

The Legacy Leader

Spring 2024 Volume 2 | Issue 1

A quarterly newsletter for 50+ adults

50 & BETTER CHAMPIONS CROWNED



Faye Holmes and Pat Asberry won the 50 & Better Cornhole Tournament on January 12th.

HOLMES & ASBERRY CLAIM TITLE

Jeff Whitsell- Senior Services Coordinator

—January 12, 2024

Eight teams competed in the 50 and Better Cornhole Tournament held in the Warford Activity Center Gym. In the end, Faye Holmes and Pat Asberry dominated the bracket and took home the championship trophies.

After taking 3rd in the 2023 tournament, Faye and Pat put in the necessary practice hours to claim this year's top spot. The team—wearing uniforms that read *Real Grandmas Play Cornhole*—celebrated by traversing the Warford complex to the beat of

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*Senior Moments are fictionalized stories based on real events

The Legacy Leader is a quarterly newsletter published by the City of Amarillo Parks and Recreation Department Senior Services Division

HEALTH

POOR VISION AND FALLS

SENIOR MOMENT: WATER AEROBICS

Water aerobics, a refreshing and low-impact exercise, offers benefits that cater to individuals of all ages and fitness levels.

The buoyancy of water reduces the impact on joints, making it an ideal workout for those with arthritis, joint pain, or mobility issues. The supportive aquatic environment minimizes stress on the body, allowing participants to engage in cardiovascular exercises with less risk of strain or injury.

Additionally, water aerobics promotes muscle strength and endurance. As individuals move against the water's resistance, they engage multiple muscle groups, fostering increased flexibility.

Participants experience an elevated heart rate while maintaining a cooler body temperature compared to traditional aerobic exercises, reducing the risk of overheating. The constant resistance encourages improved circulation and cardiovascular health, ultimately supporting a stronger heart and increased stamina.

Beyond its physical benefits, water aerobics provides a social and enjoyable fitness experience. Classes foster a sense of community, promoting camaraderie among participants.

Falls are one of the leading risks that we face as we get older. According to the Centers for Disease Control and Prevention 1 in every 4 people over age 65 reported falling in 2020.

There are many reasons seniors fall, but one that we may not often think about is poor vision. Falling due to bad vision seems obvious, but far too many seniors go undiagnosed and treated for three serious vision problems.

Cataracts, Age-related macular degeneration (AMD), and glaucoma are common ocular diseases among seniors. A recently published long-term JAMA study found that people with one of the three diseases were 33 percent more likely to have a fall. The average age of the study group was 74.

The good news is cataracts, AMD, and glaucoma are preventable or treatable. To help prevent future falls, see your ophthalmologist regularly.

Source: Goad, K. "3 Common Eye Diseases That Raise Risk of Falls". AARP. January 12, 2024.

CORNHOLE (CONTINUED)

Queen's "We are the Champions" while holding their trophies high. The victory was well deserved as Holmes and Asberry have been focused on winning this year's championship.

Second place went to Charley Oathout and Jeff Whitsell.

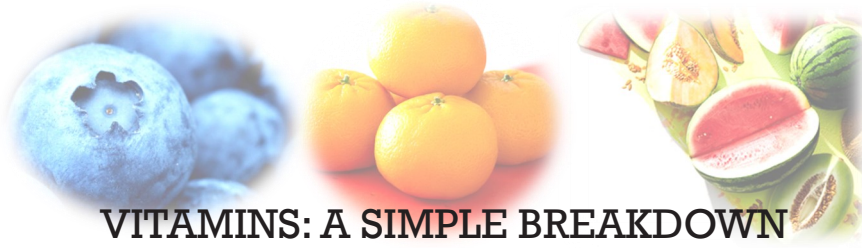


Fans cheer on participants at the 2024 50 and Better Cornhole Tournament

Did you know you may qualify for a free membership?
If you have a Medicare Advantage plan, you can enjoy Warford Activity Center amenities at no cost.



NUTRITION



VITAMINS: A SIMPLE BREAKDOWN

“Eat this. It has lots of vitamins in it.” You’ve likely heard that before. But, what does each vitamin really do for our bodies. Here is a basic breakdown:

Vitamin A (Retinol):

Function: Essential for vision, immune system function, skin health, and reproduction.

Sources: Carrots, sweet potatoes, spinach, kale, liver.

Vitamin B Complex: Includes B1 (Thiamine), B2 (Riboflavin), B3 (Niacin), B5 (Pantothenic Acid), B6 (Pyridoxine), B7 (Biotin), B9 (Folate), B12 (Cobalamin).

Function: Involved in energy metabolism, nerve function, red blood cell formation, and DNA synthesis.

Sources: Whole grains, meat, fish, dairy, leafy greens, eggs.

Vitamin C (Ascorbic Acid):

Function: Antioxidant, collagen synthesis, immune system support.

Sources: Citrus fruits, strawberries, bell peppers, broccoli.

Vitamin D (Calciferol):

Function: Important for bone health as it aids in calcium absorption, supports immune system function.

Sources: Sunlight (skin synthesis), fatty fish, fortified dairy products.

Vitamin E (Tocopherol):

Function: Antioxidant, protects cell membranes.

Sources: Nuts, seeds, vegetable oils, spinach.

Vitamin K:

Function: Essential for blood clotting and bone metabolism.

Sources: Leafy greens, broccoli, cabbage, fish.

Always consult your physician before starting a vitamin regimen

Reset Nutrition Classes

Led by COA Public Health this complimentary eight-week class is based off the recommendations from the Dietary Guidelines for Americans. Participants receive a 2-month membership to Warford Activity Center. Go to www.amarillo parks.org/programs-events/reset or call (806) 378-6511 for more information.

Upcoming:

Spring— March 26-May 21, 2024

Blueberry-Banana Yogurt Pops

In a blender or food processor, combine until just smooth two-thirds cup blueberries, 3/4 cup low-fat plain Greek yogurt and 1 ripe banana. Measure another one-third cup blueberries; put some at the bottom of 4 small paper cups.

Dollop the yogurt mixture evenly into the cups. Top with remaining berries. Freeze, placing a wooden stick into each cup. To serve, peel off the paper; let pops soften for 10 minutes.

Chicken Nuggets

Heat the oven to 450° F. Mix 3/4 cup almond meal, 3/4 tsp salt, 1 tsp poultry seasoning, 1/4 tsp garlic powder and 1/8 tsp black pepper. Spread two-thirds of mixture on a large surface. Cut 1 pound boneless, skinless chicken thighs into nuggets. Dip into egg white; place on the bed of mixture. Sprinkle remaining mixture atop the nuggets. Coat a cookie sheet with olive oil. Move the nuggets to the sheet. Bake for 10 minutes, flip the nuggets, and bake for another 10 minutes.

Apricot-Pecan Muesli

Combine 1 1/8 cups old-fashioned rolled oats, 4 tsp each pumpkin and sunflower seeds, 1/4 cup pecans, 2 Tbsp raisins and 4 dried apricot halves, chopped.

OUT AND ABOUT

YULETIDE CELEBRATION

VOLUNTEERS NEEDED: REPAIR CAFÉ

Senior Services is launching a new program, Repair Café, and is looking for volunteers who are handy with:

- Sewing/Clothing/Textile
- Fixing Bicycles
- Repairing Appliances
- Repairing Furniture/
Wooden Items
- Repairing Computers/
Electronics
- Sharpening Knives &
Hatchets
- Or anyone who is simply
handy

In addition, we are also looking for **Event Volunteers**. These volunteers welcome visitors and serve as a contact point for both visitors and repairers in the Repair Café.

Want to sign up as a volunteer? Send an email to jeff.whitsell@amarillo.gov or call (806)378-4290.



There wasn't snow on the ground to make it a white Christmas; nonetheless, the 50 and Better members celebrated the holiday season with a catered lunch from Cracker Barrel on December 14th. 50 & Better Members enjoyed a catered lunch, hot chocolate, and holiday music on December 14th



Barbara Farley & Gavin Priest visit with Sky Lane at the 50 & Better Christmas Party

Thanks to Jerman Suaste and Parks & Rec staff, Christmas trees, wreaths, and hundreds of Christmas lights greeted guests who entered the Senior Services area.

In addition to the food and desserts, members enjoyed games, music, and conversations during the mid-day event.

For news about upcoming events, check the back page of the Legacy Leader, the corkboard in the Senior Services office, or our website www.theneighborhub.org.

COORDINATOR'S COLUMN

WANT TO HELP YOUR COMMUNITY AND HAVE FUN DOING IT?

Jeff Whitsell

Growing up, I was taught to work with my hands. If something was broken, you'd best try to fix it before buying a new one. Name a tool and I have probably used it. Choose an aisle at the hardware store and odds are I'm intimately familiar with the various parts and components.

I have framed, reinforced, poured, and leveled concrete slabs. At 19, I built a wooden shed from the ground up, including framing, rafters, and shingles. I've fixed or replaced sinks, doors, toilets, ceiling fans, etc.

Don't get me started on cars. I have probably fixed or replaced more universal joints, alternators, water pumps, radiators, pullies, hoses, and throttle bodies than many mechanics.

In my 20s, I was a pipe fitter for a spell; I still have my Pipe Fitter's Handbook from the 1990s. Using a soapstone, torpedo level, speed square, grinder, pipe threader, and welders—shield-metal arc and MIG—I fabricated and assembled iron pipe. That job taught me the importance of truly understanding how to plan projects and properly use tools and equipment.

I've worked on electrical systems up to 240 volts. I'm knowledgeable of and how to measure the voltage, amperage, ohms, and watts of a circuit.

So, why am I telling you this? Am I just bragging? Well, that is possible, but there is another reason. Senior Services is seeking people who have the knowledge and skills to diagnose and repair items for Amarillo's first Repair Café! Specifically, we are needing volunteers who are talented at:

- Sewing/Clothing/Textile
- Bicycle Repair
- Appliance Repair
- Furniture/Wooden Items Restoration and Repair
- Computers/Electronics Repair
- Sharpening Knives & Hatchets
- Or anyone who is simply handy

We will also have volunteer opportunities for event volunteers. So, please come see me or contact me at jeff.whitsell@amarillo.gov or 378-4290 to see how you can help your community!



REPAIR
CAFÉ Amarillo

May 25, 2024

Jeff Whitsell is the Parks and Recreation Senior Services Coordinator. He has worked as a nonprofit professional, family caregiver, and in other social service roles for the past 15 years.

LOCAL SENIOR REFERRAL RESOURCES

City of Amarillo Senior Services

Our Mission:

To maximize health (physical, mental, and spiritual), wellness, economic security, and the connection to the community for active adults 50+ in and around Amarillo, Texas.

Area Agency on Aging: (806) 331-2227

Benefits Counseling: Terrie Campbell

Care Coordination: Janet Schulte

Caregiver Support: Jaime Sharp

Panhandle Aging and Disability Resource Center: (855) 937-2372

211 Texas (Referral Service): Call 211

City of Amarillo Senior Services: Jeff Whitsell (806) 378-4290
Website: theneighborhub.org

50 and Better Upcoming Events

April-July

- April 22nd– Day Trip: Wildcat Bluff 9:30 a.m.-2:00 p.m. Meet at Warford Activity Center
- May 25th– Repair Café 9:30 a.m.-1:30 p.m. Warford Activity Center
- June– Day Trip *Please check theneighborhub.org or the announcement board in the Senior Services office for date, time, and destination
- July 5th– City of Amarillo Independence Day Celebration John Stiff Park *Please check theneighborhub.org or the announcement board in the Senior Services office for details

To register for 50 & Better events, go to www.theneighborhub.org or contact the Senior Services office.



Clara Brown-Trimble enjoys her Valentine's Day Brunch on February 25th. Approximately 30 members attended



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