

SENIORS ON THE MOVE NEWSLETTER

July August & September 2022



"In summer, the
song sings itself."

- William Carlos Williams

Slowing Down our Hectic Minds - *How do we do it?*

Ann Richardson | sixtyandme.com

We are all busy busy busy these days! Even those of us now of retirement age seem to find ourselves with little time to spare.

Some of us are still working, some are active volunteers and some have family members who need

looking after. One way or another, our days seem very full, and everyone tells us it would be better if we slowed down.

Or at least, we should find some time in our day when we slow down for a period, taking our mind away from our worries and our bodies away from all the activities in which we are engaged.

The most frequently suggested way to slow down seems to be **meditation or mindfulness**. In the last five or so years, these have come to be recommended pretty much everywhere.

This really hit home to me when I was urged to undertake meditation by a senior hospital doctor, as a means of coping with difficult body pain. He even recommended a particular app for my mobile device that could guide me.

Meditation can be **guided or unguided**. Guided meditation means that you have somebody - perhaps a person or perhaps a podcast - who talks to you about your breathing and your thoughts. It helps you to focus. Alternatively, you can do it unguided - solely on your own. Or, for that matter, in a group meditation session.



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FROM PAGE 1

Some people swear by meditation and feel that it makes all the difference to their day. Personally – and I know I am not alone here – I find it very hard to do.

They tell you to empty your mind, to think of nothing, but I find that impossible! I lie there and I try to think about nothing, which isn't nothing, it is something. Then I try again – but find myself suddenly wondering if the washing machine has finished its cycle or whether we have enough milk for the morning. This is definitely NOT meditation.

I know it takes time and practice and perhaps you would love meditating, but it's not really for me. I use some guided meditations for putting me to sleep, but as a general rule, I am not really very good at it.

And then I began to think it all through. Years ago, meditation may have been the only simple way to clear your mind and divert you from daily chores. But we are lucky – we have many others in the modern day.

Yoga (or focused stretching)

We tend to think of yoga as a form of exercise, and it certainly does stretch all sorts of muscles but, if done properly, it is also a means of focusing the mind on the activity at hand and therefore of clearing it of all other worries.

It often incorporates certain breathing exercises, but even in their absence, the practice of yoga is intended to bring about some sense of **mental peace**. If you are new to yoga or don't want to learn specific poses, stretching your body in a mindful way and breathing through those stretches will do your body and mind some good without all the yoga-specific language.

• Where to start

If you don't know where to start, YouTube.com is full of lots of beginner yoga and guided stretches. Search for things like "beginner yoga", "light stretches" or something like "beginner yoga for shoulder pain" if you're dealing with a specific ailment.

Puzzles

I have never heard anyone compare doing puzzles with meditation, but I think it is not such a wrong analysis. These activities also take your mind away from your day-to-day worries, while stopping your body from running around.

• Jigsaw puzzles

These may be old-fashioned but complex jigsaw puzzles, which became very popular during lockdown, are a great way to put your mind at ease. You spread out all the pieces (try shooting for a high piece count like 500 or even 1000!) and concentrate hard on finding the right ones. is, it is very relaxing.

• *Number Puzzles*

In the old days, there were only crossword puzzles. These days, there are many kinds of paper and pencil puzzles - and they are getting increasingly complex!

If you like puzzles with numbers, try out **Sudoku** or **Latin Squares**...and if you're looking for even more of a challenge, **Kakuro**.

I tend to do two or three sudokus as part of my pre-sleep routine and find that they inevitably lead me to forget other issues on my mind and make way for sleep and relaxation.

• *Letter/Word Puzzles*

We are all familiar with **Crosswords** which you can find in book form or as a daily challenge like in the New York Times.

But don't forget about other fun word puzzles like **Word Finds** (see our travel themed one in this very newsletter!), **Scrabble**, or **Boggle!**

Doing all of these types of puzzles is enormously absorbing. You completely forget everything else. No time to worry about that washing machine!

• *Digital Puzzles that go anywhere!*

As much as physical books or newspapers are fun for puzzles like these, sometimes you need a moment of calm at a moment's notice.

If you have a smartphone, check out your app store (Google Play or Apple App Store) for titles like **WordScapes**, **WordWow**, **The New York Times Crossword**, **Words With Friends**, or **Sudoku2022**.

Whether you're doing a guided meditation or meditating on a puzzle, they all cause you to slow down your body and mind and give a moment of peace to a sometimes hectic day.

BLT Pasta Salad

Bacon, lettuce and tomato are just a few of the things inside this BLT Pasta Salad! It's like the classic sandwich but with a few special changes. Everything is coated in a creamy ranch dressing that makes it all taste so fresh and delicious!

20 minutes | 6 servings



Ingredients

- | | |
|---------------------------------------|------------------------------------|
| 2 ½ cups dried bow tie pasta | 1/2 cup ranch dressing |
| 6 cups chopped romaine lettuce | 1 Tablespoon barbecue sauce |
| 1 medium tomato, diced | 1/4 teaspoon black pepper |
| 4 cooked bacon strips, chopped | |
-

Directions

1. Cook pasta according to package directions. Drain. Then rinse pasta under cold water.
2. In a large bowl, combine the romaine lettuce, tomato, bacon and pasta.
3. Drizzle the ranch dressing and barbecue sauce over the top. Gently toss to coat evenly. Season with pepper. Serve immediately and enjoy!

Notes

Feel free to use any pasta shape that you like - shells or macaroni would be great alternatives to bow tie. You could also add some chopped grilled chicken to this as well to serve as a main course, or if you're looking to add more protein.

Needing more veggies in this dish? Switch it up to half spinach, half romaine for extra nutrients or add another mix-in like chopped avocado or cucumber for a twist on the classic BLT!



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July Volunteer Outreach



We had a wonderful time volunteering with **Joppa Outreach** in July. Joppa collaborates with community partners, helps homeless people access existing resources, and mobilizes private donations from families, churches and organizations to meet unmet needs in homeless services, housing and education.

Interested in joining us for our next volunteer opportunity? Give us a call at 515-225-1455 and learn more about where we are volunteering next!



Karen, Cheryl and Laverne walk the aisles of coats and clothing.



Cheryl, Laverne and Judy take a break for a photo op!

Join us for a Lunch-N-Learn

Mon, Aug 22nd
11:30 AM - 1 PM

"Changes in the Housing Market"

Affiliate members Linda and Tom Mileham, from Purple Diamond Properties, will tell us what we need to know about today's housing market in the metro area

Tue, Sept 27th
11:30 AM - 1 PM

"Arthritis: Causes, Risks and Strategies to Manage"



Alyssa Amundson, PT will present valuable information about Arthritis and how we can manage it in our daily lives.

Members attend FREE, Non-members \$20 (includes lunch and presentation)
Register on our website now seniorsonthemove-ia.com

Villages of Van Buren Tour

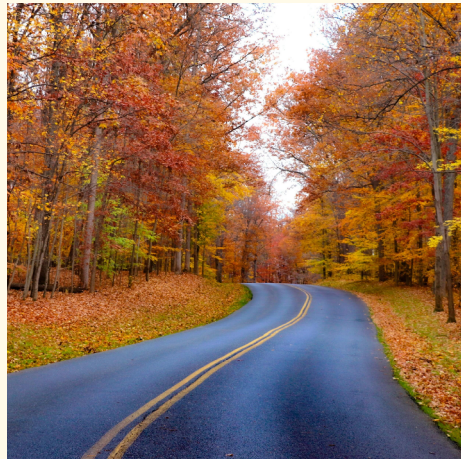
Tues, Oct 18, 2022 - 6:30 AM to 7:30 PM

Members \$120 | Non Members \$140

  = minimal walking, options for sitting or carts

Cooler temps! Beautiful scenery! Shopping! Hands-on classes! Historic sights!

Always a **Fall favorite**, this year's Van Buren tours will incorporate a little something different! In addition to seeing the sites and shopping, there will be demonstrations by weavers, potters and blacksmiths. Hands-on class options in Raku horse pottery, Watercolor painting, and Woodsmithing (registration fee includes your supplies and finished product).



We will tour the Hotel Manning in Keosauqua where we will learn the history of the area and enjoy a delicious lunch. Classes and tours of the rose garden and bridge in the afternoon. And, of course, no trip to the Villages of Van Buren is complete without a stop at The Dutchman's Store! Bring your shopping list and plan to stock up for the winter.



ITINERARY

- 6:30 - 7:00 AM Departures
- 8:15 AM. Rest Stop in Oscaloosa
- 10:00 AM Arrive in Bentonsport
- 10:00 - 11:00 AM Options for Demos, Shopping and Classes (1 hr. morning./1 hr. afternoon)
- 11:45 AM Tour and lunch at the Hotel Manning
- 1:30 PM Second half classes continues. Rose Garden/Bridge Tours, Line Dancing, and Shopping
- 3:25 p.m. Dutchman's Store in Cantril
- 7:00 - 7:30 PM Arrivals back home

Register now on our website seniorsonthemove-ia.com




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MEMBER SPOTLIGHT!

Anyone who has traveled on a DayTripper Tour will know Susan by her delicious scones. For many years, she has provided her freshly baked scones for travelers to enjoy on the bus – even when she is not on the tour herself! Her contributions, whether it be baked goods or a crocheted dish scrubby, are truly testaments to her giving nature.



Susan Lee

She volunteers with the AARP and is involved with her local church. When asked about her passion for traveling, she says that she started square dancing in 2007 and began traveling to events, dancing in over 15 different states! The trips always included some sightseeing and as a result gave Susan – what she calls – the “travel bug”.

“I really enjoy the Seniors on the Move DayTripper Tours,” says Susan. “I get to go places that I would not normally travel to on my own. They are interesting and educational, and I have met a lot of new people along the way.”

Susan’s biggest joy is her family: kids, grands, great-grands. At home, she finds joy in baking, sewing and crocheting. She admits that she loves to be on-the-go. “My kids are thrilled that I have these opportunities and say that they have to schedule family events well in advance to fit in to my schedule.”



Susan (left) pictured with Mary Marshall on our recent trip to France

As an active member of Seniors on the Move since April 2018, she participates in the Travel Advisory Committee and is a Day Tripper Club member. She has traveled with us as far as Italy and the French Riviera. Originally, it was a friend who told her about the organization and when looking at the membership cost vs. the savings on trips, lunches and the annual Senior Retreat Day conference, it just made sense to join.

“Another added benefit to me was the ability to enroll in the dental/vision insurance,” she says. “The cost of the coverage is reasonable, and it was effective the first of the following month.”

Susan’s advice to other seniors looking to live their BEST LIVES?

“Stay active, connected and engaged for as long as you are able. There's a wealth of resources out there and Seniors on the Move does an excellent job of educating and informing us.”

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Word Find

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

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roadtrip

travel

summer

picnic

basket

ticket

learn

Des Moines Trivia

1. Which one of the following celebrities was a former resident?

- A. Johnny Depp
- B. Maureen Stapleton
- C. Robert Duvall
- D. Ronald Reagan

2. Which newspaper was the first to operate?

- A. The Des Moines Tribune
- B. The Des Moines Register
- C. The Iowa Star
- D. The Iowa Citizen

3. Who were the first Europeans to visit the area that would become Des Moines?

- A. French explorers
- B. English scouts
- C. Spanish priests
- D. German trappers

Answers on back page.



Seniors on the Move

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Answers
1 D, 2 C, 3 A

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