

# Seniority

## Rules !

### August 2019



#### Pope County Senior Wellness & Activity Center Presents BURGERFEST 2019

Friday, August 16 from 4:30—6:30 p.m. is the date for the biggest on-site fundraiser this center has each year. The staff and I sincerely hope that you will make a donation to our Burgerfest, even if you choose not to enjoy the meal. The menu will be gourmet hamburgers with all the trimmings (bacon, jalapenos, grilled or raw onions and more), homemade potato salad, homemade baked beans, ice cream, apple cobbler, choice of tea, coffee or fruit punch. Our goal this year is to raise \$20,000. The program income that has to be generated by the center this year is \$200,000 so your support of this fundraiser is critical. Any donation you make to Burgerfest will be greatly appreciated and will be an investment in the continued growth of this center. It is extremely important that we meet our goal. Thank you very much.



Dave



#### *Estate Planning*

*Consider Remembering the  
Pope County Senior  
Wellness & Activity Center*

*When making your estate planning.  
Your gift will ensure the continuation  
of the center that was so much a part of  
your life.  
Thank You*

#### Wanted!

Dusty would like to have 4-8 volunteers to serve on a food committee for the fall menus. This group will discuss upcoming menus and will give input from the center on likes, dislikes, etc. The group will meet once a month to advise the kitchen on the meals at the center. Please sign up in the office if you would be interested in serving on this food committee.



## Stay Cool

Too much heat is not safe for anyone. It is even riskier if you are older or have health problems. It is important to get relief from the heat quickly.

### Heat Exhaustion and Heat Stroke

Heat exhaustion is less severe, more common, and occurs when the body becomes severely dehydrated. If left untreated, it leads to heat stroke. Signs of heat exhaustion

- Heavy sweating
- Cold, clammy skin
- Dizziness or fainting
- Weak and rapid pulse
- Muscle cramps
- Fast, shallow breathing
- Nausea, vomiting or both

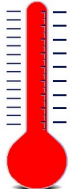
Heat stroke is the most serious heat-related illness. When the body is unable to control its temperature, it rises rapidly and sweating mechanisms fail. Heat stroke can cause death or permanent disability if emergency treatment is not provided. Signs of heat stroke

- Extremely high body temperature (above 103F)
- Red, hot, dry skin (no sweating)
- Rapid, strong pulse
- Throbbing headache, dizziness, nausea
- Confusion or unconsciousness

These are signs of a life-threatening emergency. Have someone call 911 while you begin cooling the person by getting him to a shady area and cool them rapidly by immersing them in a cool tub of water or shower; spray them with cool water from a garden hose; sponge them with cool water.

If they are conscious and able to swallow, give cool water or nonalcoholic, decaffeinated beverages.

Stay out of the sun during peak times of heat. Always wear lightweight, loose clothing. Stay safe and stay out of the heat.



## Pope County Senior

### Activity Center

1010 N. Rochester Avenue

Russellville, AR 72801

(479) 968-5039

Fax (479) 890-4771

### Hours:

Monday, Thursday & Friday

7:30A.M. to 8:00P.M.

Tuesday & Wednesday

7:30A.M. to 3:30P.M.

Senior Programs Director:

Sherry Tidwell

[tidwells@fccare.org](mailto:tidwells@fccare.org)

Site Coordinator:

Davis Gateley

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Meals on Wheels Coordinator:

Amanda Chronister

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Lead Cook

Dusty Gentry

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Website:

[www.rivervalleyseiors.com](http://www.rivervalleyseiors.com)

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Pope County Senior Wellness & Activity Center

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## August Trips

On Friday, August 9 we will be going to the Mid-America Science Museum in Hot Springs. The museum houses more than 100 hands-on science exhibits divided into individual galleries found throughout the 65,000 sq. ft. of the museum and includes exterior exhibits such as the award winning Bob Wheeler Science Skywalk, and the all new Oaklawn Foundation Dino Trek. You will explore key principles of motion with permanent hands-on exhibits like the sand pendulum, vertical wave machine, loopy lasso, do-undo and more in the Marvelous Motion Gallery. Extending 180 feet from the museum, there is a unique award-winning architectural exhibit that offers a stunning perspective of the 21 wooded acres that surround the museum. Enjoy the view and conduct music on the music bench or walk through the fog bridge, all while conquering your fear of heights and learning about science. You are never too old to learn something and this is a great chance to have some fun. The van leaves the center at 8 a.m. and suggested donation of \$17 includes breakfast and admission to the museum.



On Friday, August 23 we will head North up Hwy. 7 to have a late breakfast or early lunch at the Ozark café in Jasper. Everyone enjoys their good home-cooking. After we eat, we will head over to Boxley Valley. It's not the time of year for good Elk viewing but the scenery is gorgeous and you never know what you might happen to see. The van leaves at 8 a.m. and suggested transportation donation is \$8.

Subiaco Academy is a private, college preparatory, Roman Catholic boarding and day school. It is an apostolate of "Subiaco Abbey" the religious community of Benedictine monks and is located in Subiaco. On Friday, August 30 we will visit the Abbey for a guided tour. The school came into existence as a result of the German migration to the Arkansas River Valley in the 1870s and especially in the 1880s and 1890s. The Little Rock-Fort Smith Railroad Company had thousands of acres of free land in the area. They had resolved to sell this land only to German Catholic settlers, if possible. This company approached the Swiss Benedictine Monks in Indiana to send missionaries to Logan County Arkansas in 1878. These monks brought with them their Swiss Benedictine heritage of a monastery school. There is a lot of history surrounding the Subiaco Academy and you will enjoy the beautiful monastery. The van will leave at 9 a.m. After touring the Abbey we will head over to Shane's Restaurant for a good home-cooked lunch and the home of the "mile high" meringue pies. Suggested transportation donation is \$7.



Don't forget Pocola on Tuesday, August 20. Van leaves at 8 a.m. and suggested donation is \$10.



Grandma is 88 years old and still drives her own car. She writes to her granddaughter: Dear Granddaughter

The other day I went up to our local Christian book store and saw a "Honk if you love Jesus" bumper sticker. I was feeling particularly sassy that day because I had just come from a thrilling choir performance, followed by a thunderous prayer meeting. So I bought the sticker and put it on my bumper. Boy, am I glad I did; what an uplifting experience that followed! I was stopped at a red light at a busy intersection, just lost in thought about the Lord and how good He is, and I didn't notice that the light had changed. It is a good thing someone else loves Jesus because if he hadn't honked, I'd never have noticed. I found that lots of people love Jesus. While I was sitting there, the guy behind started honking like crazy, and then leaned out of his window and screamed, 'for the love of God'!! 'Go, Go, Go'!! What an exuberant cheerleader he was for Jesus. Everyone started honking! I just leaned out my window and started waving and smiling at all those loving people. I even honked my horn a few times to share in the love! I saw a guy waving in a funny way with only his middle finger stuck up in the air. I asked my young teenage grandson in the back seat what that meant. He said it was probably an Hawaiian good luck sign or something. Well, I have never met anyone from Hawaii, so I leaned out the window and gave him the good luck sign right back. My Grandson burst out laughing. Why even he was enjoying this religious experience! A couple of people were caught up in the joy of the moment and they started walking towards me. I bet they wanted to pray or ask what church I attended. But then I noticed that the light had changed, so grinning, I waved at all my brothers and sisters and drove through the intersection. I noticed that I was the only car that got through before the light changed again. I felt kind of sad so I slowed the car down, leaned out the window and gave them all the Hawaiian good luck sign one last time as I drove away. Praise the Lord for such wonderful folks!! Will write again soon! Love, Grandma

## About Our Center

Pope County Senior Wellness & Activity Center serves people who are 60 years of age or older, or are the spouse of someone who is 60 or older who participates in our program. Although we receive some federal and state funding, we must generate money locally to help meet operating expenses. We ask that each participant donate as much as he or she is able. A \$5.00 donation for lunch and \$1.00 donation for transportation are suggested for those 60 and over. For visitors under the age of 60 and all carry-outs, the cost of lunch is \$8.00. Donations are extremely important and very much appreciated. Your senior center depends on you.

If you are interested in van service please contact the center at 479-968-5039.

## Blood Pressure Machine

Remember we have a blood pressure machine in the library.

Please feel free to use it.

Courtesy of

Area Agency on Aging.



## *Pope County Senior Wellness & Activity Center*

### *Advisory Council Members:*

*Joe Jirinec—President*

*Norma Humphrey—Vice President*

*Merle Lane*

*Vicki High*

*Robert Beckham*

*Susan Kahon*

*Joan Peak*

Grounds Maintained by:

The Pope County Master  
Gardeners