

THE SENIOR CONNECTION
MATTAMUSKEET SENIOR CENTER
Life is great when you participate!

AUGUST, 2012

NATIONAL SENIOR CITIZENS DAY

When: August 21st

National Senior Citizens Day honors our elderly population. On this day, we are encouraged to recognize and show appreciation for the value and contribution of elderly people to home, family and society.

In his Presidential Proclamation (August 19, 1988) President Ronald Reagan said “For all they have achieved throughout life and for all they continue to accomplish, we owe older citizens our thanks and a heartfelt salute. We can best demonstrate our gratitude and esteem by making sure that our communities are good places in which to mature and grow older.”

On **National Senior Citizens Day**, we should:

- Spend some time with senior citizens
- Show our appreciation for senior citizens
- Do volunteer work in support of the elderly

If you are a senior citizen, enjoy your day any way you desire. After all, this is your day! Make sure to take advantage of senior citizens specials and discounts. There’s bound to be plenty of offers today.

**To celebrate National Senior Citizens Day we
will have an open-house and refreshments
1 pm – 2pm.**

Mattamuskeet Senior Center
160 Juniper Bay Road
Swan Quarter, NC 27885

Mattamuskeet Senior Center
County Of Hyde
Darlene Berry, Senior Director
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Center Hours
Monday—Thursday
7:00 a.m.—3:30 p.m.
Friday
7:00 a.m.—1:00 p.m.

Mission Statement
The Mission:
To enhance the quality of life for all
older adults and to promote partici-
pation in all aspects of the
community.

Lunch Program
Monday—Friday
11:30 a.m.
For seniors 60 and over.

Programs at the Center

Morning Chat and Coffee —Monday –Friday at 9 a.m.

Come in and have a cup of coffee and fellowship with each other.

Before and After — Monday & Wednesday's 9:45 a.m.

Have you Blood Pressure taken before Exercise Class and After Class

Arthritis Exercise — Monday & Wednesday's 10–11:00 a.m.

Exercise Program through the Arthritis Foundation, taught by certified instructor

Walkers — Tuesday and Friday's 9:30 a.m.

Walking program , Walk inside or outside, Walk at your own pace.

BINGO—Pantry — Tuesday's 10:00 a.m.

Play BINGO, bring an item from your pantry. All items will be taken to the food bank.

BINGO—Friday's 10:00 a.m.

Play BINGO, bring a prize, win a prize, or just play for fun.

Quilters — 1st Tuesday of each month 1:00 p.m.

Bring your material, we can show you how to get started.

Morning Dance Club — Thursday's 10:00 a.m.

Enjoy moving with the Dance Wii, You move at your own pace, sitting or standing

Programs at the Center

Wii — Friday's anytime up to 1pm

Have fun playing the Wii, bowling, baseball, fishing

Knitters -- 2nd Tuesday of each month

Bring your knitting things and knit together as a group

Board Games —2nd Thursday — all day

Come play some board games, yahtzee, checkers, chess

Art Group —3rd Thursday 1:00 p.m.

Different art projects will be taught, small fee will apply.

Square Table Discussions — 4th Thursday 11:30 a.m.

Come and eat lunch and discuss Aging Issues.

Happy Happy Birthday — 4th Monday 11:30 a.m.

Celebrate that month's birthday .

Sewing — 4th Wednesday 1:00 p.m.

If you like to sew or would like to learn — this is for you.

Coffee with Expert — 3rd Monday 9:00 a.m.

Come and have coffee with the Expert, a different expert each month.

Lunch — Monday—Friday 11:30 a.m. (donations for meals)

National Water Quality Month

The Environmental Protection Agency has designated August as National Water Quality Month, which is a perfect chance to consider the purity of the water you consume. As you know, quality can vary greatly from tap to bottle. Some water may contain mere harmless microbes and bacteria, while other sources can be contaminated with lead, or even radioactive minerals that can measurably impair your health.

If you receive water quality reports, items to watch out for include high levels of microbes, radionuclides, cryptosporidium, arsenic, lead, uranium, giardia and inorganic contamination. Many people no longer trust tap water, period, and depending on where you live, it may well pay to be on guard. The issue of water purity is a problem worth solving, however, given the critical importance of staying well hydrated.

Why is drinking enough water so important? For starters, water is an essential nutrient which makes up 55-75% of your body, transports nutrients in and cellular waste out, regulates body temperature, protects your organs and helps you stay mentally alert. In fact, drinking too little —dehydration—is associated with memory loss, reduced cognitive function, kidney problems, even weight gain.

Did you know water is also a great energy booster? According to Debra Waterhouse, R.D. in her book *Outsmarting Female Fatigue* (2002), even mild dehydration can leave you feeling drained and sluggish. Water facilitates all biochemical reactions, including the production of vital ATP molecules that power our bodies with energy.

Continued on next page



Water Quality Continued:

Given the importance of this life-giving fluid, what are your options when it comes to purity and safety? Here are some suggestions, in order of cost.

- Least expensive is a filtered water pitcher through which you run your tap water. These are fast and easy, and definitely clean out some, though not all, contaminants.
- Next best is buying bottled, distilled water, though it's fare from eco-friendly if you use disposable plastic bottles. A delivery service or fill-you-own reusable 5-gallon jugs is fare better for both budget and planet.
- More elaborate water filtration systems that attach to your kitchen sink are the next level up. These are hassle-free once installed and the better ones yield very clean water.
- A complete home filtration system-though your costliest option-is ideal, since this give you drinking water from all taps, which also allows you to brush teeth, bathe and shower in water that has had potentially-dangerous chemicals removed.

National Water Quality Month is a clear invitation to make contaminated water a thing of the past—at least in your own home. You an those you love deserve it.

For questions about your water in Hyde County, call the Hyde County Utilities Department at 926-4466.



BIRTHDAY CELEBRATION

FOR EVERYONE!!!

The Senior Center will be celebrating birthday's in August. All twelve months will be celebrated. This is our first fundraising for the fiscal year.

August 17, 2012

7:00 p.m.

Admission Fee: "Your Shoe Size"

Come out and support the senior center and the senior's in the county.

Cake and punch will be served.

If you need a ride, call Hyde Transit,
926-1637



NATIONAL WATERMELON DAY

National Watermelon Day is August 3rd. This big fruit deserves it's own big day. And, so we give pause to celebrate watermelons. Sweet and tasty, watermelons are one of summer's favorite fruit. While watermelon is over 90% water, it sure tastes good. And, what would a watermelon day be without a seed spitting contest?

Come out and help us celebrate

National Watermelon Day

August 6, 2012

10:00 a.m.

Thank you to Tunnell Farms for providing the Watermelons.

COFFEE WITH THE "EXPERT"

Come join us for coffee on

Monday, August 20, 2012 at 9:00 a.m.

Clint Berry, Utilities Director with Hyde County Utilities

Will be here to talk to us about the water quality in Hyde County. He is bringing his new computer system he uses to check the water.

