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Serving Seniors since 1974

SEND YOUR FEEDBACK.

Newsletter editor, Colleen Acker, welcomes your questions, comments, and corrections.

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The future's so bright, you gotta wear shades!



Join us for lunch!
Call 269-948-4856
for reservations.



Barry County Commission on Aging

The County Sage

What's new at the COA?

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When the winter winds blow...



If Hastings Area Schools are closed due to inclement weather, Barry County COA sites will be closed also. Meals on Wheels will not run. Please tune in to WBCH or a local TV station for closings in the area.

Adult Daycare will be open on snow days.

Welcome 2019

GET YOUR GROOVE BACK!

Join us for a week long event to help you groove into the new year. All activities will be held in the dining room unless otherwise stated.

Jan. 14 @ 10:15 Try your hand at writing with a Writer's Workshop led by author, Naomi Bigelow.

Jan. 15 @ 10:30 Learn about the making and playing of wood flutes. Bruce Curtis will demonstrate these fascinating Native American style instruments.

Jan. 16 @ 10:30 Get a kick out of your day with seated line dancing. Millianne of Pure Home Health will show you the moves.

Jan. 17 @ 10:30 Falls Prevention– Winter Edition with Laura Silverman from Hastings Rehabilitation and Healthcare Center.

Jan. 18 @ 12:30 Celebrate with the Community Music School in the big room on this afternoon. Clap and sing along as instructors and students perform.

New Year's Resolution–

Make a list of what you won't do this year!

A negative answer can make positive change in your life.

- ◆ Don't take things you don't need just because they are given to you. Things create work and clutter. Expend your energy taking care of things you really want.
- ◆ Say no to telemarketers. Quickly say you are not interested and hang up. Waiting for the polite moment to interject will only get you another reason to stay on the phone. It's your life, don't waste it on a meaningless call.
- ◆ Decline the overindulged sponger. Decide what you are comfortable doing for this person and say no to the rest. Sometimes the unduly dependent need to be left to their own devices.

TRIVIA NIGHT FUNDRAISER

It's back! The fun, brain-teasing event you've been waiting for. Teams of six can register for \$120. Choose your team name and start studying! Teams compete for a grand prize of \$300. Second place wins \$126; "your money back plus a buck a piece" quips director Tammy Pennington. Last year's winners, Let's Get Quizzical, walked away with the travelling trophy and will need to come back this year to defend their title or risk losing the trophy to another team.

Questions are presented in rounds and each round has a different category, such as: history, music, people, and sports. At the end of each round is a bonus question which is based on Barry County. In 2018, playing teams realized they could use a "Senior Moment", which is like a pass without penalty, on their bonus question and get extra points. The 2019 version of Trivia Night will not allow Senior Moments to be used in this fashion. Much of the event will stay the same, however, with amazing

food, drinks, and games. Spectators and participants are encouraged to bring extra cash to be part of the action between rounds.

This event raises money for Adult Daycare scholarships and takes place on February 23 at 5:00pm. Call 269-948-4856 for more information.



Trivia Questions from Creative Forecasting

1. Who was the first American to win a Nobel Prize?
2. What is the most popular breed of dog in the U.S.?
3. What was the first living passenger to travel to outer space?

4. Who was the first U.S. President to be born in a hospital?
5. Which National Basketball Association franchise has won the most championships?

6. Who replaced Walter Cronkite as the anchor of *The CBS Evening News*?

Answers (1) Theodore Roosevelt (2) Labrador Retriever (3) Dog (4) Jimmy Carter (5) Boston Celtics (6) Dan Rather

Art in Action

Immersion not Submersion



In 2018, a new program was introduced by the Barry County Commission on Aging called Art in Action. The program was a seven week foray into all things art related. Participants created three projects, took a field trip, were given a presentation, and attended a social "Gallery Night" where they got a

chance to display their work.

For 2019, the program will include a red clay project, a multi media project, a paint pouring activity, a field trip and a presentation on the Art Prize entry of Abraham Lincoln done entirely in pennies. As before, there will be a Gallery Night held this

year at the Elks Lodge in Hastings.

The program will begin on March 12 and will meet regularly on six consecutive Tuesdays.



Why it's so hard to quit smoking

by American Heart Assoc. News



Submitted by:
Loretta McCarthy, American Red Cross

Army Sgt. 1st Class Adam Carabello regularly rolled up a sleeve to give blood and encouraged members of his unit to do the same. It wasn't until March 2014 that he experienced the generosity of volunteer blood donors firsthand.

Adam suffered a rare lesion that affected arteries in the lining of his stomach. At first, doctors could not understand why his blood count suddenly dropped and why he was lethargic and weak. Doctors eventually determined he was bleeding internally. He spent eight hours in surgery to stop the bleeding and needed 20 units of blood.

"As a service member, we always volunteer and help our fellow soldiers and friends," Adam said. "I never thought I was going to be the one who needed the help. I was lucky because there were so many volunteers who stood up and answered the call to give, and because of them, I am here today to say thank you. Every volunteer donor is helping save a life."

Adam and his family are ultimately grateful for the blood products that were available and helped save his life.

"I want to thank those who took time to donate blood to the Red Cross. My husband almost lost his life," said his wife, Christina. "He is alive today to play with his two young children. Thanks for the selfless acts of your donation. It does save lives. It saved the love of my life, and for that I will forever be grateful."

As a blood recipient and service member, Adam Carabello advocates blood donation whenever possible.

The science behind why it's so difficult to quit smoking is crystal clear: Nicotine is addictive – reportedly as addictive as cocaine or heroin.

"From a scientific standpoint, nicotine is just as hard, or harder, to quit than heroin ... but people don't recognize that," said Dr. Neil Benowitz, a nicotine researcher at the University of California, San Francisco.

Smoking is the world's leading preventable cause of death. More than 1.1 billion people smoke worldwide, according to the World Health Organization. Every day in the U.S. alone, more than 3,200 youth 18 and younger smoke their first cigarette, while another 2,100 youth and young adults move from smoking occasionally to having a daily habit.

In 1964, the U.S. surgeon general's famous report, "Smoking and Health," linked smoking to cancer. Two decades later in 1988, another landmark surgeon general's report on nicotine addiction declared nicotine to be as addictive as cocaine or heroin.

"Every drug of abuse, including nicotine, releases dopamine, which makes it pleasurable to use," said Benowitz. "And when you stop smoking, you have a deficiency of dopamine release, which causes a state of dysphoria: you feel anxious or depressed."

The Food and Drug Administration intends to implement new rules that would reduce the level of nicotine in tobacco products to "minimally addictive" or "non-addictive" levels. It's not clear when the FDA will issue its new ruling.

Meanwhile, debate rages over increasingly popular e-cigarettes, which are marketed as a healthier alternative to traditional cigarettes.

E-cigarette vapor doesn't contain as many toxic chemicals as the smoke from regular cigarettes. However, most e-cigarettes contain nicotine and some deliver dangerous chemicals such as formaldehyde.

Many people find they are unable to stop smoking on their own. Benowitz said nicotine patches, nicotine gum and smoking-withdrawal medications are all proven ways to increase a person's odds of quitting. Support groups and quit lines can also help.

"People need to focus on behavioral change ... they need the right skills and knowledge and social support. They need a plan," said Giovino, a professor and chair of his school's Department of Community Health and Health Behavior, who quit smoking 40 years ago.

Giovino said good nutrition may be an important factor in helping people quit. He hopes to launch a study that will look at whether there is a correlation between smokers' vitamin D levels and their ability to stop smoking. He said he'd also like to see researchers explore whether plant-based diets, B vitamins and hydration impact nicotine addiction.

It's also important for those who have decided to quit to prepare themselves for how difficult it will be, Giovino said.

"There's this real roller-coaster ride of not feeling well and being irritable and having cravings," he said. "The first few days might be very intense, then it might level off and come back again. But the longer you're off cigarettes, the more your brain goes through the process of neural adaptation, the more you recover. And eventually, the ride subsides."

If you have questions or comments about this story, please email editor@heart.org.