

I can't get out of bed on days when the temperature is less than my age.

ShortStatusQuotes.com




Golden CONNECTIONS

Newsletter January 2020

~ Upcoming Events for January ~



- January 1 CENTER CLOSED/ New Year's Day
- January 3 Book Club – Book Distribution
- January 6 Movie of the Month ~ *Grumpy Old Men*
- January 8 Outreach Program
- January 9 "Food Borne Illnesses"
with Beth Miller from OSS
- January 10 PA Farm Show Trip
- January 14 Art Studio with Jude
- January 15 "My Plate, Healthy Eating One Step at a Time"
with Jean Gabsewics from YCAA
- January 15 Bluebirds
- January 20 CENTER CLOSED/ Martin Luther King Jr. Day
- January 23 TAFE Begins!
- January 31 Book Club – Discussion Group
- January 31 Superbowl Fun

For a full list of January's Activities, please see the Activities Calendar located in the center of the January Newsletter.

Brain Fitness

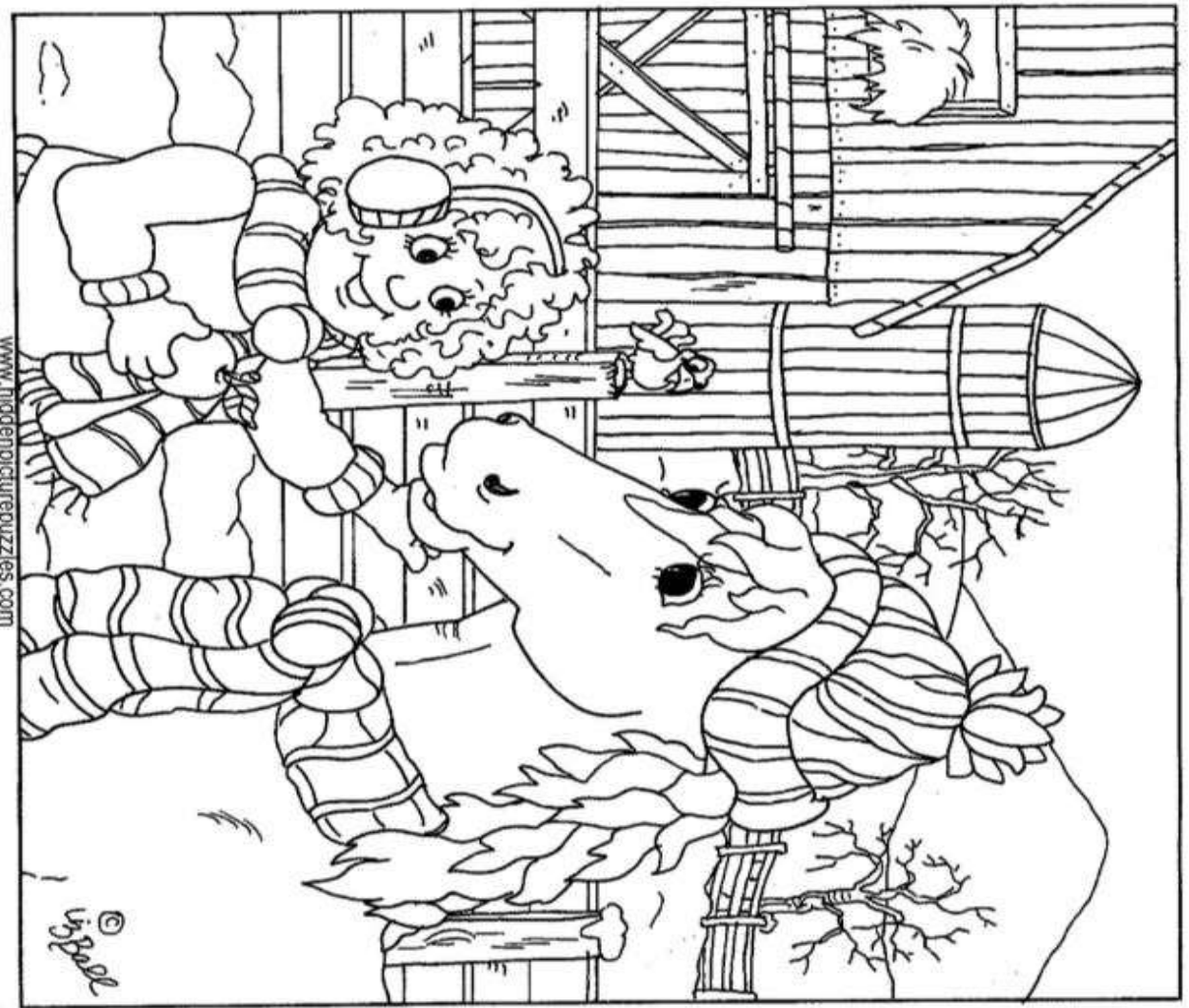
Turning on Your Engine

Time Capsule

Cryptograms are messages in substitution code. Break the code to read the message. For Example, THE SMART CAT might become FVO QWGFDF JGF if F is substituted for T, V, for H, O for E, and so on.

Hint: Look for repeated letters. E, T, A, O, N, R, and I are the most often used letters. A single letter is usually A or I; OF, IS, and IT are common 2-letter words; THE and AND are common 3-letter words.

“G OCCPN NI U BCZNU SBUPN
 NQUN ZCBL CZ ‘DBCURVUZ N UN
 UPH NGYC, ZI G IBXCBCX
 VBCPKQ NIUZ N XSBGPA
 NQC BCPUGZZUPKC.”
 ----ZNCLCP OBGAQN



Inclement Weather Closures

The GCCC has many options available to inform you that the center is closed due to inclement weather. Here is where you can find this information:

1. WGAL Website
2. Our Voice Messaging Center
3. Our Facebook Page



VOLUNTEERS NEEDED!

The Golden Connections Senior Center provides Home Delivered Meals to over 100 homebound seniors that live in our area. This program helps senior citizens to stay in their homes and remain active participants in our community. Your help is desperately needed. Volunteers deliver meals on Mondays, Wednesdays and Fridays. If you could donate two hours of your time once a week or once a month, you could be a part of this amazing team of volunteers that give of themselves to help those in our community that are the most vulnerable. To become part of our team, please call Amy Barnard, Meal Coordinator at (717) 244-7229 or send an e-mail to mealcoordinator@gccccenter.com

Important Notices

Tax Season:

Tax season is fast approaching and it is almost time to think about making those appointments. The GCCC will be partnering with AARP again this year to offer FREE tax appointments. **We will NOT be taking appointments until January 21st.** Please call after January 21st to secure your appointment. This program works on a first come first serve basis. We look forward to assisting you again this year with your Tax Preparation needs.

Changes to Activity Calendar:

FYI: The regularly scheduled Art Studio classes have been moved to every 2nd and 4th Tuesday of each month. Due to this change the WING's Meetings have now moved to the 3rd Tuesday of each month. Thank you in advance for your patience.

Trip List for 2020 is coming soon...

PHYSICAL THERAPY IS MORE THAN JUST ORTHOPEDICS

While many disorders seen in physical therapy are musculoskeletal in nature, there are a number of other conditions that physical therapists can provide effective treatment for including:



- Vestibular rehabilitation is a specialized form of therapy intended to alleviate both the primary and secondary problems caused by vestibular disorders. It is an exercise-based program primarily designed to reduce vertigo and dizziness, gaze instability and/or imbalance and falls.
- The American Academy of Otolaryngology-Head and Neck Surgery recommends repositioning procedures as a front line treatment for benign paroxysmal positional vertigo (BPPV).

Diagnoses may include BPPV, labyrinthitis, vestibular neuritis, Meniere's disease and hypofunctions.



- Physical therapy, in conjunction with medical management, has shown to be effective with improving gait, balance, and function in a variety of neurologic disorders.
- The American Academy of Neurology recommends physical therapy for Multiple Sclerosis (MS). There is evidence to support an 8 week trial of physical therapy to improve balance, gait and disability in MS.

Diagnoses may include Parkinson's Disease, MS, Traumatic Brain Injury, Cerebral Palsy and strokes.



- Pelvic floor muscle training is more than Kegels. It includes an individualized assessment with examination as needed. Intervention may include manual therapy, biofeedback, muscle retraining, education and electrical stimulation.
- The Cochrane Review recommends physical therapy as a first-line management option for urinary incontinence.

Diagnoses can include incontinence, pelvic organ prolapse, male and female pelvic pain, pregnancy and postpartum problems.



- The American Cancer Society recommends that all people undergoing cancer treatment, as well as cancer survivors, should consistently perform physical exercise to decrease fatigue and improve the ability to complete activities of daily living.
- Physical therapists are the ideal provider to prescribe the appropriate amount of activity for these individuals, whether it's during cancer treatment or after.

Diagnoses can include deconditioning, lymphedema scar management and cancer-related pain.



Drayer
PHYSICAL THERAPY INSTITUTE

DRAYERPT.COM



Downsizing Made *Easy*

Picture this: You're ready to sell your home so that you can move into a smaller condo close to family. As an SRES® agent I have the knowledge, tools, and resources necessary to make this move a smooth one.



Melissa Ruffing
Realtor® ABR® SRES® RENE
Licensed in MD & PA
Office: 717-840-4848 ext. 153
PA Cell: 717-205-6924
ruffing.melissa@gmail.com
icanopendoors.com



Following a stroke or other life-changing illness, your doctor may refer you to inpatient rehabilitation. Where you receive this rehabilitation is your choice, and you'll likely hear about the differences in care settings as you make your decision.

In the alphabet soup that is medical acronyms, CRRN may not be one you are familiar with, but it's one that matters a great deal. CRRN stands for certified rehabilitation registered nurse and is the credential for nurses who have passed a national standardized test recognizing their knowledge in rehabilitation nursing. CRRNs assist individuals with disabilities and chronic illness to restore, maintain and promote optimal health.

When choosing your rehabilitation provider, don't forget to ask about nursing care. Questions to ask include:

What does nursing care look like at your facility?

Does your facility have nurses who have specialized in rehabilitation?

Considering how CRRNs are beneficial to your care cannot only help you achieve more, but also help you be more confident in returning to your community after your stay.

"You may feel like your life is over, but a rehabilitation nurse, along with your therapy team, is there to show you it's not," said Chief Nursing Officer for Encompass Health's West Region Beth Mooney, MBA, BSN, RN, CRRN. "A rehabilitation nurse helps patients learn how to do the things they once did, just as effectively, but maybe in a different way. They're there to teach you how to live the rest of your life."

Sponsorship Program

Businesses/Organizations in the community have to opportunity to purchase a Sponsorship from the GCCC and we will aid them in promoting their company within our center and activities. Profit from the sponsorship will go to benefit the center's programs.

(Sponsors listed in the newsletter are paid advertisers. The center does not endorse any one sponsor.)



We've been selected to participate in the

GIANT Bags 4 My Cause Program!



We will receive a \$1 donation when you buy these bags this month at the GIANT located at

275 Pauline Drive, York PA

Unless the donation is otherwise directed by the customer via the Giving Tag.

GCCC Giving Back Event!

Members from the GCCC were busy little elves this past December. Members collected, made, and distributed Baby Blankets to Penn State Children's Hospital for babies in the NICU, but they were not done there! They then also collected, made, and distributed care packages for local homeless Veteran's. This season was full of love, friendship, and giving from the heart. We are so proud of all of our members who participated in giving back this year, whether you made a donation or helped pack those care packages, you touched someone's heart this season. Thank You to All!



Due to the great success we have had with this event, The GCCC and our W.I.N.G.S Group have decided to run this donation drive all year long. Each month we will ask for specific donations to help build a supply that will enable us to make even more care packages in the coming year to be distributed.

We will start off in January asking for NEW combs and or brushes to include in the next batch of care packages.

Look for our donation drive box located by the receptions desk at the GCCC. Please contact us with any questions or donations. And again Thank You All for Your Support and Care!

Center Guests

The Golden Connections Community Center will welcome Beth Miller from OSS to host a presentation on **“Food Borne Illnesses”** on **Thursday, January 9th at 10:30 a.m.** The incidence of food borne disease/illness is increasing globally and occurring more on a regular basis, it is vital to educate everyone on food safety. We as a whole need to be vigilant in food safety to keep those we care about healthy. Please join us for this educational presentation.



Then on **Wednesday, January 15th at 10:00 a.m.** Jean Gabsewics from the YCAAA will join us for **“My Plate, Healthy Eating One Step at a Time”**. With the beginning of a new year upon us, it is a great time to rethink our health and eating habits. Feel free to join us while Jean helps to educate us on how to get healthy in 2020.



TAFE is Back!!!

The GCCC Welcomes TAFE back for a 10-week program where participants will experience an art form that allows them to use their memories, voices, bodies, creativity, imagination, observation skills, and have fun while working with others. Through theatre games and exercises you will explore the world of actors and playwrights. From the participant’s own memories, a script will be written for members to share with our Senior Center. The first TAFE Workshop is scheduled to begin on **Thursday, January 23rd at 10:00 a.m.** We hope you consider joining us for a little fun and a ton of laughs!

Bluebirds



The Bluebirds January Luncheon will be on Wednesday, January 15th at 11:30 a.m., at First Wok, 180 Leader Heights Rd. Any Questions, please contact: Tisha Eckenrode 717-586-5936 or Isabel Murphy 516-641-4076. In recent months, participants have signed up to attend the Bluebirds Luncheon and then not shown up for the event. This complicates RSVPing to the restaurant, as we may be scheduling for 20 and then only 7 show up. We understand that plans change, but please be courteous and let us know in advance if you cannot attend after you have already signed up. Thank you in advance!

ALL LADIES ARE WELCOME!!!

BOOK OF THE MONTH CLUB

January’s Book of the month is “The Dry” by Jane Harper. The book will be distributed on Friday, January 3rd and the discussion group will meet on Friday, January 31st at 9:15 a.m.

Federal Agent Aaron Falk hasn’t been back to the place where he grew up in twenty years. Not since he and his father were run out of town. Even when Falk gets word that his childhood best friend, Luke, is dead and his entire family has been murdered, Falk still isn’t planning on going back. But then he gets a note: Luke lied. You lied. Be at the funeral. And just like that, Falk is swept back into the secrets of the place and people he left so long ago.

When Falk returns for the funeral, Luke’s parents implore him to look into his death-though everyone else in town thinks the case is open-and-shut, they’re sure something’s not right. But as Falk himself knows, it’s hard to get people to change their minds, and sometimes things are not as they appear. Amid the worst drought in a century, long-buried mysteries will resurface, as will lies that accompany them. Falk will discover that sometimes you have to go back home in order to finally leave your past behind.

GCCC Arts & Crafts

The Golden Connections Community Center will host monthly Misc. Craft Days. These days will offer participants the opportunity to get creative with center art supplies. We are so fortunate to often have art supplies donated and members can now use their imaginations to create pieces of art on scheduled Misc. Craft Days. The first scheduled art day is Friday, January 10th at 10:30 a.m. Please be sure to sign up for craft days using the GCCC Copilot System. Hope you plan to join us!



Center Activities

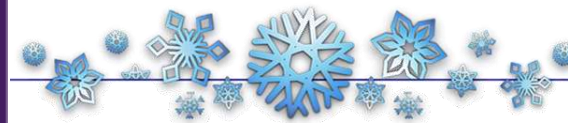
Trimmer’s Hair & Nail Shop

Cut.....\$12
Manicure.....\$10

Suggested Tip

Certified Cosmetologist, Missy Trimmer will now visits the Golden Connections Community Center on a **Bi- monthly basis**, to offer her services to local seniors at their convenience. Seniors have the opportunity to get a cut, style, or manicure at the GCCC. If a member would like further services such as a perm or color treatment, Missy can provide all services in the privacy of your own home, just schedule with her directly by calling 717-577-7285. Prices are Low! And Walk in’s are welcome! Missy is scheduled to see clients at the GCCC on **Monday, February 10th** between the hours of 9:30 a.m. and 11:00 a.m. Please make appointments ahead of time by contacting the Golden Connections Community Center at 717-244-7229.

The GCCC will offer a day trip to the **PA Farm Show** on **Friday, January 10th**. The Bus is scheduled to leave the center at 9:00 a.m. with an arrival time at the Farm Show at 10:00 a.m. Participants will enjoy spending the day exploring the PA Farm Show Complex. The bus will pick riders back up at 3:00 p.m. with an estimated return time to the center around 4:00 p.m. This is a sign-up mandatory trip. Please contact Kasie Ream, Director of Social Services, to sign-up.



What is STEM? **STEM is education in four specific disciplines — science, technology, engineering and mathematics.** STEM fosters ingenuity and creativity, builds resilience, encourages experimentation, teamwork, knowledge application, tech use, adaption, and teaches problem solving. The GCCC will now offer regular STEM projects to go hand in hand with the Brain Fitness we have encouraged over the past year. The First STEM Project is scheduled for **Friday, January 17th at 10:30 a.m.** Please consider joining us for our first STEM project!



Community Outreach Program

The Golden Connections Community Center has joined with Rep. Stan Saylor’s Office to offer a community Outreach Program. Assistance with property tax rebates, registration renewals, limited notary services (we do not notarize wills/legal items), Pace Applications, Li-Heap Applications, etc. are available. The Outreach Program will be based out of the Golden Connections Community Center. Appointments are available between the hours of 9:00 a.m. to 12:00 p.m. every second Wednesday of each month. If you are interested in making an appointment, please call 244-7229.

