

JSWAC

Jacksonville Senior Wellness & Activity Center

April—June 2013

Jacksonville, AR

(501) 982-7531 Fax (501) 982-4362

www.jacksonvilleseniorcenter.net

A United Way Agency

Jacksonville Senior Wellness & Activity Center



“Making a Difference
In the Lives of Others”

Volunteer Appreciation
Luncheon
& Awards Ceremony

On

Friday, April 26, 2013
At 11:00

100 Victory Circle
Jacksonville, Arkansas
RSVP 982-7531

Director's Word

Ah, Spring! This season brings increasing daylight, warming temperatures, and the rebirth of flora and fauna. Along with it, comes severe weather that often requires us to seek shelter immediately. A FEMA Safe Room has been constructed at our center thanks to the City of Jacksonville and FEMA funds. The safe room will be open to the community in the event of severe weather. An advantage of the Safe Room is the opportunity for it to serve multiple functions. While not being used as an active storm shelter, the new Safe Room will act as classroom and exercise room. We know the Safe Room will be a great benefit to the community as a storm shelter, but we're very excited to have a new classroom/exercise room as well.

Instead of holding our Annual Roast & Toast this year, as we have done for the past 17 years, the Board of Director's elected to move towards a corporate campaign for community support. A letter was sent to donors from previous years requesting a donation for a "Ghost Roast", a non-event fundraiser. To date, almost one half of the annual goal of \$10,000 has been collected.

As JSWAC continues to grow, the exercise and educational programs are being expanded. The center will continue to offer evidence based programs, meal services, transportation and exercise programs that will benefit the seniors in North Pulaski county.

There is a constant need for Volunteers to deliver meals to homebound seniors. For more information, contact Darlie Graham at 501-982-7531.

NUTRITIONAL TIPS FOR SENIOR ADULTS

Eating right doesn't have to be complicated. Before you eat, think about what goes on your plate or in your bowl. Choose foods that provide the nutrients you need without too many calories. Build your healthy plate with foods like vegetables, fruits, whole grains, low-fat dairy and lean protein foods. Try these eating right tips.

Make half your plate fruits and vegetables.

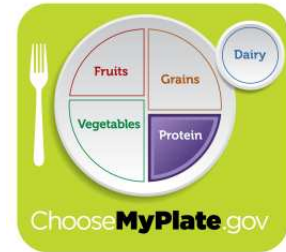
Make at least half your grains whole.

Switch to fat free or low fat milk, yogurt and cheese.

Vary your Protein Choices

Cut back on sodium and empty calories from solid fats and added sugars.

Be physically active.



Cheddar Cabbage Casserole

2 ½ cups Crushed Corn Flakes

½ cup Melted Butter

1 can Cream of Celery Soup

1 cup Milk

½ cup Mayonnaise

2 cups Shredded Cheese

Onion & Garlic Powder to taste

4 ½ cups Shredded Cabbage

¼ cup Chopped Onion

½ tsp Salt

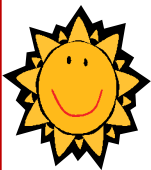
¼ tsp Pepper



Toss corn flakes with butter. Sprinkle into 13 x 9 baking dish. Layer cabbage, onion, salt and pepper. In bowl, whisk together soup, milk and mayonnaise. Pour over top. Sprinkle cheese and rest of corn flakes on top. Bake uncovered 45 to 50 minutes.

SOMETHING TO MAKE YOU LAUGH

A married couple, both in their 60's, was celebrating their 35th anniversary. During their party, a fairy appeared to congratulate them and grant them each a wish. The wife wanted to travel around the world. The fairy waved her wand and poof - the wife had tickets in her hand for a world cruise. Next, the fairy asked the husband what he wanted. He said, "I wish I had a wife 30 years younger than me." The fairy picked up her wand and poof - the husband was 90!



Vitamin D Gets An A++

Researchers may worry about high doses of certain vitamins, but when it comes to vitamin D, they worry we are getting too little. The dietary allowance for vitamin D for ages over 60 is between 800 to 1000 IU a day according to the National Osteoporosis Foundation. That's the level that lowers the risk of breaking a hip or other bone. It's also the ballpark minimum for improving muscle performance, preventing falls and has been proven to aid in mental function in senior adults. OF COURSE....getting outside is always good!

My neighbor asked if she could use my vacuum cleaner. I said, "Sure, as long as you don't take it out of my house."



Senior Select

Christa Tackenberg was born in Berlin, Germany and came to the United States in 1959 after marrying Richard Tackenberg while he was stationed in her home country with the United States Air Force. The couple came to Jacksonville in 1969 with their daughter, Rowena. Little Rock Air Force Base was Richard's last assignment and the Tackenberg's decided to retire in Jacksonville in 1972.

In order to become a real part of our community, in 1972, the couple began to volunteer for the Jacksonville Senior Center. Their passion was delivering meals to homebound seniors in North Pulaski County. Now you do the math, Christa has been delivering meals to folks for 40 years. An amazing accomplishment. Why does she continue to do this? When you ask her that question, she flashes a broad smile and begins to talk about what a joy it is to get to know people, to share in their joy and sadness. She realizes that her smiling face may be the only face they see all day and she wants the experience to be one they remember.

Christa's maiden name was Walje, a French name, even though her heritage is German. She has a twinkle in her eye when she says that she had to marry an American to get a German name.

A big THANK YOU to Christa Tackenberg for her commitment to our center and our community. People's lives have been changed because of her!

**Transportation To
Local Doctors
Tuesday & Thursday
Mornings**



**Check with
driver
for
details.**

Weekly Shopping Schedule

Every Wednesday Afternoon

1st Wednesday—Wal-mart

2nd Wednesday—Knight's, Fred's & Dollar
General

3rd Wednesday—Kroger, Big
Lots, Dollar Tree

4th Wednesday—Wal-Mart

5th Wednesday—Knight's, Fred's
& Dollar General



Weekly Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
9:45 Daily Walk	9:00 Ceramics	9:00 Ceramics	9:00 Ceramics	9:45 Daily Walk
10:00 Bean Bag Baseball Practice	9:00 Tai-Chi	9:45 Daily Walk	9:00 Tai-Chi	10:00 PEPPi
10:45 PEPPi	10:00 Zumba Gold & Conductorcise	10:45 PEPPi	10:00 Zumba Gold & Conductorcise	11:00 Use or Lose It
7:00 Jam Session	7:00 Dance	12:30 Grocery Shopping	1:00 Card Club	
			1:30 Line Dance Class	

April Special Events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2 9:30 Blood Pressure/Sugar Checks	3 9:30 Chronic Disease Self Mgmt Class	4	5
8	9 9:15 Bean Bag Baseball Tournament @ Camp Aldersgate	10 10:00 am Guest Speaker - Meals on Wheels and Directives	11	12 10:00 Bean Bag Baseball—Des Arc @ Home
15	16	17 10:00 am Bean Bag Baseball—Bowker House @ Home	18 10:45 am Restaurant of the Month—Western Sizzlin'	19
22 10:00 Bean Bag Baseball @ West Central	23	24 10:00 Guest Speaker Ar Dept of Health—Fall Prevention	25	26 11:00 Volunteer Appreciation Luncheon
29	30 10:45 Bingo			

Please Note: Schedules are subject to change. Please check announcement board in the center for changes.

May Special Events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Travelers Game @ Dicky Stephens Park	2	3 Bean Bag Baseball— Conway @ Home
6	7 9:30 Blood Pressure/Sugar Checks	8 Bean Bag Baseball—Mid Delta @ Home	9 Picnic—Pinnacle Mountain	10 Mother's Day Celebration
13	14	15 9:30 Super Noggin Class—Intro	16 Restaurant of the Month—The Hook	17
20	21 Bean Bag Baseball— Benton @ Home	22 9:30 Super Noggin	23	24 Bean Bag Baseball Playoff Tournament (Tenative)
27 Closed for Memorial Day	28 Bingo—10:45	29 9:30 Super Noggin	30	31

June Special Events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4 9:30 Blood Pressure/Sugar Checks	5 Bean Bag Baseball —Willow House @ Home	6	7
10	11	12 9:30 Super Noggin	13 Restaurant of the Month—Cotham's	14 Bean Bag Baseball—Bess Chisum @ Home Father's Day Celebration
17	18	19 9:30 Super Noggin	20	21
24	25 9:45 Bingo	26 9:30 Super Noggin	27	28 Bean Bag Baseball @ Hays Center

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(Above) 3rd Annual CareLink Senior Idol Winners

“We’re Having Fun
and Staying Young!”



4th Annual CareLink Dancing with The Seniors



(Above) Bean Bag Baseball Celebration



(Right) Celebrating 102 Years with Rachel Hanlin



(Left) Sandra Estes teaching wreath making. Revenues from classes netted over \$1,000 to the general fund.

(Right) Construction of Community Safe Room.



Come join
the fun!

Birthdays

Kathy Wilson	3-Apr	Charles Conway	1-May	Charles Biddle	2-Jun
Charles Godsey	4-Apr	Alma Bell	6-May	Daisy Olson	6-Jun
Ida Bush	4-Apr	Laverne Kellar	9-May	Sarah Dugger	7-Jun
Sandra Beckley	9-Apr	Beverly Lee	10-May	Beverly Culwell	11-Jun
Theodore Walker	9-Apr	Fumie Leutner	14-May	Carrol Crolley	12-Jun
Jean Bunker	11-Apr	George McSweeney	20-May	Darlie Graham	15-Jun
Sarah Conley	11-Apr	Archie Chambers	22-May	Shigerko Ligon	18-Jun
Mallie Beene	12-Apr	Colleen Van Nostrand	24-May	Margie Litton	20-Jun
Treva Smith	14-Apr	Janet Kuykendall	25-May	Jimmie Smith	20-Jun
Walter Meier	14-Apr	Robin Jones	25-May	Lucia Tan-Tamashiro	20-Jun
Lela Morgan	15-Apr	Donna Martin	27-May	Anna Johnson	21-Jun
David Rector	16-Apr	Ruble Bailey	27-May	Bill Howard	21-Jun
Barbara Perez	18-Apr	Duchess Anderson	30-May	Viola Tucker	21-Jun
Ellen Berg	18-Apr	Linda Hickman	30-May	Helen Barger	23-Jun
Johnnie Spears	18-Apr	Mary Caruth	31-May	Clarice Roy	24-Jun
Linda Gordon	18-Apr			Mazie Estes	25-Jun
Cindy Powell	19-Apr			Melda Rice	28-Jun
Josephine Roeder	20-Apr			Kay Congleton	29-Jun
Rex Moore	20-Apr				
Helen Jones	21-Apr				
Joe Dickhut	22-Apr				
Judy Cantwell	22-Apr				
Bessie Burkes	24-Apr				
Eva Toler	24-Apr				
Jo Beaty	25-Apr				
Wayne Heustis	25-Apr				
Peggy Henson	28-Apr				

Join us for

Birthday Cake

Each Month

Friday, April 19, 2013

Friday, May 17, 2013

Friday, June 21, 2013



Staff Members

Christy McMillion, Executive Director	Keyth Gaynor, Head Cook
Connie Evans, Assistant Director	Da'Mon Beard, Assistant Cook
Betty Seales, Activities Instructor	Melvin Harrison, Lead Driver
Lala Antunes, Bookkeeper	Dicky Lowry, Driver
Darlie Graham, Service Coordinator	Tommy Woods, Driver
Herman Harralson, Maintenance	Sandra Estes, Admin Assistant
Ruth Turnipseed, Admin Assistant	

Thought to Remember

“The only man who makes no mistakes is the man who never does anything.”

~Theodore Roosevelt~

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Jacksonville Senior Wellness & Activity Center is a non-profit 501(c)3 corporation and funded in part by title III of Older Americans Act, Title XX of the Social Security Act, SSBG, NSIP and SSCC through CareLink and the Older Worker Program. Other major contributors are Heart of Arkansas United Way, the cities of Jacksonville and Sherwood, organizations, local businesses and individuals. All services are offered on a non-discriminatory basis and in compliance with all applicable Federal, State and Local regulations. JSWAC is an Equal Opportunity Employer.

A Special Thank to our “Ghost Roast” Donors

Arkansas Federal Credit Union

Insurance Mart

Arkansas Funeral Care

North Metro Medical Center Auxilliary

Arvest Bank

Pathfinder, Inc.

Bart Gray Realty

Peacock Realty

Bond Consulting

S & J Construction

CenturyLink

Sertoma Club

Edward Jones Financial

Ted M. Pinney, DDS

First Arkansas Bank & Trust

Mary Twitty

Jacksonville Rotary

Whit Davis Lumber

(List will be updated quarterly.)