



MATUREWELL LIFESTYLE CLUB

An educational lifestyle club for those
age 50+ and their loved ones!

Click on the picture above to view our website!

March 2020

A compilation of the month's newsletters from the MatureWell Lifestyle Club!

If you'd like to join the MatureWell Lifestyle Club to receive information, resources, discounts and more, [click here!](#)

DID YOU KNOW?

1. Almost 30% of older adults live alone, risking their chances of feeling lonely. Studies show loneliness carries the medical equivalent of smoking 15 cigarettes a day. Look under "Try This" to see what you can do to combat this preventable condition.
2. Washing your hands is still the best way to decrease the spread of infection and illness. What to do? Wet your hands, lather entire surface of hands with soap, scrub every area of front and back of hands while humming "Happy Birthday", rinse thoroughly and dry with a clean, dry, towel.

Announcement

The COVID-19 vaccine is now open to the general public for appointment registration. Each week appointment slots will open up for individuals to register for. Visit <https://brazoshub.com/> for information and be sure to watch your email (including spam and trash folders) for appointment information that will be sent to you. If you have already registered in the past and not heard back or received your vaccine yet, please go back to the website and register again.

Coming Up...

- Apr 7 (Wed) 1PM: **Staying the Course** – Monthly Lifestyle Group
Apr 7 (Wed) 2PM: Special Presentation – 10 Things I Can Do
<https://CommonSpirit-VirtualCareAnywhere.zoom.us/join/9123456789>
- Apr 14 (Wed) 1PM: Special presentation – Core & “Pelvic” Floor Presentation
<https://CommonSpirit-VirtualCareAnywhere.zoom.us/join/9123456789>
- Apr 15 (Thu) 11:30AM: **Alzheimer’s Dementia Caregiver Support Group**
For caregivers only – Contact Michele for registration info
- May 5 (Wed) 1PM: **Staying the Course** – Monthly Lifestyle Group
May 5 (Wed) 2PM: Special Presentation – What Defines a Legacy!
- May 20 (Thu) 11:30AM: **Alzheimer’s Dementia Caregiver Support Group**
For caregivers only

What’s my goal for the week?

- S** - **Specific** (be detailed about what you WANT to do)
- M** - **Measurable** (what will prove you achieved the goal?)
- A** - **Attainable** (Can the goal be achieved in the time allowed? How?)
- R** - **Relevant/Realistic** (Is this a worthy goal? Is it realistic and worth my time?)
- T** - **Timely** (when will I have this goal achieved by?)

What is my goal for the week?

What barriers could I possibly encounter? What plan do I have to deal with those barriers?

Reflection: What went well? What can I improve on?

Every day we invest in what we value most



TRY THIS

Week 1: Loneliness can have major impacts on our health and wellness.

- Weakened immune system
- Health decline, including heart disease
- Poor sleep
- Cognitive decline
- Early death

The good news is that loneliness is a passive state, meaning it can be overcome with action. So what can you do?

- Join a group that shares your interests – whether it's online or local, find a group!
- Create a walking or exercise group
- Volunteer
- Invest in your soul
- Pursue one or two deep relationships
- Reach out and stay in touch with friends and family
- Reminisce with friends and family
- Keep your home up to date
- Have your hearing and vision checked and corrected
- Get a pet

Week 2: Germs often spread to your eyes, nose and mouth after touching your face or your food, etc with your unwashed hands.

When do I need to be washing my hands?

- Before, during and after preparing food
- Before and after eating food
- Before and after touching another person
- Before and after dealing with a wound or sore
- After using the toilet, changing a diaper, or cleaning up after a pet
- After coughing, sneezing or blowing your nose
- After touching trash
- After touching frequently handled surfaces (door handles, light switches, etc)

Source: <https://www.cdc.gov/handwashing/when-how-handwashing.html>

“The only person you should try to be better than, is the person you were yesterday.” ~ Unknown

“The best investment you can ever make is in your own Health!” ~ Unknown

March 10th: On This Day in History.... 1876 – Alexander Graham Bell makes the first telephone call to his assistance Thomas Watson stating, “Mr. Watson, come here. I want to see you.”

Creating a Budget

Ask various businesses if they offer senior or veteran discounts. You might be surprised at some of the cost savings you get.



Weird Holidays

- Nat'l Celery Month
- Nat'l Nutrition Month
- Nat'l Women's History month
- Mar 11: Popcorn Lover's Day
- Mar12: Plan a Flower Day



Grocery Store Tip

Don't go to the grocery store hungry. We tend to make poorer choices when we are hungry. Have a healthy snack first.



Challenge

This week, look at the Facebook Group “MatureWell Lifestyle Club” and see the attached file titled “Rose Emporium Day Trip.” This is a great activity to do as we enter spring. Also, share in the comments other day trip ideas that you may have! If you are not a member of this group yet, just request to join!

Video: [Union Pacific 4141 Makes Last Stop](#)



Day Trip Idea

Navasota, TX

Tucked in between Houston and College Station, this small town is brimming with unique experiences that are sure to intrigue travelers! Established during railroad construction in the mid 1800's, Navasota was once a bustling and influential town, and even today the history and pride of the town is kept well alive by its residents. Named the "Blues Capital of Texas" in honor of the late Mance Lipscomb, artists, adventurers, and history buffs alike all enjoy time exploring Navasota!



Areas of Interest:

DINING:

[Martha's Bloomers Cafe](#)

- Mentioned in Southern Living's top 50 Southern shops, this garden cafe and shop offers tearoom dining at its finest!
- Martha's is closed Mondays and only for lunch time, plan accordingly
- Click [this link](#) for directions

[4141 Coffee House](#)

- Located in downtown Navasota, this coffee house has something for everyone!
- Click [this link](#) for directions

[The Western Steakhouse and Dancehall](#)

- Be sure to check upcoming live performances for dinner and a swing, western show.
- Click [this link](#) for directions

CULTURE

[Historic landmark houses](#)

- Navasota is brimming with Victoria era houses, drive by and learn the fascinating history behind some that have a historic landmark sign! Use the link above as a guide to find notable houses.
- Houses are around downtown Navasota, click [this link](#) for directions to downtown

[Horlock House Art Gallery](#)

- Visit a fully restored Victorian Era house that serves as a residency for artists and art gallery
- Click [this link](#) for directions

[Antiquing in Downtown Navasota](#)

- Visit shops such as Navasota Emporium, Circle P Antiques and Collectibles, and Bluebonnet Vintage collectables all located in downtown Navasota!
- Click [this link](#) for directions to downtown

ACTIVITIES

[BeeWeaver Honey Farm](#)

- BeeWeaver offers you an inside look into the life and work of bees on the charming and quaint honey farm. Take part in a free public tour of the hive and honey-making process or reserve a special experience, such as a honey-tasting tour or a private bee-keeping lesson
- Visit [WildFlower Mead Company](#) nearby to sample quality mead made with honey from the BeeWeaver honey
- Click [this link](#) for directions from downtown navasota to Beeweaver Honey

[Washington on the Brazos](#)

- Visit the historic site where the Texas Declaration of Independence was signed, complete with a visitor center and beautiful countryside
- Click [this link](#) for directions

Other Navasota resources:

<https://www.navasotatx.gov/tourism/things-do/pages/beeweaver-honey-farm>

<https://www.lonestartravelguide.com/things-to-do-in-navasota-texas/>

Sudoku:

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

ONLINE FUN: Disclaimer: Use caution when surfing the web. You do not have to accept cookies (or can clear your browsing history afterward), and you can skip sites that try to have you submit any personal information or make a donation.

Articles you might find interesting:

- [Pets in the Pandemic](#)
- [Online Health Information: Is it Reliable?](#)
- [Bryan 150 – Celebrating 150 years of the City of Bryan, Texas \(bryantx.gov\)](#)
- [City of Bryan Receives Grant to Survey Two Historic Cemeteries](#)
- [Service Above Self](#)

TED Talk: [How Trees Talk to Each Other](#)



[Your Early Spring Checklist](#)

CHECK THIS OUT!

ARTICLE TO SHARE – Your Early Spring Checklist – Check out this fun article discussing some yard and garden tasks to get you going for spring! Click on the picture or the link below to access the article!





CHECK THIS OUT!

ARTICLE TO SHARE – Buyer Beware: How to Avoid Scams & Misinformation during COVID-19 – We've heard stories of increased scamming occurring during the pandemic, especially those targeting the older population. Check out this article discussing types of scams and how to protect yourself! Click on the picture or the link below to access the article!



[Buyer Beware: How to Avoid Scams & Misinformation during COVID-19](#)

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Do not email personal health information

Offered through the **MatureWell Lifestyle Center**
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WHAT ELSE IS GOING ON AROUND TOWN!

1. From the Bryan/College Station Public Library System: [Virtual Book Club Meetings](#) - **registration required** - All book clubs have moved their meetings online. If you need a Zoom invitation, contact the appropriate librarian via email or through the [online contact form](#). For a list of book clubs, meeting dates, and books being discussed, see www.bcslibrary.org/book-clubs.
2. Senior Adult Programs with the **City of College Station**. They have a long list of activities and programs to check out, so [click here](#) to view their website.
3. Registration for Poetry at **Round Top Virtual Workshops** opens Monday, March 8, 2021 at 9:00 AM (online registration only). Five virtual workshops are being offered beginning Monday, April 19 through Friday, April 23 7:30-9:00 PM -- a different workshop each evening. \$40 per

workshop. Register on the [Round Top Festival Institute](#) website. For questions, email poetryatroundtop@gmail.com.

4. **March 27 & 28: Living History Weekend** - In honor of the 21st Anniversary, there will be more battles, tank rides, and living history displays! Everyone will enjoy the free parking at Santa's Wonderland's new Blitzen Lot (no parking on site). All information and schedules for Living History Weekend can be found on our website: <https://americangimuseum.org/events/living-history-weekend/>
For more information on Tank and Half-Track Rides: <https://americangimuseum.org/events/living-history-weekend/ride-a-tank/>

5. From the **City of Bryan**: Austin Colony Family Camp Out



6. Couple special presentations from the **Alzheimer's Association** in partnership with MatureWell's Dietitian, Emily!

The Alzheimer's Association logo is at the top. Below it are three photos: a woman and man looking at a laptop, hands being held, and a woman and man looking at a tablet.

The Alzheimer's Association in collaboration with
MatureWell Lifestyle Center - CHI St. Joseph Health presents

Understanding Dementia & Relieving Stress
Thursday, May 20 | 12:30 - 1:30 pm

Healthy Living with Easy Cooking Tips
Thursday, June 17 | 12:30 - 1:30 pm

MatureWell Lifestyle Center - CHI St. Joseph Health
Caregiver Support Group
3rd Thursday of each month at 10:30 am
by Zoom and phone

MatureWell Lifestyle Center
CHI St. Joseph Health

To register and for more information, call 800-272-3900.

The Alzheimer's Association also offers a variety of on-demand classes through our free Online Education Center (training.alz.org) available 24/7

Interesting Pictures: A lenticular cloud over Mount Fuji and butterflies in the Amazon rain forest



Word Find:

★ Kitchen Utensils

All the words are hidden vertically, horizontally or diagonally—in both directions. The letters that remain unused form a sentence from left to right.

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

FORK
GLASS
GRATER
GRILL
ICE CREAM SPOON
JUICER
KETTLE
MEASURING CUP
MIXER
OPENER
PEELER
PIE TIN
PLATE
ROLLING PIN
SCALES
SPATULA
STRAINER
TIN FOIL
WAFFLE IRON
WHISK

APPLE CORER
BAKING TIN
BREAD KNIFE

BRUSH
CASSEROLE
CHOPPING BOARD

COFFEE FILTER
CUTLERY
FISH PAN

Sudoku Solution:

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

Word Find Solution:

Kitchen Utensils



Good kitchen utensils make work in the kitchen much more pleasant, faster and easier.