

July-August 2016

**PRESIDENT'S CORNER**

**Tim Rogers**

**Avoiding Falls**

By: Mari Stout, Mari K. Stout, MHSA, Quality Improvement, Provider Engagement Specialist

Taking steps to prevent a fall not only helps you stay active and independent; it can save your life. Falls and related complications are the fifth leading cause of death in older adults. More than 30 percent of adults over the age of 65 will fall at least once annually. Falls are also responsible for 85 of all injury-related hospital admissions and more than 40 of nursing home admissions.

Preventing falls and knowing common risk factors goes a long way. Fall prevention efforts often include exercise programs to make you stronger, and simple home modifications like removing loose rugs that can trip you. Avoid falls and their potentially severe results. You might also want to consider your medications when trying to avoid an injury from a fall.

One of the leading risk factors for causing falls in Medicare aged members is the use of certain prescription medications. Commonly prescribed sleeping medications including Lunesta and its generic version, eszopiclone, should be used occasionally if at all. In fact according to the FDA these medications should never be used more than 90 days per year in anyone old or young.

Other medications you should avoid unless absolutely necessary, are a class of drugs called benzodiazepines. These medications can cause considerable drowsiness in adults and are associated with injuries from falls. They have also been associated with increased risk of Alzheimer's Disease. The worrisome medications include alprazolam, estazolam, temazepam, triazolam, flurazepam and quazepam. Most of the time, there are safer alternative medications that can be prescribed. If you are taking any of these medications on a regular basis, please ask your doctor if you really need to take them or if there are safer alternatives. ATRIO values your well-being.

Ask your doctor about reducing your chance of a bad fall by eliminating medications that upset your balance and cause drowsiness.

## **TREASURER'S REPORT**

**Linda Sheridan**

I'm going to give you a quick and dirty update on the purchase of the building. By now you all should have received the letter we sent earlier, explaining the situation we are in. It is not due to lack of trying from the board. Six months ago when the advisory board was formed there was lots of "yes we can." But due to how the Senior Center has functioned over the last 50 years (*gratis from the county*) we do not qualify for most of the grants and funding that may, or would be available if we had been supporting ourselves during the past. We did get approval for \$25,000 from the DCIBD which then required the approval of the Board of Commissioners. The Ford Foundation, Mercy , Meyer Foundation , DTO and numerous businesses and individuals support us (verbally). We are very frustrated and feel like every time we get one step ahead we end up taking 2 or more back. I do want to thank all of our members who do support the center--- I just hope we can have a center in the future.

## **Notes from the Kitchen**

**Doris Loveday**

July is here. Where has the time gone? The Kitchen will be celebrating its first anniversary this July. As you may remember, it was in July 2015 that we were finally able to COOK without blowing circuits. Ah, the fine memories of yesteryear!

The Kitchen has planned food for the "Sock Hop Dance" again this year. After lots of discussion we decided that hamburgers and hot dogs tie in well with the whole 4<sup>th</sup> of July theme and the drive-ins of the 50's. *It's gonna be a blast.* Hope everyone comes.

Our Vivian is doing better. As many of you know she has been down with a back injury and is healing nicely. She hopes to be back soon. Get well soon Vivian. We miss you.

We are very close to having the hundred or so tea cups we will need for future teas. And tea pots too, our cupboard is close to the full mark. It is so great that so many have donated to the tea chest. Thank you so much for your generosity.

More daily specials are appearing on the menu. Seems everyone likes the change from soup and sandwiches. Don't worry, we'll still have them, we're just trying to perk up the menu.

Again, I have to say, if you like music, come on down on Thursday. The live music in the dining room is great. Some members come in only on Thursday to have lunch and listen to the music.

Come on down where the coffee is hot and the cookies are sweet and homemade. See y'all soon.

## **UPCOMING ELECTIONS**

### **June Ervin**

The election of directors to the Senior Center board will be on September 8<sup>th</sup> at the Center. There will be only two positions open this year, as the four officers and 4 of the directors' terms continue, this election.

One of the directors seats open will be mine, as my 3 year term expires in October. Two officers and several of the other directors have asked me to run for re-election and I have decided to do so. I have worked beside most of them for the past several years as our Center was forced to find a new location. We have worked very hard to locate a suitable building with parking and an easy entry for our members. The big move, remodel of the building, build the kitchen and raise money has been a huge job that we have done together and built a bond striving for a common goal. I would really like to continue with them to the end, when the building is finally our "forever home".

Lots of you only know me as the Newsletter editor. Many others know me as one of the Lunch Ladies on Tuesdays when I work in the kitchen making soup, sandwiches and salads. Then there is a third group of you who only know me as

one of the servers on the buffet line, while working in the kitchen with the rest of the Friday crew.

All the while, those parts of me add up to a director on the board of the Senior Center. I really enjoy wearing all those hats and would appreciate your vote to continue my tenure on the Board of Directors.

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My name is Ruth Smith and I have been a member for only a year, even though I have volunteered in the kitchen for the last 3 to 4 years. I would like to be elected to the Board of Directors in order to encourage and create opportunities to grow through facilitating connections of dialogues for solutions.

I have 30 years of advocating for the rights and responsibilities of the disadvantaged. This has led to leadership roles in ensuring that all are being treated fairly with dignity and respect. I have skills in project management, assessing goals and developing the program needed to fulfill the project.

I have net-worked with various professionals and agencies in the community to create a successful path to self-sufficiency for clients or new partnerships for resource expansion.

I believe in the Senior Center and want it to succeed and I would like to be one of the worker bees to see it happen.

### **TEA PARTY REPORT**

**June Ervin**

The High Tea that was held in May was successful, well attended and had a profit of \$1000 to add to the building fund down payment.

Doris Loveday and I were the co-chairs of the event with Louise Piazza our other committee member. Thank you to all the folks who helped us to present our new concept for this year's tea. For all the donations of fine china cups and tea pots, flowers from your gardens, gift certificates for door prizes, we are grateful. Wine donations, other gifts, help with clean up and ticket sales, table decorations and every other way we had help, thank you!

Special thanks to the six young ladies who volunteered their time to serve, from the Church of Latter Day Saints.

Food was provided by Thyme 4 a Chef, caterer Rick Stone and music by guitarist Mark Baretta. Great job! Thank you to Rick Perry, our MC, who did a marvelous job keeping us on schedule and entertained, and his wife Susan who helped with door prizes. Our moderator, Linda Cornett, who presented our models, did an outstanding job for us. Thank you, Linda.

Lastly; "The Hits of the Day," our fabulous Senior Ladies! They modeled lovely ensembles from their own wardrobes. All did a fantastic job (many for the first time) showing off their clothes with poise under pressure! Thank you all, you are the BEST.

### **MORE INCOME IS NEEDED**

The Board of Directors has tried for the past year to come up with ways to generate more income for our center.

We plea for ideas, have had several major fund raisers here in the building, and tried to cut cost everywhere we can. Our most recent idea is to request that we all DONATE a dollar as an entry fee when we come into the building to play games, bingo, have lunch or any reason you are here. Every little bit helps!

### **DUES ARE DUE**

Our new year begins on July first, so that means your dues for membership become due that day. Save yourself money and pay it in person the next time you stop by the center. The front desk person can assist you. A printed receipt will be mailed upon request. Cost continues to be only \$12 for the year.

### **RECIPE BOOK TO BE PRINTED**

**Linda Cornett**

We are asking that anyone who is interested to submit a family recipe to make up a book for a fund raiser. There is a form to fill out available at the front desk. Bring it back, place it in the basket provided and wait to maybe see your very own special recipe in print. We hope to get a good response and be able to compile a

small book around the first of the year. Who wouldn't like a recipe of something that has been a family favorite for years, maybe even a generation?

**NEWSLETTER UPDATE**  
**June Ervin**

The company, that has been printing our Newsletters for the past six months, contract has ended. We can go back to doing the bare bones newsletter ourselves for less then they now want to do a similar one. We propose to further save money, to only print 300 copies, NOT MAIL them out and anyone who wants one can pick it up at the center. We have no way of knowing how many of the ones we mail are ever read; and the cost is increasing with every issue due to membership growth. It will still be available to read on our website at [www.roseburgseniorcenter.org](http://www.roseburgseniorcenter.org). If we run out right away, we will know to increase the number the next time we print. We will print more copies through the month as needed. Calendars will continue to be available at the front desk. Feedback for this idea, as always, will be appreciated and considered.

**EVENTS TO COME**  
**Linda M. Cornett**

JULY:

4<sup>th</sup> Monday SENIOR CENTER CLOSED FOR HOLIDAY

7<sup>TH</sup> Thursday Graffiti Sock Hop along with SERVICE

6 PM \$5 per person @ door, Dancing , Old cars.

Food for purchase: Burgers \$5, Hot dogs \$4 w/Tater Tots, Cole slaw and dessert

DJ KLE3N playing all oldies for you dancing pleasure, come and shake your stuff

23<sup>rd</sup> Saturday Tour Group Trip to Grants Pass Hellgate's Boat Dinner  
Trip \$110 per person

AUGUST:

6<sup>th</sup> Saturday Breakfast 8 AM to Noon Ham, hash browns & biscuits  
Cleaning out storage room Sale 8AM to Noon  
Louise Piazza/ Chairperson

27<sup>th</sup> Saturday Tour Group Trip to Dahlia Festival in Canby

SEPTEMBER:

8<sup>th</sup> Thursday Elections of Board members Voting @ Noon Results after  
tabulation

10<sup>th</sup> Saturday FREE Ice Cream Social 1 to 3 PM

17<sup>th</sup> Saturday Tour Group Trip to Depoe Bay's Salmon Bake

OCTOBER..... Senior Informational Fair

More information is available at center for all tour trips.

As always, come and visit us, see what we have to offer and have some fun, make  
some new friends!