



“Act as if what you do makes  
a difference. IT DOES.”

~ William James

**Golden**  
CONNECTIONS

July 12 - 18, 2020

## Weekly Newsletter

***Information included in this Newsletter  
regarding the reopening of the GCCC!***

***Check out the book list to read in this issue.***

***Stop by the “Jokes” page for a few laughs!***



**Golden Connections  
Community Center Staff**

# Important Notices



## SUBARU SHARE THE LOVE® EVENT MAKING AN IMPACT TOGETHER FROM COAST TO COAST

Thank you so much for your continued partnership with Meals on Wheels. Over the past 12 years, your continued support through the Share the Love Event has helped to deliver more than 2.3 million meals to homebound seniors, including seniors who reside in your very own state. On behalf of the entire Meals on Wheels network all across the country, thank you for all you do. During the 2019-20 Share the Love Event alone, we were able to accomplish...

**MORE THAN 21,000 GROCERY BAGS**  
stuffed through Stuff the Trunk events with Subaru retailers

**OVER 175,500 PEOPLE AT LOCAL EVENTS**  
hosted by Meals on Wheels programs in collaboration with Share the Love

**NEARLY 700 SUBARU VOLUNTEERS**  
supporting their local Meals on Wheels efforts during the holiday season

The Golden Connections Community Center is proud to announce we were awarded \$6,548.83 for its meals on wheels programs through the Share the Love Event this year. Thank you to everyone who participated or supported the event!

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 4

Sherlock Holmes and Dr. Watson had been spectators at the annual Scotland Yard athletics meeting. Inspector Lestrade had done extremely well for his team. He was the first in two events and second in another. Lestrade's team had scored a total of 25 points, making them outright winners of the whole meeting. In each event points were awarded for first, second, and third place. Lestrade's team had gained their points by winning four events, coming in second in two and taking a third place in another.

**How many points did Inspector Lestrade score for his team?**



*Answer to Last week's Crime Mystery:*

### PUZZLE 3

**48 pounds**

## Isle Aisle

Put one letter into each blank space on a line to form an everyday 5 – letter word. Then read down the column to find the name of an island off the coast of Massachusetts.

B U \_\_\_\_ C H  
S C \_\_\_\_ R F  
H I \_\_\_\_ G E  
B A \_\_\_\_ H E  
S K \_\_\_\_ N K  
L U \_\_\_\_ K Y  
J O \_\_\_\_ E R  
S W \_\_\_\_ A T  
M E \_\_\_\_ E R

Exercise your  
Brain!



Answers to last week's puzzles:

### Changeover #2

- |          |          |
|----------|----------|
| 1. Bagel | 6. Ride  |
| 2. Acted | 7. Itch  |
| 3. Throw | 8. Easel |
| 4. These | 9. Sword |
| 5. Earth |          |

Answer: Batteries

- |         |         |
|---------|---------|
| 1. Odor | 5. Iced |
| 2. Plum | 6. Over |
| 3. Inch | 7. Nuts |
| 4. Near | 8. Skis |

Answers: Opinions

## Did You Know...

- There are only two countries in the world that have the color purple in their flags: Nicaragua and Dominica.
- A bolt of lightning can reach 53, 540 degrees Fahrenheit. That's 5 times hotter than the surface of the sun, which is 10,340 degrees Fahrenheit.
- There is a village in Russia called Tsovkra where every resident can tightrope walk. It is a tradition that dates back over 100 years, but no one knows how it started.
- Four Nile crocodiles have been found in Florida. They are the second largest crocodile and are more dangerous than the native crocodiles and alligators in Florida.
- Julius Caesar's only son, Caesarion, was the last Pharaoh of Egypt. Even though Cleopatra swears he is Caesar's son, Caesar never officially acknowledged him.
- The quietest room in the world in Minnesota is measured in negative decibels – so quiet that you can hear your own heartbeat and your bones moving.
- "Tsundoku" is a Japanese word for the habit of buying too many books, letting them pile up in your house, and never reading them.
- The Guinness World Record for the time longest spent searching for the Loch Ness Monster, is held by Steve Feltham who camped at Loch Ness for 25 years.
- Brain fibers lose 10% of their total length every decade. They can shrink even more so under acute stress.
- Chewing gum boosts mental proficiency and is considered a better test aid than caffeine – but nobody knows why.
- Per capita, the happiest countries in the world also rank highest in terms of consumers of antidepressants.

## Journaling Prompt

Write about a favorite  
song you love.





## RE-Opening Guidance

After months of discussions and weeks of planning, the Golden Connections Community Center has received definitive guidance on **reopening the Center August 3<sup>rd</sup>, 2020**. That being said, reopening at this time will be different than what we are used to. The GCCC has received guidance from both the local and state levels to come up with the plan included in this newsletter.

Once the center reopens, we will reopen in phases. There are currently going to be 3 phases: Level 1, Level 2, Level 3. Depending on Pandemic numbers will determine the duration of each level, but the GCCC's goal is to move through the levels on a monthly basis in hopes to be up and running as close to "normal" as possible by late fall.

Through further reading you will find out that during Level 1 of the reopening, **the GCCC will ONLY be open Monday's, Tuesday's, and Wednesday's from 9:00 a.m. – 12:00 p.m.**, members will only be permitted to attend the center 1 day a week due to the fact that we are only permitted to have a total of 25 people in our building at a time due to social distancing guidelines, (the same programs will repeat over the course of the three days to ensure everyone has the opportunity to participate in activities they are interested in), you **MUST** sign up in advance using the GCCC Copilot system from home or by calling the GCCC to secure a seat in any particular activity. You may only attend the center if you are registered for an activity. If you are not registered for an activity you will not be admitted into the building. Unfortunately, there can be no congregating during Level 1 of the reopening.

For those who have the technology at home to sign up for programs using the Copilot system, the GCCC will provide step by step guidance in next week's newsletter on how to login and sign up using "Copilot Community" which is a new fun and interactive website for community center participants. You will also receive a calendar of events for August in next week's newsletter so you can begin to plan for any activities you wish to attend.

The Golden Connections Community Center understands that all of this is not ideal and that some may have difficulty understanding some of the reopening processes, but please be patient as this is new to all of us and we are all trying to do our best to navigate through this pandemic. There is a light at the end of the tunnel, and we will continue to be here for all of you once we come out on the other side.

The following is a list of regulations and policies to be enforced during the Level 1 Phase of our reopening process...

## 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!

### Cheesy Biscuits Supreme

#### Ingredients:

2 c. flour

½ tsp. salt

4 tsp. baking powder

½ tsp. cream of tartar

2 tsp. sugar

½ c. soft butter

2/3 c. milk

1 c. grated Parmesan cheese



Sift together dry ingredients. Cut in shortening. Add milk; stir and pat into 1/2 - inch thick and cut with biscuit cutter (or may cut into squares). Bake on ungreased cookie sheet in 450-degree oven for 10 to 12 minutes.

*This recipe was share by Joyce Beck*

# Jokes

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



## A Perfect Marriage?

A man and woman had been married for more than 60 years. They had shared everything. They had talked about everything. They had kept no secrets from each other, except that the little old woman had a shoe box in the top of her closet that she had cautioned her husband never to open or ask her about.

For all of these years, he had never thought about the box, but one day, the little old woman got very sick and the doctor said she would not recover.

In trying to sort out their affairs, the little old man took down the shoe box and took it to his wife's bedside.

She agreed that it was time that he should know what was in the box. When he opened it, he found two crocheted dolls and a stack of money totaling \$95,000.

He asked her about the contents. "When we were to be married," she said, "my grandmother told me the secret of a happy marriage was to never argue. She told me that if I ever got angry with you, I should just keep quiet and crochet a doll."

The little old man was so moved; he had to fight back tears. Only two precious dolls were in the box. She had only been angry with him two times in all those years of living and loving. He almost burst with happiness.

"Honey," he said, "that explains the dolls, but what about all of this money? Where did it come from?"

"Oh," she said. "That's the money I made from selling the dolls."

## LEVEL I: Partial "soft" opening of limited participation, programs, and restrictions

### Member entry procedure:

- The GCCC will request that members sign a liability waiver upon re-opening.
- If members are sick, they should STAY HOME!
- The GCCC will encourage members who have underlying comorbidities to consult with their healthcare provider before attending the center. These conditions may include but may not be limited to chronic lung disease, asthma, heart conditions, diabetes, immunocompromised, smokers, bone marrow or organ transplantation, HIV or AIDS, or medications causing immune weakening.
- Members must be pre-registered for activities before admittance is granted. Nonregistered participants will not be permitted entry to maintain social distancing guidelines. Pre-registration will be taken by phone or by using the Co-Pilot Community app. Due to social distancing guidelines members may only attend programs 1 day per week. They may continue to receive a congregate meal daily through the drive thru meal program.
- Members will enter and exit through one entrance only for check-in/check-out.
- Members are required to have a temperature screen; COVID-19 Senior Center Participant Health Screening prior to admittance. Members testing 100 degrees+ or exhibiting any symptom including fever, cough, runny nose, eye irritation, skin rash; members showing symptoms will not be permitted to enter the center. If any member exhibits any symptoms after entering the center they will be isolated to a designated "sick" room until they may safely exit the center
- Member's attendance and activities will be recorded manually by GCCC staff. Members will not be using the Copilot touch screens to document attendance. They will be able to use the Copilot app on their own personal electronic devices to register for programs.

- The GCCC will request that members always wear a face mask. Members will be educated that it is their personal responsibility to protect themselves as well as their fellow members.
- No congregating in any area will be acceptable in Level 1.
- Members are permitted one small purse-sized bag that must be taken home each day. No items are permitted to be left in the center. Any items left will be disposed of.
- No more than 2 members may be in the restrooms at any time. Members will be asked to clean/disinfect their stall after using the restroom. Cleaning items will be available for them to use in the restroom.
- Members may not donate any food/drink items at this time.
- Donation of supplies should be approved prior to bringing them into center.

### **Programming:**

- Members must be pre-registered for activities before admittance is granted. Nonregistered participants will not be permitted entry to maintain social distancing guidelines. Pre-registration will be taken by phone or by using the Co-Pilot Community app. Due to social distancing guidelines members may only attend programs 1 day per week. They may continue to receive a congregate meal daily through the drive thru meal program.
- Seating is available on a first-come, first-served basis.
- Members will be asked to clean/disinfect their table/chair/area before leaving.
- Congregate meal service will remain as take-out during this phase.
- Programming may be held inside/outside depending on weather conditions.
- Programs will be limited/revised to meet CDC recommendations.
- Virtual programming may continue. Programs may be recorded/adapted for future use.
- HDM's will be delivered 1 day per week via frozen 7 pack.

## 25 Books You Probably Should Have Read Already

by *Jeff Somers*

In life, there are things you *could* do, things you *should* do, and things you *must* do. These same categories apply to your choice of what to read next. You *could* read any number of books, for reasons ranging from guilty pleasure to the fact that your book club meets in two days. You *should* probably read any number of classic novels that will expand your literary palate or teach you a thing or two. And then there are the books you *must* read, best books of all time we daresay, no matter who you are. There are a lot of reasons books becomes "must reads," and it's not necessarily just their literary quality. The 25 titles below have much to offer anyone who picks them up.

*To Kill a Mockingbird* by Harper Lee  
*Ceremony* by Leslie Marmon Silko  
*Things Fall Apart* by Chinua Achebe  
*Moby-Dick* by Herman Melville  
*The Color Purple* by Alice Walker  
*Catch-22* by Joseph Heller  
*Atlas Shrugged* by Ayn Rand  
*The Rise and Fall of the Third Reich* by William L. Shirer  
*The Lord of the Rings* by J.R.R. Tolkien  
*Hamlet* by William Shakespeare  
*The Murder of Roger Akroyd* by Agatha Christie  
*Ulysses* by James Joyce  
*Invisible Man* by Ralph Ellison  
*Watchmen* by Alan Moore  
*Schindler's List* by Thomas Keneally  
*A Brief History of Time* by Stephen Hawking  
*Glengarry Glen Ross* by David Mamet  
*I, Claudius* by Robert Graves  
*The Sound and the Fury* by William Faulkner  
*The Brothers Karamazov* by Fyodor Dostoevsky  
*The Maltese Falcon* by Dashiell Hammett  
*Giovanni's Room* by James Baldwin  
*The Hate U Give* by Angie Thomas  
*All Quiet on the Western Front* by Erich Maria Remarque  
*Tell Me a Riddle* by Tillie Olsen





The Home Instead Senior Care Foundation is proud to present the fifth-annual GIVE65 Event, a 65-hour online fundraising event exclusively for senior-focused organizations like ours. This year, the event kicks off July 15 and runs through July 17. We have a chance to receive up to \$5,000 in matching funds from the Home Instead Foundation. To have the best chance of receiving matching funds, we are encouraging donors to schedule a gift on July 13 or 14. Scheduled gifts are the first to be processed and the first to be matched. Scheduling your donation increases our chance of taking home matching grants. Plus, you can check “make a donation” off your to-do list early. If you cannot schedule a gift, the live GIVE65 Event kicks off at 5 a.m. (CDT) on July 15. To make a gift and learn more about what we’re raising funds for, please visit <https://www.give65.org/gcccenter>. Then, click the pink “donate now” button to start the process of making your gift. If you need help making a gift or have any questions, please feel free to reach out to us. We would be happy to assist in any way we can. Now more than ever we need your help to continue providing our services and programs to seniors in our community. Thank you for supporting our mission and bringing hope to seniors right here at home.

## Upcoming Trip



Pacesetters is planning an upcoming trip for **Thursday, September 10<sup>th</sup> to Sight & Sound Theatre for Queen Esther**. More information will be available in future Newsletters as it is provided or feel free to contact Pacesetters at 717-757-3209, to receive more information or to secure a seat.

## Exercise Plan for Seniors

If you’re an older adult looking to establish an exercise routine, you should, ideally be able to incorporate 150 minutes of moderate endurance activity into your week. This can include walking, swimming, cycling, and a little bit of time every day to improve strength, flexibility, and balance.

The Centers for Disease Control and Prevention suggest this amount of time for generally fit Americans aged 65 and older. Even though this sounds like a lot, the good news is that you can break it down into 10- or 15-minute chunks of exercise two or more times a day. Here’s an example of what a week might look like, along with suggestions for some exercises you can do to get started:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
15-minute walk x 2	15-minute walk x 2	30 minute cycling, swimming, water aerobics, Zumba, etc.	Rest	30 minute walk (or 15-minute walk x 2)	30 minute cycling, swimming, water aerobics, Zumba, etc.	Rest
Strength		Strength		Strength		
Balance	Balance	Balance	Balance	Balance	Balance	Balance
Flexibility	Flexibility	Flexibility	Flexibility	Flexibility	Flexibility	Flexibility

Stay tuned to the next few weeks Newsletter for exercises you can plug into these daily routines under the strength, balance, and flexibility portions of the chart.

## Exercise & Line Dance Class

The next outdoor Exercise & Line Dance Classes are schedule for, Tuesday, July 28<sup>th</sup>, 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.

Stayed tuned in the coming weeks with possible updates to the dates and times of these classes as we are currently preparing for a reopening in August.

# Garden & Crafting Corner

## DIY Shower Bombs

Create your own spa getaway with these easy-to-make DIY shower bombs! The next time you need a bit of *rejuvenation*, toss a shower bomb in the bottom of your shower and *enjoy the wonderful scent* or create a collection of these homemade shower bombs as a gift for someone you love.

### Materials and Tools:

- 2 cups baking soda
- 1 cup citric acid (*available at health food stores or online*)
- 2 Tbsp. water
- 30+ drops of your favorite aromatic essential oil

### Step 1

Mix together the baking soda and citric acid in a medium-size bowl. In a separate small bowl or bottle, mix together water and essential oil. Slowly add the oil-water mixture a few drops at a time into your dry ingredients, stirring well after each addition (a stand mixer works well for this). When ingredients are thoroughly mixed, tightly pack into 2-inch balls using your hands, a stainless-steel cake pop mold, or a cookie scoop. Set on a plate to dry. If necessary, pack the balls again more tightly. *Allow to dry for 12+ hours before using.* To use, simply place a bomb near your feet under warm running water and enjoy the aromatic experience!

## Homemade Bug Spray Recipes for Your Skin, Home, and Yard

Medically reviewed by [Vincent J. Tavella, MPH](#)  
Written by [Jandra Sutton](#) on July 29, 2019

Not everyone is comfortable using synthetic chemicals and pesticides to ward off bugs. Many people are turning to natural, environmentally friendly remedies for repelling insects, and homemade bug sprays are an easy solution. Not only are they typically safe for human use, they're generally effective too.

This article will take a closer look at some of the natural ingredients that may help keep bugs at bay, and how you can use these ingredients to make your own bug spray.

### What natural ingredients help repel bugs?

While the Environmental Protection Agency (EPA) [requires](#) most skin-applied insect repellents to be registered for both human safety and effectiveness, the agency has also listed several natural ingredients as minimum risk pesticides. It's important to note that while these ingredients are safe for human use, the EPA does not evaluate them for effectiveness. Here are some popular natural ingredients that may help repel bugs in your home and yard.

### Citrus oils

Citronella and citrus oils like limonene are popular and well-known insect repellents. [Studies](#) suggest citronella helps repel mosquitoes, and it may also be [effective](#) against [kissing bugs](#), fleas, aphids, mites, and flies.

### Garlic oil

[Research](#) Trusted Source suggests that garlic oil may help with repelling ticks. Plus, the [Centers for Disease Control and Prevention \(CDC\)](#) Trusted Source lists garlic oil as a natural tick repellent for use in yards and gardens.

### Thyme essential oil

A [2005 study](#) Trusted Source suggest that thyme essential oil helps repel mosquitoes. However, thyme oil isn't considered safe for use on your skin unless diluted.

### Oil of lemon eucalyptus

A [2016 review](#) Trusted Source concluded that oil of lemon eucalyptus is an effective natural mosquito repellent. Plus, according to the CDC, products containing oil of lemon eucalyptus are [effective](#) against mosquitoes. Oil of lemon eucalyptus shouldn't be confused with lemon eucalyptus essential oil which isn't effective at repelling mosquitoes.

### Dill essential oil

Looking to repel bugs indoors? One [study](#) Trusted Source concluded that dill effectively repels cockroaches. However, the oil should be diluted before using it on your skin.

### Cinnamon oil

If mosquitoes are a major concern, [cinnamon oil](#) may be a good option to consider. One [study](#) Trusted Source concluded that cinnamon oil helped repel mosquitoes both in a lab setting and outdoors. Another [study](#) Trusted Source suggested cinnamon oil may be effective in killing mosquito larvae as well. However, cinnamon oil can cause skin reactions, so be sure to dilute it before using it on your body or stick to using it in the yard.

### Lavender essential oil

[Lavender oil](#) isn't only helpful for relaxation and sleep. It can also be [effective](#) Trusted Source at repelling mosquitoes. Plus, lavender is usually considered safe for topical use without diluting it.

### Peppermint oil

[Studies](#) suggest that [peppermint oil](#) works to both kill and repel mosquitoes. Plus, another [study](#) concluded that peppermint oil may be effective at keeping spiders away as well.

### Safety tips:

Many of these ingredients are considered natural and safe for human use. However, it's important to remember that not all essential oils are [safe for topical use](#).

If you're planning to use essential oils on your skin, you may need to dilute them with a [carrier oil](#). Certain essential oils, like citrus oils, can be [phototoxic](#) when applied directly to the skin. This means that sun exposure may cause severe burns and even skin cancer.

