

Silver Fox

FREE
Senior
Guide

- *Senior Resources*
- *Area Events*
- *Area History*
- *Parks & Rec. Info*
- *Local Attractions*
- *Green Thumb Gardening*

Burleigh & Morton Counties, North Dakota



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LOCAL AREA EVENTS

JANUARY

Winter Classic Adult Racquetball Tournament | Bismarck
Valley City Youth Basketball Tournament | Bismarck
Flurry Fest Volleyball Tournament | Bismarck
Mandan Civic Chorus' Christmas concert | Bismarck
Hollywood Blockbusters | Bismarck
Dixieland Jazz Celebration | Bismarck
Board Games for Grown Ups | Bismarck

FEBRUARY

Cabin Fever Car Show | Bismarck
Death by Chocolate | Bismarck
NDSU Spring Career Fair | Bismarck
Tour of China Informational Seminars | Bismarck
Valley City Winter Shootout | Bismarck
Faerie Tales | Bismarck

MARCH

Artists Celebrating Christ | Bismarck
All States Volleyball Tournament | Bismarck
Valley City Spring Shootout | Bismarck
Positively Piano | Bismarck
Trio Apollo - Rush Hour Series | Bismarck
Spring Fever Garden Forums | Bismarck

APRIL

Youth Quickstart Tennis Tournament | Bismarck
Three's Company | Bismarck
Great Books Discussion | Bismarck
Totem Pole Tales | Bismarck
Crochet Crazy Class | Bismarck

MAY

Band Night Parade | Bismarck
Conservation Day | Bismarck
International Museum Day | Bismarck
USA Tennis Block Party | Bismarck
Tesoro/Boy Scouts Tree Planting | Bismarck
Symphonic Funk | Bismarck
Great Books Discussion Group | Bismarck

JUNE

ABATE of North Dakota State Bike Rally | Bismarck
Fort Lincoln Festival
Sam McQuade Sr. Budweiser Tourn | Bismarck
Buggies-n-Blues | Mandan
Kaleidoscope Variety Show | Mandan
Money Management Class | Bismarck

JULY

Prairie Rose State Games | Bismarck
Mandan Summer Bandshell Concerts | Mandan
Mandan Rodeo Days Celebration | Mandan
Ancestry Library Edition Class | Bismarck
Razzle-Dazzle Read-a-Thon | Bismarck
Photography 101 | Bismarck
Pine Needle Basket Class | Bismarck

AUGUST

Capital A'Fair | Bismarck
Old Settlers' Day & Corn Feed | Bismarck
Wild West Grill Fest | Mandan
Railroad Days | Mandan
SNAP at the Library | Bismarck
Coffee with the Mayor | Bismarck

SEPTEMBER

Apple Fest | Bismarck
Downtowner's Street Fair | Bismarck
Kroll's Diner North Dakota Roughrider Marathon | Bismarck
United Tribes International Pow Wow | Bismarck
Northern Territory Slow Pitch Softball Championship | Bismarck
Bismarck Fly-In/Drive-In Breakfast | Bismarck
Mandan Fall Festival | Mandan

OCTOBER

Capital Quilt Fest | Bismarck
Haunted Fort | Bismarck
History Haunt | Bismarck
Papa's Pumpkin Festival | Bismarck
Flu Clinic | Bismarck
Cholesterol Screening | Bismarck
Immunization Clinic | Bismarck
Computer and Internet Basics | Bismarck
Lutefisk & Lefse Dinner | Mandan
Octoberfest | Mandan

NOVEMBER

Coming Home Country Christmas Fest | Bismarck
The Big One Art & Craft Fair | Bismarck
Tech Time Help Sessions | Bismarck
Coloring and Cookies | Bismarck
Intro to E-Mail | Bismarck
Fall Craft Fair | Mandan
Polka Fest | Mandan

DECEMBER

Winter Quilt Show | Bismarck
Christmas in the Park | Bismarck
Custer Christmas | Bismarck
Downtown Holiday Walk | Bismarck
Pride of Dakota Holiday Showcase | Bismarck
The Nutcracker | Bismarck
Santa Clause Day | Wing
Medcenter One Christmas Remembrance Service | Bismarck
Medcenter One Tree Lighting Ceremony | Bismarck
High Tea & Merriment | Bismarck
Cookie Walk | Bismarck
Children's Choir Christmas Concert | Bismarck
Holiday Baking Extravaganza | Mandan

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Human Resources.....	667-3414
Road& Bridge.....	667-3346
Sheriff & Jail.....	667-3330
Social Services.....	667-3307
State's Attorney.....	667-3350
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Burleigh County was established in 1873 and named in honor of Dr. Walter Burleigh, an Indian agent, physician and member of Congress. As military forts were built along the Missouri River, settlers began to arrive and communities were built. As the railroad arrived, development increased dramatically and Bismarck was selected as the County Seat. Burleigh County became a transportation hub for North Dakota. With the advent of the gold rush, an influx of settlers arrived to the area and those that stayed were predominantly farmers. Wheat, corn and livestock were shipped and agricultural advancements continued. Burleigh County began to grow with a population of 6,081 people in 1900 to 13,087 people in 1910. As the gold rush began to slow, development slowed and Bismarck became the metropolitan center of the area. Today Burleigh County is home to approximately 78,689 residents.

CITIES:

BISMARCK (COUNTY SEAT) – pop. 60,389
LINCOLN – pop. 2,273
REGAN – pop. 41
WILTON – pop. 720
WING – pop. 118

TOWNSHIPS:

APPLE CREEK – pop. 1,213
BOYD – pop. 136
CANFIELD – pop. 15
CHRISTIANIA – pop. 35
CLEAR LAKE – pop. 30
CROFTE – pop. 139
CROMWELL – pop. 27
DRISCOLL – pop. 163
ECKLUND – pop. 105
ESTERVILLE – pop. 28
FLORENCE LAKE – pop. 14
FRANCES – pop. 28
GHYLIN – pop. 36
GIBBS – pop. 981
GLENVIEW – pop. 148
GRASS LAKE – pop. 74
HARRIET-LIEN – pop. 74

TOWNSHIPS CONTD:

HAY CREEK – pop. 2,650
HAZEL GROVE – pop. 18
LOGAN – pop. 47
LONG LAKE – pop. 109
MCKENZIE – pop. 83
MENOKEN – pop. 147
MISSOURI – pop. 132
MORTON – pop. 50
NAUGHTON – pop. 141
PAINTED WOODS – pop. 111
RICHMOND – pop. 39
ROCK HILL – pop. 30
SCHRUNK – pop. 26
SIBLEY BUTTE – pop. 26
STEIBER – pop. 18
STERLING – pop. 172
TAFT – pop. 50
TELFER – pop. 64
THELMA – pop. 19
TRYGG – pop. 47
WILD ROSE – pop. 23
WILSON – pop. 50
WING – pop. 34

*Populations are approximate.



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BISMARCK (COUNTY SEAT)

Once home to Mandan and Hidatsa tribes, Bismarck began as a fur trading post called Crossing on the Missouri. Due to its proximity to the river, the settlement was a port for military supplies to nearby forts and Indian agencies. In 1872 Bismarck was founded and named Edwinton in honor of Edwin Ferry Johnson, a railway engineer. Rail lines were built in 1873 and in an effort to attract German settlers, the Northern Pacific Railway renamed Edwinton to Bismarck, after Otto von Bismarck, a German chancellor. The first newspaper, the Bismarck Tribune, was published and is the oldest newspaper in North Dakota. As gold was discovered in the Black Hills in 1874, Bismarck began to thrive. Incorporation followed in 1875 and agriculture dominated early industry, making Bismarck a livestock, dairy and wheat trade center. In 1883 Bismarck was selected as the capital of the Dakota Territory and Burleigh's County Seat. Growth was steady and soon flour mills, grain elevators and creameries were prospering. In 1889 the Dakota Territory was divided and Bismarck was selected as the capitol of North Dakota. By 1910 Bismarck's population reached 4,913 and the area continued to attract farmers and new settlers. With the construction of the Garrison Dam north on the Missouri River in 1947, Bismarck continued to grow and by 1960 its population had grown to 27,670 people. Today Bismarck is home to approximately 60,389 residents.

WILTON

Established by General W. D. Washburn, a U.S. Senator and mill owner, Wilton was founded in 1899 and named after a town in Maine. A grain elevator, livery and feed stable were built and the area published its first newspaper, the Wilton News. The post office was founded in 1900 and Wilton began to attract new settlers with the advent of new businesses including hotels, banks, land companies, a lumber yard and specialty shops. Coal was discovered and by 1907 Wilton was home to one of the largest underground mines in the world. The community was one of the first to have electric lights in the state and its population reached over 1,000 people by 1914. As the coal resources were depleted, growth began to slow. Today Wilton is home to approximately 720 residents.



*M*orton County was originally organized on March 23, 1878. The eastern section of the county was attached to Burleigh County later that year then reattached in 1881 and re-organized on February 18, 1881. The current boundaries of the county were established in 1916. A 1738 French expedition led by Louis Verendry is the earliest record of non Native American visitors to the Morton County area. Morton County was named after Oliver Perry Morton, the Governor of Indiana. Today Morton County is home to approximately 27,734 residents.

CITIES:

- ALMONT - pop, 122
- FLASHER - pop, 235
- GLEN ULLIN - pop, 815
- HEBRON - pop, 754
- MANDAN - pop. 18,507
- NEW SALEM - pop. 955

TOWNSHIPS:

- BREIEN
- CAPTAIN'S LANDING
- FORT RICE
- HUFF

**Populations are approximate.*

MANDAN

Mandan is the 6th largest city in North Dakota and is the County Seat to Morton County. Mandan was founded in 1879 and became the county seat in 1881. The town of Mandan was given its name after the Native American drive known as Mandan. The first military presence in the region was Fort Rice established in July 1864. The city continues to distribute grain, livestock, and dairy operations aided by the railroad connection. The city has a large cattle and food processing plant. Today Morton County is home to approximately 18,331 residents.



Agricultural Facts

- North Dakota production agriculture generates over \$5 Billion in cash receipts each year.
- Production agriculture is the largest aspect of North Dakota's economy, making up to 25% of the economic base.
- Nearly 25% of North Dakota workers are farmers or employed in farm-related jobs.
- North Dakota has over 30,000 farms and ranches.
- An average North Dakota farm is approximately 1,300 acres.
- Nearly 90% of North Dakota's land area is made up of farms and ranches.
- Farms provide food and shelter for over 70% of North Dakota wildlife.
- North Dakota ranks third in the U.S. with 108,000 certified organic acres.



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WINTER SAFETY:

The winter can be tough for everyone, especially seniors. During these months you find yourself dealing with cold temperatures, ice, and snow. Here are a few ways to make your winter safer and more enjoyable.

Prevent Slips and Falls

- Wear cleats on your boots or shoes while outdoors.
- Take your boots or shoes off when indoors. They may have snow or ice on the bottom making them slick on smooth surfaces.
- Salt/sand driveway and sidewalks or have someone do it for you.
- Use an ice tip on your cane.

Keeping Warm

Older adults tend to produce less body heat than younger people and run a higher risk of getting hypothermia or frostbite. Warning signs of hypothermia include, lots of shivering cold skin that is pale or ashy, feeling very tired, confused and sleepy, feeling weak, problems walking, slowed breathing or heart rate. Warning signs of frostbite include, skin that's white or ashy (for darker skin) or grayish-yellow (for lighter skin), skin that feels hard or waxy, and numbness. Dress in Layers when going outside. For the best results, wear polypropylene or another man-made fabric next to the skin, a knit middle layer, and a man-made outer layer. Never stay in the cold if you have wet or damp clothing, it cools the body more quickly. Depending on the temperature or wind chill you may want to cover all exposed skin to reduce the risk of hypothermia or frostbite.

ICE SAFETY GUIDELINES:



Did you know?

- Ice always forms unevenly. It can be 2 feet thick in one spot, and just a few inches thick a couple feet away.
 - The most dangerous ice is formed over flowing water. It's especially dangerous near streams, culverts and bridges. Also, the faster the water is running, usually means the weaker the ice will be.
 - Snow insulates the ice and slows the freezing process. The added weight of the snow reduces the strength of the ice. Also, ice that is closer to shore is usually weaker than ice farther out.
 - Cracking and rumbling ice isn't always bad. The ice expands and contracts as the temperature rises and falls.
 - Fish and birds/wildlife can also effect the ice. Schools of fish can bring warm water from the bottom of lakes, and open holes in seemingly thick ice.
- ALWAYS BE CAUTIOUS WHEN YOU ARE ON ICE!**



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10 Tips for Green Thumb GARDENING

Don't like all the dirt in your fingernails while you work in the garden? Before you go out, run your fingernails across a bar of soap and you'll effectively seal the undersides of your nails so dirt cannot accumulate. Then, after you are all done gardening, use a toothpick or nailbrush to remove the soap and your nails will be sparkling clean.



Spray vegetable oil on your string trimmer to help prevent jamming or breaking (Treat before installing string in trimmer).



Make a convenient measuring tool out of a long handled garden tool by laying it on the ground next to a tape measure. Use a permanent marker to copy the inches and feet. Next time you are spacing plants you already have a dual-purpose measuring tool in your hand!

Write the names of your plants (With a permanent marker) on the flat parts of stones of any size and lay them in front of your plants for natural looking markers.



The next time you boil or steam vegetables, use the leftover water to water potted patio plants, and you'll be surprised at how the plants grow with "vege-soup."

You can use leftover tea and coffee grounds to help acidify the soil of acid-loving plants like azaleas, rhododendrons, camellias, gardenias and blueberries. A light sprinkle of about 1/4 of an inch applied once a month will help keep the pH of the soil on the acidic side.



You can use chamomile tea to control damping-off fungus, which often attacks young seedlings quite suddenly. Just add some tea to the soil around the soil of seedlings once a week for healthy plant.

Here is a really quick way to dry out your herbs: Just lay a sheet of newspaper on the seat of your car, arrange the herbs in a single layer, then roll up the windows and shut the car doors. Your herbs will be dry in no time!



Use your blender to grind up egg shells. Just like a mother bird chews up worms for the baby birds making the food easier to digest, grinding eggshells makes it easy for your garden to absorb the calcium egg shells retain.

Animals (cats especially) seem to think all of the hard work you've put into your garden looks like a huge litter box. To keep them from pooping on your basil and other plants, strategically place a few plastic forks around your plants to deter them from destroying your fresh herbs, fruits, and vegetables.



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626 N 6th St, Bismarck, ND
(701) 255-2657

BURLEIGH COUNTY VETERANS SERVICES OFFICE

221 North 5th St.
P.O. Box 5518
Bismarck, ND
(701) 222-6698

MORTON COUNTY VETERANS SERVICE OFFICE

210 2nd Ave. N.W.
Mandan ND
(701) 667-3365

CLUBS / ORGANIZATIONS

American Legion

Lloyd Spetz Post #1
P.O. Box 753
Bismarck, ND
(701) 258-3101

American Legion

Gilbert S. Furness Post #40
5009 Wagon Wheel CIR
Mandan, ND
(701) 663-7774

American Legion

Miller-Linn Post #90
PO BOX 104
Center, ND
(701) 794-3171

American Legion

Louis Ousley Post #163
PO BOX 51
Wilton, ND

American Veterans (AMVETS) of WWII

Roy C. Wagner Post #9
2402 Railroad Ave.
Bismarck, ND
(701) 258-8324

Disabled American Veterans

Adam Klein Chapter #3
P.O. Box 915
Bismarck, ND

Veterans of Foreign Wars

Gilbert N. Nelson Post #1326
1235 South 12th St.
Bismarck, ND 58504
(701) 222-1525

Vietnam Veterans of America

Bismarck Chapter #150
P.O. Box 6013
Bismarck, ND

USED AUTO & TRUCK PARTS

JOHNSON'S AUTO WRECKING

2295 Hwy 10 • Mandan, ND

"We buy salvage" • "We pick up"

Hours: 8am-6pm Weekdays

701-663-3957

*Certain species licenses are issues by lottery and require additional application procedures.
Contact the North Dakota Game and Fish Department for license availability and eligibility.*

Online: www.gf.nd.gov, By Phone: (701) 328-6300.

RESIDENT

FISHING, HUNTING, FURBEARER CERTIFICATE
(Prerequisite for All Hunting/Fishing Licenses) \$1.00

GENERAL GAME & HABITAT LICENSE
(Prerequisite for Hunting Licenses) \$13.00

COMBINATION FISHING/HUNTING
(General Ages 16+) \$32.00

SMALL GAME LICENSE
(General Ages 16+) \$6.00

SANDHILL CRANE PERMIT*
\$5.00

DEER
(Gun 1st Lottery) \$20.00
(Bow) \$20.00
(Youth Gun/Bow) (Ages 16 & Under) \$10.00

PRONGHORN
(Gun 1st Lottery) \$20.00
(Bow) \$20.00
(Youth Gun/Bow Ages 16 & Under) \$10.00

FURBEARER
(Trapping/Hunting Ages 16+) \$7.00

WILD TURKEY*
(Spring/Fall 1st Lottery) \$8.00

FISHING
(General Ages 16+) \$10.00
(Husband/Wife) \$14.00
(Senior Citizen 65+ & Permanently Disabled) \$3.00
(Paddlefish) \$3.00

NON-RESIDENT

FISHING, HUNTING, FURBEARER CERTIFICATE
(Prerequisite for All Hunting/Fishing Licenses) \$2.00

GENERAL GAME & HABITAT LICENSE
(Prerequisite for Hunting Licenses) \$13.00

SMALL GAME LICENSE
(General) \$85.00

WATERFOWL
(State-Wide) \$125.00
(Zone-Restricted) \$85.00

NON-GAME
(General) \$15.00
(Furbearer & Non-Game) \$25.00

SANDHILL CRANE PERMIT*
\$5.00

DEER
(Gun 1st Lottery) \$220.00
(Bow) \$200.00

PRONGHORN
(Bow) \$200.00

WILD TURKEY*
(Spring/Fall 1st Lottery) \$80.00

FISHING
(General Ages 16+) \$35.00
(Husband/Wife) \$45.00
(3 Day) \$15.00
(10 Day) \$25.00

**Requires small game license in addition to permit.*

Operating Watercraft

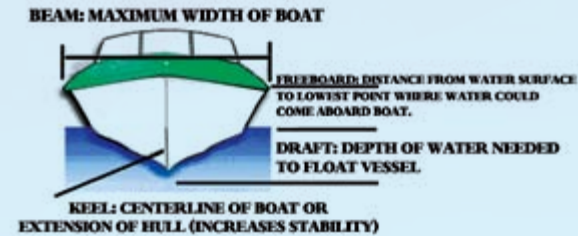
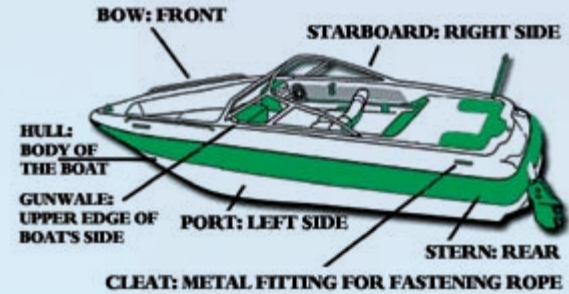
FOLLOW THESE GUIDELINES TO HELP PREVENT AND PREPARE FOR CAPSIZING, SWAMPING, OR SOMEONE FALLING OVERBOARD.

- MAKE SURE THAT YOU AND YOUR PASSENGERS ARE WEARING LIFE-JACKETS WHILE THE BOAT IS MOVING.
- ATTACH THE IGNITION SAFETY LANYARD TO YOUR WRIST, CLOTHES, OR LIFE JACKET.
- DON'T ALLOW ANYONE TO SIT ON THE GUN WALE, BOW, SEAT BACKS, MOTOR COVER, OR AREAS NOT DESIGNED FOR SEATING. ALSO, DON'T LET ANYONE SIT ON PEDESTAL SEATS WHEN CRAFT IS NOT IN IDLE.
- DON'T OVERLOAD YOUR BOAT. BALANCE THE LOAD OF PASSENGERS AND GEAR STORED ON-BOARD.
- KEEP YOUR CENTER OF GRAVITY LOW BY NOT ALLOWING PEOPLE TO STAND UP OR MOVE AROUND WHILE CRAFT IS IN MOTION.
- IN SMALL BOATS, DON'T ALLOW ANYONE TO LEAN BEYOND THE GUNWALE.
- TURN BOAT AT SLOW RATES OF SPEED.
- SECURE THE ANCHOR LINE TO THE BOW, NEVER TO THE STERN.
- DON'T RISK OPERATING WATER CRAFT IN ROUGH CONDITIONS OR BAD WEATHER.

Who May Operate a Motorboat

(OTHER THAN A PERSONAL WATERCRAFT)

- **FOR ENGINES 25 HORSEPOWER OR LESS:**
 - THOSE UNDER AGE 12 MAY OPERATE WITHOUT RESTRICTIONS.
- **FOR ENGINES OVER 25 HORSEPOWER THROUGH 75 HORSEPOWER:**
 - THOSE UNDER AGE 12 MUST HAVE SOMEONE 21 YEARS OF AGE OR OLDER ON BOARD WITHIN REACH OF THE CONTROLS.
- **FOR ENGINES OVER 75 HORSEPOWER:**
 - NO CHILDREN UNDER AGE 12 MAY OPERATE, EVEN WITH AN ADULT ON BOARD.
 - OTHER RESTRICTIONS APPLY TO BOAT OPERATORS 12 TO 17 YEARS OLD:
 - OPERATORS FROM 12 TO 17 YEARS OF AGE MAY OPERATE ENGINES OF 25 HORSEPOWER OR LOWER WITH NO RESTRICTIONS.
- **FOR ENGINES OVER 25 HORSEPOWER:**
 - OPERATORS 12 TO 17 YEARS OF AGE MUST HAVE: A WATERCRAFT OPERATOR'S PERMIT, OR SOMEONE AGE 21 YEARS OR OLDER ON BOARD WITHIN REACH OF THE CONTROLS.



All Watercraft Must Have...

- AT LEAST ONE COAST GUARD APPROVED TYPE 1, 2, 3 OR 5 FLOTATION DEVICE THAT IS THE PROPER SIZE FOR EACH PERSON ON BOARD OR BEING TOWED.
- ALL DEVICES MUST BE IN GOOD CONDITION AND EASILY ACCESSIBLE.
- CHILDREN UNDER AGE 10 MUST WEAR A DEVICE WHEN ON BOARD A BOAT THAT IS UNDERWAY UNLESS:
 - IN AN ENCLOSED CABIN OR BELOW DECK OR ON AN ANCHORED BOAT THAT IS BEING USED FOR SWIMMING OR DIVING OR PASSENGER CRAFT WITH A LICENSED CAPTAIN.
- ALONG WITH THE ABOVE AT LEAST ONE APPROVED TYPE 4 MUST BE ON BOARD BOATS 16 FT. OR LONGER (EXCEPT CANOES AND KAYAKS) AND IMMEDIATELY AVAILABLE.
- A COAST GUARD APPROVED TYPE 5 DEVICE MAY BE SUBSTITUTED FOR ANY OTHER COAST GUARD APPROVED DEVICE IF IT MEETS THE SAME REQUIREMENTS AND IS NOTED ON THE LABEL.
- ANYONE RIDING A JET SKI OR OTHER PERSONAL WATER CRAFT MUST WEAR AN APPROVED -NON INFLATING FLOTATION DEVICE, AS WELL AS ANYONE BEING TOWED BY A WATER CRAFT.

Here are some tips to make your life with vision impairment easier:

Brushing teeth-

Use the most colorful toothpaste available in store. This way when you are squirting it on your tooth brush it's easier to see how much to apply.

Using a cell phone-

Most Smart phones are voice activated. Ask your phone provider to set up your phone so it may be activated by voice commands.

Marking dials on the stove-

Use tactile paint or puffy paint to mark levels on the knobs. (These can be found at fabric stores) Or use liquid white out if you have dark colored or black stove dials.

Matching Socks-

Pin your socks together before putting them into the laundry. Use brass or stainless steel safety pins so they do not rust.

Lighting-

Increase the amount of light and focus it directly over the task at hand. LED lights, natural light and natural daylight bulbs are recommended. Do not use fluorescent lights, as fluorescent light causes glare.

Pouring liquids-

Pour coffee into a white mug; the contrast between the color of the mug and the coffee will make it easier to see how full the cup is. For cold liquids you can place your index finger inside the cup; you will feel when the liquid touches your finger.

Yoga is good for adults of all ages, especially seniors. Studies have shown that yoga can be extremely helpful when it comes to combating stress, fatigue and pain. Some yoga poses increase core strength and balance, which reduces the risk of fall-related injuries. Other poses can alleviate senior-related health issues such as menopause. Above all, yoga is a form of exercise that can help seniors feel younger.

The One-legged Wind Releasing pose is a good, gentle stretch for the mid- to low back and hips because it stretches all of the muscles in those areas, which helps resolve low back pain.



Here's How...

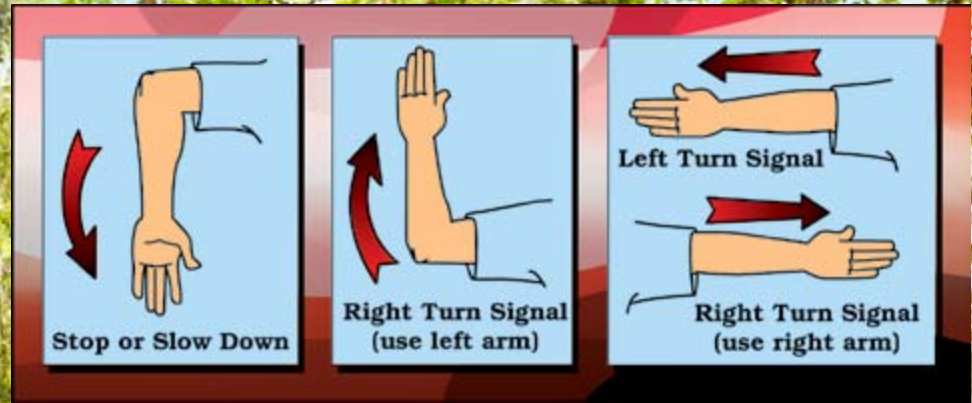
1. Lie down on your back with your knees bent and your feet on the floor.
2. Hug your right thigh to your chest, using a strap or belt to assist you, if necessary.
3. Straighten your left leg along the floor, keeping your foot flexed.
4. Keep your pelvis and right buttock on the floor (or, if you're unable, keep your left leg slightly bent).
5. Breathe deeply until you feel the muscles relax, and then stay a few breaths longer.
6. Repeat on the other side.

You may find that one side may take more or fewer breaths to relax, so pay attention to what your body's telling you.

Other poses aimed at reducing chronic back pain include relaxation pose, forward fold and seated forward bend in a chair.

Seniors know that other aches and pains can also get in the way of an active life.

Be Cautious of Other Bikers



- Be sure your handlebars, seat and wheels fit snugly.
- Keep your bike in good shape by checking and oiling your chain, making sure your brakes work properly and maintaining your tire pressure.
- Always ride with both hands on the handlebars except when doing turn signals.
- When leaving a driveway, curb or alleyway always stop and check for traffic in both directions.
- Cross only at intersections.
- Use the crosswalk to walk your bike across busy intersections and follow the traffic signals.
- Never ride against traffic.
- Travel in the same direction as the cars.
- Whenever you can, use bike routes and avoid busy streets.

Drink lots of Water!



Bicycle Hand Signals

- Always use bicycle hand signals to alert traffic of your changing direction.
- Don't ride near parked cars as doors can open and cause accidents.
- Obey all traffic signs and traffic lights.
- When biking with friends, ride in a single file.
- Always pass other bikers or pedestrians on the left and say "On your left!" to make your presence known.

Congratulations! You're (not) a Millionaire! But reading this article is for your benefit.

Clever schemes are used by people every year. They often combine technology and sophisticated tricks to get people to send money and give personal information. New twists and old schemes add pressure to get people to make important decisions.

Some common work-at-home scams tell you how the Business Opportunity Rule requires people who promote legitimate opportunities to support their claims. If you're looking to work at home whether it's an internet business, mystery shopping job, direct selling through a multilevel marketing plan, or something else do your homework first.

Be cautious when receiving mail and email that offer money, jewelry, or vacations in exchange for money or personal information. Also beware of prize and sweepstakes scams. Sweepstake scams often target older people and have official looking letters, with seals, stamps and identification numbers and will say things like "You have won a million dollars" but to claim the million they will have you send money by cash, check or money order. The only ones collecting money are the scam artists behind the scheme.

Don't send money or give them your checking account or credit card number. Take your time and talk to someone you trust before you do anything. By talking about the scams you might help someone you care about avoid falling for one. Report scams at ftc.gov/complaint or 1-877-FTC-HELP. Your report makes a difference.

Tactics are constantly changing for scammers. The Financial industry Regulatory Authority (FINRA) funded research to better understand these tactics. Many of these techniques are similar to marketing approaches used by legitimate businesses.

To report a scam you should contact the Better Business Bureau (BBB) at 3033 Wilson Blvd, Suite 600 Arlington, VA 22201. This should be done by letter or by e-mail: ask@thefirstbbb.org

Get Active!!!

Go Outside
and Do
SOMETHING!

- Yard Work
- Gardening
- Walk the Dog
- Bike Ride
- Swimming
- ANYTHING!!!

Anything to get your heart rate up,
and your blood flowing...

YOU'LL FEEL BETTER

and it's good for your health!

Online Safety Tips

With the internet we can email, send messages, check the news and weather, stay in touch with family and friends, shop, make travel plans, manage spending.

With so much being done on the computer, you need to go about things safely. Many crimes today are committed on the internet. People can be scammed, stolen from or abused online, and many of the scammers target older people, often through things like emails, health care, and dating services.

- Don't reveal any personal information online. This includes things such as your name, email, social security, address, age, birthday and phone. Thieves can piece together your information and use it to steal your identity or money. Seniors are defrauded twice as much as others.
- Most banks and other organizations will never ask for your personal information via email. Be wary of any emails asking for your information or offering something for free, and do not open emails from unknown senders.
- When looking up information be sure the information and the website it is on are current, and do not only use a single website. Sites with .edu or .gov at the end can be good information sources.

SUCCESSFUL AGING

Regular Exercise -

Exercise boosts your mood and keeps you in shape

Education -

Keep learning new things

Maintain Good Relationships -

Spend time with friends and family

Watch What You Eat -

Keep a balanced diet and regular proportions.

Positive Attitude -

Keeping a good outlook keeps you happy

Get Plenty of Rest -

Take the time to relax

Keep Trying New Things -

Be open to new experiences

Stay Creative and Curious -

Never stop expanding your boundaries



FALL PREVENTION SAFETY

1. Remove obstacles in the house that could cause tripping—everything from small floor rugs to objects on the floor like an oversized vase or magazine stand.
2. Install handrails and lights on staircases, with light switches at the top and bottom of the stairs.
3. Install shower and tub grab bars in the bathroom, around the toilet and the tub.
4. Place no-slip mats on the shower floor and bathtub.
5. Paint doorsills with a different, highlighting color to avoid tripping.
6. Put on hip pads if you're at high risk for falls.
7. Make home lighting brighter, but prevent glare.

STAY HYDRATED

Seniors are more susceptible to dehydration than younger people because they lose their ability to conserve water as they age. They also can become less aware of their thirst and have difficulty adjusting to temperature changes. Remember to drink water often, and be sure to pack some for those long summer drives.

PROTECT YOUR EYES

Vision loss can be common among the elderly, and too much exposure to the sun can irritate eyes and cause further damage. Wearing sunglasses can protect your eyes from harmful UV rays and preserve your vision.

RUB ON SUNSCREEN AND WEAR HATS

Everyone, young and old, should wear sunscreen when outdoors. The elderly especially need the extra sun protection to help keep them healthy. Caregivers, family and friends can help by gently reminding loved ones about applying sunscreen and helping to put it on when necessary. Hats are also a great idea, especially for those with light colored hair and those with only distant memories of a full head of hair.



FIRST AID FOR INSECT BITES/ANAPHYLAXIS & POISON SAFETY

INSECT BITES/ANAPHYLAXIS

Anaphylaxis is a severe allergic reaction from insect bites (latex, food and drug allergies can also cause Anaphylaxis). Typical symptoms include hives, the swelling of lips or eyes, swollen throat, drop in blood pressure, light headedness, confusion, nausea or diarrhea. If someone is having an allergic reaction from an insect bite with these symptoms:

POISON PREVENTION

Teach your children about poison and how it can look like a food or drink. They should always ask an adult before eating or drinking

anything. Have them learn the poison control phone number: 1-800-222-1222 and keep it programmed or posted near all your phones. Here are some prevention tips.

Lock up your poisons and medications.

Keep them out of the reach of children, lock them up if possible. Make sure your children understand that medicine is not candy.

Follow directions carefully. Read your labels. Be sure to use and store all poisons and medications properly according to recommendations.

Keep

your pets safe from household chemicals, too. Don't allow pets near areas that have just been cleaned with chemicals, such as freshly mopped floors or bleached bathtubs and sinks. Clean up any antifreeze/coolant spills. Pets like the flavor but they can die if they ingest it. Store poisonous foods or plants in areas that your pets cannot access. Call your local emergency veterinary hospital if you believe your pet has been poisoned.



FIRST AID FOR BURNS & CHOKING

BURNS

For minor 1st and 2nd degree burns smaller than 3" in diameter: Cool the Burn. Run cool water over the burned area for 5 minutes, or until the pain diminishes. Never put ice on a burn!

Bandage the burn with sterile gauze:

It is important to use loosely wrapped gauze. This will avoid pressure and the bandage protects blisters. NEVER put lotions, vaseline, ointments or butter on burn. Do not break any blisters, which can cause infection.

Take Aspirin, Ibuprofen, Naproxen or Acetaminophen to relieve pain:

Minor burns usually heal with these basic treatments. Be aware for signs of infection which may include: increased pain, redness, fever, swelling or oozing. If symptoms develop, seek medical help. Avoid tanning the burned area for at least a year. Protect the area with sunscreen outdoors. Avoid giving aspirin to children.

For 3rd degree burns/all major burns - DIAL 911

DO NOT run cold water over large severe burns - this can cause shock.

DO NOT remove burnt clothing.

Check for signs of breathing/coughing/movement.

If there are no signs of breathing begin CPR.

Elevate burned areas above heart level, if possible.

Cover the burn(s) with cool, sterile, moist bandages, towels or cloth.

CHOKING

Most people clutch at their throats when choking, an obvious symbol for help. However, if a person isn't giving that signal, be alert for these indications. Inability to talk, difficulty breathing or noisy breathing, inability to cough forcefully, skin/lips/nails turning blue, loss of consciousness.

The Red Cross recommends a "five-and-five" method for first aid: First give five blows between the person's shoulders with the heel of your hand. Second, perform the Heimlich maneuver (abdominal thrusts) five times. Alternate between five back blows and five abdominal thrusts until the blockage is dislodged.



IN AN EMERGENCY, DIAL 911

Shop • Dine • Play • Stay



LOCALLY

...and support
the community
you live in!

you live in!
the community
you live in!