



Amarillo Senior Citizens Association *October Newsletter*



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ASCA 2021 Board of Directors

Janye Mayfield
President

Rayma Watson
Secretary

Neil Feichtner
Treasurer

Jerry Conner

Barbara Cromer

Lisa Hancock

Mary Crow
*Director
Emeritus*

Board of Directors Applications

It's that time of year!! Do you have suggestions on how to help ASCA? Now is your time to stand up and be counted!

Applications are being accepted for the ASCA Board of Directors. You may pick up an application now, in the ASCA office, and return it no later than October 27. **No applications will be accepted after October 27, 2021 - absolutely no exceptions.**

Eligibility requirements for applying to run for the Board of Directors are as follows: any member running for election to the board has to have been a member for at least one year, and their membership must be in good standing; also an ASCA member is ineligible to run for the Board of Directors if that member has ever been elected or appointed to the Board of Directors and resigned before the end of their term for any reason other than health.

The profiles of each applicant will be featured in the November newsletter, and voting will be November 29 through December 13. This is a very important job, and all members who meet the eligibility requirements are welcome to run!

ASCA's Covid Policy

All ASCA members, guests, and staff are required to wear a face covering while in the building, except when eating lunch (when the kitchen reopens). If you are a member of a club that meets in the dining area, you are still required to keep your faces covered, either with a mask, face shield, or other type of covering. We understand that masks can be hot and hard to breathe in, but face shields are a good alternative. They can easily be seen through, and allow adequate air to circulate.

If you or your club would like refreshments, please bring only individually wrapped snacks, and drinks with a lid and straw.

This policy is in place to keep members, guests, and staff as healthy and happy as possible, and this will continue to be the policy until the City of Amarillo reaches Covid-19 status level "yellow". The current City of Amarillo Covid-19 status level is "red". We cannot afford a shutdown due to Covid infections or exposure. We greatly thank you all for helping keep ASCA safe for everyone!

Club News



Swinging Seniors

The Swinging Seniors line dancing group meets every Tuesday and Friday from 9:00 a.m. until 11:00 a.m. Currently, we are meeting at 2223 S. Polk until further notice.



Happy birthday in September to Winnie Williams, Charlene Cole, Paula Rhoton, and Judith Evans (left to right).

ASCA Quilters

We are so glad to be at our new building!!! This is the first of many quilts we plan to complete. It is such a peaceful activity, and our friendships are such a blessing to our lives. Come by and visit us, we're always looking for more quilters. We meet on Tuesdays and Fridays at 9:00 AM.



(Pictured left to right: Juanita Cato, Billie Gasaway, JoAnn Meeker, Barbara Cromer, Geri Lindsey, and Judy Carathers)

ASCA Bridge Club

HIGH SCORES FOR SEPTEMBER 2021

- 9/27 J.P. Reese / Gene Cleveland (4870)
- 9/24 Karren Clugy / Carolyn Laursen (6120)
- 9/20 Rayma Watson / Dreka Roark (7100)
- 9/17 Janye Mayfield / Neil Feichtner (4880)
- 9/12 Sharyn Reid / Barbara Caldwell (6516)
- 9/10 Donna McKee / Mary Crow (6200)
- 9/6 Rayma Watson / Dreka Roark (6610)
- 9/2 Neil Feichtner / Janye Mayfield (4930)

The ASCA Bridge Club is happy to be playing now at ASCA. We have been averaging 6 tables. We're looking forward to Marsha's good meals and seeing more friends. Come join us.

- Karren Clugy

Table Tennis

Table Tennis is now 3 times a week at 1:00 p.m. Monday, Wednesday, and Friday. Beginners and advanced players alike - everyone is welcome, so come join us!

Games and More

Games & More has lots of games each day. We start at 11:45 AM on Tuesday and Thursday. Tuesday is Mexican Train dominoes, Thursday is Samba, Canasta, Joker, Pinochle, 2500, and 3-13. This is free to newcomers for the first three times, then the cost is \$1.00 each day you play.

- Lou Ann Hall

ASCA Pool/Billiards Club

September Pool/Billiards Tournament Results

Snooker Tournament

1st Place—Marion Boyce

2nd Place—Jerry Conner

Our next Snooker Tournament will be on Tuesday, October 12 at 1:00 PM. Come join the ASCA Pool Club, and see all the fun we have! The membership fee is \$35.00/year. The pool room is open Monday through Friday from 9:00 AM to 4:00 PM.

ASCA Clubs

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“42” CLUB

Meets every Tuesday and Thursday 12:30PM - 3:00PM.
Cost: \$.50 each time.

HI-NOON WEDNESDAY BRIDGE

Meets Wednesday 12:00PM - 4:00PM

“88” CLUB

Meets every Wednesday 12:00PM - 3:00PM.
Cost: \$2.00 per month.

POKER CLUB

NOT CURRENTLY MEETING

Wednesday: 2:00PM - 4:00PM. Cost: \$1.00 each time.
(Awards on Point System)

ASCA BRIDGE

President, Karren Clugy: (806) 570-3038

Meets Monday and Friday 12:30PM - 3:30PM.
Cost: \$1.10 each time.

POOL/BILLIARDS

President, Richard Bailey: (806) 654-3216

Open to play any day and hours ASCA is open.
Monthly tournaments scheduled.
Cost: \$3.50 per month (3-Month Min.), or \$35 per year.

BINGO

NOT CURRENTLY MEETING

Join us on Wednesdays at 10:00AM. Everyone is welcome!

PUZZLE CORNER

Everyone is invited to stop by and put in a piece of the puzzle.
No dues or fees.

CLOGGING

NOT CURRENTLY MEETING

Meets Tuesday at 2:00 PM. No cost.

QUILTERS

President, Barbara Cromer: (806) 683-9561

Meets Tuesday and Friday 9:30AM - 2:30PM.

DUPLICATE BRIDGE

Meets Wednesday 11:30 AM.
Cost: \$.50 each time.

SWINGING SENIORS

CURRENTLY MEETING AT 2223 S. POLK

President, Emilie Batson: (806) 336-9156

Meets every Tuesday and Friday 9:00AM - 11:00AM.
Cost: \$1.00 each time. First 2 times in attendance are free.

EXERCISE

NOT CURRENTLY MEETING

Meets Monday and Thursday 10:00AM - 11:00AM.
Cost: \$1.00 each time.

TABLE TENNIS

Meets every Monday, Wednesday, and Friday at 1:00 PM.
Beginners and Advanced - Everyone is welcome.

GAMES AND MORE

President, Lou Ann Hall: (806) 316-9684

Meets Tuesday and Thursday.

Tuesday: 11:45 AM - Back Alley, Mexican Train;

Thursday: 11:45 AM - Samba, Joker's Wild, Pinochle.

Cost: \$1.00 each time.

TAI CHI

Monday and Wednesday at Sam Houston Park at 10:00 AM.

Everyone is welcome! No dues or fees.

Instructed by Wayne Woodward.

ASCA News

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AMARILLO SENIOR CITIZENS ASSOCIATION

*** INCREASE OR (DECREASE) IN CASH ***

AUGUST 2021 AND YTD AT AUGUST 31, 2021

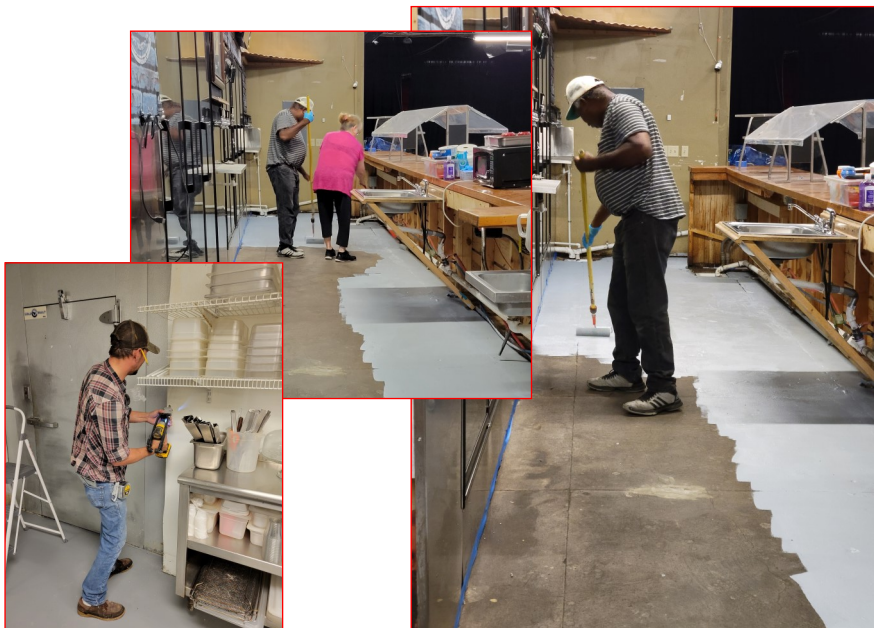
		AUGUST, 2021		YTD AUGUST 31, 2021	
INCOME:	Dues & Contributions - Members		\$ 1,050		\$ 11,500
	Foundation Contributions		-		65,349
	Club Contributions		35		2,212
	Fund Raising Events		-		26,354
	Interest Income		-		338
	Newsletter Advertising		225		775
	Miscellaneous Income		-		12,346
	Total		1,310		118,873
	Cafeteria	\$ -		\$ -	
	Kimble Foundation	-		-	
	Less Direct COGS	3,094		6,150	
	Less Indirect Costs		(1,784)		112,723
EXPENSES:	GENERAL AND ADMINISTRATIVE:				
	Salaries, Wages, and Payroll Taxes	4,834		57,302	
	Insurance	236		5,293	
	Computer, Telephone, & Internet	394		1,921	
	Building Maintenance	202		1,562	
	Copies & Copier Rental	572		1,758	
	Building Renovations	666		20,230	
	Office Supplies & Postage	56		1,935	
	Utilities	1,206		11,453	
	Miscellaneous Expense	-		1,425	
	Total	8,166		102,879	
	INCREASE OR (DECREASE) IN CASH		\$ (9,950)		\$ 9,844

Membership Renewals

If your membership expires in October, your \$50-a-year dues are due no later than the last day of the month. If there are any changes to your information, please let the office know in order to update our records. Be sure to check on your renewal date so you can keep enjoying the fellowship, and all the exciting activities ASCA has to offer.

Please consider being a life-time member of ASCA. It's a one-time membership fee of \$1,000 that can be paid out over several months.

THANK YOU, ASCA STAFF AND VOLUNTEERS, FOR WORKING SO HARD, AND GOING ABOVE AND BEYOND TO GET OUR BUILDING READY TO OPEN!!!



Support for ASCA

We appreciate all the support we have received, and continue to receive, from our members, volunteers and others in the community. Without your support we would not be able to serve the senior citizens of this great city!

...and just a reminder that all donations to ASCA are tax deductible. Thank you for supporting our organization!

Advertise with

- * Eighth page ad: \$25 *
- * Quarter page ad: \$50 *
- * Half page ad: \$100 *
- * Full page ad: \$200 *

ASCA

ASCA News

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Happy Birthday to our ASCA Members in October!

Annelle Campbell, LaRue Cash, Juanita Clifford, Karren Clugy, Marlene Cooper, Lynn Flowers, Margaret Foster, Barbara Fowler, Pat Fuller, Elmer Helfenbein, Tricia Hemelstrand, Bill Hudson, Richard Hunter, Janeice Jack, Grady Anne Jacob, Jeannette Maurer, Darrell McAdams, Cindy McCormick, Sandra McPherson, Sonja Miller, Ruby Post, Sandra Rhoton, Pat Rich, Randall Sims, John Wagoner, Coral Walton.

NEW MEMBERS IN SEPTEMBER

Dr. Charlie Hahn, Patricia Rich.

Memorial Donations

Joan Barnett and Lonna Barnett McKay in Memory of Ronnie Van Gordon



ASCA Bus Trips

We just had a group leave headed to the Pigeon Forge area, and they are having a wonderful time! Our next trips are in the planning stage to The Ark in the spring, and to Florida in the fall of 2022.

ASCA Potluck/Bingo Supper

Many of you have been asking when we will begin the bingo/potluck supper again. While the board has made no decision on this yet, please keep an eye on the newsletter for more information.



Silver Grill Lunch Prices

Due to the rising costs of food, paper, and Styrofoam the ASCA Board of Directors unanimously voted to raise the price of a meal at the Silver Grill to \$7.00, when food service reopens. A meal still includes an entrée, two sides, salad, dessert, and drink.



Get a Taste for Life at The Clairmont

We enjoy the good life, and that includes good food. Our culinary team creates delicious dishes that are also healthy and well-balanced, and now's your chance to sample one for yourself. **Take a tour and enjoy a made-from-scratch meal.**

The Clairmont's meals support your well-being without sacrificing taste.

- ✓ Perfect blend of comfort foods, regional favorites, and healthy choices.
- ✓ Good sources of essential nutrients like vitamin D, which keep the immune system strong.
- ✓ Planned by a culinary nutrition specialist trained in senior dietary needs.

Take a tour.
Take a taste.

Call 806.353.0052 to make your dining reservation

HOLIDAY
RETIREMENT

The Clairmont
Independent Retirement Living

TheClairmontSeniorLiving.com
4707 Bell St, Amarillo, TX 79109

Calling all volunteers!

We are in need of kitchen volunteers for the serving line. We will serve lunch Monday through Friday from 11:00 AM to 12:45 PM.

If you are interested, please contact the ASCA office at 374-5500 for more information.

We do not yet have an opening date for the Silver Grill, but we will update the website, and by email, as soon as we do.

Health Hub



RECIPE OF THE MONTH: Healthy Pumpkin Muffins (Courtesy of: COOKIE + Kate)

1/3 cup melted coconut oil or extra-virgin olive oil
 1/2 cup maple syrup or honey
 2 eggs, at room temperature
 1 cup pumpkin purée
 1/4 cup milk of choice (I used almond milk)
 2 teaspoons pumpkin spice blend (or 1 teaspoon ground cinnamon, 1/2 teaspoon ground ginger, 1/4 teaspoon ground nutmeg, and 1/4 teaspoon ground allspice or cloves)
 1 teaspoon baking soda
 1 teaspoon vanilla extract
 1/2 teaspoon salt
 1 3/4 cups whole wheat flour
 1/3 cup old-fashioned oats, plus more for sprinkling on top
 Optional: 2 teaspoons turbinado (raw) sugar for a sweet crunch



1. Preheat oven to 325 degrees Fahrenheit. If necessary, grease all 12 cups of your muffin tin with butter or non-stick cooking spray, or use muffin baking paper cups.
2. In a large bowl, beat the oil and maple syrup or honey together with a whisk. Add the eggs, and beat well. Add the pumpkin purée, milk, pumpkin spice blend, baking soda, vanilla extract and salt.
3. Add the flour and oats to the bowl and mix with a large spoon, just until combined (a few lumps are ok). If you'd like to add any additional mix-ins, like nuts, chocolate or dried fruit, fold them in now.
4. Divide the batter evenly between the muffin cups. Sprinkle the tops of the muffins with about a tablespoon of oats, followed by a light sprinkle of raw sugar and/or pumpkin spice blend if you'd like. Bake muffins for 22 to 25 minutes, or until a toothpick inserted into a muffin comes out clean.
5. Place the muffin tin on a cooling rack to cool. These muffins are delicate until they cool down. You might need to run a butter knife along the outer edge of the muffins to loosen them from the pan.

These muffins taste even better after they have rested for a couple of hours! They'll keep at room temperature for up to 2 days, or in the refrigerator for up to 4 days.



donna alexander
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Did You Know...

- Your brain never stops growing: We grow new neurons with time, and the brain is constantly reshaping itself in response to learning.
- Social isolation makes seniors more vulnerable to elder abuse.
- The elderly are the fastest growing age group: The US Census Bureau indicates that individuals 85 and up are the fastest growing age group by percentage.
- The average age of senior center participants is 75.
- Compared with their peers, senior center participants have higher levels of health, social interaction, and life satisfaction and lower levels of income. 11,400 senior centers serve more than 1 million older adults every day.

Health Hub



Health benefits of Pumpkin



It is one of the very low calorie vegetables. 100 g fruit provides just 26 calories and contains no saturated fats or cholesterol; however, it is rich in dietary fiber, anti-oxidants, minerals, vitamins. The vegetable is one of the food items recommended by dietitians in cholesterol controlling and weight reduction programs.

- Pumpkin is a storehouse of many anti-oxidant vitamins such as vitamin-A, vitamin-C and vitamin-E.
- It is an excellent source of many natural poly-phenolic flavonoid compounds such as carotenes, cryptoxanthin, lutein and zeaxanthin. Carotenes convert into vitamin A inside the body.
- Zeaxanthin is a natural anti-oxidant which has UV (ultra-violet) rays filtering actions in the macula lutea in retina of the eyes. Thus, it helps protect from "age-related macular disease" (ARMD) in the elderly.

- The fruit is a good source of B-complex group of vitamins like folates, niacin, vitamin B-6 (pyridoxine), thiamin and pantothenic acid. It is also rich source of minerals like copper, calcium, potassium and phosphorus.
- Pumpkin seeds indeed are an excellent source of dietary fiber and mono-unsaturated fatty acids, which are good for heart health. In addition, the seeds are concentrated sources of protein, minerals and health-benefiting vitamins. For instance, 100 g of pumpkin seeds provide 559 calories, 30 g of protein, 110% RDA of iron, 4987 mg of niacin (31% RDA), selenium (17% of RDA), zinc (71%) etc., but no cholesterol. Further, the seeds are an excellent source of health promoting amino acid tryptophan. Tryptophan is converted to GABA in the brain.

Why is shingles more serious in older adults?

Shingles is a skin condition that's triggered by a common virus. The usual shingles symptoms include a band of blisters or a rash and a burning pain or tingling sensation that can last for a few weeks or longer. But among older adults, shingles poses some additional dangers, including a higher risk of stroke and other serious health complications. Fortunately, shingles can be treated with medications and generally prevented with a vaccine. According to research, the key to effective treatment for older adults who develop shingles is a quick response to the first sign of symptoms. That includes a medical evaluation followed by prompt treatment with antiviral medications and pain management therapy.

The Centers for Disease Control and Prevention (CDC) reports that about 1 in 3 people will develop shingles at some point in their life, with the risk of complications climbing significantly after age 60. If you're over age 50, you should talk with a healthcare professional about getting a shingles vaccine. The clinical term for shingles is herpes zoster. It's caused by the varicella-zoster virus, the same virus responsible for chickenpox. If you had chickenpox as a child, the virus has remained dormant in some nerve cells. When it becomes activated, the result is shingles.

Why is it more serious for older adults?

One reason is that older people tend to have weaker immune systems than younger people, making it harder to fight an infection of any kind. Along with the normal age-related decline in immune system strength, other factors, including stressful life events and cancer treatment, can further compromise an older person's immune system.

For younger people, a bout of shingles often resolves within a few weeks with a low risk of ongoing problems. That's not true for many older adults, who can face life threatening complications, even after the rash itself has cleared.

Some of the more serious complications that affect older people include: Post-herpetic neuralgia (PHN), vision loss, stroke, dementia, and death. While shingles can resolve on its own without treatment, the condition should be treated aggressively as soon as it's diagnosed to prevent complications.

Source: Healthline, Medically reviewed by Eloise Theisen, RN, MSN, AGPCNP-BC — Written by James Roland on May 17, 2021



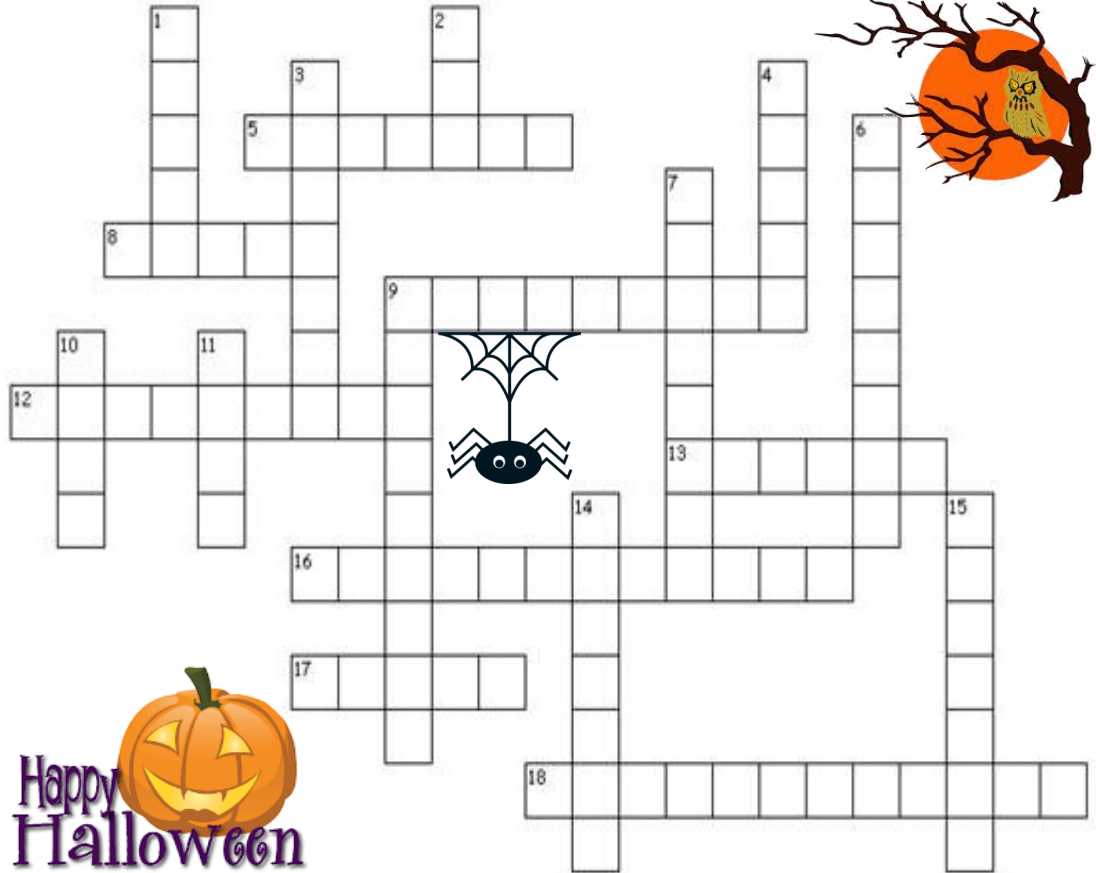
Brain Boosters

DOWN

1. Who uses a broom and wears a point hat?
2. They fly, but they are mammals
3. What do you wear on Halloween?
4. Bobbing for this fruit
6. All our bones
7. Meow, don't let this animal cross your path.
9. No cob for this candy
10. Covering for your face
11. The round light in the sky
14. He wants to drink your blood!
15. A scary house filled with ghosts is said to be...

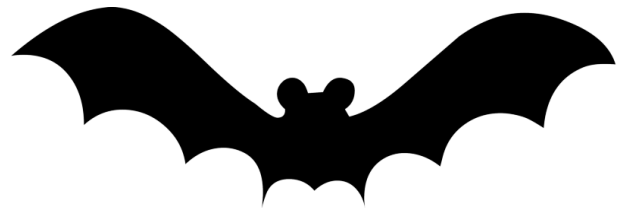
ACROSS

5. Scary creature like Frankenstein
8. Boo! Yikes, it's an apparition!
9. Delicious brown candy
12. The holiday name
13. Howdy pardner, this costume might make you want to ride a horse!
16. Pumpkin carved
17. A celebration of the holiday with lots of people.
18. Ring the doorbell and say...



DOWN: 1. Witch, 2. Bat, 3. Costume, 4. Apple, 6. Skeleton, 7. Black Cat, 9. Candy Corn, 10. Mask, 11. Moon, 14. Vampire, 15. Haunted, ACROSS: 5. Monster, 8. Ghost, 9. Chocolate, 12. Halloween, 13. Cowboy, 16. Jack-o'-lantern, 17. Party, 18. Trick or Treat.

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



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