belmonts also performed with them on the tour. They had already played several dates before reaching the Surf Ballroom in Clear Lake, Iowa, on February 2. By this time, Holly had enough of the freezing, unreliable tour bus and decided to hire a plane from a local flying service to take him to the next gig in Moorhead, Minnesota, to avoid another miserable night on the road. The plan was to fly to Fargo, North Dakota, which was close to Moorhead.

There was room for two more passengers on the flight, and those seats were originally intended for members of Holly’s band, Tommy Allsup and Waylon Jennings. Valens won Allsup’s spot in a coin toss, according to several reports. Richardson was feeling ill and convinced Jennings to let him have his seat on the plane. According to Jennings’ memoir, *Waylon: An Autobiography*, he and Holly joked about the change in travel arrangements. Holly told him that “I hope your damned bus freezes up again.” Jennings replied, “Well, I hope your ol’ plane crashes.” This casual remark haunted Jennings for years.

The show at the Surf Ballroom had been packed — an impressive showing for a Monday night. After the concert, Holly, Richardson and Valens made their way to the Mason City airport for a 12:30 am departure. Roger Peterson had volunteered to fly the trio. The 21-year-old pilot may have been young, but he already had four years of flying experience. Unfortunately, he was unaware of a weather advisory that had been issued before he took off with his passengers.

Only a short while after the flight began, the plane ran into some trouble and crashed. Jerry Dwyer, the owner of the air service company, went out looking for the plane after it failed to show up in Fargo. He made a gruesome discovery only a few miles away from the airport. The bodies of Holly, Valens, and Richardson had been thrown from the plane in the crash. Peterson’s remains were trapped inside the cockpit.



2020 MEAL DATA

JANUARY 1ST—DECEMBER 31ST:

Total Meals Served:
29,312

Total Number of Clients Served:
967

Meals Unable to be Counted:
(due to out of date paperwork)
224

Total Clients Unable to be Counted:
(due to out of date paperwork)
172

Funding lost in Dollars at \$5.00/meal:
\$1,120.00

*Please fill out your paperwork,
& thank you!!*

Ways to Show Support:

*Do you shop at
Smith's?*

Sign up for Kroger Community Rewards and select CWSS! Org.#WT634



*Do you shop
Amazon Prime?*

Use smile.amazon.com and select us, Central Wyoming Senior Services as your charity.



You can also donate on our website via PayPal or mail/drop off your chosen donation!

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Central Wyoming Senior Services, Casper, WY

C 4C 05-0641

Gifts & Memorials

Note: This is a list for Gifts & Memorials given between December 24, 2020—January 20, 2021
If donations were made between those dates and you were not recognized, please see Rita.

Memorials

Dick Shamley
Crystal Morse

Carol Crump
Inge Kutchins

John “Jack” Kelly
Mary C. Moler

John & Mary Ann Moler
Mr. & Mrs. Gerald Radden

What Your Memorial Does

The Board of Directors has directed that memorial gifts are to be spent only on items of lasting value, not general operations. When we last expanded the Center, we used memorial gifts to match One Cent and other money. Just note on your check that the gift is a memorial and the person you wish to be remembered.

Gifts

John Savage
Frank C Stofflet
Barbara Yonts
Mary C. Moler
Joyce Laird
Donna Klinker
Mary Lynn Corbett
George & Rhonda Stewart
Occasions by Cory, LLC
Mamie Lausch

Famous FEBRUARY Birthdates

- 2, 1947—Farrah Fawcett, TV & movie actress
- 4, 1913—Rosa Parks, civil rights activist
- 6, 1911—Ronald Reagan, 40th US President
- 9, 1943—Joe Pesci, actor
- 10, 1950—Mark Spitz, 7-time Olympic gold medalist
- 12, 1809—Charles Darwin, author “Origin of the Species”
- 13, 1944—Jerry Springer, talk show host
- 17, 1963—Michael Jordan, NBA Hall of Fame player
- 20, 1949—Ivana Trump, 1st wife of Donald Trump
- 22, 1962—Steve “Crocodile Hunter” Irwin
- 26, 1829—Levi Strauss, denim jean inventor
- 27, 1902—John Steinbeck, author “Grapes of Wrath”
- 28, 1955—Gilbert Gottfried, comedian

MORE REASONS TO CELEBRATE FEBRUARY!

(National Cherry Month)
(An Affair to Remember Month)
(Canned Food Month)

- 5th—National Shower with a Friend Day
- 12th—National Lost Penny Day
- 18th—National Drink Wine Day
- 25th—Pistol Patent Day
- 28th—Floral Design Day

Fun FEBRUARY Facts!

- ♥ During the ancient Roman festival *Lupercalia*, thongs made of goatskin were used in rituals of purification, earning it the name *februarius* (from the Latin word *februo*, which means “purification rites”)
- ♥ When first added to the calendar in about 700 BC by Numa Pompilius, it became the last month of the year
- ♥ Because it mostly has 28 days, once every 6 years it is the only month in the year to have 4 full 7-day weeks
- ♥ Birthstone is Amethyst
- ♥ Birth flowers are the primrose (young love) and violet (modesty, faithfulness)
- ♥ The Chinese New Year/Spring Festival falls on February 12 this year, beginning the Year of the Ox (and ends 1/30/2022). The date is determined by the lunar calendar and falls on the second new moon after the winter solstice.

If you are 60 or older with a birthday in February, bring this coupon to the front office for your free meal ticket.

Name: _____

Birthdate: _____

Courtesy of C.W.S.S.

Part 5: 7 Key Nutrients for Senior Nutrition

By Katie Dodd | February 14, 2020
[https://www.thegeriatricdietitian.com/
7-key-nutrients-for-senior-nutrition/](https://www.thegeriatricdietitian.com/7-key-nutrients-for-senior-nutrition/)



Fiber and Seniors

Fiber is a type of carbohydrate that the body cannot digest. Fiber plays a role in digestion, feeling full, preventing constipation, and even reducing the risk of heart disease, diabetes, and some cancers.

The RDA for vitamin B-12 is less for older adults than younger adults. So why am I saying seniors need more fiber?? The RDA being lower in older adults can be a little misleading because the reality is that 95% of adults fail to meet the RDA.

So, we're not eating enough fiber in general. Older adults may need less than younger adults, but 95% are still not eating what they need. So, yes most older adults do need more fiber.

Fiber Needs

Too little fiber can cause constipation or even increased risk of chronic disease. But too much fiber can cause stomach issues including bloating, gas, and cramping. Especially if fiber is added to the diet too quickly! Make sure you increase fiber gradually.

Men typically need a little more fiber than women. The RDA for men ages 51+ is 30 grams per day. The RDA for women ages 51+ is 21 grams per day (4).

Food Sources of Fiber

Here are some food sources of fiber:

- | | |
|---------------|---------------------|
| ➤ Chickpeas | ➤ Oatmeal |
| ➤ Black beans | ➤ Apple |
| ➤ Almonds | ➤ Banana |
| ➤ Quinoa | ➤ Whole Wheat Bread |
| ➤ Broccoli | ➤ Brown Rice |

Some seniors are not able to get adequate fiber through food alone. Taking a supplement like psyllium (ex. Metamucil) or methylcellulose (ex. Citrucel) may be needed for some people. Check with a health care provider to determine the best plan for supplemental fiber.

See next issue for Part 6!



Central Wyoming
Senior Services Inc.

"The Heart of Natrona County"

307.265.4678-1831 East 4th St, Casper, WY 82601

MEAL CALENDAR

February 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Shepherd's Pie Green Beans Hearty Vegetable Salad Fresh Berries	2 Sliced Ham Sweet Potatoes Key West Blend Apricots Cherry Jell-O	3 Chicken Alfredo Italian Veggies Tomato Basil Salad Coconut Pudding	4 Broccoli Cheese Soup Turkey Salad On Wheat Lettuce & Tomatoes Vegetable Slaw Orange Wedge	5 Fish Florentine Rice Pilaf Glazed Carrots Fruit Cocktail Cake OJ	6
7 Beef Roast Potatoes with Carrots, Celery, Onions Tomato & Cucumbers Blueberry Crisp	8 Taco Salad Refried Beans Spanish Rice Lettuce, Tomatoes Onions, Cheese Mexican Brownie	9 Swedish Meatballs Brown Rice Stewed Tomatoes Pickled Beets Baked Apples	10 Potato Leek Soup Hoagie Club Sandwich Fresh Vegetables Strawberry Shortcake	11 Winter Chicken Bake Steamed Carrots Cottage Cheese Pineapple Tidbits	12 Grilled Salmon Fillet Ranch Potatoes Spinach Pea Salad Fresh Peaches	13
14 Glazed Chicken Rice Pilaf Key West Vegetables Chocolate Cherry Cake	15 Sloppy Joe Oven Fried Potatoes Celery & Carrot Sticks Creamy Cole Slaw Mandarin Oranges	16 FAT TUESDAY Chicken & Sausage Jambalaya with Rice Mustard Greens Bourbon Bread Pudding	17 Herb Crusted Cod Creamy Risotto Roasted Broccoli Mixed Fruit Frosted Zucchini Cake	18 Pork & Noodles California Vegetables Tossed Veggie Salad Spiced Apples	19 Clam Chowder Egg Salad Sandwich Fresh Vegetables Tropical Fruit	20 MEALS COME WITH MILK & BREAD
21 Hot Pork Sandwich Mashed Potatoes Sweet Corn Coleslaw Apple Pie	22 Turkey Tetrazzini California Vegetables Pepper Slaw Cherry Cobbler	23 Dell Dog Sauerkraut & Onions Cool Bean Salad Diced Pears	24 Ham Macaroni Bake Corn O'Brien Hearty Vegetable Salad Lemon Drop Cake	25 Meatloaf Baked Potato Garden Blend Veggies Carrot Raisin Salad Mandarin Oranges	26 Breaded Tilapia Broccoli Rice Bake Green Beans Pear Halves Fruit Bar	27
28 Roast Turkey Sweet Potatoes Green Beans Citrus Salad Pumpkin Crunch						MENU SUBJECT TO CHANGE



The Employees of:



United Way
of Natrona County



CASPER AREA
CHAMBER OF COMMERCE



Reveille Rotary
meets on
Wednesday mornings
at 7 A.M.



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

Sudoku 30 Solution

If I know what
love is, it is
because of you.

Herman Hesse



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Central Wyoming Senior Services, Casper, WY

D 4C 05-0641

Continuing the Journey of a COVID-19 Vaccine

When the U.S. Food and Drug Administration (FDA) authorizes a COVID-19 vaccine*, experts may consider recommending them for public use.

How a COVID-19 vaccine is recommended for public use



The Advisory Committee on Immunization Practices (ACIP) is a group of medical and public health experts that advise CDC on the best way to use vaccines to protect the public's health in the United States. Representatives from 30 liaison organizations also bring related immunization expertise to the committee. This group carefully reviews all available data about a COVID-19 vaccine from clinical trials and other studies to develop recommendations for vaccine use. The ACIP continues to review vaccine safety and effectiveness data even after the vaccine is recommended for use and may change or update recommendations based on that data.



When making recommendations, ACIP considers:

- How safe is the vaccine when given at specific ages?
- How well does the vaccine work at specific ages?
- How serious is the disease this vaccine prevents?
- How many people would get the disease the vaccine prevents if we didn't have the vaccine?



ACIP recommendations are not official until the CDC Director reviews and approves them. These recommendations then become official public health guidance.

* FDA Vaccine Facts: The Path for a COVID-19 Vaccine from Research to Emergency Use Authorization. www.fda.gov/media/143890/download

How a COVID-19 vaccine's safety continues to be monitored

FDA and CDC closely monitor vaccine safety after the public begins using a vaccine.

The purpose of monitoring is to watch for adverse events (possible side effects). Monitoring a vaccine after it is licensed helps ensure that possible risks associated with the vaccine are identified.

Vaccine Adverse Event Reporting System (VAERS)

- VAERS is a safety monitoring system that is jointly managed by CDC and FDA.
- VAERS collects and analyzes reports of adverse events that happen after vaccination.
- Anyone can submit a report, including parents, patients, and healthcare professionals.



Vaccine Safety Datalink (VSD)

- VSD is a collaboration between CDC and 9 integrated healthcare organizations.
- VSD conducts near real-time safety monitoring of vaccines as they are being administered and does vaccine safety research.



Clinical Immunization Safety Assessment Project (CISA)

- CISA is a collaboration between CDC and 7 medical research centers.
- CISA provides vaccine safety expertise to assist U.S. healthcare providers with complex vaccine safety questions about their patients and conducts clinical research studies to better understand vaccine safety.



V-safe: After Vaccination Health Checker

- V-safe is an active monitoring program for COVID-19 vaccine safety.
- This new smartphone-based tool uses text messaging and web surveys to provide personalized health check-ins after COVID-19 vaccination.
- V-safe also provides second COVID-19 vaccine dose reminders, if needed.

Vaccine recommendations may change if safety monitoring reveals new information on vaccine risks (like if scientists detect a new serious side effect).

For more information, visit www.cdc.gov/coronavirus/vaccines



Cupid's Cloud
raspberry & cream dessert



By: Jo-Anna Rooney
<https://aprettylifeinthesuburbs.com/cupids-cloud-a-valentines-day-dessert/>

Ingredients:

- 1 cup whipping cream
- 1 TBSP sugar
- 1/2 tsp vanilla
- 2 cups frozen raspberries (NOTE)
- 1/2 cup sugar

Instructions:

- 1) In a mixer, whip together the whipping cream, 1 TBSP sugar, and vanilla. Set aside.
- 2) In a food processor, blend the frozen raspberries together with the 1/2 cup sugar.
- 3) Once the raspberries have been blended, fold them into the whipping cream.
- 4) Evenly distribute the dessert between 4-5 dessert cups or fancy glasses.
- 5) Refrigerate until you are ready to eat them!

NOTES:

- ⇒ Use any type of fruit that you would like: strawberries, blueberries, mango, etc. Jo-Anna likes frozen fruit for this because it doesn't get pureed down like fresh fruit does. But either type is delicious and works for this dessert.
- ⇒ You can make this dessert in the early afternoon of the same day you are going to eat it. That way it will be ready for dessert when you are!

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ACTIVITIES AVAILABLE WHEN CENTER IS OPEN

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sunday Lunch American Legion Women's Auxiliary Mexican Train Dominoes Bible Study	Chair Exercise Clogging Mexican Train Dominoes Poker Tai Chi Bible Study Native American Flute Circle Binding Friends Dance Club DAR Supplement Application Group CWSS Board Meeting	Chair Yoga Golden Kiwanis Line Dancing Craft Class Wellness Clinic Casper Chess Club Bridge NARFE Casper Cut Ups Casper Needle Guild	Reveille Rotary Seniors Active in Learning Chair Exercise Quilts of Valor Poker KW Retired Ladies Book Club Bridge Caps for Kids	Golden K Coffee Chair Yoga Clogging BINGO! Pinochle Mexican Train Dominoes Tai Chi Square Dance Golden Girls	Chair Exercise Canasta Bridge Pinochle Poker AARP 55-Alive Driving Course	Casper Cut Ups Garden Club

How to Combat Loneliness in Older Adults During COVID-19

by Rachel Harrison | June 8, 2020 <https://www.nyu.edu/about/news-publications/news/2020/june/loneliness-in-older-adults-covid-19.html>

Since the COVID-19 pandemic began to sweep across the US in March, experts have warned that older adults are particularly vulnerable. Due to weaker immune systems and their likelihood of having chronic conditions such as heart disease, diabetes, lung disease, & cancer, they are at significantly higher risk for COVID-19 complications or death, with people over 80 184 times more likely to die from the disease than those in their 20s. Nursing homes have been particularly hard-hit, with a third of all U.S. COVID-19 deaths taking place there.

Older adults are also vulnerable to a second public health crisis: social isolation.

To protect older adults, health officials have been imploring them to avoid exposure to others—who might unknowingly infect them—by either staying at home or banning visitors from nursing homes. While these measures are necessary for preventing the spread of the virus, the resulting seclusion can take a toll.

“The outbreak of COVID-19 will have a long-term and profound impact on older adults’ health and well-being,” writes Bei Wu, Dean’s Professor in Global Health at NYU Rory Meyers College of Nursing. “Social isolation and loneliness are likely to become major risk factors that affect older adults’ health outcomes.”

Studies have found that social isolation is a risk factor for a range of physical and mental health conditions, including heart disease, obesity, diminished immune response, depression, and anxiety. One of Wu’s studies even shows that social isolation is linked to poor cognitive functioning in older adults.

Isolation and loneliness among older adults was a serious public health problem long before the pandemic: in the U.S., a quarter of older adults living at home are considered to be socially isolated, and 43% of them report feeling lonely. Those older adults who are less isolated usually participate in social activities at senior centers, churches, and with family

and friends, while nursing home residents benefit from family visits to connect them with the outside world. The pandemic abruptly halted these face-to-face interactions, leaving a void not easily replaced by the occasional phone call. In her Global Health article, Wu, who is also the co-director of the NYU Aging Incubator, offers several strategies for helping older adults feel more connected in the time of COVID-19.

Encourage physical distance and social connection.

Public health messaging on “social distancing” may have missed the mark. While staying physically distant is important, maintaining social connection is more important than ever, Wu explains. Older adults can engage in social connection with their families, community organizations, nursing home staff, and importantly, their peers—just with some modifications to keep a safe distance.

Use technology to combat isolation.

A key way to maintain social connection at a safe distance is to use technology, which has transformed how we interact with one another, especially during the pandemic. While older adults may not seem as tech-savvy as younger generations, this assumption may be unfounded: Wu and colleagues’ latest research shows that 92% of older, low-income Chinese Americans have a smart device, and 72% use WeChat, the most popular Chinese social media platform. “It is time to develop more person centered applications with the input from older adults and their family members,” Wu writes. Embracing technologies like instant messaging, video, and social media can foster essential connections for older adults.

Identify loneliness in health care settings.

Older adults tend to go to the doctor more often than their younger counterparts, making health care visits opportunities for identifying those at high risk for isolation and loneliness. Wu writes that we need methods for doctors, nurses, and other clinicians to determine whether their patients are isolated, and whether their loneliness is acute or chronic, which can help inform public health interventions. In addition, telehealth can play a role in safely increasing access to health care providers and screening for social isolation during the pandemic.



THE OLD
 FARMER'S ALMANAC

FULL MOON NAMES FOR FEBRUARY

In ancient times, people across Europe and Native Americans used the Moon to track the seasons. In the lunar calendar, names were often given to each month's Moon. (If this sounds odd to you, remember that our current calendar is based on the Sun and the solar year!)

Traditionally, the Moon we see in February is called the **Snow Moon** due to the typically heavy snowfall of February. On average, February is the USA's snowiest month, according to data from the National Weather Service.

Other February full Moon names include:

- ☾ the "**Shoulder to Shoulder Around the Fire Moon**" (from the Wishram people of the Pacific Northwest)
- ☾ the "**No Snow in the Trails Moon**" (Zuni, of the Southwest)
- ☾ the "**Bone Moon**" (Cherokee, of the Southeast). The Bone Moon meant that there was so little food that people gnawed on bones and ate bone marrow soup.

MOON FACTS AND FOLKLORE

- ☾ On February 6, 1971, Alan Shepard became the first man to hit a golf ball on the Moon.
- ☾ The Moon's diameter is 2,160 miles. This is less than the width of the U.S. (which is approximately 3,000 miles)

There are nights when the wolves
 are silent and only the moon howls.

George Carlin

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LAST WORDS

"When the power of love overcomes the love of power, the world will know peace."

~ American Musician Jimi Hendrix ~

NOTICE: The weekly puzzles are intended for individual use and to be turned in by clients coming into the center for activity sign in purposes. Please help us continue to keep such activities free by taking only one or making a donation for additional copies.

Thank you!

Again, we would like to extend a big **THANK YOU** for the continuing support *and* patience as we work together to negotiate the trials of this difficult time!

Help Wanted!

We have big plans for utilizing our volunteer force, especially during the lunch hour:
11:00 AM–1:00 PM.

We are also working on adding some volunteer opportunities.

If you are interested, please see the office.

