

## May is Older Americans Month

### The Newport Senior Center Holds Colorful May Day luncheon

The Center helps to celebrate Older Americans Month each May by hosting a spectacularly colorful luncheon. This May Day luncheon is slated for May 4<sup>th</sup> at 11:30am. Red Hat chapters come donning their red and purple wear while other guests arrive bearing bright colorful clothing. The dining room is a splash with color. We recommend you call ahead for seating. The price for the luncheon is \$10.00. Shirley Fry, our wonderful chef prepares the meal. She is able to step outside her regular cooking regime and delight us with her culinary creativity. To add to this festive event we arrange for the past male models of the "Men of the Oregon Coast" Calendar to serve the luncheon. It really is a wonderful "May Day" celebration. Some of the earliest May Day celebrations appeared in pre [Christian](#) times with the festival of [Flora](#), the Roman [Goddess](#) of flowers. You can call us for more information at (541) 265-9617 call today to reserve your spot. The center is located at 20 SE 2<sup>nd</sup> St. in Newport .

Come early to shop the Meals on Wheels exciting Silent Auction. If you would like to contribute to the auction please call Joyce Atchley at 541 574-0669.

The luncheon acknowledges and honors Older Americans. This year's Older Americans Month theme—*Age Strong! Live Long!*—recognizes the diversity and vitality of today's older Americans who span three generations. They have lived through wars and hard times, as well as periods of unprecedented prosperity. They pioneered new technologies in medicine, communications, and industry while spearheading a cultural revolution that won equal rights for minorities, women, and disabled Americans.

These remarkable achievements demonstrate the strength and character of older Americans, and underscore the debt of gratitude we owe to the generations that have given our society so much.

When Older Americans Month was established in 1963, only 17 million living Americans had reached their 65th birthdays. About a third of older Americans lived in poverty and there were few programs to meet their needs. Interest in older Americans and their concerns was growing, however. In April of 1963, President John F. Kennedy's meeting with the National Council of Senior Citizens served as a prelude to designating May as "Senior Citizens Month."

Thanks to President Jimmy Carter's 1980 designation, what was once called Senior Citizens Month, is now called "Older Americans Month," and has become a tradition.

Historically, Older Americans Month has been a time to acknowledge the contributions of past and current older persons to our country, in particular those who defended our country. Every President since JFK has issued a formal proclamation during or before the month of May asking that the entire nation pay tribute in some way to older persons in their communities. Older Americans Month is celebrated across the country through ceremonies, events, fairs and other such activities. Come help us celebrate on May 4<sup>th</sup>!

“Age Strong, Live Long”

Diabetes Education Seminar at the Newport Senior Center

The Newport Center is partnering with Samaritan Pacific Communities Hospital to host a community wide overview to increase awareness on diabetes. This short informative seminar will look at everything from how to get tested for diabetes and information on pre-diabetes, Pre-diabetes is a condition that comes before diabetes. It means that blood sugar levels are higher than normal but aren't high enough to be called diabetes. You can have pre-diabetes and not know it.

Type 1 diabetes is usually diagnosed in children and young adults, and was previously known as juvenile diabetes. In type 1 diabetes, the body does not produce insulin. Insulin is a hormone that is needed to convert sugar, starches and other food into energy needed for daily life. Only 5-10% of people with diabetes have this form of the disease. With the help of [insulin therapy](#) and other treatments, even young children with type 1 diabetes can learn to manage their condition and live long, healthy, happy lives.

[Type 2](#) diabetes is the most common form of diabetes. Millions of Americans have been diagnosed with type 2 diabetes, and many more are unaware they are at high risk. Some groups have a higher risk for developing type 2 diabetes than others. Type 2 diabetes is more common in [African Americans](#), [Latinos](#), [Native Americans](#), and [Asian Americans, Native Hawaiians and other Pacific Islanders](#), as well as the aged population. There are 23.6 million people in the United States , or 7.8% of the population, who have diabetes.

In type 2 diabetes, either the body does not produce enough insulin or the cells ignore the [insulin](#). Insulin is necessary for the body to be able to use glucose for energy. When you eat food, the body breaks down all of the sugars

and starches into glucose, which is the basic fuel for the cells in the body. Insulin takes the sugar from the blood into the cells. When glucose builds up in the blood instead of going into cells, it can lead to [diabetes complications](#).

Karen Kozick, Certified Diabetes Educator and Clinical Dietitian with Samaritan Pacific Communities Hospital will also discuss what positive steps you can take in your life to self manage and beyond. Some of the tips for self management are establishing a healthy diet and exercise program. Karen offers an in depth view of the disease through her educational classes at SPCH. There will be a short question and answer period following the presentation.

Information from the Newport Parks and Recreation Department will be on hand to view the programs, classes and activities that people may be interested in. *Age Strong! Live Long!*— is the theme for Older Americans Month this May. So it's important to stay active and engaged it's your life and your health. Both the Recreation Center and Senior Center offer a wide variety of classes to fit the needs of the individual. The recreation center offers personal trainers to design a program that's right for you.

The seminar will be Tuesday May 11<sup>th</sup> at 10:30am. The Newport Senior Center is located at 20 SE 2<sup>nd</sup> St. in Newport , OR . Please call us with any questions at 541-265-9617

## April celebrates the Nations Volunteers

### 2010 - April 18 - 24 "Celebrating People in Action"

#### Newport Senior Center Celebrates its own Volunteers

Established in 1974, National Volunteer Week has grown exponentially in scope each year, recognizing the incalculable contributions that volunteers make every day across the country and challenging all Americans to step forward to help wherever there is need. The Newport Senior Center wants to take this opportunity to thank its wonderful volunteers. Our small center logged over 3400 volunteer hours in just seven months. Volunteerism is an important component at Senior Center . Some volunteers have regularly schedule volunteer shifts, like our Front Desk and Instructor volunteers. Others help out with special events, like our Health Fair and May Day luncheon and wii bowling tournament. . We have a vast number of volunteer

opportunities available at the Senior Center to choose from depending on their interests, talents and skills.

Many Newport Senior Center volunteers are products of classes or activities they were involved with at the Newport Senior Center . Ginger Tibbles attended a beginning computer class at the Center and is now a regular office volunteer. Her computer skills have increased and now she creates our quarterly newsletter and writes articles for local newspapers about what's happening at the center among a myriad of other things. Her latest project is a cookbook. So if you read this please send her recipes including your name along with a true "kitchen confessions" story. Those can be sent to [newportseniors1@yahoo.com](mailto:newportseniors1@yahoo.com) . If you have any questions you may contact her directly at 541 265-9617.

Other stellar volunteers are Barb Miller and Marianne Weber these two work for the Newport Senior Association in running their gift shop and in doing so also are the main greeters for the Senior Center . They are the front line of the Senior Center and welcome all guests with a warm smile. Denise Williams is our trip planner and puts together some exciting adventures from day trips to overnights. Check our web site for a complete list at [www.cityofnewport.gov](http://www.cityofnewport.gov) and click recreation and then Senior Center . We have a host of other volunteers that contribute in a variety of ways and there are too many to list here, but our thanks go out to everyone who contributes their time and talent to the Newport Senior Center . We are grateful to you !

Volunteering has a meaningful, positive impact on our community. But did you know that it can have many benefits for you too? Here are some reasons to volunteer: Learn or develop a new skill, be part of your community, motivation and sense of achievement, boost your career options, new interests and hobbies, new experiences and meeting a diverse range of people.

Many unsuspecting people who wander into our center are discovered. So many people have so many talents and we have the venue to showcase or highlight those skills through creating activities or other educational opportunities. So help strengthen our community by volunteering. Come to the Newport Senior Center to become discovered.