# "Never Underestimate the Power of Senior Health"

## **Hattie Holmes Senior Wellness Center**

# July 2017 Calendar

Volume 10 Issue 9

324 Kennedy St., Washington, DC 20011 (202) 291-6170 Fax (202) 291-2790

Teresa Moore

Director

Debbie Queen

Administrative Assistant

Pat Hunt Fitness Director

Maya Fiellin
Nutrition Director

Stephanie Peters

Health Promotion Specialist

Kim Scales
Fitness Instructor

Victoria Huott

Dietitian

Channing Smith

Office Assistant





Part of the Senior Services Network, Supported by the DC Office On Aging

Managed by Mary's Center



#### **LUNCH**

**Monday-Friday** 

12:00 p.m. - 1:00 p.m.

REGISTRATION REQUIRED

Site Manager - Dennis Robinson

#### **Hours of Operation**

Monday - Wednesday 8:00 a.m. - 4:30 p.m.

Thursday & Friday 8:00 a.m. - 6:00 p.m.
Transportation Available via

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**Seabury Connector** 

Maynard Chandler & Derrick VanBuren







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|---|----------------|--------------|---|----|---|
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| July 2017                                       |   |  |  |   |  |
|---|---|--|--|---|--|
| Monday  | Tuesday                                       | Wednesday  | Thursday   | Friday  |  |
| 3   | 4   | 5  | 6  | 7   |  |
| Center  | Center  | 8:00 Open Gym<br>8:00 Gym Orientation<br>8:30 Walk w/ Ease<br>9:00 Cardio Lite         | 8:00 Open Gym<br>8:00 Gym Orientation  | 8:00 Open Gym<br>9:00 Butts & Gutts w<br>W. Yates   |  |
| Closed  | Closed  | 9:15 Current Events<br>Discussion Group<br>9:30 Quilting                               | 9:00 Women's Fitness<br>10:00 Arthritis Exercise<br>Class w/ Diane Lee<br>10:30 Trip - Folk life | 9:00 Walk w/ Ease 10:00 Men's Cooking Class w/ Maya   |  |
| for   | Independence                                  | 10:00 Enhanced<br>Fitness w/ Kim<br>11:00 Staying Safe in<br>Summer's Heat             | Festival  10:45 Color Me Relaxed 11:00 Balance & Balls   | (Conference Room) 10:00 Cardio Stick (Multi -purpose Room)  |  |
| the   | Day   | 11:00 Arts & Crafts<br>11:00 Men's Fitness<br>11:00 Nutrition                          | 11:00 Anti-<br>Inflammatory Foods  | 10:15 Chair Aerobics<br>11:00 Nutrition Bingo<br>11:00 Wii Fit<br>(Massage Room)                                      |  |
| Holiday   |   | Consultations 12:00 Lunch 1:00 Basic Computer  | 12:00 Lunch  | 11:00 Men's Fitness<br>Class  |  |
| ·   |   | 1:00 Cards / Billiards<br>1:00 Crocheting<br>1:30 Beginners Piano                      | 12:30 Knitting<br>1:00 Cards / Billiards<br>1:15 Aerobics w/                                     | 12:00 <b>Lunch</b>  |  |
|   | #4-th*  | 1:00 Chair Aerobics<br>1:30 Mindful Eating<br>2:30 Practices for<br>Relaxation & Peace | Kojak 2:00 Enhanced Fitness w/ Kim (Multi-purpose Room) 2:00 Golden Mat                          | 12:45 Ice Cream Social<br>1:00 Cards / Billiards<br>1:00 Line Dancing<br>1:30 Nutrition Class<br>2:30 Balance & Balls |  |
|   | July  | 3:00 Fitness Assessments (By Appointment Only) 3:00 <b>Open Gym</b>                    | 2:00 Intro to Spanish<br>3:00 Advanced Spanish<br>3:00 Food Demo<br>3:00 <b>Open Gym</b>         | 3:00 Fitness<br>Assessments<br>(By Appointment Only)<br>3:00 <b>Open Gym</b>  |  |
|   |   |  |  |   |  |
| 10  | 11  | 12   | 13   | 14  |  |
| 8:00 Open Gym                                   | 8:00 Open Gym                                 | 8:00 Open Gym  | 8:00 Open Gym  | 8:00 Open Gym   |  |
| 9:00 Stretch & Tone<br>9:00 Mending &           | 9:00 Tai Chi w/ Jerry<br>9:30 Blood Pressure  | 8:00 Gym Orientation<br>8:30 Walk w/ Ease  | 8:00 Gym Orientation   | 9:00 Walk w/ Ease<br>9:00 Butts & Gutts w   |  |
| Alterations                                     | Screening                                     | 9:00 Cardio Lite   | 9:00 Women's Fitness   |   |  |
| 9:00 Nutrition                                  | 10:00 Chair Aerobics                          | 9:15 Current Events  | 10:00 Arthritis Exercise   | W. Yates<br>10:00 Men's Cooking<br>Class w/ Maya  |  |
| Consultations                                   | w/ Arthur                                     | <b>Discussion Group</b>  | Class w/ Diane Lee   | Class w/ Maya   |  |
| 9:30 Living Well                                | 10:30 Chair Aerobics                          | 9:30 Club Memory   | 2.20 Tris Hai Sold C   | (Conference Room)   |  |
| Workshop<br>10:00 Enhanced                      | w/ Arthur<br>10:30 Arts & Crafts              | 9:30 Quilting<br>10:00 Enhanced  | 9:30 Trip - Universoul<br>Circus   | 10:00 Cardio Stick<br>(Multi -purpose Room)   |  |
| Fitness w/ Kim                                  | 10:30 <b>Intro to</b>                         | Fitness w/ Kim   | Circus   | 10:15 Chair Aerobics  |  |
| 11:00 Circuit                                   | Computers                                     | 11:00 Arts & Crafts  | 10:45 Color Me Relaxed   | 10:30 Trip - Dollar   |  |
| Training  | 10:30 Nutrition Class                         | 11:00 Men's Fitness  | 11:00 Balance & Balls  | Store   |  |
| 11:00 Diabetes -<br>Menu Planning               | w/ Candice<br>10:30 Active Living             | 11:00 Nutrition Consultations  | 11:00 Keeping the Weight On  | 11:00 Town Hall<br>Meeting  |  |
| 12:00 <b>Lunch</b>                              | (Conference Room)<br>11:00 Pilates w/ Arthur  | 11:00 Choir Rehearsal<br>11:00 Cholesterol 101   | 12:00 Lunch  | 11:00 Wii Fit<br>(Massage Room)   |  |
| 1:00 Line Dancing                               | 12:00 Lunch<br>12:30 Intermediate             | 11:30 - 2:30 Massage<br>12:00 <b>Lunch</b>   | 12:30 Knitting   | 11:00 Nutrition Bingo<br>11:00 Men's Fitness  |  |
| Beginners                                       | Computing                                     | 1:00 Basic Computer  | 1:00 Cards / Billiards   | Class   |  |
| 1:00 <b>Crocheting</b><br>1:00 Cards / Biliards | 1:30 Menu Planning,<br>goal setting & getting | 1:00 Cards / Billiards<br>1:00 Crocheting  | 1:15 Aerobics w/ Kojak   | 12:00 <b>Lunch</b>  |  |
| 1:30 Kim -<br>1:30 Metabolic X                  | organized in your kitchen                     | 1:00 Chair Aerobics<br>1:30 Beginners Piano  | 2:00 Enhanced Fitness w/ Kim (Multi-purpose  | 1:00 Cards / Billiards  |  |
| Syndrome  | 1:00 Cards / Billiards                        | 1:30 Eat this/Not that   | Room)  | 1:00 Cards / Billiards  |  |
| 2:00 Chair Yoga w/                              | 1:00 Cards / Dilliards                        | 2:30 Practices for   | 2:00 Golden Mat  | 1:30 Nutrition Class  |  |
| Moriah - Cancelled                              | Kojak   | Relaxation & Peace   | 2:00 Intro to Spanish  | 2:30 Balance & Balls  |  |
| 2:30 Biggest Loser                              | 1:30 Brain Games                              | 3:00 Fitness   | 3:00 Advanced Spanish  | 3:00 Fitness  |  |
| Support Group                                   | 2:00 Golden Mat                               | Assessments  | 3:00 Food Demo   | Assessments   |  |
| 3:00 Open Gym                                   | 3:00 Open Gym                                 | (By Appointment Only)  | 3:00 Open Gym  | (By Appointment Only  |  |

# July 2017

| July 2017                    |  |   |   |                                      |  |
|------------------------------|--|---|---|--------------------------------------|--|
| Monday                       | Tuesday                                    | Wednesday                                 | Thursday                                    | Friday                               |  |
| 17                           | 18   | 19  | 20  | 21                                   |  |
| 8:00 Open Gym                | 8:00 Open Gym                              | 8:00 Open Gym                             | 8:00 Open Gym                               | 8:00 Open Gym                        |  |
| 9:00 Stretch & Tone          | 9:00 Tai Chi w/ Jerry                      | 8:00 Gym Orientation                      | 8:00 Gym Orientation                        | 9:00 Walk w/ Ease                    |  |
| 9:00 Mending &               | 10:00 Chair Aerobics                       | 8:30 Walk w/ Ease                         | New New                                     | 9:00 Butts & Gutts                   |  |
| Alterations                  | w/ Arthur                                  | 9:00 Cardio Lite                          | 9:00 Women's Fitness                        |                                      |  |
| 9:00 Nutrition               | 10:30 Chair Aerobics                       | 9:15 Current Events                       | 10:00 Arthritis Exercise                    | New                                  |  |
| Consultations                | w/ Arthur                                  | Discussion Group                          | Class w/ Diane Lee                          | 10:00 Men's Cooking                  |  |
| 9:30 Living Well             | 10:30 Weight                               | 9:30 Quilting                             | ,   | Class w/ Maya                        |  |
| Workshop                     | Management                                 | 10:00 Enhanced Fitness                    | 10:30 Trip - Dutch                          | (Conference Room)                    |  |
| 10:00 Enhanced               | 10:30 <b>Intro to</b>                      | w/ Kim                                    | Market                                      | 10:00 Cardio Stick                   |  |
| Fitness w/ Kim               | Computers                                  | 11:00 Arts & Crafts                       | 10:45 Color Me                              | (Multi -purpose Room)                |  |
| 11:00 Circuit                | 10:30 Active Living                        | 11:00 Diabetes & Heart                    | Relaxed                                     | 10:15 Chair Aerobics                 |  |
| Training                     | (Conference Room)                          | Disease: The Deadly                       | 11:00 Balance & Balls                       | 11:00 Nutrition Bingo                |  |
| 11:00 Diabetes - Menu        | 10:30 Arts & Crafts                        | Connection                                | 11:00 Staying                               | 11:00 Wii Fit                        |  |
| Planning                     | 11:00 Pilates w/ Arthur                    | 11:00 Arts & Crafts                       | Hydrated                                    | (Massage Room)                       |  |
|                              | 12:00 Lunch                                | 11:00 Nutrition                           |   | 11:00 Men's Fitness                  |  |
| 12:00 Lunch                  | 12:30 Intermediate                         | Consultations                             | 12:00 Lunch                                 | Class                                |  |
|                              | Computing                                  | 11:00 Men's Fitness                       | 40.00.14                                    | 10.00                                |  |
| 1:00 Line Dancing            | 1:00 Cards / Billiards                     | 11:00 Choir Rehearsal                     | 12:30 Knitting                              | 12:00 Lunch                          |  |
| Beginners                    | 1:00 Aerobics w/                           | 12:00 Lunch                               | 1:00 Cards / Billiards                      | 1 00 0 1 / 0:11:                     |  |
| 1:00 Crocheting              | Kojak                                      | 1:00 Basic Computer                       | 1:15 Aerobics w/                            | 1:00 Cards / Billiards               |  |
| 1:00 Cards / Billiards       | 1:30 Brain Games                           | 1:00 Crocheting                           | Kojak                                       | 1:00 Line Dancing                    |  |
| 1:30 Hitting the Target      | 2:00 Golden Mat                            | 1:00 Cards / Billiards                    | 2:00 Enhanced Fitness                       | 2:30 Balance & Balls                 |  |
| w/ Weight loss &             | 3:00 Fitness                               | 1:30 Beginners Piano                      | w/ Kim (Multi-purpose                       | 3:00 Fitness                         |  |
| Healthy Eating Goals         | Assessments (By Appointment Only)          | 1:30 Chair Aerobics                       | room)<br>2:00 Golden Mat                    | Assessments (By Appointment Only)    |  |
| 2:00 Chair Yoga w/<br>Moriah | (By Appointment Only) 3:00 <b>Open Gym</b> | 1:30 Mindful Eating<br>2:30 Practices for |   | (By Appointment Only) 3:00 Food Demo |  |
| 2:30 Biggest Loser           | 3.00 Open dyni                             | Relaxation & Peace                        | 2:00 Intro to Spanish 3:00 Advanced Spanish | 3:00 <b>Open Gym</b>                 |  |
| Support Group                |  | 3:00 Fitness Assessment                   |   | 4:00 Nutrition                       |  |
| 3:00 <b>Open Gym</b>         |  | (By Appointment Only)                     | 3:00 <b>Open Gym</b>                        | Consultations                        |  |
| 3.00 <b>Open Gym</b>         |  | (by Appointment Only)                     | 3.00 <b>Open Gy</b> iii                     | Constitutions                        |  |
| 24                           | 25   | 26  | 27  | 28                                   |  |
| 8:00 Open Gym                | 8:00 Open Gym                              | 8:00 Open Gym                             | 8:00 Open Gym                               | 8:00 Open Gym                        |  |
| 9:00 Stretch & Tone          | 9:00 Tai Chi w/ Jerry                      | 8:00 Gym Orientation                      | 8:00 Gym Orientation                        | 9:00 Butts & Gutts                   |  |
| 9:00 Mending &               | 10:00 Chair Aerobics                       | 8:30 Walk w/ Ease                         | New Alexander                               | 9:00 Walk w/ Ease                    |  |
| Alterations                  | w/ Arthur                                  | 9:00 Cardio Lite                          | 9:00 Women's Fitness                        | 10:00 Cardio Stick                   |  |
| 9:00 Nutrition               | 10:30 Chair Aerobics                       | 9:30 Club Memory                          | 9:30 New Member                             | (Multi -purpose Room)                |  |
| Consultations                | w/ Arthur                                  | 9:15 Current Events                       | Orientation                                 | ( raid parpose result)               |  |
| 9:30 Living Well             | 10:30 <b>Intro to</b>                      | Discussion Group                          | 10:00 Arthritis Exercise                    | ~ en                                 |  |
| Workshop                     | Computers                                  | 9:30 Quilting                             | Class w/ Diane Lee                          | 10:00 Men's Cooking                  |  |
| 10:00 Enhanced               | 10:30 Active Living                        | 10:00 Enhanced Fitness                    | 10:45 Color Me                              | Class w/ Maya                        |  |
| Fitness w/ Kim               | (Conference Room)                          | w/ Kim                                    | Relaxed                                     | (Conference Room)                    |  |
| 11:00 Circuit                | 10:30 Arts & Crafts                        | 11:00 Arts & Crafts                       | 11:00 Superfoods for                        | 10:15 Chair Aerobics                 |  |
| Training                     | 10:30 Nutrition Class                      | 11:00 Nutrition                           | Seniors                                     | 11:00 Wii Fit                        |  |
| 11:00 Diabetes—Menu          | w/ Candice                                 | Consultations                             | 11:00 Balance & Balls                       | (Massage Room)                       |  |
| Planning                     | 11:00 Pilates w/ Arthur                    | 11:00 Men's Fitness                       | 12:00 Lunch                                 | 11:00 Nutrition Bingo                |  |
|                              | 12:00 Lunch                                | 11:00 The Aging Brain                     | 12:30 Knitting                              | 11:00 Men's Fitness                  |  |
| 12:00 Lunch                  | 12:30 Intermediate                         | 11:00 Choir Rehearsal                     | 1:00 Cards / Billiards                      | Class                                |  |
|                              | Computing                                  | 11:30 - 2:30 Massage                      | 1:00 Movie - Hidden                         | 12:00 Lunch                          |  |
| 1:00 Line Dancing            | 1:00 AARP Driver                           | 12:00 Lunch                               | Figures                                     |                                      |  |
| Beginners                    | Safety Course                              | 1:00 Basic Computer                       | 1:15 Aerobics w/                            | 1:00 Nutrition class w/              |  |
| 1:00 Crocheting              | 1:00 Cards / Billiards                     | 1:00 Crocheting                           | Kojak                                       | DeAnna                               |  |
| 1:00 Cards / Billiards       | 1:00 Aerobics w/                           | 1:00 AARP Driver Safety                   | 2:00 Enhanced Fitness                       | 1:00 Cards / Billiards               |  |
| 1:30 The Nutrition Se-       | Kojak                                      | Course                                    | w/ Kim (Multi-purpose                       | 1:00 Line Dancing                    |  |
| crets of Living to 100       | 1:30 Brain Games                           | 1:00 Cards / Billiards                    | room)                                       | 2:30 Balance & Balls                 |  |
| 2:00 Chair Yoga w/           | 1:30 Diet and Kidney                       | 1:30 Beginners Piano                      | 2:00 Golden Mat                             | 3:00 Fitness                         |  |
| Moriah                       | Health                                     | 1:30 Chair Aerobics                       | 2:00 Intro to Spanish                       | Assessments                          |  |
| 2:30 Biggest Loser           | 2:00 Golden Mat                            | 1:30 Mindful Eating                       | 3:00 Advanced Spanish                       | (By Appointment Only)                |  |
| Support Group                | 3:00 Fitness                               | 2:30 Practices for                        | 3:00 Food Demo                              | 3:00 Open Gym                        |  |
| 3:00 Open Gym                | Assessments (By Appointment Only)          | Relaxation & Peace                        | 3:00 Open Gym                               | 4:00 Nutrition                       |  |
| 3:30 Nutrition Consultations | (By Appointment Only)                      | 3:00 Open Gym                             | 4:00 Nutrition Consultations                | Consultations                        |  |
| CONSUITATIONS                | 3:00 Open Gym                              |   | Consultations                               |                                      |  |
|                              |  |   |   |                                      |  |

# July / August 2017

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|-------------------------------------|----------------------------------|---|--|---|
| Monday                              | Tuesday                          | Wednesday                               | Thursday                                       | Friday                                  |
| 31                                  | 1                                | 2                                       | 3  | 4                                       |
| 8:00 Open Gym                       | 8:00 Open Gym                    | 8:00 Open Gym                           | 8:00 Open Gym                                  | 8:00 Open Gym                           |
| 9:00 Stretch & Tone                 | 9:00 Tai Chi w/ Jerry            | 8:00 Gym Orientation                    | 8:00 Gym Orientation                           | 9:00 Walk w/ Ease                       |
| 9:00 Mending &                      | 10:00 Chair Aerobics             | 8:30 Walk w/ Ease                       | 9:00 Stretch & Tone                            | 9:00 Butts & Gutts w/                   |
| Alterations                         | w/ Arthur                        | 9:00 Cardio Lite                        | 10:00 Arthritis Exercise                       | W. Yates                                |
| 9:00 Nutrition                      | 10:30 Chair Aerobics             | 9:15 Current Events                     | Class w/ Diane Lee                             | New                                     |
| Consultations                       | w/ Arthur                        | Discussion Group                        | 10:45 Color Me                                 | 10:00 Men's Cooking                     |
| 9:30 Living Well                    | 10:30 Intro to                   | 9:30 Quilting<br>10:00 Enhanced Fitness | Relaxed  | Class w/ Maya                           |
| Workshop<br>10:00 Enhanced          | Computers<br>10:30 Arts & Crafts | w/ Kim                                  | 11:00 Nutrition Class<br>11:00 Balance & Balls | (Conference Room)<br>10:00 Cardio Stick |
| Fitness w/ Kim                      | 10:30 Living for                 | 11:00 Arts & Crafts                     | 11.00 balance & balls                          | (Multi -purpose Room)                   |
| 11:00 Diabetes - Menu               | Healthy Heart                    | 11:00 Men's Fitness                     | 12:00 Lunch                                    | 10:15 Chair Aerobics                    |
| Planning                            | 10:30 Active Living              | 11:00 Town Hall                         |  | 11:00 Wii Fit                           |
| 11:00 Circuit                       | (Conference Room)                | Meeting                                 | 12:30 Knitting                                 | (Massage Room)                          |
| Training                            | 11:00 Pilates w/ Arthur          | 11:00 Nutrition                         | 1:00 Cards / Billiards                         | 11:00 Men's Fitness                     |
| 12:00 Lunch                         | 12:00 Lunch                      | Consultations                           | 1:15 Aerobics w/                               | Class                                   |
| 1:00 Line Dancing                   | 12:30 Intermediate               | 11:00 Choir Rehearsal                   | Kojak  |   |
| Beginners                           | Computing                        | 12.00                                   | 2:00 Enhanced Fitness                          | 12:00 Lunch                             |
| 1:00 Book Club<br>Meeting - Gather  | 1:00 Aerobics w/<br>Kojak        | 12:00 Lunch                             | w/ Kim (Multi-purpose room)                    | 1:00 Cards / Billiards                  |
| Together in my Name                 | 1:00 Cards / Billiards           | 1:00 Basic Computer                     | 2:00 Golden Mat                                | 1:00 Cards / Dilliards                  |
| by Maya Angelou                     | 1:30 Brain Games                 | 1:00 Crocheting                         | 2:00 Intro to Spanish                          | 2:30 Balance & Balls                    |
| 1:00 Crocheting                     | 2:00 Golden Mat                  | 1:00 Cards / Billiards                  | 3:00 Advanced Spanish                          |   |
| 1:00 Cards / Billiards              | 3:00 Fitness                     | 1:30 Beginners Piano                    | 3:00 Food Demo                                 | 3:00 Fitness                            |
| 1:30 Living for Healthy             | Assessments                      | 1:30 Chair Aerobics                     | 3:00 <b>Open Gym</b>                           | Assessments                             |
| Kidneys                             | (By Appointment Only)            | 1:30 Nutrition Class                    | 4:00 Nutrition                                 | (By Appointment Only)                   |
| 2:00 Chair Yoga w/                  | 3:00 Open Gym                    | 2:30 Practices for                      | Consultations                                  | 3:00 Open Gym                           |
| Moriah                              |                                  | Relaxation & Peace                      |  | 4:00 Nutrition                          |
| 2:30 Biggest Loser<br>Support Group |                                  | 3:00 Fitness<br>Assessments             |  | Consultations                           |
| 3:00 <b>Open Gym</b>                |                                  | 3:00 Open Gym                           |  |   |
| отос орон оут                       |                                  | оно орош оуш                            |  |   |
| Blood Pressure                      | Club Memory                      | Massage                                 | Ice Cream                                      | Book Club Meeting                       |
| Screening                           | w/ Sibley Hospital               | w/ Jada                                 | Social   | Monday                                  |
| <b>Del coming</b>                   |                                  |   | Boolar   |   |
|                                     | Representatives                  | 3.2.7.4.4                               | E.4  | July 31, 2017                           |
| Tuesday                             |                                  | Wednesday                               | Friday   |   |
|                                     | Wednesday                        | L.L. 12 2017                            |  | @                                       |
|                                     | v v conesday                     | July 12, 2017                           | July 7, 2017                                   |   |
| July 11, 2017                       | July 12, 2017                    | ع                                       | Odly 1, 2011                                   | 1:00 p.m.                               |
| 00.9 11, 2011                       | July 12, 2017                    |   |  | 1.00 p.m.                               |
|                                     | c                                | Wednesday                               | 12:45 p.m.                                     | Gather                                  |
|                                     | ع                                | L 1 0 < 0017                            |  | Gainer                                  |
| @                                   |                                  | July 26, 2017                           |  | N                                       |
|                                     | July 26, 2017                    |   |  | Together in my Name                     |
| 9:30 a.m.                           |                                  | @                                       |  |   |
| 7.50 a.m.                           | @                                |   |  | Maya Angelou                            |
|                                     |                                  | 44.00                                   |  | /                                       |
|                                     | 9:30 a.m.                        | 11:00 a.m.                              |  |   |
|                                     | 0 1 2 0 1 6                      |   |  |   |
| PE ESP                              |                                  |   |  |   |
| OMNON                               |                                  |   |  | * * * * *                               |
| SAN TIE                             |                                  |   | The second                                     | *                                       |
| WB:00                               | SOC SOC                          |   |  | BUOK                                    |
|                                     |                                  |   | d  | CLUB                                    |



### Recipe to Try...

# Muffin-Tin Pan Crab Cakes

### **Ingredients**

- 1 pound crabmeat
- 2 cups fresh whole-wheat breadcrumbs
- 1/2 red bell pepper, minced
- 3 scallions, sliced
- 1/4 cup reduced-fat mayonnaise
- 2 large eggs
- 1 large egg white
- 10 dashed hot sauce, such as Tabasco
- 1/2 teaspoon celery salt
- 1/4 teaspoon freshly ground pepper
- 6 lemon wedges, for garnish

### **Directions**

- 1. Preheat oven to 450°F. Generously coat a 12-cup nonstick muffin pan with cooking spray.
- 2. Mix crab, breadcrumbs, bell pepper, scallions, mayonnaise, eggs, egg white, hot sauce, celery salt and pepper in a large bowl until well combined. Divide mixture evenly among muffin cups. Bake until crispy and cooked through, 20 to 25 minutes. Serve with lemon wedges.

Make Ahead Tip: Cover and refrigerate fro up to 2 days. Reheat in the microwave or serve cold.

**Tip**: To make fresh breadcrumbs: Trim crusts from firm sandwich bread. Tear bread into pieces and process in a food processor until a coarse crumb forms. One slice of bread makes about 1/3 cup crumbs.

#### **Nutrition Information**

Serving Size: 2 cakes

Per Serving: Calories 208; Fat 6g (Sat 1g); Protein 23 g; Fiber 4 g; Carbohydrates 17g; Cholesterol 115mg; Potassium 94 m9.

### Food for thought...Expect even more

You know what you've achieved in the past. Now, you can build on that experience and do more.

You're familiar with the mistakes you've made. Now, you can learn from those mistakes and avoid repeating them.

You know what has worked well before. Build on that knowledge, expand it, apply it in new areas where it can create even more value.

The possibilities for achievement have grown more numerous since you last considered them. Consider that you can now achieve, and get to work on it.

Remind yourself how great it feels to break new ground, to get good things done. Expect to feel that way again, then do the work to make it happen.

You've made much progress, and now you can make more. You've met many previous expectations so now, take the opportunity to expect even more.



PICappy Birthday to all who were born in the month of July!

# **Are You Prepared for the Summer Heat?**

by Kim Hayes, AARP

The heat is on. Make sure you know how to cool off.

Although June 21 is the official first day of summer, temperatures have been rising around many areas of the country for weeks now. A record-setting heat wave in Arizona, California and Nevada even grounded airplanes in the region, and several weather-related deaths have already been reported.

Heat is the number one cause of weather-related direct fatalities, according to the National Weather Service, and more than 600 people die from complications related to extreme heat every year, the Centers for Disease Control and Prevention (CDC) reports. People over the age of 65, those living alone and people with chronic medical conditions are particularly at risk.

#### Heat exhaustion vs. heatstroke

Heat exhaustion, which occurs when the body overheats, is the precursor to heatstroke. Symptoms include muscle cramps, headaches, and nausea or vomiting. When heat exhaustion is not treated, the person becomes at risk for heatstroke, which, without emergency assistance, can lead to death.

You are in heatstroke if your body temp rises to 104 degrees Fahrenheit or higher, which can cause damage to the brain, heart, kidneys and muscles. Symptoms include altered mental state and behavior, nausea and vomiting, flushed skin, rapid breathing and racing heart rate, according to the Mayo Clinic.

#### **Elevated risk factors**

People with chronic medical conditions are at elevated risk for heat exhaustion, according to the CDC. They may be less likely to sense and respond to changes in temperature and could be taking medications that worsen the impact of extreme heat.

Outdoor workers or those in high-temperature indoor areas are also at increased risk. These include firefighters, bakery workers, farmers, construction workers, miners, boiler room workers and factory workers. At even greater risk are workers who are 65 or older, are overweight, have heart disease or high blood pressure, or take certain medications, according to the National Institute for Occupational Safety and Health (NIOSH).

### Preventive steps to take

The CDC has a website with specific tips for people 65 and over on dealing with the heat. Here are some of the agency's recommendations.

- Don't rely solely on a fan to keep you cool during a heat wave, and stay in air-conditioned buildings as much as possible. (Contact your local health department or locate an air-conditioned shelter in your area.)
- Drink more water than usual, and don't wait until you're thirsty to drink.
- Check on friends and neighbors during heat waves, and have someone do the same for you.
- ◆ Don't use the stove or oven to cook it will make you and your house hotter.
- Wear loose, lightweight, light-colored clothing.
- Take cool showers or baths.
- Check the local news for health and safety updates.
- Seek medical care immediately if you or someone you are caring for has symptoms of heat-related illness.