



# THE BEACON



Monthly Newsletter of the YMCA Bettye J. McCormick Senior Center  
2009 Prospect Ave, Vincennes IN 47591 P 812 882 2285 A YMCA Program/Partners with Generations

July 2018

## WATERMELON: A GOOD FOR YOU SUMMER TREAT

Last updated Tue 20 June 2017

By [Megan Ware RDN LD](#)

Reviewed by [Natalie Butler, RD, LD](#)

Despite the popular belief that watermelon is just water and sugar, watermelon is actually a nutrient dense food. It provides high levels of vitamins, minerals, and antioxidants and just a small number of calories.

Watermelons have become synonymous with summer and picnics, and for good reason. Their refreshing quality and sweet taste help to combat the heat and provide a guilt-free, low maintenance dessert.

Along with cantaloupe and honeydew, watermelons are a member of the botanical family Cucurbitaceae. There are five common types of watermelon: seeded, seedless, mini (also known as personal), yellow, and orange.

Watermelon is also thought to aid conditions including [asthma](#), [cancer](#), and [inflammation](#).

### Benefits

Watermelon is a fruit, and has many of the associated benefits including weight loss and energy levels.

Consuming fruits and vegetables of all kinds has long been associated with a reduced risk of many lifestyle-related health conditions.

Many studies have suggested that increasing consumption of plant foods like watermelon decreases the risk of [obesity](#) and overall mortality, [diabetes](#), and [heart disease](#).

Other benefits of the watermelon include

promoting a healthy complexion and hair, increased energy, and overall lower weight.

### Asthma prevention

The risks for developing asthma are lower in people who consume a high amount of certain nutrients. One of these nutrients is [vitamin C](#), found in many fruits and vegetables, including watermelon.

### Blood pressure

A study published by the [American Journal of Hypertension](#) found that watermelon extract supplementation improved the health of the circulatory system in obese middle-aged adults with prehypertension or stage 1 [hypertension](#).

Diets rich in lycopene - found in watermelon - may help protect against heart disease.

### Cancer

As an excellent source of [antioxidants](#), including vitamin C, watermelon can help combat the formation of free radicals known to cause cancer. Lycopene intake has been linked with a decreased risk of [prostate cancer](#) in several studies.

### Digestion and regularity

Watermelon, because of its water and fiber content, helps to prevent [constipation](#) and promote regularity for a healthy digestive tract.

### Hydration

Made up of 92 percent water and full of important electrolytes, watermelon is a great snack to have on hand during the hot summer months to prevent [dehydration](#). It can also be frozen in slices for a tasty cold Popsicle-style snack.

### Inflammation

Choline - found in watermelon - is a very important and versatile nutrient; it aids our bodies in sleep, muscle movement, learning, and

memory. Choline also helps to maintain the structure of cellular membranes, aids in the transmission of nerve impulses, assists in the absorption of fat, and reduces chronic inflammation.

### Muscle soreness

Watermelon and watermelon juice have been shown to reduce muscle soreness and improve recovery time following exercise in athletes. Researchers believe this is likely due to the amino acid L-citrulline contained in watermelon.

### Skin

Watermelon is great for the skin because it contains vitamin A, a nutrient required for sebum production, which keeps hair moisturized. Vitamin A is also necessary for the growth of all bodily tissues, including skin and hair. Adequate intake of vitamin C is also needed for the building and maintenance of [collagen](#), which provides structure to skin and hair. Additionally, watermelon contributes to overall hydration, which is vital for healthy looking skin and hair.

### Diet

Watermelon can easily be incorporated into an existing diet, smoothies are a great way to get all the fiber and goodness in a refreshing drink. Because watermelon is so versatile, it can easily be incorporated into a diet. Consider the following:

**Roasted seeds** - getting the watermelon seeds and roasting them in the oven for 15-20 minutes is a tasty snack that can be made in advance. Try adding just a little salt to taste.

**Blended** - place diced watermelon and a few ice cubes in a blender for a cold, refreshing electrolyte drink that is perfect for rehydrating after exercise or a day in the sun.

**Salad** - jazz up a boring salad by adding watermelon, [mint](#), and fresh mozzarella to a bed of spinach leaves. Drizzle with balsamic dressing.



National Institute on Aging

There are many ways to be physically active outdoors —swimming, gardening, walking, dancing, or playing tennis. No matter which activity you choose, be sure to play it safe in the sun! The National Institute on Aging has the following tips to keep your skin healthy:

- Limit your time in the sun. Try to stay out of the sun between 10 a.m. and 4 p.m. when the sun's rays are the strongest. Don't be fooled by cloudy skies. The sun's rays pass through clouds. You also can get sunburned if you're in the water, so be careful when in a pool, lake, or the ocean.

- Use sunscreen. Put sunscreen on 15-30 minutes before you go outside. Use a sunscreen with an SPF (sun protective factor) number of 15 or higher. It's best to choose sunscreens with "broad spectrum" on the label. "Water resistant" sunscreen stays on your skin even if you get wet or sweat a lot, but it isn't waterproof.

- Reapply sunscreen. You'll need to reapply your sunscreen about every 2 hours, and you'll need to put it on more often if you're swimming, sweating, or rubbing your skin with a towel. Pay special attention to your face, nose, ears, and shoulders.

- Wear protective clothing. A hat with a wide brim can shade your neck, ears, eyes, and head. Look for sunglasses that block 99 to 100 percent of the sun's rays. If you have to be in the sun, wear a lightweight, long-sleeved shirt and long pants.

- Drink plenty of liquids, especially if it's hot outside. Water and fruit juices are good options. Avoid caffeine and alcohol.

## Beef House Dinner Theater



- August 2, 2018
- Covington, IN
- Buffet Lunch
- Show "Million Dollar Quartet" - An extraordinary twist of fate bringing Johnny Cash, Jerry Lee Lewis, Carl Perkins & Elvis Presley together at Sun Records in Memphis.
- Round-trip motorcoach transportation
- \$118 per person

For more information or reservations, contact Executive Travel in Vincennes at 812-882-4555 or Hoosier Travel in Washington at 812-254-4000.



Beauty Shop Open Every Wednesday!

## Senior Center Activities Calendar for JULY

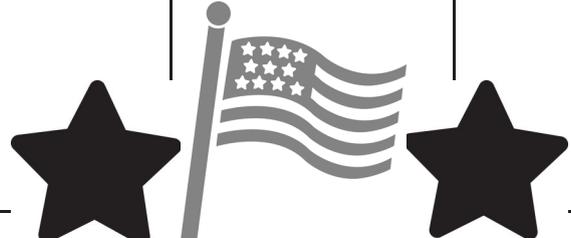
<p>2 9a Current Events/Frogger's 10a Exercises 11a Applebee's 11a Clearview Bingo 12p Lunch &amp; Devotions 1p Swimming @ Y 1p Snowcones</p>	<p>3 9a Current Events/Color By Number 10a Norma Keller in Song 11a Willow Manor Bingo 12p Lunch &amp; Devotions 1p Patriotic Fingernails 1p Patriotic Face Paint-Guys</p>	<p>4 <b>CLOSED</b>  <b>JULY 4TH - HAVE A SAFE AND HAPPY HOLIDAY!</b></p>	<p>5 9a Current Events/Matching 10a Pastor Sloan 11a Arby's Bingo 12p Lunch &amp; Devotions 1p Shopping @ Wal-Mart 1p Craft: Lollipop</p>	<p>6 9a Current Events 10a Exercises 11a House Bingo 12p Lunch &amp; Devotions 1p Bowling @ VU 1p National Ice Cream Day-Cool Treat</p>
<p>9 9a Current Events/Frogger's 10a Outing: Dot's 10a Exercises 11a Hometown Hearing Bingo 12p Lunch &amp; Devotions 1p Swimming @ Y 1p Craft: Sponge Art</p>	<p>10 9a Current Events/Trivia 10a Reminisce 11a Bridgepointe Bingo 12p Lunch &amp; Devotions 1p Knox Co. Ext. Cooking Class 1p Rotary Pavilion</p>	<p>11 9a Current Events/Mazes 9:30a Movie Theatre: Trolls \$4 10a Exercises 11a Evansville Hearing Bingo 12p Lunch &amp; Devotions 1p Yahtzee 1p Card Games</p>	<p>12 9a Current Events/Search-a-Word 10a Pastor Sloan 11a Bridget Miller's Inspirational Hour 12p Lunch &amp; Devotions 1p Shopping @ Save-A-Lot 1p Exercise Room</p>	<p>13 9a Current Events/Ad Libs 10a Exercises 11a Mystery Bingo 12p Lunch &amp; Devotions 1p Bowling @ V.U. 1p Movie: Ferdinand-Popcorn will be served. 1p Tend Garden</p>
<p>16 9a Current Events/Frogger's 10a Exercises 11a Lodge of the Wabash Bingo 12p Lunch &amp; Devotions 1p Swimming @ Y 1p National Sunflower Day: Make Sunflowers</p>	<p>17 9a Current Events/Fill in Blank 10a Hymns with Paul 11a Avon Bingo 12p Lunch &amp; Devotions 1p Sewing Class 1p Water Fun</p>	<p>18 9a Current Events/Newspaper 10a Exercises 11a EMS Bingo 12p Lunch &amp; Devotions 1p Balloon Play 1p Let's Read</p>	<p>19 9a Current Events/Poetry 10a Pastor Sloan 11a Collett Bingo 12p Lunch &amp; Devotions 1p Shopping @ JayC's 1p Craft: Button Art</p>	<p>20 9a Current Events/Search a Word 10a Drums Class 11a Candy Bingo 12p Lunch &amp; Devotions 1p Bowling @ VU 1p Musical Chairs</p>
<p>23 9a Currents/Frogger's 10a Exercises 11a Lodge of the Wabash Bingo 12p Lunch &amp; Devotions 1p Swimming @ Y 1p Hair &amp; Makeup Day 1p Guys Hand &amp; Back Massages</p>	<p>24 9a Current Events/Radio Hour 10a Red Hats to Denny's 11a State Farm Bingo 12p Lunch &amp; Devotions 1p Sound Meditations Hour 1p Watercolor Art</p>	<p>25 9a Current Events/Color By Number 9:30a Movie Theatre: Captain Underpants \$4 10a Exercises 11a Gentlecare Bingo 12p Lunch &amp; Devotions 1p Stamp Art 1p Make Bracelets</p>	<p>26 9a Current Events/Trivia 10a Pastor Sloan 11a VanGo Bingo 12p Lunch &amp; Devotions 1p Shopping @ Wal-Mart 1p Playdough Therapy</p>	<p>27 9a Current Events/Word News 10a Drums Class 11a Ron's Bingo 12p Lunch &amp; Devotions 1p Bowling @ VU 1p Splash Fun/Beach Boys Music</p>
<p>30 9a Current Events/Frogger's 10a Exercises 11 Jewelry Bingo 12 Lunch &amp; Devotions 1p Fishing: Bring Pole &amp; Bait 1p Craft: Leaf Art</p>	<p>31 9a Current Events/Worksheets 10a Craft: Rope Wrapped Candle Holder-Bring Small Candle 11a Grab Bag Bingo 12p Lunch &amp; Devotions 1p Beach Ball Toss 1p Reminisce: Summertime</p>		 <p>Birthday Bash is sponsored by</p>  <p>1024 Washington Ave, Vincennes</p>	

Please reserve your meal at least 24 hours in advance by calling (812) 882-2285 or by signing the lunch list at our front desk.

The YMCA Bettye J. McCormick Senior Center patronizes registered disadvantaged businesses. Bids for materials and services are welcome. Please send catalogs, flyers and advertisements to: 2009 Prospect Ave, Vincennes IN 47591.

Equal Opportunity Employer

# JULY LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2. BLT-Salad Boat w/ Lettuce, Bacon, Tomato, Cheese, & Homemade Dressing 320c, Fresh Fruit Salad 80c, Oatmeal Cookie 65c, Dinner Roll 59c, Milk 122c	3. Hot Dog on Bun, Mustard/Ketchup/Relish 240c, Baked Beans 85c, Deviled Eggs 80c, Old Fashioned Apple Cobbler 95c, Milk 122c	4. <b>CLOSED</b> <b>HAPPY JULY 4TH!</b>	5. Baked Potato w/ Bacon/Broccoli w/ Cheese Sauce 245c, Bowtie Pasta Salad 95c, Sliced Peaches 60c, Milk 122c	6. Foil Pack Ground Beef, Broccoli, Cauliflower, Carrots, & Green Beans 285c, Fresh Sliced Tomato 60c, Peaches 65c, Wheat Bread 59c, Milk 122c
Calories: 646	Calories: 622	Calories:	Calories: 522	Calories: 591
9. Chicken & Dumplings 246c, Mashed Potatoes 150c, Sliced Pears 65c, Wheat Bread 59c, Milk 122c	10. Glazed Riblets 310c, Au Gratin Potatoes 150c, Honey Glazed Carrots 75c, Pineapple Tidbits 60c, Wheat Bread 59c, Milk 122c	11. Box Lunch-Ham & Cheese on White 280c, Sun Chips 140c, Banana 60c, Peanut Butter No Bake Cookie 75c, Milk 122c	12. Grilled Pork Steak 227c, Mashed Potatoes 150c, Green Beans w/Bacon 75c, Tropical Fruit 60c, Wheat Bread 59c, Milk 122c	13. Chef Salad w/Ham, Egg, Turkey, Cheese Tomato, Cucumber, Crackers, Ranch Dressings 390c, Angel Food Cake w/Fruit Compote 85c, Milk 122c
Calories: 642	Calories: 776	Calories: 677	Calories: 693	Calories: 597
16. Grilled Hamburger on Bun, Tomato, Onion, Lettuce, Ketchup/Mustard 350c, Tater-Tot Casserole 150c, 3 Bean Salad 85c, Orange Slices 65, Milk 122c	17. Glazed Ham Slice 220c, Candied Sweet Potatoes 90c, Cauliflower w/Cheese 80c, Fruit Cocktail 60c, WG Wheat Bread 59c, Milk 122c	18. Breakfast Casserole w/Sausage, Onion, Cheese 240c, Biscuit/Gravy 160c, Fried Potatoes w/Onion, Bell Pepper 150c, Cinnamon Apples 75, Milk 122c	19. Egg Salad on Shredded Lettuce w/ Crackers 250c, Cucumber & Onions 75c, Cottage Cheese w/ Sliced Pineapples 95c, Milk 122c	20. California Blend Veggies w/Chicken & Cheese Sauce 285c, Wheat Bread 59c, Sliced Cucumber 40c, Fruit Cocktail 65c, Milk 122c
Calories: 772	Calories: 631	Calories: 747	Calories: 542	Calories: 571
23. Green Things Salad-Spring Mix, Pineapple, Grapes, Strawberries, Feta Cheese, Grilled Chicken, Dried Cranberries w/Poppy Seed Dressing 380c, Cottage Cheese 81c, Dinner Roll 59, Vanilla Pudding 65c, Milk 122c	24. Fish on Hoagie Bun, Tarter Sauce, Pickle 285c, 3 Bean Bake 95c, Potato Salad 100c, Mandarin Oranges 65c, Milk 122c	25. Ham Salad on Hawaiian Bun 150c, Harvest Sun Chips 140c, Macaroni Salad 95c, Mixed Fruit Cup 65c, Milk 122c	26. Oven Baked Chicken 210c, Baby Bakers 100c, Buttered Corn 75c, Applesauce 60c, Dinner Roll 59c, Milk 122c	27. Ham & Beans 230c, Cornbread Muffin 137c, Coleslaw 80c, Spinach 50c, Milk 122c
Calories: 707	Calories: 667	Calories: 572	Calories: 626	Calories: 619
30. Homemade Chicken Salad w/Wheat Bread 250c, Marinated Fresh Veggies-Tomato, Cucumber, Onion, Bell Pepper 80c, Apple Cobbler 95c, Milk 122c	31. Meatloaf 220c, Mashed Potatoes 150c, Seasoned Green Beans 70c, Wheat Bread 59c, Mixed Fruit 60c, Milk 122c			
Calories 547	Calories: 681			

**Table of Measurements**  
**Breakfast:**  
 -milk, juice, fruit,  
 vegetable grain, bread  
**Lunch**  
 Milk,fluid,meat,1st  
 fruit/vegetable,2nd  
 fruit/vegetable, grain,  
 bread

**P.M. Snack**  
 Milk, fluid, meat/meat  
 alternate grain, bread,  
 juice, vegetable, fruit,  
 bread

**Key:**  
 Bread— 2 slices  
 Veggies/fruit—1/2 cup  
 Protein—3 oz.  
 Entrée, Casserole, and/  
 or soup—1 cup  
 Skim or Fat Free Milk/  
 fluid -  
 8 oz.

## SOCIAL SECURITY ADMINISTRATION

All kinds of people make up this great nation. Seniors, soldiers, individuals with disabilities, and newlyweds — they are the workers, civic leaders, social workers, and artistic creators of countless things and ideas that help us have better lives every day. All of our collective talents and passions create one of the most unique societies in the history of the world.

Social Security understands your individual needs. From early career to retirement, we're here, securing today and tomorrow. Our People Like Me webpages give you information tailored to your specific needs. Here are a few:

\* **Early Career** – The earlier you start saving, the better off you will be — during your working years and in retirement. Learn how Social Security is here for you when you start working at [www.socialsecurity.gov/people/earlycareer](http://www.socialsecurity.gov/people/earlycareer).

\* **Mid-Career** – Did you relocate for a better job? Are you starting a family? Buying your first home? There's a lot to consider when planning your future and we can help. [www.socialsecurity.gov/people/midcareer](http://www.socialsecurity.gov/people/midcareer).  
**Veterans and Wounded Warriors** – Providing services to those who served us is how we honor the people who put their lives on the line for our freedom. Learn more about how we help service members at

[www.socialsecurity.gov/people/veterans](http://www.socialsecurity.gov/people/veterans).  
**Pre-Retirement** – For those of you who are about to retire, we not only congratulate you, we offer many resources for your golden years. See how we can help at [www.socialsecurity.gov/people/preretirement](http://www.socialsecurity.gov/people/preretirement).  
**Women** – Statistically, women live longer and earn less over their lifetimes. This creates unique challenges for a long and happy retirement. Learn how you

can get ahead by knowing the facts at [www.socialsecurity.gov/people/women](http://www.socialsecurity.gov/people/women).  
 \* Creating resources for people like you helps us provide you with information about programs that can create lasting, positive change in your life. Share these People Like Me pages with friends and family at [www.socialsecurity.gov/people](http://www.socialsecurity.gov/people).

**NOLA DAVIS**  
Director,  
Senior Center & VanGo



Independence means a lot of things to a lot of people. For some it is the joy and excitement of Fourth of July picnics, parades and fireworks displays. I on the other hand, think of independence in a totally different light. I could hardly wait to gain enough independence to walk to the nearby park alone to play. In my pre-teens that independence stretched to the town square where I collected my aunt's mail from her post box using the special key to retrieve it. In high school I was finally allowed to date lending even more independence than I had ever had before. I found as long as I abided by the rules; I could stay out a bit later, ride in cars with boys and go to a late night double feature at the local drive in theater on the weekend. I also felt the sting of having that independence slip away if I came in late or failed to hold up my end of the bargain. Of course for me total independence didn't come until I moved away from the old home place. I remember the day I left with mixed emotions. Oh I wanted to go and start my life, but there was something secure about always having mom to run to and roof over my head. I remember looking in the rearview mirror, mom standing on the porch as I drove away. I used to joke about giving mom her independence, no longer having to worry about me. Today I realize that she was probably heartbroken, worried sick about my ability to make a go of it on my own. Tumultuous is the best way I can describe those first few years of independence. There is the fear of getting a job, losing a job, having babies, enough insurance to cover babies; and all the while keeping a roof over their head and food in their mouth. Independence? Really? I was reliant on my job for money to keep the bills paid, daycare to take care of my kids while I worked and then there was a car to get me around to said job. Yes folks I was on my own. I was independent and I loved every minute of it, but being independent is somewhat of a mirage.

Here in the United States we are afforded so many things. We have freedoms that many can only dream of, but that type of independence is not free. In fact far from it; so I thank those brave men and women who fought and even died that I might be the recipient of the great gift of freedom. We truly do not know how lucky we are.

Now as I get older there are days when my knee affords me far less independence than say a year ago. I see it all the time. The aging process can take away some of that precious independence leaving us once again dependent on our loved ones or agencies to help us with day to day activity. I don't know about you, but I want to stay as independent as possible all of my life. For that reason, even after I retire I will probably attend a senior center.

One of the best kept secrets is the YMCA Bettye J. McCormick and it's Independence support specialists. They can help with almost every facet of daily life. As we grow older, many of us lose the ability to cook for ourselves or safely get in and out of the bathtub. It may be that you are looking for simple companionship or the need to stay abreast of the every changing technological advance. Memory loses often plays a fair share in how we and others view our independence. Forgetting a dose of medication or an appointment can be worrisome to family members who may feel better knowing the center has a fulltime nurse who can help with those very things. Truth be told many of us will once again find ourselves in a place where we may need some gentle help from others to remain in our homes and as independent as we can be. My father called that coming full circle. Too many times I have seen people struggle through the loss of mobility, personal care, medication management and even budgets and bills when help is right here at the center. Our qualified independence support specialists are here for you. Have a problem? Give us a call at 882-2285. Lets help you get your independence back and LET FREEDOM RING!



## ASK A LAWYER

### Will I have to work for Healthy Indiana Plan coverage?

Health Indiana Plan provides affordable health care coverage for low income individuals who are at least nineteen years old and not yet age sixty-five.

Beginning in 2019 Indiana will phase in a "community engagement" requirement for HIP beneficiaries. The following groups will not have to comply with the "community engagement" requirement:

- Students;
- Pregnant women;
- Caregivers for children who are not yet school age or for dependents who are disabled;
- Persons identified as medically frail;
- Persons with a temporary illness or incapacity documented by a third party;
- Persons receiving substance abuse treatment;
- Persons over the age of 59;
- Homeless individuals;
- Persons who have been incarcerated within the past six months;
- Individuals in compliance with TANF employment requirements or who are exempt;
- Persons who get help paying employer premiums through the HIP program;
- Individuals who have disabilities or have family members with disabilities and cannot meet requirements as a result; and
- Victims of domestic violence.

Verification will be required for an exemption.

### What is "community engagement"?

Community engagement includes work; employment initiatives by managed care organizations; job skills training; job search; education related to employment; general education (such as high school, GED, community college, college, or graduate education); English as a second language; vocational training; community work experience; Gateway to Work; community service; caregiving for non-dependent relative or other person; accredited homeschooling; meeting SNAP requirements; volunteer work (classroom, church, mission trips); and other activities the state determines will promote full employment.

**MAKE A  
DIFFERENCE  
YMCA VanGo  
drivers NEEDED!**

**Call 812-886-3381**

### How much "community engagement" is required?

The first 6 months: 0 hours  
7-9 months: 5 hr per week  
10-12 months: 10 hours per week  
13-18 months: 15 hours per week  
18+ months: 20 hours per week  
If you have coverage through the Health Indiana Plan, you should receive a notice when your "community engagement" requirement begins. There will be an online portal to report activities.

### Will I lose my health coverage if I do not work or volunteer enough?

Each December the state will decide whether you have worked or volunteered enough. You will not lose your coverage if you meet the hourly requirement in all but four months of the previous year (excluding months you did not have coverage or were not required to work or volunteer). Your coverage will stop January 1 if you did not meet the work requirement for the prior year. You can get coverage back if you become exempt from the requirement, qualify for coverage under a different program such as Medicaid for the Disabled, or show that you have completed one calendar month of "community engagement".

*This information is provided as a public service by Indiana Legal Services, Inc. This is not legal advice. Indiana Legal Services, Inc., provides free legal services, including advice, to low income individuals and to individuals over the age of 60. New applications are accepted by telephone Monday through Friday between 9:00 a.m. and 1:00 p.m. CST at 844-243-8570. You may submit questions for future columns to katherine.rybak@ilsa.net.*

