

# Carlin Senior Center

City of Carlin

320 Chestnut Street 754-6465

October 2021

Things have slowed down again here in Carlin. Sadly, friends and/or family members have been ill (or passed) with Covid, pneumonia and other illnesses. Prayers for all...

The weather has gotten pretty cool at night but still warming up nicely in the daytime. Autumn is here for sure.

We have a new ice machine and a new freezer (along with a new refrigerator recently). We also had to replace our hot water heater and expansion tank. We are still awaiting a furnace repair (in the kitchen) and a dishwasher breaker repair. Repairs were done to our swamp cooler and makeup air conditioner.

Our head cook came back from being ill, was here a few days, went on vacation and was called back for a house fire which destroyed her historic home. So, she is trying to regroup.

Our new cook Elle Draiss was thrown into a whole lot of cooking (without much notice) and with a majority of help from volunteer Donnetta Skinner, help from our regular volunteer Judy Bradshaw, and consistent help from our fairly new driver Angie Anthony, we

managed. I apologize for the late delivery and missed meals the day I drove because I didn't know the route and had some issues.

Well, I for one am looking forward to better times as I'm sure you all are as well. Have a great October!

Jeanne



## ***Covid-19 Update***

At this time, we will continue with the CDC recommendations of masking, distancing and no self-serve.

We will keep doing everything we can to keep you safe when you come to the Senior Center.

Thank you and stay healthy!

## **Upcoming events**

**Oct. 23 from 5 pm-9:30 pm**

**Annual Spook Walk and Festival at the Chinese Gardens**

**Oct. 29 at dark**

**“Spooky” Drive-in Movie at the Chinese Gardens**

**Oct. 30, Starting at 6:30 pm**

**Zombie Crawl. Meet at Khoury's to catch a ride to selected venues.**

**Cash prize for the best costume! Watch for more info.**

## **8 Great Reasons to Walk More**

by Barbara Stepko, [AARP](#), June 1, 2020 for complete article.

### **Add years to your life**

A major study, published JAMA, found that the more steps participants over age 40 took, the lower their mortality risk from all causes. A rigorous walk wasn't required to see these benefits; low-intensity strolls appeared to be just as effective as higher-intensity power walks.

### **Bolster your brain**

Researchers have found that regular aerobic exercise appears to increase the size of the hippocampus, the region of the brain responsible for memory. And the benefits can be pretty immediate. Getting out there regularly may even help those already experiencing memory problems.

### **Trim those extra inches**

As we get older, fat that used to primarily land on our hips and thighs can start to shift to our bellies. That spare tire is stubborn, but regular cardio sessions may reduce it. "A disproportional amount of weight is lost in the abdomen through physical activity."

### **Save your vision**

Moderate walking, it turns out, may be even better for our eyes. Walking or bicycling more than 60 minutes a day, versus hardly ever, was associated with a decreased risk of cloudy lenses, particularly in the long term. According to research from UCLA, brisk walking may also lower your risk of glaucoma, with the most active people having a 73 percent lower risk than the least active.

### **Get a good night's sleep**

If you're among the 50 percent of people over age 65 with chronic sleep problems, walking could be your ticket to more quality shut-eye — which is important for everything from preventing heart disease to staying sharp as you age.

### **Chill out more easily**

You've heard that meditation is good for calming your mind and fending off depression, but if you're the restless type, know this: An afternoon of mindful walking may offer many of the same stress-busting benefits.

### **Ward off depression**

According to a 2019 study published in JAMA Psychiatry, walking for an hour a day (or 15 minutes of running, if you're so inclined) can reduce your risk of major depression.

### **Keep yourself moving for the long term**

Walking isn't just good for those who can do it easily. Beyond mobility benefits, studies show links between walking and faster recoveries from heart surgeries and from chemotherapy for breast cancer.

## **FALL REMINDERS!**

**PLEASE REMEMBER THAT WITH THE CONTINUING WARM TEMPS WE NEED YOU TO BE SAFE!**

**If we deliver a meal and you want us to leave it in a cooler, you MUST have ice, ice packs, or frozen water bottles in the cooler. We will not put it in a cooler if there is nothing in the cooler to keep the food cold.**

**Please let us know by 9:00 a.m. if you want to cancel your homebound meal**

**Thanks!**

**When the "emergency" is finally over, I will be visiting folks who signed up since it started to receive homebound meals.**

**I will have to do an ADSD required interview to qualify clients for "homebound" status. At this point, age has been the main qualifier.**

