Dominoes

Senior Dance Night

The first Saturday of each month, the SNAP Center and Parks and Recreation invite all seniors 55+ to come out for a night of dancing, light refreshments and live entertainment.

The dance will begin at 7:00 pm and last until 10:00 pm. Cost is $3 per person.

So guys and gals put on your dancing shoes and come join us for a night of fun!

Jazzercise

What is Jazzercise?

We develop and market fun and effective fitness programs and products that enhance the well-being of people of all ages.

Choreographed to today’s hottest music, Jazzercise is a fusion of jazz dance, resistance training, Pilates, yoga, and kickboxing. Start dancing yourself fit and change the shape of your body today!

Monday through Friday at 5:30 pm
Call for pricing
903.821.5135
Email: denisonjazzercise@cableone.net

Senior Activities For MARCH

All activities at Community Center unless stated otherwise

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903.465.2720 ph
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A Taste of the Irish

Grandpa McAndrew’s Irish Soda Bread

**Ingredients**

- 3 Cups All-Purpose Flour
- 1/2 t. Baking Soda
- 2 T. White Sugar
- 1/2 Raisins (or dried fruit of your choice)
- 1 Egg, beaten
- 1 Cup Buttermilk
- 2 T. Margarine, melted

Optional: 1/4 Cup of powdered sugar for garnish

**Prep 10 minutes  Cook 45 minutes  Ready In 55 minutes**

**Steps**

1. Preheat the oven to 350 degrees F (175 degrees C). Grease a cast iron skillet.
2. In a medium bowl, mix together the flour, baking soda and sugar. Toss the raisins with the flour mixture until coated. Make a well in the center and add the egg, buttermilk, and melted margarine. Stir until all of the dry ingredients are absorbed. Turn the dough out onto a floured surface and knead for a few quick turns just to even out the dough. Handle the dough as little as possible. Pat into a flat circle, and place into the prepared pan.
3. **Bake the bread for 40 to 45 minutes in the preheated oven, or until the edges are golden.**
4. **OPTION:** Sprinkle powdered sugar on top for decoration.
Legends from Irish Folklore

The five best-known myths and legends in Irish and Celtic mythology

Myths and legends have been a part of Irish culture and folklore since the very beginning. Ireland is a place which appreciates storytelling and as such, tales of goblins and fairies are commonplace.

1. The fairies

It is said that they live in “cnoc” (hollow hills, in Irish), which are located in the “sidhe”. The “sidhe” are mounds where megalithic monuments are erected in many places on the island. There the fairies are ruled by a king or queen. One of the most famous legends about fairies is that referring to the “Lady of Death”, a fairy that appears during the night with hair loose and red eyes. According to it is said that she arrives at the home of a family to mourn for several days the death that will fall on one of its members.

2. The Pooka

They are one of the most feared mythical beings in Ireland. These are little goblins that usually dress up and go out at night to terrorize people. They always wear a long, wild mane and their eyes are sulphurous. Depending on the area, the pooka can become large furry ogres, huge eagles or black goats with twisted horns. In Downland, in particular, they turn into small, deformed goblins that demand a portion of the harvest from the peasants.

3. The message of the butterflies

For the Irish, the butterflies are a message of the fairies, a sign of metamorphosis of the spirits waiting to be reborn. Likewise, they represent journeys between worlds in search of knowledge. Depending on the color of the butterflies, they acquire a different meaning, being able to predict bad or good events. The browns and blacks announce little trips or inconveniences and enemies in sight, while white announces positive news and stability. According to this myth, if you see a yellow butterfly, then you have found yourself face to face with success. Now, if you find it blue, it will be like having a good luck charm. If this happens to you, perhaps life is giving you signs that you will get a good profit; it would not be bad to visit bestonlinecasinooffers.net, to see which casino is closest to you and try a little fortune.

4. The myth of mermaids

Although we always refer to them as female, the truth is that also exist male mermaids. They are small creatures that wear a special hat on their reddish hair. Depending on the color of their skin, they can be kind or fierce. They are small creatures that wear a special hat on their reddish hair. They have blushed on their faces and wear green suits, like any pixie. They are free, wild and untamable, and can be helpful or greedy according to the circumstances.

According to the legend, if you find one of them and you stare at him, the Leprechaun will be trapped, and you will be able to get the treasures he hides in his big cauldrons. But if you look away for a single second, he will disappear.

5. The Leprechauns

These beings are one of the liveliest symbols of Ireland, and they are a race before the arrival of the Celts. Its name derives from the Gaelic expression “leath thrógar”, which literally means “shoemaker”. They can be kind or fierce. They are small creatures that wear a special hat on their reddish hair. They have blushed on their faces and wear green suits, like any pixie. They are free, wild and untamable, and can be helpful or greedy according to the circumstances.

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Keeping Your Balance

About eight million Americans have balance problems and one in three Americans over age 65 will fall every year. Injuries from falls, like a fractured hip, can change a senior’s life in ways senior fear most—isolation and loss of independence. For seniors and caregivers, understanding balance disorders and fall prevention along with knowing when to get help can go a long way toward avoiding falls and the devastating consequences that may come with it.

“A balance disorder is a disturbance that causes you to feel unsteady, lightheaded or as if you or the room is spinning. Balance disorders can be due to a disturbance in the inner ear, but they can also be caused by visual problems, skeletal problems or nerve problems,” says Lawrence Meiteles, MD, medical director of The Balance Center at Northern Westchester Hospital in Mount Kisco, New York.

“Dizziness is the most common complaint of people over age 75 when they go to their doctor’s office.” —Lawrence Meiteles, MD

Symptoms of a Balance Disorder

Being able to maintain good balance means being able to keep a steady position while walking or standing. Someone with a balance problem may walk unsteadily, fall sideways when standing or have trouble going up or down stairs. Here are some common symptoms that go along with a balance disorder:

- Dizziness
- Feeling as if you are going to fall
- Visual problems
- Confusion
- Anxiety
- Nausea

Common Causes of Balance Disorders

“The most common cause is a combination of factors that go along with aging. We know from studying the inner ear that the cells responsible for maintaining balance start to degenerate with age. Aging and the diseases of aging also affect vision and the bones and joints. Good balance requires that all these systems work together,” explains Dr. Meiteles. Here are some other common causes:

- **Positional vertigo.** The medical name for this condition is "benign paroxysmal positional vertigo" (BPPV). Vertigo is the false sensation of movement, usually described as spinning. Paroxysmal means that the symptoms come on suddenly. BPPV is caused by cell changes in the inner ear. The main symptom is a sudden attack of vertigo when you change your head position such as looking over your shoulder or rolling over in bed.

- **Labyrinthitis or vestibular neuronitis.** The inner ear organ that controls balance is called “the labyrinth.” It is a bony structure that contains fluid and the nerve cells for balance. If this organ becomes infected or inflamed, such as from a viral upper respiratory infection, it causes vertigo and loss of balance. The main nerve that communicates balance signals to and from the brain is called the “vestibular nerve.” It can also be affected by infection or inflammation.

- **Meniere’s disease.** This is a condition in which the fluid inside the labyrinth increases. Meniere’s disease affects both balance and hearing. Symptoms include hearing loss that comes and goes, a roaring sound and a sensation of fullness in the ears and vertigo.

Other causes. Head trauma may cause a leak of inner ear fluid that causes vertigo. Some types of tumors can affect balance. Certain types of medications, circulation problems, neurological diseases and arthritis in the neck can all be causes of a balance disorder.

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Diagnosis and Treatment of Balance Disorders

The first step is to see your primary care doctor to rule out common medical problems or medications that might be causing a balance disturbance. If your doctor thinks you need a specialist you will usually be referred to an ear, nose and throat specialist or ENT. “Patients who come to The Balance Center get a complete ear, nose and throat exam and a complete neurological exam,” says Meiteles. Here are some of the tests used to diagnose a balance disorder:

- **Audiogram.** A complete hearing test is important to detect diseases like Meniere’s or tumors that might be pushing on the vestibular nerve.
- **Electronystagmogram (ENG).** This test measures the movement of your eyes and is useful in detecting abnormalities of the inner ear.
- **Computerized Posturography.** In this test the patient stands on a moveable platform while a computer measures the body's response to changing positions.

Other tests that may be done include blood tests and special imaging of the brain and inner ear. Depending on the diagnosis, some common treatments for balance disorders include:

- **Physical and occupational therapy.** For people who have long-standing or recurrent balance problems physical therapy can help them strengthen the muscles needed for balance as well as learn techniques to compensate safely for balance problems.
- **Medications and surgery.** Medications that calm dizziness, nausea and anxiety may all be useful. In severe cases of vertigo certain types of antibiotics may be used that knock out sick nerves in the inner ear. If medical therapy and physical therapy are not effective a surgical procedure that interrupts the vestibular nerve may be needed.
- **Diet.** A low-salt diet and the avoidance of caffeine and alcohol can be helpful in Meniere’s disease and other balance disorders complicated by high blood pressure.

Final Tips for Seniors and Caregivers

Pay attention to the way your loved one describes what he or she is experiencing to know when to seek a medical consultation:

- Symptoms of dizziness can be hard to express and may be described as feeling unsteady, lightheaded, spinning, moving, giddy or tipsy.
- Symptoms other than dizziness may be described such as nausea, blurred vision, anxiety or confusion.
- Watch out for any history of falls, a staggering gait, having to reach out and hold on or trouble getting out of a chair or bed.
- Seniors may need to rely more on visual cues for balance, so make sure hallways are lit at night.
- Seniors may not compensate well for a slight trip, so clear walking areas of loose rugs, electric cords and low furniture.

The ability to balance decreases with age, but losing your balance is not a normal part of aging. Most balance disorders can be treated and many falls can be prevented.