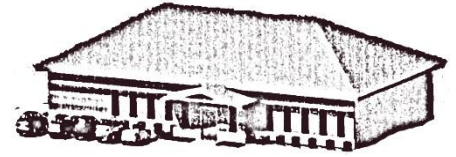


Osage Beach Senior Center

5709A Osage Beach Pkwy
Osage Beach, MO 65065
Osagebeachseniorcenter.org



September 2020

Grandparent's Day

Beginning in 1970, Marian McQuade, a West Virginia housewife and mother of 15 children, initiated a campaign to set aside a day to honor grandparents. In 1978, the U.S. Congress passed legislation proclaiming the Sunday after Labor Day to be National Grandparents Day and the proclamation was signed by President Jimmy Carter. The month of September was chosen to signify the "autumn years" of life and the forget-me-not was chosen as the official flower. Therefore, this year, Grandparent's Day will be held on September 13th.

Don't forget, the Senior Center will be closed for curbside meals on Labor Day, September 7th!



Palliative and hospice care serve different types of patients. However, both provide comprehensive comfort care and support for the patient and their family.

Palliative care is a resource for anyone living with a serious illness, such as heart failure, cancer, or dementia. In addition to improving quality of life and helping relieve symptoms, palliative care can help patients understand their choices for medical treatment. This type of care can be provided along with curative treatment and can be helpful at any stage of illness.

Hospice care provides a person with a terminal illness comprehensive comfort care when attempts to cure or slow the person's illness have stopped. Hospice is typically provided when the doctor believes the person has six months or less to live if the illness runs its natural course. This type of care provides support for family as well, coaching family members on how to care for the person and even providing respite care when caregivers need a break.

Go to the National Institute on Aging's website to learn more about this subject.

Alzheimer's and Related Dementias

resources | caregiving tips | research | updates

from the National Institute on Aging, the lead U.S. government agency for Alzheimer's research



Some people with Alzheimer's disease may experience sundowning —restlessness, agitation, irritability, or confusion that can begin or worsen as daylight fades. If sundowning continues into the night, the person with Alzheimer's disease and their caregivers may have trouble getting enough sleep and functioning well during the day.

Try these tips to cope with sundowning:

- Reduce noise, clutter, or the number of people in the room.
- Try to distract the person with a favorite snack, object, or activity. For example, offer a glass of water, suggest a simple task like folding towels, or turn on a familiar TV show (but not the news or other shows that might be upsetting).
- Make early evening a quiet time of day. You might play soothing music, read, or go for a walk. You could also schedule a call with a family member or friend.
- Close the curtains or blinds at dusk to minimize shadows and the confusion they may cause. Turn on lights to help minimize shadows.

Read NIA's article to learn more about [ways to help prevent sundowning](#).

DIET AND EXERCISE:

Choices Today for a Healthier Tomorrow

Eating a healthy diet and exercising often can help control or delay health issues associated with aging, like high blood pressure and diabetes.



Set short-term goals to achieve and maintain a healthy diet and exercise routine.

Make these 5 tips a priority every day:

Try to be physically active for at least **30 minutes** on most or all days of the week.

Eat plenty of **fruits and vegetables.**

Choose foods that are **low in added sugars, saturated fats, and sodium.**

Pick **whole grains** and lean sources of **protein** and **dairy products.**

Practice all **4 types of exercise**—endurance, strength, balance, and flexibility.

For more information about healthy eating and exercise, go to nia.nih.gov/health/exercise

NIH National Institute on Aging

Opening Status

Our board met with our CEO in August. She said the state gave her an 18 page document that we have to comply with before we can open. So, at this time, we still don't have a date to reopen.

During the meantime, please support the center by purchasing curbside meals or sending donations. Curbside meals can be picked up Monday through Friday from 11 to 12:30. They contain an entrée, vegetable, fruit, dessert, bread and milk. All for a suggested donation of \$4.00 if you are over 60/\$6.50 if you are under 60 years of age.



IN THE GRAND SCHEME OF THINGS

1. Most important person in a group GRAND _____
2. Winning all 13 tricks in bridge; it's also a home run with runners at all three bases
GRAND _____
3. Amount after adding several numbers GRAND _____
4. Complete picture of something GRAND _____
5. A location for country music GRAND _____ (2 words)
6. French phrase for great prize; or an automobile race GRAND _____
7. Your son or daughter's child GRAND _____
8. A permanent structure for seating spectators GRAND _____
9. A type of flower or a rose bush GRAND _____
10. Magnificent, impressive or awe-inspiring GRAND _____

Name the TV Show



1



2



3



4



5



6



7



8



9



10



11



12



13



14



15



16



17



18



19



20



21



22



23



24



FROZEN DINNERS WORD SEARCH



WORD LIST

- AMY'S
- BANQUET
- BOSTON MARKET
- MARIE CALLENDER'S
- CEDARLANE
- CHILI'S
- EVOL
- HEALTHY CHOICE
- HUNGRY-MAN
- KASHI
- LEAN CUISINE
- LUVO
- SAFFRON ROAD
- SMART ONES
- STOUFFER'S





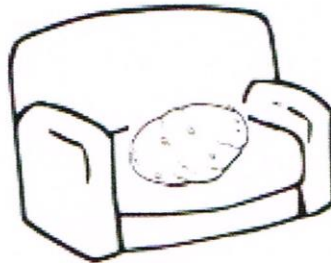
September Word Pictures Rob Clagett

YOU NEED TO THINK LITERALLY TO SOLVE THESE WORD PICTURES.

1.

> OR <

2.



3.

THE TRUTH

4.

THE BRIDGE
H₂O

5.



6.



THE COALS

7.

NEXT 

8.



COURT

9.

LOOKING
TROUBLE
TROUBLE
TROUBLE
TROUBLE

10.

DEAL
DEAL
DEAL
DEAL

11.

OF FLESH

12.

HORN  HORN

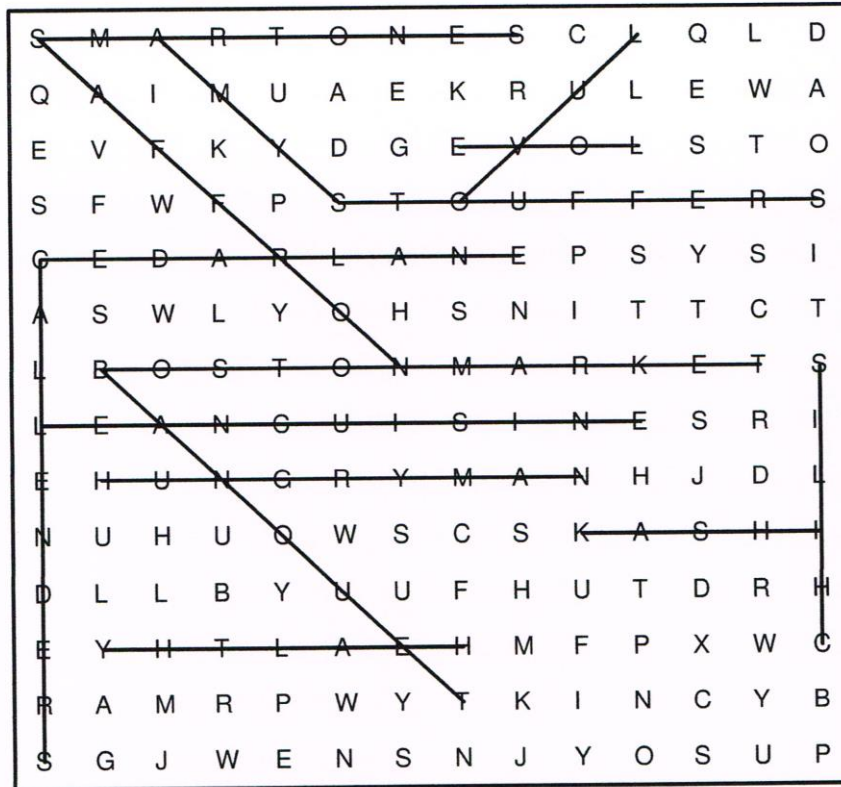
IN THE GRAND SCHEME OF THINGS - Answers

- | | |
|-------------------|--------------------|
| 1. GRAND POOBAH | 6. GRAND PRIX |
| 2. GRAND SLAM | 7. GRANDKID OR SON |
| 3. GRAND TOTAL | 8. GRANDSTAND |
| 4. GRAND SCHEME | 9. GRANDIFLORA |
| 5. GRAND OLE OPRY | 10. GRANDIOSE |

Name the TV Show - Answers

- | | |
|--------------------------------------|----------------------------------|
| 1. Gunsmoke | 13. Gomer Pyle |
| 2. Beverly Hillbillies | 14. I Dream of Jeanie |
| 3. I Love Lucy | 15. The Brady Bunch |
| 4. The Dick Van Dyke Show | 16. Green Acres |
| 5. Bewitched | 17. Hazel |
| 6. The Smothers Brothers Comedy Hour | 18. Dragnet |
| 7. Daniel Boone | 19. The Honeymooners |
| 8. Batman | 20. Mr. Ed |
| 9. Gilligan's Island | 21. Lost in Space |
| 10. Ironside | 22. Mary Hartman, Mary Hartman |
| 11. The Jetson's | 23. The Streets of San Francisco |
| 12. Petticoat Junction | 24. The Lone Ranger |

FROZEN DINNERS WORD SEARCH



SEPTEMBER WORD PICTURES

1. More or less
2. Couch potato
3. Stretching the truth
4. Water under the bridge
5. Rain check
6. Rake over the coals
7. Next to nothing
8. Kangaroo court
9. Looking for trouble
10. Square deal
11. Pound of flesh
12. Locking horns