

In The Loop

with the senior scoop

April 2021
Newsletter

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Monthly Memo

Spring is finally here. It's been a hard winter for everyone, but I hope that sunshine, businesses reopening, and the dropping number of Covid cases will lead to a better spring and summer than last year. The Beaver County Office on Aging is working towards reopening the Center safely, but we do not have a date at this time. Until then, I encourage you to look through this newsletter and visit our Facebook page for ways to stay fit and healthy until we reopen. Our Mall Walking Club is a great way to get out of the house and exercise while remaining socially distanced. Looking for a healthy, yet tasty dinner idea? Check out the Lemon Thyme Chicken recipe on page 7. Whatever activity you choose, please do so safely.




Lutheran SeniorLife
Lutheran Service Society

The Center at the Mall is a program of the Lutheran Service Society. It is operated in cooperation with the Beaver County Office on Aging.



Activities and programs offered at the Center are possible through the efforts of our volunteers. We thank all who volunteer to make our Center a safe, interactive area for seniors. If you are interested in volunteering, please speak with a staff member.

Staying Updated at Home



Beaver Valley Mall
Unit 284
Monaca, PA 15061
T: (724)774-5654
F: (724)774-5671

www.centeratthemall.net

www.facebook.com/CenterattheMall

Center Hours

The Center is currently closed to the public but staff is available via phone at the following times

Monday– Friday
8 AM - 4 PM

Other Resources

B.C. Office on Aging
724-847-2262

BCTA/DART
(724) 375-2895

Beaver County Warmline
724-775-9507

Homeless Helpline
724-846-6400

Mental Health Association
724-775-4165

Report Elder Abuse
724-775-1786

Veterans Affairs
724-770-4450

Funding Source



If you are looking for ways to stay healthy and active while social distancing, Center at the Mall encourages you to check out our Facebook page.

www.facebook.com/centeratthemall

We regularly post important updates and information including:

- Beaver County Office on Aging COVID-19 Taskforce posts
- What is happening at the Center and when we plan to reopen
- Exercise videos taught by our exercise specialists that you can follow along with at home
- Grab N' Go Meals Program. Weekly frozen meals provided to those in need of food
- Wellness and reassurance calls. Receive weekly calls from Center staff to check in and make sure you are doing ok while isolating at home
- Tech tips and answers to questions you have regarding smartphones and computers
- Nutritional guides and healthy recipes
- Craft ideas and instructions for art projects
- Informative videos regarding healthcare, senior services, healthy living, fraud prevention, and other topics to allow you to stay safe and in the know

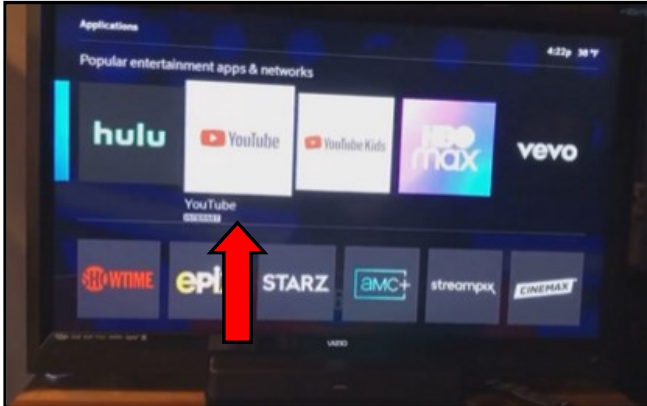


If you do not have a Facebook account and would like to create one so you can enjoy the aforementioned activities, follow the steps below.

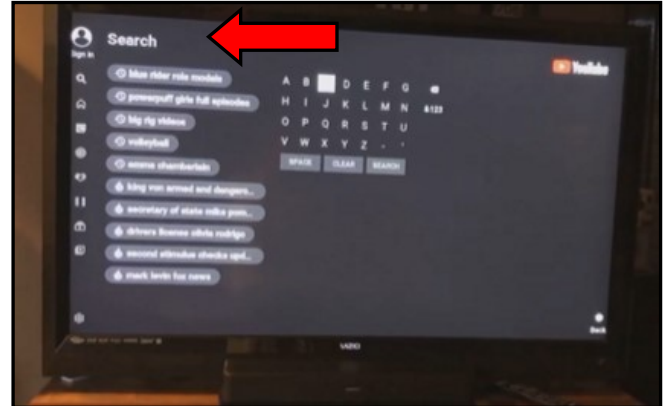
1. Go to www.facebook.com/r.php.
2. Enter your name, email or mobile phone number, password, date of birth, and gender.
3. Click **Sign Up**.
4. To finish creating your account, you need to confirm your email or mobile phone number.
 - To confirm your mobile number, enter the code you get via text message (SMS) in the Confirm box that shows up when you log in.
 - To confirm your email, click or tap the link in the email you got when you created the account.
5. Type **www.facebook.com/centeratthemall** into the URL bar and visit our page. You can now view information and post replies to our posts!

Stay Fit From Home or While Socially Distanced

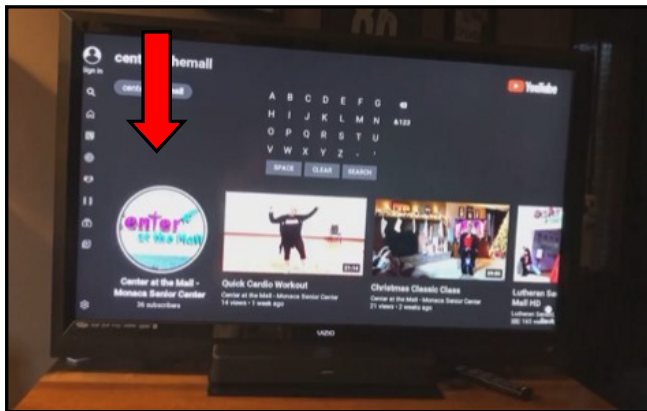
Watch Tracy and Heather teach fitness classes on your smartTV



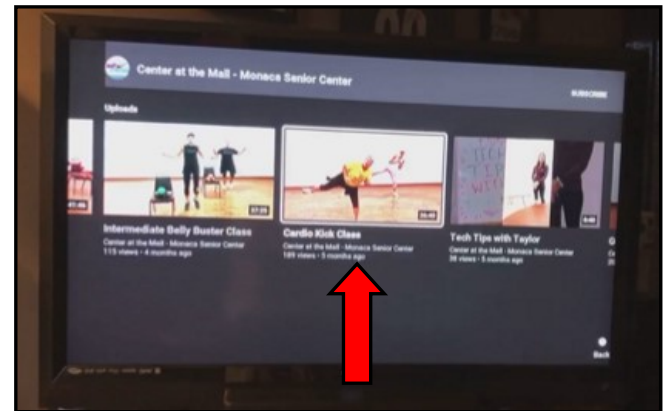
1. Open the Youtube app. If you do not have the Youtube app, it will be free to download in your app store.



2. In the Search Bar, type centeratthemall (no spaces).



3. Select the Center at the Mall channel.



4. Select the video you wish to watch and start working out!

Mall Walking Club

Club is led by fitness instructors Tracy and Heather. It meets Tuesday and Thursday mornings outside the Center's front gate.

10am group is faster paced. 11am group is slower paced.

Walkers must wear a mask and stay 6ft apart.



Mall Walkers

If you walk the mall on your own time, we encourage you to sign the sign-in sheet at our front gate. The Center receives funding for anyone who signs in as a mall walker. We appreciate your support until we can reopen the fitness center.

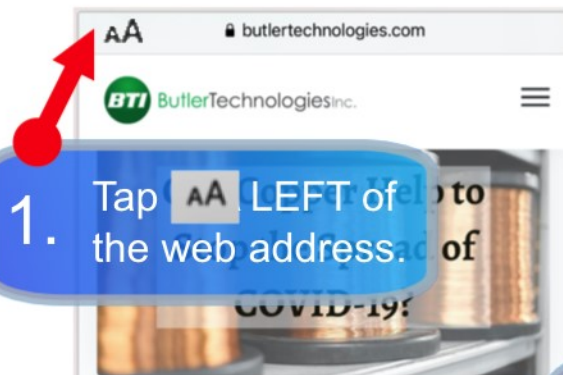


Technology Tips

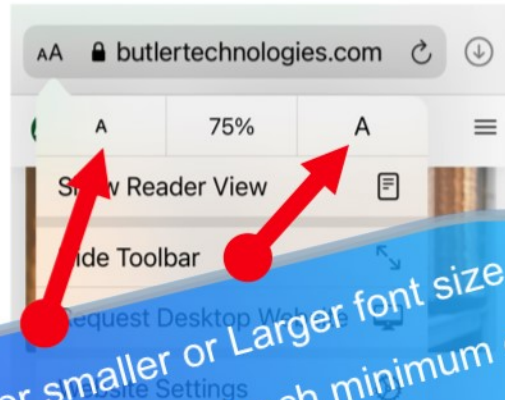
iPhone Tips *from Peggy*

Safari: Resize text on webpages.

Safari's font size options make webpages easier to read.



1. Tap **AA** LEFT of the web address.



2. Tap for smaller or Larger font size. Keep tapping to reach minimum or maximum available.

Can Copper Stop the Spread of COVID-19?

The History of Copper

While many people may correlate disinfectants with anti-bacterial wipes or Lysol, copper metal kills bacteria and viruses upon contact! Copper is a metal that has been around since ancient times, oftentimes used for health purposes. It's what Egyptian soldiers would use to clean their wounds, and what they would fill their wounds with to eliminate infections and increase the healing time. In fact, copper has been used for health purposes throughout several centuries. So, the remains, could copper help to stop the spread of COVID-19? Some are still learning about the amazing benefits of copper in the healthcare industry and its antiviral abilities.



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How Copper Works

On the periodic table, copper is represented by the abbreviation Cu. (As in Cu later, germs!). Copper alloys kills germs upon contact, as opposed to the traditional aluminum or steel you're exposed to on a day to day basis. Take into consideration the number of doorknobs you touch daily. Did you know that doorknobs are primarily made with brass? The logic behind it is simple. Germs can only live on copper for a short period of time, as opposed to traditional metals such as steel or

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3. Don't forget to check for "Reader View" when you tap **AA**.

NOTE

In case you missed the news story above...

Our neighboring company, Butler Technologies, is printing copper adhesive sheets for public door handles which kill bacteria & germs.

BCOA Notices

**The Beaver County Office on Aging
is recommending the following way to get registered for a COVID-19 vaccine:**

Register online at www.heritagevalley.org to be placed on the waiting list.

If you do not have access to a computer, call Heritage Valley at 724-770-7555.





Do you need a ride to get your COVID-19 vaccine appointment?
Once your appointment is scheduled, the
Beaver County Transit Authority (BCTA) can help to get you there.
You can ride the BCTA Fixed-Route buses.
For a schedule, visit bcta.com or call 724-728-8600.

You can schedule an appointment on the
DART (Demand and Response Transit)
door-to-door shared ride bus by calling 724-375-2895.

SENIOR DAY AT THE BEAVER VALLEY MALL
Presents
DRIVE-UP INFORMATION FAIR

Wednesday
May 12, 2021
10 am to 12 noon

This is a drive-up event and will be located in the parking lot of Boscov's across the street from Harbor Freight. Everyone 60+ is invited to drive up and receive a bag. Please remain in your car. We kindly ask that people arrive no earlier than 10am to reduce traffic buildup in the mall parking lot. Thank you.

What is in the bag:

Shelf stable food items, individually packaged donut. First aid items, information on telehealth, home health services, meals on wheels, promotional items and much more.

Healthy Tips

April is National Nutrition Month

Staying healthy is something that everyone should be thinking about every day, but the purpose of **nutrition month** is to help the public become aware of the importance of good nutrition and a healthy eating plan. Nutrition is directly linked to chronic diseases like **cancer, diabetes, atherosclerosis, and hypertension**. Diets that are high in added sugar, salt, and saturated or trans-fats put you at risk.

You can make small simple changes each day to reap the benefits of a healthier lifestyle.

- Cut Back on Processed Food: Processed and prepackaged foods are loaded with sugar, salt, unhealthy fats, and chemicals our bodies do not recognize. They also lack fiber and most of the nutrients your body needs.
- Fill Up On Vegetables and Fruits: When you sit down to a meal, be sure at least half of your plate is composed of colorful vegetables and fruits. Choose fruit or vegetables for snacks... they are also easy to take with you!
- Be Aware of Portion Sizes: Most people consume much larger portions (and many more calories) than necessary. If you are finding it difficult to take normal portion sizes, try using a smaller plate.
- Slow Down and Enjoy Your Food: Eating quickly and not properly chewing your food has a detrimental effect on your digestive tract and also leads to overeating. When you eat, do just that...eat! Learn to slow down and enjoy the smell, taste, and texture of your food. Also, chew your food well. Before going back for more food give your body a rest. It takes up to 20 minutes for your stomach to signal your brain that it is full.
- Eat Only When You Are Hungry: During the winter months you tend to have less to do and are stuck indoors more. This often leads to "boredom eating" and a lot of extra calories your body does not need. Before you grab a snack, stop and take three deep breaths. Then ask yourself if you are truly hungry. If you are, choose something healthy and sit down to enjoy it. Do not eat food out of the package or in front of the television.

Be sure to check our Facebook page all this month for tips, recipes, activities, and more...

Health and Wellness Virtual Presentation Series

Each month a different health and wellness topic will be discussed during a virtual presentation. Check the CATM Facebook page for a link you can click to listen on your computer or a phone number you can call to listen to the talk over your phone.

Next Presentation: April 9th 10 - 11AM

Presentation will cover the importance of self care. It is often easy to spend all of your time worrying about others in your life and you forget to take care of yourself. This presentation will discuss the following:

- Understanding the NECESSITY of taking care of yourself
- Explore the components of good self-care
- Identify opportunities for building self-care

Listen in by clicking the link on our Facebook page or by calling (412)447-5295 and entering Phone Conference ID: 768 248 579#

Healthy Recipe

Lemon Thyme Chicken

Welcome spring with bright flavors and this season's fresh ingredients. Try this simple chicken recipe from Taste of Home.

Ingredients:

- 3 tablespoons all-purpose flour
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 4 boneless skinless chicken breast halves (6 ounces each)
- 2 tablespoons olive oil
- 1 medium onion, chopped
- 1 tablespoon butter
- 1/2 teaspoon dried thyme
- 1 cup chicken broth
- 3 tablespoons lemon juice
- 2 tablespoons minced fresh thyme



Instructions:

1. In a small bowl, combine flour, salt and pepper. Set aside 4-1/2 teaspoons for sauce. Sprinkle remaining flour mixture over both sides of chicken.
2. In a large nonstick skillet, heat oil over medium heat. Add chicken; cook until juices run clear, 7-9 minutes on each side. Remove and keep warm.
3. In the same pan, melt butter over medium-high heat. Add onion; cook and stir until tender, 3-5 minutes. Stir in thyme and reserved flour mixture until blended. Gradually stir in broth and lemon juice, scraping up any browned bits from bottom of pan. Bring to a boil; cook and stir until thickened, about 2 minutes. Serve over chicken. Sprinkle with thyme.

Sponsorships

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physical, and mental well-being.

**Call Jennifer at 330.314.3320
today for your Virtual Tour!**

Restrictions Apply*

Puzzles

Puzzle page can be dropped off at the Center, mailed to the Center, or scanned and emailed to dallas.kerr@lutheranseniorelife.org for a chance to win a raffle prize. Deadline is April 30th.

		5	6					3
				4			5	
7				3	5			
	2	7			3			9
	4		5		8		2	
5			9			7	1	
			3	5				8
	6			8				
9					4	6		

How to Solve Sudoku

1. You will need a pencil and an eraser. It is not recommended that you use a pen.
2. Each horizontal row will contain the numbers 1 through 9 once.
3. Each vertical column will contain the numbers 1 through 9 once.
4. Each box will contain the numbers 1 through 9 once.
5. In the Sudoku puzzle, several numbers have already been entered (the given numbers); these cannot be changed.
6. Solving a Sudoku puzzle does not require mathematical knowledge. Simple logic suffices.
7. Have fun!

Medium

Word Search

Find all these Easter words in the grid - they run in straight lines, in any direction. The leftover letters spell out an Australian Easter-time event.

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

ASCENSION

BAKING

BASKET

CHICKS

CHOCOLATES

CHURCH BELLS

COOKING

DAFFODILS

DISHES

EASTER BILBY

EASTER MASS

EGG DYE

EGG HUNT

GIVES

GOOD FRIDAY

GREETING CARDS

HIDE

HOLIDAY

HOLY WEEK

HOT CROSS BUNS

HYMNS

JESUS

LAMB

LILY

PALM LEAVES

RABBIT

REBIRTH

ROAST

SPRING

VIGIL