

# Seniors in Action

July 2009

*Ponca City Senior Center*  
580-763-8051

*319 W. Grand Ave*  
*Ponca City, OK*

Volume 2, Issue 9

## Activities

During the “**Celebrate Living**” series we had the opportunity to view Loretta LaRoche in her comedy approach to better health through laughter. Due to time constraints we were only able to view the second half of the video.

**Wednesday—July 1<sup>st</sup> at 12:15** we will view the first half of Loretta’s video as we enjoy a bowl of popcorn. The video is 30 minutes in length but well worth the time. If you need a good laugh plan to join us.

**Wednesday—July 1<sup>st</sup>** will be straw hat day. Wear your hat as we share summer stories at 11:00.

**Celebrating Freedom**  
Wentz Camp **Thursday—July 2<sup>nd</sup> at 5:30.** Great food, entertainment and door prizes in a beautiful air conditioned facility. You will have the opportunity to vote on the “Men’s Best Leg” contest. Reservations are not required but appreciated for food preparation. Please sign up in the front office. We are again partnering with Senior Circle for this celebration.

**The Ponca City Senior Center will be closed Monday—July 6<sup>th</sup>.**

**Wheatheart Nutrition will be closed Friday—July 3<sup>rd</sup> and Monday—July 6<sup>th</sup>. The center will be OPEN Friday July 3<sup>rd</sup> bring your own lunch.**

Book Review: Join us on **Thursday—July 9<sup>th</sup> at 12:30-1:15** for a summer book review by Charles Norman. Charles will be reviewing “A River of Doubt” by Candice Millard. The review shares the voyage of Teddy Roosevelt and his expedition down the river.

Thursday canasta games will begin at 1:30 on the 9<sup>th</sup>.

**Monday—July 13<sup>th</sup>**  
Wheatheart will serve an evening meal in lieu of the noon meal. This is an outreach program to try to attract new folks to the meal program. Supper at 5:00 followed by Wheatheart Bingo. **Please note Wheatheart will not serve lunch on this day.**

**Chef of the Month: Wednesday—July 15<sup>th</sup> at 1:00.** Please make your reservation in the front office, this helps in food preparation.

**Thursday—July 16<sup>th</sup> at 10:30** Join us for Gospel Music.

*Would you like to learn to square dance?* **Thursday evening—July 16<sup>th</sup> 6-8:00** Larry McClain will be teaching this great art. You do not need to bring a partner to participate.

**Monday—July 20<sup>th</sup> 5:30**  
Covered dish dinner, a new group is scheduled to perform. Bring your favorite salad or veggie, meat and desserts provided.

Wheatheart Cake walk was such a success in June, another walk is planned for **Wednesday—July 22<sup>th</sup> at 10:45.** Be sure to call Wheatheart the day before for lunch reservations 767-1620.

**Wednesday—July 22<sup>nd</sup> at 12:30** Senior Prom Committee meeting. If you have ideas for a fun fall dance, please attend the meeting to share your ideas.

**Wednesday—July 29<sup>th</sup> at 12:30** a good competitive game of Family Feud.

**Alzheimer Meeting News: Monday—July 13<sup>th</sup> at 1:00.** David Cummings will be speaking on legal matters that should be taken care of while an Alzheimer’s patient is still able to help make decisions.

**Thursday—July 23<sup>rd</sup> at 7:00** Topic to be announced.

**Coming in August: Monday—Aug 10<sup>th</sup> and Thursday—Aug 27<sup>th</sup>**-Shelli Stutchman-With Carter Health Care and Hospice

**Canasta Players:** the first Tuesday of each month will be “Wild Draw Partner Day”. Names will be drawn for partners, this will give us a chance to play at a table with different players and to visit with other players.

### June Getting to Know you question!

In conversations, do you tend to listen or talk more?

### Inside this issue:

July Senior Center Calendar	2
Chef of the Month	3
How Can I Reduce Exposure to Excessive Heat?	3
Ambassador of the Month	4
Pool Notes	4

# July 2009

Ponca City Senior Center 763-8051  
Wheatheart Nutrition 767-1620

Sun	Mon	Tue	Wed	Thu	Fri	Sat
5	6 <b>Center Closed City Holiday</b>	7 9:30 Exercise 12:30 Canasta (Wild Draw Partners) 6:00 Country Music	8 Whatever Wednesday 12:15 Ladies ONLY Pool Tournament *Lunch & Learn	9 9:30 Exercise 12:30 Book Review, River of Doubt 1:30 Canasta	10 9:30 Exercise 1:00 Beginners Dance 2:00 Advanced Dance 6:00 Progressive Pitch & Table Games	11
12	13 <b>No Wheatheart Lunch</b> 5:00 Wheatheart Evening Meal & Bingo 1:00 Alzheimer Support Group	14 9:30 Exercise 12:30 Canasta 6:00 Country Music	15 Whatever Wednesday 10:00 Home Call Health Check 1:00 Chef of Month	16 9:30 Exercise 10:30 WN Council Mtg 10:30 Gospel Music 12:30 Canasta 6:00 Learn To Square Dance	17 9:30 Exercise 1:00 Beginners Dance 2:00 Advanced Dance 6:00 Progressive Pitch & Table Games	18
19	20 12:30 Bingo 5:30 Covered Dish	21 9:30 Exercise 12:15 Men ONLY Pool Tournament 12:30 Canasta 6:00 Country Music	22 Whatever Wednesday 10:45 Cake Walk 12:30 Prom Mtg *Lunch & Learn	23 9:30 Exercise 12:30 Canasta 7:00 Alzheimer Support meeting	24 9:30 Exercise 1:00 Beginners Dance 2:00 Advanced Dance 6:00 Progressive Pitch & Table Games	25
26	27 12:30 Bingo 5:00 Quilters	28 9:30 Exercise 12:30 Canasta 6:00 Country Music	29 Whatever Wednesday 12:15 Family Feud	30 9:30 Exercise 12:30 Canasta	31 9:30 Exercise 1:00 Beginners Dance 2:00 Advanced Dance 6:00 Progressive Pitch & Table Games	

## How Can I Reduce Exposure to Excessive Heat?

The following information was copied from Publication Number: EPA 100-07-025, presented by the EPA Aging Initiative

The best defense against excessive heat is prevention. Air-conditioning is one of the best protective factors against heat-related illness and death.<sup>4</sup> Even a few hours a day in air conditioning can greatly reduce the risk. Electric fans may provide comfort, but when temperatures are in the high 90s fans do not prevent heat-related illness.

During excessive heat events, the following prevention strategies can save lives:

- \* Visit air-conditioned buildings in your community if your home is not air conditioned. These may include: senior centers, movie theaters, libraries, shopping mall, or designated "cooling centers."
- \* Take a cool shower or bath.<sup>5</sup>
- \* Drink lots of fluids. Don't wait until you are thirsty to drink. If a doctor limits your fluid intake, make sure to ask how much to drink when it's hot. Avoid beverages containing caffeine, alcohol, or large amounts of sugar. These drinks cause dehydration.
- \* Ask your doctor or other health care provider if the medications you take could increase your susceptibility to heat-related illness.
- \* Wear lightweight, light-colored, and loose-fitting clothing.
- \* Visit at-risk individuals at least twice a day. Watch for signs of heat-related illness such as hot, dry skin, confusion, hallucinations, and aggression.
- \* Call 9-1-1 if medical attention is needed.



- 4 Naughton MP, Henderson A, Mirabelli MC, Kaiser r, Wilhelm JL, Kieszak SM, Rubin CCH, McGeehin MA. Heat-related mortality during a 1999 heat wave in Chicago. *Am J Prev Med.* 2002 May; 22(4):328-9
- 5 McMichael, A.J., L.S. Kalkstein and other lead authors, 1996. *Climate Change and Human Health*, (eds. A.J. McMichael, A. Haines, R. Slooff, S. Kovats). World Health Organization, and United Nations Environment Programme (Who/WMO/UNEP), Geneva, 297 pp

## June Chef of the Month

### Bee Sting Cake

1 ½ c. brown sugar  
1 ½ c. milk  
½ c. butter  
1 c. chopped pecans

1 yellow cake mix  
2 pkgs dream whip  
1 small instant vanilla pudding  
1 tsp vanilla

#### Topping:

1 jar Hershey's hot fudge topping  
1 small jar Maraschino cherries

#### Directions:

In medium sauce pan , add brown sugar, milk and butter, boil for one minute. Add pecans, pour into greased cake pan. Prepare cake mix as directed and spoon over the pecan mixture. Bake and let cool for about 5-10 minutes, then remove from cake pan.

Prepare 2 pkgs of dream whip and add one pkg of vanilla pudding and vanilla , frost cooled cake. Drizzle hot fudge topping over cake and garnish with cherries. Store in refrigerator.



Kristie Ropp/ Wheatheart Outreach  
June 2009  
Chef of the Month

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905 W. Hartford Ave.  
580-767-0432



## Ponca City Senior Center

Wheatheart Nutrition  
580-767-1620

### Promoting successful aging!

Check it out!!

<http://www.myponcacity.com>

### **For your information.....**

Remember the first Tuesday evening of every month is cookie night for the music crowd. Bring your favorite cookie to share.

All Senior Center Programs: Remember it is a great help to the staff if you will discard your paper products and trash before leaving the building.

Jerry Connelly and Gary Thompson are both part of the Title V program and will be working at the center. Jerry will serve as the pool room host and Gary will be helping Stan. Welcome!

During the hot summer months remember you have a comfortable center to spend your time. Check your calendar for scheduled calendar events take precedence over other activities.

Reminder: Friday evening card players are asked to bring snacks to share with the group.

During the June Chef of the month participants took a test to see who was the most peculiar. Bill and Clea Kirkpatrick tied for high score. Also, each table group were to discuss five things they all had in common. The most unusual and the laugh of the day went to the table who all agreed the one thing they had in common was they all had their "bottom" teeth.

### **Pool Notes:**

Wednesday **July 8<sup>th</sup> at 12:15** will be our first Ladies ONLY pool tournament. We have several ladies who have indicated they would like to play in a ladies only tournament. Sign up on the Pool room bulletin board and we promise to have fun. Men you can cheer us on.

Men Only tournament will be Tuesday **July 21<sup>st</sup> beginning at 12:15.** A great way to spend the afternoon.

Saturday, June 20, Stillwater Pool players traveled to Ponca City for a community pool challenge. The score at lunch break was PC 11- Stillwater 5. After lunch Stillwater players rallied and the score was PC 16-Stillwater 15. The last game of the day, the room was silent, a Stillwater win would result in a tied tournament, but Ponca City Player Don Colson won the last match of the day which resulted in a final score of 17-15 and the crowd went wild. It was a fun day and was enjoyed by everyone.

### **July Ambassador of the Month:**

Francine Williams was born in Winfield Kansas but raised in Sedan. Her father was a rancher and her mother a housewife and mom to three children. Frances was widowed in 1979.

Frances worked at Boeing and Cessna while raising their four young children. After 30 years she retired and moved to Ponca City where one of her daughters, Cindy Sebor, resides. Frances has 6 grandchildren and one great grandchild. Hobbies include quilting, cards and traveling. Some of her most memorable trips include taking a friend to Mikado City, Michigan and another friend to Colorado. Frances is a RSVP volunteer, providing medical transportation to OKC.

Frances is known by all as a lady who is always ready to help and does it with a smile. When asked how she developed her wonderful attitude she replied, "it is the way I was raised". She also noted the best thing about retirement is not having to punch a time clock.

Congratulations to our July Ambassador Frances Williams for always reflecting a good attitude.



**Thank you Frances!**