

# APRIL 2016

Issue 79

## WRILC NEWS

For April 7<sup>th</sup> we will have Game Day from 12:30 to 2:00 pm. Our crochet class will be April 11 from 9:30 to 10:30. Please bring your own yarn and needle. On April 12<sup>th</sup> we will have Artistic Expressions from 10:30-12. ILS classes will be on April 21<sup>st</sup> from 12-1 and Peer Support 1-2pm. On April 27<sup>th</sup>, the CAT meeting will be 11:00-12:30. Call Denise to schedule rides 2 weeks ahead of time. Computer classes will be on Wednesdays by appointment. Open internet time is on Tuesday 9-12, 1-3. The winner of the Easter Basket is Brenda Russell !!!

Next month's raffle will be for a \$10 grocery and \$10 pharmacy gift cards. Remember to call and talk to Clinton on Wed. thru Fri. from 10 to 2 to answer the three questions for a chance to enter the raffle, or sign up for a new activity here at the center. The drawing will take place April 22<sup>nd</sup> at 2:30.

## Tips and Tricks

Tulips are beautiful and such an amazing flower. Here is an interesting fact; tulips will continue to grow even after they've been cut. They can still grow about an inch. They also bend toward sun or light. Tulips also drink a lot of water, so check the vase daily, recut the stem an inch or so and add fresh water. They will last much longer this way.

Reusing boxes of baking soda in the refrigerator/freezer. Use them to freshen garbage disposal, with this recipe: 1/2 cup baking soda, 1 cup white vinegar. Let sit in drain to work for a few minutes, boil water and add two ice cubes and 1/2 lemon. Pour down drain and it will smell nice.

Uses for ice picks:

1. Poke holes in lids of containers
2. A hole punch for paper
3. Add more holes in belts
4. Create holes in fabric when sewing.
5. As an aerator for soil when planting

WRILC News	1
Tips and Tricks	1
Recipe	2
Angela's Healthy Living	3
Community Spotlight	4
Mark's Journal	5
Emergency Awareness	
Page	6

## Recipe

### Biscotti burro di arachidi picante

(Spicy peanut butter cookies)

Makes approximately 5 dozen cookies

#### Ingredients

½ cup brown sugar

½ cup granulated sugar

½ cup butter

1 ½ cups flour

½ tsp. baking soda

½ tsp. salt

2 tsp cayenne pepper

2 tbsp. cocoa powder

1 egg

½ tsp. vanilla

1 cup peanut butter

#### Directions

Preheat oven to 350 degrees

In large mixing bowl, cream together sugars with butter until fluffy (2-3 minutes)

In a separate bowl, whisk together flour, baking soda, salt, cayenne and cocoa powder. Set aside.

Mix in egg, vanilla and peanut butter with sugar and butter

Slowly add dry ingredients to mixture until combined

Scoop walnut-sized portions of dough and flatten slightly with fork (criss-cross)

Bake 10-12 minutes

John Polanski, Board Chairman

## Angela's Healthy Living

### “Common Types of Urinary Incontinence”

Learn the difference between stress incontinence, urge incontinence, mixed incontinence and what to do next.

One in three adult women is affected by urinary incontinence at some point in their lives. Knowing that and understanding that you're in good company is the first step to living better with bladder leaks.

Here's the next step: understand the issue! On its most basic level, incontinence is defined as the involuntary loss of urine, but there are different kinds of incontinence. Incontinence affects different women in different ways for many different reasons.

Incontinence can be caused by anything from pregnancy to menopause, strenuous physical activities or even a medical condition. Here are the common types. Which one sounds most like you? Here's the next step: understand the issue! On its most basic level, incontinence is defined as the involuntary loss of urine, but there are different kinds of incontinence. Incontinence affects different women in different ways for many different reasons.

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Urge Incontinence:

When you have a strong need to urinate but can't reach the toilet in time—it can happen at any age.

Stress Incontinence:

When you experience bladder leaks while coughing, sneezing or laughing—it is even more common in younger rather than older women—mostly caused by pregnancy.

Mixed Incontinence:

A combination of both urge and stress incontinence symptoms.

To understand your own personal incontinence issue as best as possible, talk to your doctor. You should never feel embarrassed about bringing it up. The conversation will be worth it! Your doctor may be able to cure it, treat it or at least help you manage bladder leaks better.

Source-Always Discreet

**Community Spotlight**

Niles Scope will have their taxes prepared by AARP for Seniors and people with disabilities until April 15th.

Happy Tappers on Tuesday from 11:45 to 12:45. The cost is only a dollar and is offered by Niles Scope.

St. Joe's at the Mall will have Zumba on Mondays from 4:00 to 5:00 pm and Fun Cardio Class at 8:30 free for Silver Sneakers on Fridays. Thursday at 11:00 New Cancer Exercise Class will be held.

The Basement Outreach at 309 North Park Ave., provides food bags and they have a dinner every Tuesday night at 7:00pm. Free transportation is available through Community Busing. Call 330-881-7124 with any questions.

First United Methodist Church of Niles will hold their G.A.B. Sale on April 8th from 9-4 and April 9th from 9-12.

**Mark's Journal**

03/18/2012

Went shopping this week and got a phone. As soon as I figure out how to use it, I may be able to send picture (price is about the same in the states) If you have an international plan let me know I may be able to send you a text. Here is my phone number 15281024953.

So I've been watching these people and I thought they reminded me of penguins. Most of them wear black and they shuffle around in groups, especially at the bus stops and intersections. But, after further review, they remind me of *Merekats*. They move around, move round and then when something happens they all stop look up and then back to moving around. There are an incredible amount of people here. Kind of crazy. I did see something pretty cool the other night. I was riding the bus and at the entrance to one of the parks (they have allot of little parks all over the place) I saw a number of people do Ti Chi. There must have been about 30 people just moving in unison.

MJ

My set-up, I live on the top floor of a 17 story high rise apartment, sounds cool doesn't it. Well Weezie, I wouldn't say I'm moving on up. Basically, I have two rooms that connect. The rooms are 17 by 15 with 12 foot ceilings. White walls and gray tile floors. One room is a bedroom and the other room has a couch, fridge, microwave, hotplate, coffee pot, misc. furniture and a nice flat screen TV that provides cable (china cable). Perfect for entertaining the ladies. Each room has a balcony that overlooks the parade square (where they practice their military marching). The balconies are precious, not only are they a great place to soak up the gray skies and suck up some construction dust but also they are the bathrooms. Yep back to nature. There are two sinks in each bathroom and the "master bathroom" has a hot water tank and a shower room, which is also the location of the toilet (very international). Since the master bathroom has the hot water tank, it has the hot water. And, since the other bathroom doesn't have the water tank it gets the washing machine (I have to send you pictures on this). Oh, when I say international, I mean international toilet, no Kohler here. In order to take a shower or get hot water for my tea, I have to turn on the tank. It takes about 2 hours to heat up. I can't leave the power to the tank on because power is a commodity and if the "powers that be" needs to save power, they will shut down a grid. That happened on Saturday so no elevators for the day. Keep in mind I live on the 17th floor (357 steps each way). Really it's kind of fun. What will happen next.....

Had my first Chinese dream the other night. A little strange. I was in charge of a street side restaurant, Actually it was a trolley car parked on the sidewalk next to a bus stop. There were a lot of students clamoring for food in Chinese and my staff was not keeping up with the demand. So I was rushing around getting the servers (I had tables inside the trolley) to stop taking breaks and the cooks to stop fighting. Pretty typical day in the food service industry. The staff consisted of friends from Chicago, the winery at Potomac Point and some of the bars I hung out at in Fredericksburg. The food being served was Italian, of course, probably because I had Pizza Hut for dinner (I needed a fix).

MJ

∴ **Emergency Preparedness**

With the occurrence of tornados lately in our country, and the unstable weather of warm to cold, and winds, we thought this would be a good reminder to be aware of your surrounding and how to stay safe.

**Hail is closely related to tornadoes! Large hail may precede a tornado, so the areas of a thunderstorm adjacent to areas of hail are a good candidate for a tornado to form. Seek appropriate shelter and remain in the shelter until well after the hail has stopped, about a half hour until the storm has moved away.**

**Opening a window in a house with the idea of reducing damage from tornadoes is a myth! Most buildings have sufficient ventilation to allow for the sudden drop in atmospheric pressure related to tornadoes. It is a myth that opening a window will allow inside air pressure to equalize with outside air pressure. Actually, opening the wrong window can increase damage.**

**Most deaths from tornadoes are caused by flying debris. Stay in the center of a building away from windows and exterior doors. Bathrooms and closets offer good protection if a basement is not available. Bathrooms have added support from pipes. Large rooms are more likely to have roof collapse.**

**Tornado wind speeds increases with height within the tornado. Storm cellars and well protected basements offer the best protection from tornadoes. In high rise buildings, occupants should try to reach the lowest floor and take shelter in small rooms or stairwells.**

**An approaching tornado may sound like a loud roar such as that from a freight train or airplane. At night or in heavy rains the only clue to a tornado may be the roar from its winds.**

**Although most tornadoes occur in the afternoon, they can occur at any time of the day or night.**

**The key to survival is awareness and planning. All members of the household should know where the safest areas of the house are. Make sure everyone knows that they may only have seconds of warning and that they must never hesitate or pause to grab toys or valuables. Perhaps the most important rule is to run for proper cover.**

If you need any assistance in preparing an Emergency kit please contact WRILC at 330-372-3325.

Newsletter created by our Peer Support Coordinator Angela Marzullo, if there is any news or information you would like to include in future editions contact her at (330) 372-3325.