

July 2023

CARLIN SENIOR CENTER



From the Director

Dear Carlin Senior Center Members,

I hope you are all enjoying your summer so far! August is set to be another beautiful month and is sure to see our tomatoes ripen! Hopefully, all of you gardeners out there will see the fruits of your labor this month.

The Carlin Clinic will be offering free Blood Glucose and Blood Pressure checks to you Wed. August 2nd or Wed. Aug 23rd from 10-12, be sure to stop before lunch to get accurate readings!

Thank you,

Barbi Meyers



VISITORS
COMING

HOMEBOUND MEALS

Please let us know by 9:30 a.m. if you want to cancel your homebound meal. 😊

Happenings

Tuesday, August 1st will be another *Carlin Cruise*

Let Crystal know if you would like to join, she will start pick ups at 12:30 for a sight seeing cruise around town -Limited space available.

Wednesday, August 9th Access Health will be visiting. Get connected to Free Medicare Counseling, local resource information, and Application assistance.

Leticia with Catholic Charities of Northern Nevada & The St. Vincents programs will be here Wed. August 16th to help those in need of SNAP assistance!

»»»»»

REMEMBER YOUR NUTRITION

AUGUST 3RD IS LESS SALT MORE HERBS DAY

Herbs and spices are a great way to add color and flavor to food without adding salt, fat or sugar.



The terms “herbs” and “spices” are often used interchangeably and are sometimes referred to as “seasonings,” however they are different. Did you know Herbs are the leaves of low-growing shrubs such as parsley, chives, thyme, basil, oregano, and rosemary?

When substituting fresh for dry in recipes, use a ratio of 3 to 1. For example, potato salad would use 3 tablespoons of fresh parsley or 1 tablespoon of dried parsley.

Spices however come from bark, roots, buds, seeds, berry, or fruit of plants and trees. Spices include cinnamon, ginger, onion, garlic, cloves, black pepper, and paprika to name a few!

Experiment with Herbs and Spices:

Add fresh mint and lemon to a glass of ice water.

Omit the salt when cooking pasta and flavor with basil, oregano, parsley, and pepper, or use an Italian seasoning blend. For more flavor, add spices to uncooked dishes, such as salads, several hours before serving.

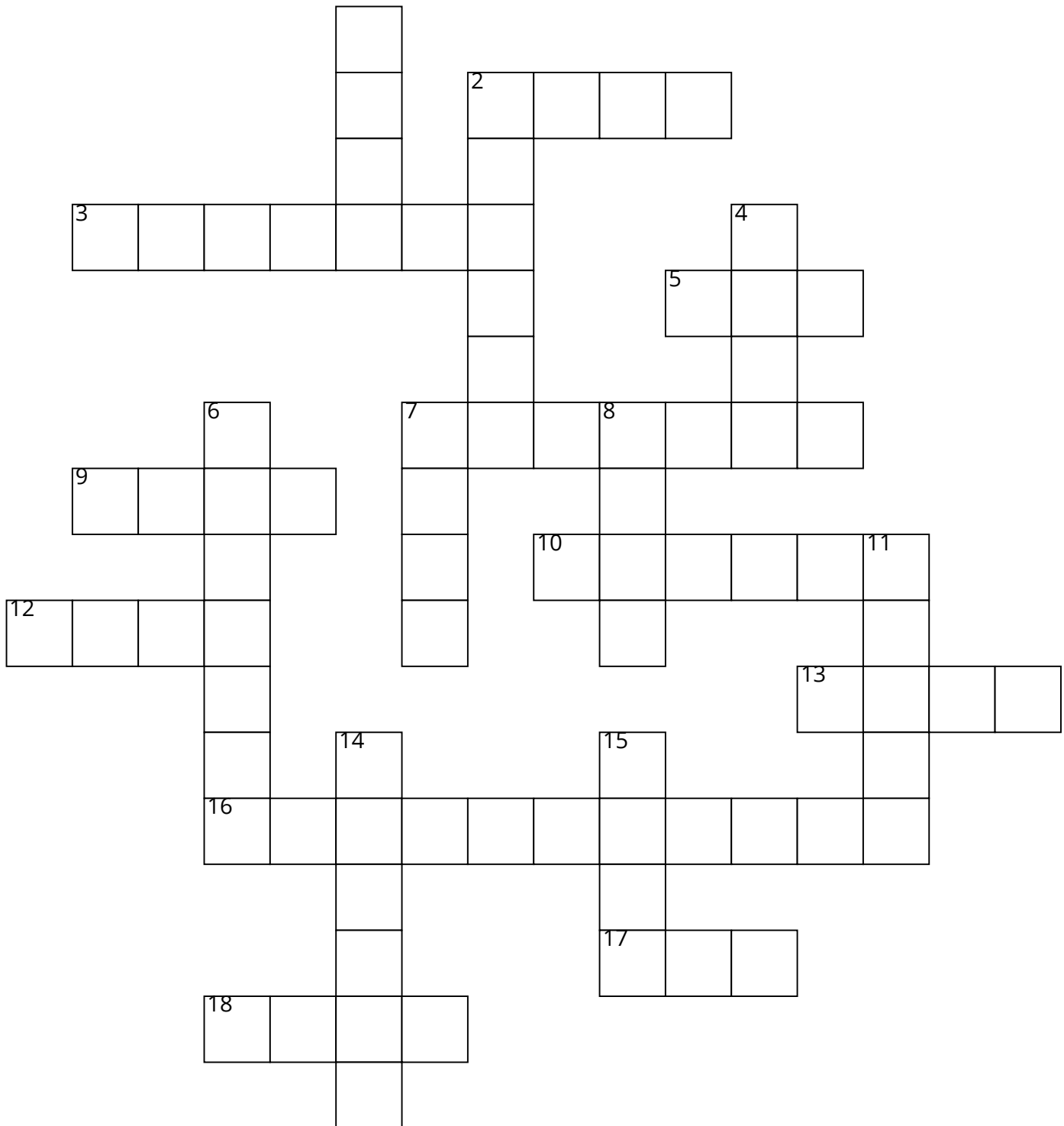
ALSO HAPPENING:

Join us for our 46th Anniversary Celebration on August 15th! And our Amazing Chef Angie has a birthday this month as well! Please join us as we celebrate ALL August birthdays on the 23rd!



FAMILY AND FRIENDS

1



By Jimmy and Evelyn Johnson - www.qets.com

FAMILY AND FRIENDS

ACROSS

- 2** Move through water by means of bodily motions
- 3** People closely attached to each other by affection
- 5** Mother
- 7** Male sibling
- 9** Recreation
- 10** Informal outdoor meal
- 12** Small retail store
- 13** Area of public land set aside for rest and relaxation
- 16** Father or mother of one's parent
- 17** Father
- 18** Stroll

DOWN

- 1** Center of population larger than a village but smaller than a city
- 2** Female sibling
- 4** Place where one lives
- 6** Living in outdoor tents or shelters
- 7** Bicycle
- 8** Journey, voyage, or excursion
- 11** Skill in making things by hand
- 14** Group consisting of parents and their children
- 15** Open area next to a house