



Webster Community Center Senior Happenings

September 2010

IMPORTANT PHONE NUMBERS

**Webster Parks and
Recreation**

872-7103

Traci Ruffell

872-7088

Faith Bell

872-0385

**Senior
Transportation
872-0385**

Faith 'n Begorra

Here we are in September having a heat wave (remember – we have air conditioning at the Damascus Center!). Our fall/winter program guide will be delivered to your Webster residence next week (inside the Town Times). Look for your favorite & new programs.

WHAT'S GOING ON IN SEPTEMBER?

Sept. 1 (Wed) – Low Vision (Visionaires) 10:30am @ Baywinde Senior Living

Sept. 6 (Mon) – Center Closed for Labor Day

Sept. 8 (Wed) – Center moves to Liberty Lodge (Maple Dr.) for the day.

Sept.10 (Fri) – Birthday Party & Poetry Group

Sept. 13 (Mon) – Haircuts by Ron *Please note this day change*

Sept. 14 (Tues) – Chorus resumes @ Baywinde, also Garden Craft Club

Sept.16 (Tues) – Becky Johnson from The Jewish Senior Life will speak on senior services they offer

Sept. 30 (Thurs) – Rochester Public Market trip.

Please note in your program guide the (day) change for our caseworker, Cindy Helzer; she will be at the center on Tuesdays instead of Fridays, beginning October 5th.

Simon continues his journey & thank you for your prayers.

Traci's Tribute

As the summer starts winding down, I hope you have all enjoyed your time with family, friends and your time at the senior center. Keep your eye open for the new program guide with new exciting programs. Look carefully because times have also changed on some of the old programs as well.

Traci

Faith

Bert's Bistro

Those of you who went to the senior picnic @ Charlotte yesterday, I hope you had a good time. We could have done with a little less wind and pigeons, but all in all, it was a great day.

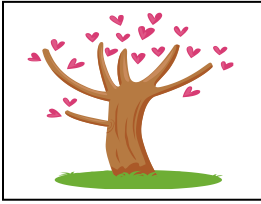
I have heard several positive comments on the lunch that was served. Mary Apps has the cold chicken breast lunch on our September menu. She has also given us a good variety, really mixed things up for this month.

Unfortunately, fans of Popeye and lovers of spinach won't be happy until October. It's served twice that month. So, we spoke, and Mary listened!

Christmas countdown, (as of Aug. 27) 121 days until Christmas.

Until next time – stay happy and healthy

Bert



SEPTEMBER HAPPENINGS YOU DON'T WANT TO MISS!

NEW DAY FOR CASEWORKER

Starting the first Tuesday in October our Casework Manger, Cindy Helzer, will be changing her day that she visits the Webster Center. Her hours will remain the same 9am – 12:30pm.

We will be continuing our monthly trips to the Rochester public market on Thursday, September 16th of this month.



The Senior Center will be closed on Monday, September 6th in observance of Labor Day. Have a great weekend.

September Babies....Time to celebrate!
Our birthday party will be held on Friday, September 10th.



New Community Center updates:

We are still on schedule for construction to begin mid October!

More to come, we will keep updates in each newsletter to keep you informed on the progress!

Becky Johnson from the Jewish Senior Life will be speaking on Thursday, September 16th on services they offer for seniors.

FITNESS CORNER

Memory Boost: Build a Diet With Memory Foods

You exercise your body and your mind with regular workouts and challenges like [sudoku](#) and crossword puzzles. You learn [memory tips](#) and tricks to improve recall, and teach your brain new things all in an effort to boost [mental fitness](#). But don't forget what your brain really needs to help keep memory strong — memory *food*.

Here are the nutrients that can give your brain a memory boost:

- **Unsaturated fatty acids.** These healthy fats can help reduce your risk of [Alzheimer's disease](#), and are found in foods like olive and sesame oil, avocados, peanuts, walnuts, and pecans.
- **Omega-3 fatty acids.** These fatty acids also help protect your brain from dementia and improve your memory. They're found in fatty fish that swim in cold water, like trout, mackerel, and salmon.
- **Brightly colored fruits.** Give yourself a memory boost with dark berries that help keep blood vessels in the brain clear and protect brain cells from damage. Eat fruits like blackberries, raspberries, strawberries, and blueberries. Blueberries and similar foods have been shown to actually reverse age-related memory shortfalls in humans and animals. Oranges, cherries, plums, and red grapes are also great memory food.
- **Leafy and colorful vegetables.** Vegetables also protect the brain from damage and deteriorating memory, so eat lots of bright greens in the form of broccoli, spinach, kale, sprouts, bell peppers, and asparagus. Eggplant, corn, and even onions are also good memory food veggies.
- **Essential vitamins.** Vitamin E, C, B12, and folic acid are belong in a brain-healthy diet to improve memory. A diet rich in a wide variety of fruits and vegetables, as well as legumes (like beans), can provide you with plenty of vitamins for a good memory boost. But you may also want to consider taking a supplement to make sure you get all of the vitamins you need.
- **Glucose.** Your body needs glucose for energy, and studies have shown that a little bit of natural sugar can help boost memory and cognitive function — just don't feast on high-fat cakes or processed foods, which can slow down the energy glucose offers your brain.
- **Whole grains.** Eat whole-wheat breads, pastas, and brown rice to give your brain energy to improve memory and also maintain [heart health](#).

Since unhealthy fats and cholesterol can clog your brain, slow it down, and affect your memory, keep foods containing them to a minimum.

CARE MANAGER'S CORNER

Cindy Helzer is the Webster Senior Center Care Manager from Elder Source and she is with us every Tuesday morning from 9am - 12:30pm beginning October 5th.. Most of you know who Cindy is, but many of you are unaware of what she can help with. Each month she will give us a sample question that often comes up when working with Seniors. We are hoping that this column will help clarify what Cindy's role is and that you will seek her help and guidance if you need assistance.

Would you like assistance with cleaning, outdoor clean up or miscellaneous chores around your house or apartment? If you would like more information on help available, please see the Eldersource Care Manager on Fridays for the month of September from 9-12:30. We hope to see you soon at the center!

WEBSTER RECREATION CENTER

1350 Chiyoda Drive
Webster, NY 14580

For the month of September
walkers will be able to walk the
gym 8am – 11am.

**WALKING IS FREE
14 TIMES AROUND IS
1 MILE**

Senior Information Packets are Available



Not sure what the Webster
Senior Center has to offer?

Ask Faith or Traci for an
information packet. It contains
information on all aspects of our
Senior Center and a coupon for
a complimentary meal the first
time you join us for lunch at
“Bert's Bistro”

Senior Center programs are funded by participants, the U.S. Administration on Aging, NYS OFA, Monroe County Dept. of Human and Health Services/Office for the Aging, and the Town of Webster. No person shall be denied benefits or be subjected to discrimination under any program or activity receiving Federal Assistance on the grounds of race, color, sex, religion, national origin, disability, or marital status