



Golden
CONNECTIONS

“Look for something positive in each day, even if some days you have to look a little harder.”

~ Author Unknown

August 2020



Monthly Newsletter

Don't forget to check out the GCCC Facebook Page for a variety of NEW videos and articles. It's a great way to fill time while Quarantining!

**Golden Connections
Community Center Staff**

Important Notices

RE-OPEN ANNOUNCEMENT

As previously announced, the Golden Connections Community Center is sad to announce that we received unexpected news from the York County Area Agency on Aging that we are no longer permitted to reopen in August. Due to a rise in COVID-19 cases and a surge in our state, it has been decided that all senior centers should halt all plans to reopen at this time.

The GCCC was heartbroken to receive this information as we miss you all and were looking forward to seeing you. That being said, we do understand that state and local governments are making very tough decisions right now to try to keep communities safe and we support their decisions. Staff will stay busy trying to offer new ideas in our newsletters and on our Facebook page. Newsletters will move back to being distributed on a monthly basis rather than weekly, starting in August. We hope you are all doing well and will again keep you posted on information as it is provided to us.

The Golden Connections Community Center would like to thank all our Sponsors for their continued support during this difficult time.

THANK YOU!



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SHERLOCK HOLMES' PUZZLES OF DEDUCTION

PUZZLE 7

Sherlock Holmes was questioning three men who had been witness to a murder. Franks, Richards, and Andrews. By coincidence, their first names were Richard, Frank, and Andrew. Holmes remarked to Mr. Richards on this.

“Yes, I noticed that as well,” he replied. “But none of us has the first name that matches our surname. My first name happens to be Andrew.”

Can you give the full name of all three witnesses?



Answer to Last week's Crime Mystery:

PUZZLE 6

A Coffin.

One from Column B

Take one word from Column A plus one word from Column B plus one word from Column C to make a new word. Write the new word in the space provided. Cross off each word as you use it, for it will only be used once.

| Column A | Column B | Column C | New Word |
|----------|----------|----------|----------|
| 1. A | PIN | TRY | _____ |
| 2. CAR | OW | SHIP | _____ |
| 3. DIP | I | PER | _____ |
| 4. FELL | BUN | MAT | _____ |
| 5. GRASS | ALL | LITE | _____ |
| 6. HAND | GET | HER | _____ |
| 7. HAP | EL | ESS | _____ |
| 8. PAR | PEN | EL | _____ |
| 9. SAT | HOP | DANCE | _____ |
| 10. TO | LO | CAP | _____ |

Answers to last week's puzzles:

Close Relatives #2

- | | | |
|--|--|--|
| 1. Planets Earth Mars Venus | 4. Time Periods Day Week Year | 7. Fish Tuna Guppy Herring |
| 2. Am. Car Makers Dodge Ford Buick | 5. Parts of a House Roof Windows Door | |
| 3. Rodents Mouse Rat Beaver | 6. Parts of a Shirt Collar Cuffs Buttons | |



Did You Know...

- Santa Claus was issued a pilot's license from the U.S. government in 1927. They also gave him airway maps and promised to keep the runway lights on.
- When you exercise, the burned fat metabolizes to become carbon dioxide, water, and energy. Meaning: you exhale the fat that you lose.
- The word "velociraptor" comes from the Latin words "velox" which means swift, and "raptor" which means robber. Literally – speedy robber!
- Polar bears often hunt walrus by simply charging at a group of them and eating the ones that were crushed or wounded in the mass panic to escape. Direct attacks are rare.
- The group of spikes at the end of a stegosaurus tail are called the "thagomizer". They had no distinct name until the term was coined in 1982 by a cartoonist.
- There is a correlation between pulling an all-nighter and snapping out of depression. This is because the brain gets more active the longer it goes without sleep.
- Adult cats only meow at humans, not other cats. Kittens meow to their mother but once they get a little older, cats no longer meow to other cats.
- During the entire run of *Gilligan's Island*, it was never revealed if "Gilligan" was his first or last name.
- Videogames have been found to be more effective at battling depression than therapy.
- Bi-weekly has two different definitions: Twice a week, or Once every two weeks.
- Mona Lisa was stolen from the Louvre in 1911, which drew more visitors to see the empty space than the actual painting.

Journaling Prompt

Write about a difficult experience that you learned from.

Jokes

It has been said that '**Laughter Is the Best Medicine.**' So, here's to living a longer and healthier life.

What's the best thing about Switzerland?

I don't know, but the flag is a big plus.

Why do we tell actors to "break a leg?"

Because every play has a cast

Yesterday I saw a guy spill all his Scrabble letters on the road.

I asked him, "What's the word on the street?"

How many times can you subtract 10 from 100?

Once. The next time you would be subtracting 10 from 90.

Hear about the new restaurant called Karma?

There's no menu: You get what you deserve.

A bear walks into a bar and says, "Give me a whiskey andCola." "Why the big pause?" asks the bartender. The bear shrugged. "I'm not sure; I was born with them."

Did you hear about the actor who fell through the floorboards?

He was just going through a stage.

Did you hear about the claustrophobic Astronaut?

He just needed a little space.

What sits at the bottom of the sea and twitches?

A nervous wreck.

What does a nosy pepper do?

Gets jalapeno business!



Recipe of the Week

The Golden Connections Community Center recently received a copy of a Recipe book that was created by Senior Center Members some years ago as a fundraiser. Members shared family recipes in this book and now the GCCC is proud to share them once again with members new and old. Look for a new recipe to be highlighted every week! We hope you enjoy!

Poor Man's Lasagna

(4 Servings; 4 x 4 Inches)

Ingredients:

- 16 oz. can tomatoes
- ¾ c. tomato puree
- 1/3 c. onion
- 1 ¼ tsp. oregano leaves
- ¼ tsp. garlic powder
- 1/8 tsp. pepper
- Medium width noodles (uncooked)
- 2 qt. boiling water
- ½ c. low-fat cottage cheese
- 1 (10 oz.) pkg. frozen leaf spinach, cooked, unsalted, and well-drained
- 1/3 c. processed American cheese, shredded

Break up large pieces of tomatoes. Place in saucepan with puree, onion, and seasonings. Bring to a boil. Reduce heat and boil gently uncovered until thickened about 15 minutes. Stir occasionally to prevent sticking. Cook noodles in boiling water until almost tender, about 5 minutes. Drain well. Spread one-third of sauce in 8x8-inch pan. Spread half of noodles over sauce. Spread cottage cheese over noodles. Add spinach in even layer, separating pieces with fork. Add one-third more sauce and remaining noodles. Top with remaining sauce. Sprinkle with cheese. Bake at 350 degrees (moderate oven) until sauce is bubbly, about 35 minutes. Let stand 5 minutes before serving.

This recipe was share by Lucy Berry

Exercise & Line Dance Class

The outdoor Exercise & Line Dance Classes have proven to be a positive activity for members. The GCCC and Fitness Consultant, Jean Carter, are happy to continue to offer these lessons on a weekly basis. We have decided to now offer classes on Tuesdays and Thursdays starting in August. **Classes will be Every Tuesday and Wednesday in August, with Exercise classes to begin at 9:00 a.m. and Line Dance Classes to begin at 10:15 a.m.,** in hopes of beating the heat.

A few things to know before you come to our classes:

- There will be NO ACCESS to the inside of the building, NO EXCEPTIONS, so please remember to use the bathroom before you come.
- Don't forget sunscreen and plenty of water to stay hydrated!
- Bring a lawn chair to use during class or for breaks.
- Please bring a mask to utilize during breaks or between classes, if you choose to not wear a mask during the classes then you must practice social distancing of 6 feet apart.
- All participants are required to sign a liability waiver prior to class or admittance to the class will be denied.
- All classes will be held in the MOW parking lot.



Garden & Crafting Corner

DIY Pebble Art

You can literally make anything out of rocks! All you need is an assortment of rocks/pebbles, some craft glue, and maybe some paint. Take a look at a few of the following creations and then go get some pebbles and start creating.



How to Beat the Summer Heat

Though summer is the season of outdoor fun, barbecues, and sunshine, it can also be the season of sunburns and stifling heat. Stay cool with a few expert summertime tricks. Keep the heat at bay and you can enjoy all the joys of summer with none of the headaches.

Method1

Keeping Yourself Cool

1. Dress for the weather. No matter what you're doing in the summer heat, you'll be happier if you're wearing clothes that keep you as cool as possible. Your clothes can play a big role in how hot you feel, so take a moment to consider your outfit before you leave the house in the summer. A good summer outfit:

- Is made from mostly breathable fabrics like cotton, linen, or artificial fabrics that "wick" sweat away from the skin.
- Uses mostly light colors like white and light blue, which absorb less heat from the sun.
- Is fairly loose-fitting, allowing air to flow next to the skin. Shorts, dresses, flowing gowns, and looser shirts work well.
- Doesn't leave much naked skin exposed to the sun. Especially important for people vulnerable to sunburn.

2. Stay hydrated with cool drinks. While it's always important to stay hydrated, your water intake needs special attention in the summer. Getting plenty to drink when you're in the sun won't just make you feel cooler — it's also important for your heart and muscles. Try keeping a bottle of water with a few ice cubes in it with you whenever you go out in the summer so that you'll always have something to drink.

- When it comes to hydration, plain old water is usually the best choice. If you're exercising extra hard in the summer heat for longer than about an hour, a sports drink (e.g., Gatorade, etc.) can give you a boost of carbohydrates and electrolytes. However, these drinks tend to contain lots of sugar, so balance your consumption with your daily nutrition needs.

3. Make a cold compress. If you need to cool off right away, it's nice to have a cold compress handy. A cold compress is just something cold that you can hold against your skin to lower your temperature. There are many different ways to make one — Below is just one easy recipe:

- Take a clean rag or sock and soak it in water from the sink. Wring it out to remove excess water so that it is still damp. Place it in a plastic bag in the freezer.
- After a few hours, take the compress out and lay it across the back of your neck. It should quickly have you feeling cooler. Re-soak it and return it to the freezer when you're done.

4. Limit your exercise. The more you move, the more heat your body generates. If your goal is staying cool, try not to use your muscles more than you need to. Walk around your neighborhood instead of running, coast on your bicycle instead of pumping your pedals, or simply consider driving if it's an option.

- Most important of all, take plenty of breaks. Resting allows your body to dissipate some of the heat you've built up from exercising.

Method2

Keeping Your Home Cool

1. Keep the air moving. One of the ways the body cools off is by letting heat transfer from the skin into the air around it. If the air is moving quicker, more heat can transfer, and the body can cool off quicker. You can't control how hot it is outside or whether there's a breeze, but if you have a fan, you *can* keep things cooler in your house. The faster the air moves, the cooler you'll feel, so higher speeds have more of a cooling effect.

- Ceiling fans are great for circulating the air in an entire room. You'll want most fans to run *counterclockwise* in the summer. This pushes the air downward onto you, creating a minor "windchill" effect.
- If you don't have a ceiling fan, smaller desktop fans work well. Point them at your face for constant comfort or set them on a rotating cycle to circulate the air in the room.

2. Vent hot air out of the top of the house in the evening. Warm air tends to rise. This means that when it's hot, the highest part of your house will tend to have the hottest air. If your house has more than one story, you can use this fact to your advantage by creating a cooling air current in your house. See below for directions:

- When you leave the house during the day, keep the windows closed and curtains drawn. Warm air will naturally rise to the top floors of your house and get trapped.
- When you get home in the evening, open a window on the top floor. Point a fan (large box fans are best) so that it blows air *out* of this window.
- Open a few windows on the bottom floor of your house. Keep the doors inside your house open.
- The fan will blow the hot air out of the top floor, sending it outside. Cool evening air will flow through the lower windows and rush upward to replace it, creating a pleasant breeze.

3. Hang wet towels across the windows if you live in a dry climate. A cool, moist breeze can feel fantastic when it's hot out. If you live in an area with dry weather, try putting a little moisture in the air by soaking a towel and hanging it in front of an open window. Open all the windows on the same floor to start a draft that will carry moisture in and cool you.

- You can also get the same effect by hanging a wet towel across a fan.

4. Get a dehumidifier if you live in a humid climate. When it's *too* humid, sweat doesn't evaporate very easily, which makes it harder for your body to cool you naturally. Luckily, a device called a dehumidifier can pull the moisture out of the air, making it easier for your body to cool itself. Dehumidifiers are available from hardware stores in a wide variety of sizes and prices.

- Most commercial air conditioners also remove humidity from the air.

Tips

- If you have long hair and/or a lot of facial hair, you may want to cut it during the summer. The extra hair can trap heat next to your head and face, leaving you feeling much hotter than you need to.
- Don't waste water by dowsing yourself to cool off. Instead, hold a few ice cubes in a rag and rub them over the hottest areas of your body (like your face, neck, and armpits). You'll cool off using a fraction of the water.
- Try to keep your meals light in the summer. Having a full stomach when it's hot out can leave you feeling hot, sluggish, and uncomfortable.