



## **WEST JORDAN SENIOR CENTER**

**8025 South 2200 West – West Jordan – (801) 561-7320**

**Visit our Website – [www.westjordanseniorcenter.com](http://www.westjordanseniorcenter.com)**

July 2009

Volume 9 Issue 7

### **Director Message**

“I feel like my body has gotten totally out of shape, So I got my doctor's permission to join a fitness club and start exercising.

I decided to take an aerobics class for seniors. I bent, twisted, gyrated, jumped up and down, and perspired for an hour. But, by the time I got my leotards on, the class was over.”

Well you will never have to worry about that happening here. We have ten different exercise class offerings and none require leotards. Our newest offering will be the Sit-N-Dance for seniors. We have the DVDs for the class and will have Becky Barraclough leading the class every other week. Check the calendar for the date and time of this new exercise class offering.

The following is an excerpt from an article published June 19, 2009 by National Council On Aging in regards to educating older adults about the increased need for screening for diabetes and the benefits provided by Medicare for screening.

“Diabetes is a major health threat for seniors and a driver in escalating Medicare costs,” said Tom Daschle, former Senate Majority Leader.

He continued, “Screening and early diagnosis are critical to managing diabetes effectively and to prevent the onset of the disease for those at risk. And yet, less than 10 percent of Medicare beneficiaries are screened annually for diabetes, even though Medicare offers a free diabetes screening benefit. We have to do better.”

“When diabetes is undiagnosed and untreated, it can be devastating, and new government statistics show that older adults are especially vulnerable. That’s why it is crucial that we create awareness of the benefits that Medicare offers for diabetes screening, and coach our seniors to ask their health care providers about being tested for diabetes. . .” stated Nancy Whitelaw, Senior Vice President and Dir., Center for Healthy Aging of NCOA.

For people who are ages 65 and older and have one risk factor for diabetes, Medicare offers a free diabetes screening test in a health care provider’s office, with *no deductible* and *no co-pay*. If seniors are found to have pre-diabetes, they are eligible for another free screening in six months. We urge you to see your doctor or other health care professional and get this free diabetes screening benefits.

## Special Events

**Center Closures:** Friday, July 3 in observance of Independence Day and Friday, July 24 in observance of Pioneer Day.

**Sit and Dance with Becky:** Becky will join us on The first and third Wednesdays at 11:30 a.m. for this fun class to get you moving. Donations accepted in this class.

**Sleep Hygiene:** Tuesday, July 7 at 11:00 a.m. Do you have difficulty falling asleep and/or extended periods of wakefulness when trying to sleep. Learn what you can do to promote a comfortable environment more conducive to sleep and ways to improve your quality of sleep.

**Foods to Help with Sleep:** Wednesday, July 8 at 1:00 p.m. Learn about foods that may induce sleep and also which foods to avoid to help you get a good night's sleep.

**Manicures with Jen:** Our new manicurist is available on the first and third Tuesdays from 9:00 a.m. to 12:00 noon. She also does pedicures. Sign up at the front desk for an appointment.  
Polymer Clay: The Polymer Class that meets on Fridays is cancelled for the month of July.

**Mystery Quilt Class:** Wednesday, July 8 from 2:00 p.m. to 7:00 p.m. Pick up fabric requirements and sign up at the front desk.

**Hand Massages:** Thursday, July 9 from 10:00 a.m. to 12:00 noon. Sign up at the desk. \$2.00 donation.

**"Gin and Tonic":** Last chance to enjoy the delightful one act play "Gin and Tonic" starring Earl Gates and Myrna Bright Monday July 13 at 12:45 p.m.

**Project Linus Make-A-Blanket Day:** Tuesday, July 14 from 10:00 a.m. to 2:00 p.m. Come help us tie quilts to donate to this worthy cause. The center has donated 46 blankets to Project Linus the first half of the year. Help us make that number grow to 100 by the end of 2009. Thanks for all your support.

**Patriotic Party and Buffet:** Wednesday, July 15 the fun begins at 11:00 a.m. with our very own harmonica band delighting you with a patriotic program you won't want to miss. A delicious Buffet lunch follows at 12:00 noon. Sign up by Wednesday, July 8 before noon.

**Root Beer Floats:** Thursday, July 16 at 12:30 p.m. sponsored by Harmony Home Health and Hospice.

**Book and Movie:** Thursday, July 16 at 1:00 p.m. July's book is *The Ultimate Gift* by Jim Stovall. Copies are available at the library. Read the book in advance and be ready for a discussion then enjoy the movie following the discussion. Please sign up at the desk.

**Mountain Man Breakfast:** Thursday, July 23 at 9:00 a.m. Milan and Kathy Bursach will whip a delicious dutch oven breakfast. Just \$2.00 per person, Sign p at the front desk to reserve your seat.

**Healthy Breakfast:** Friday, July 31 at 8:30 a.m. Start your morning off right with a breakfast that won't help clog your arteries. Sponsored by the Advisory Council. No need to sign up, just come, eat, and enjoy.

**Bingo:** Tuesdays and Thursdays from 1:00 p.m. to 2:15 p.m. Bingo will end promptly at 2:15 p.m. to accommodate the van riders and ensure we continue to have this activity.