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Are You "Beach Ready"?

Super simple small changes that will guarantee a better "Beach Ready" you this Bolivar beach season 2014.

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Home Delivered Meals

DID YOU KNOW...Galveston County Parks and Senior Services provides a community service called, the Home Delivered Meals Program.

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SENIOR LIVING

Galveston County Parks and Senior Services NEWSLETTER March/April



AND THE WINNER IS...

During a recent Texas Recreation and Parks Society (TRAPS) East Regional Workshop, GCPSS earned top bragging rights for a regional photography competition showcasing our impressive community parks, programs and services.

AWARD WINNING PHOTOS

Top left: Color Vibe at Jack Brooks Park

Top right: Easter Hat Parade at Carbide Park

Bottom left: Groundbreaking at Gregory Park

Bottom right: Battery Ernst at Fort Travis Seashore Park

Below: Carbide Park on a Sunny Day



Advice from the pros:

Taking Care of Ourselves as we Age

Everyone wants to remain as healthy and independent as possible for as long as possible. We can control many aspects of aging in the choices we make for ourselves.

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Tourist in Your Own Backyard:

According to the National Recreation and Park Association, "out is in."



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Line Dancing Class

Johnson Community Center

Tuesdays & Thursdays

10 am

EVENT HIGHLIGHTS MARCH/APRIL

To view event calendars from any of our 3 community centers please visit: www.galvestoncountytx.gov under "Constituent Services."

MARCH

DICKINSON COMMUNITY CENTER:

March 7th - Spring Forward Pajama Party! PJ's are the official attire of the center today. Celebrate with us and prepare for daylight savings time! Join us at 10 am. Entry is FREE!

BACLIFF COMMUNITY CENTER:

March 10 - St. Patrick's Day Shamrocks! Have the luck of the Irish by making Shamrocks out of green felt, 4 leaf clovers, colorful markers, decorate with colorful letters or bring your own decorations. Class begins at 10 am. Entry is FREE!

APRIL

BACLIFF COMMUNITY CENTER:

April 8 - Stylish Easter Baskets! Bring your own basket and create a masterpiece with fun items like eggs, grass, carrots, ribbons and lots more. Be at the center at 10 am. Entry is FREE!

DICKINSON, BACLIFF and JOHNSON CENTERS: **April 17th** - Easter Celebration at Runge Park! Games, decorated basket contest, Easter bonnet parade and so much more. Fun begins at 10 am. Entry is FREE!

JOHNSON COMMUNITY CENTER: **April 23** - Birthday Celebrations! Join us as we celebrate April birthdays with ice cream & cupcakes sponsored by Elmcroft Assisted Living. Celebrations at 12 pm. Entry is FREE!



APRIL 17

Senior Easter Party 2014

Runge Park - 4605 Peck Ave

Santa Fe, TX 77510



Advice from the pros:

TAKING CARE OF OURSELVES AS WE AGE

Everyone wants to remain as healthy and independent as possible for as long as possible. We can control many aspects of aging in the choices we make for ourselves. A recipe for healthy aging would include the following:

Healthy Eating. Good nutrition keeps muscles, bones, and other body parts strong for the long haul. Vitamin enriched foods boost immune systems and fight toxins. Proper diet reduces the risk of heart disease, stroke, high blood pressure, diabetes, bone loss and anemia.

Physical Exercise: Exercise benefits every part of the body and protects against many health problems. Geriatric experts tell us that exercise lowers the risk of depression and even slows changes in the brain. Twenty to thirty minutes of moderate exercise on most days of the week can provide tremendous benefits.

Mental Exercise: There are many activities that keep our minds and memories sharp and promote the growth of new brain cells and brain connection. Taking a class to learn something new, reading the newspaper, attending the theatre or playing games such as Checkers, Chess, or Farkel are all simple

activities that can contribute to a healthier brain. Humor is also protective and can contribute in physiological ways as well. Find things that make you laugh every day.

Socialize: Research continues to show what most of us already know. Even as we grow older meaningful social interaction remains important to our wellbeing in a number of ways. Seek out activities with others at Senior Centers and in church groups. Many local colleges offer classes of interest at reduced cost to seniors.

New to our area are Laughter Clubs and Presentations provided by Certified Laughter Leaders which include breathing techniques, laughter exercises, and the principles of Good Hearted Living.

It's never too late to improve the rest of your life!

Mari Berend

Community Relations Director,
Right at Home
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Certified Laughter Leader
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409 - 457- 4085

 **Right
at
Home**[®]
In Home Care & Assistance



HOME DELIVERED MEALS

Did You Know...?

Galveston County Parks and Senior Services provides a community service called, the Home Delivered Meals Program.

The HDM program is funded through an Area Agency on Aging grant provided by the Houston - Galveston Area Council.

GCPSS' drivers deliver 5 meals each week to eligible homebound older adults in their place of residence.

The HDM drivers deliver hot, cold, frozen, dried, canned, fresh or supplemental food. The program's dietary guidelines were established by the Food and Nutrition Board of the Institute of Medicine of the National Academy of Sciences and comply with the most recent Dietary Guidelines for Americans, published by the U.S. Secretary of Agriculture.

Eligible clients are those who are 60 years of age and older and meet certain criteria of being considered "homebound."

GCPSS' Case Managers assess each older adult applying for the HDM program to determine eligibility by conducting a Participant Assessment, which includes an in-home/on-site assessment of daily living, nutritional

health, home environment and needs.

GCPSS' Case Managers also conduct a Participant Reassessment review with all clients once-a-year to establish eligibility for the following year.

Our HDM program delivered more than 107,000 nutritious meals to homebound older adults in 2013.

GCPSS has received the highest distinction of accreditation awarded by the National Institute of Senior Centers (NISC).

GCPSS' HDM program is in need of volunteers. For more information on how to become a HDM volunteer please contact: GCPSS Programs Manager, Jennifer Krupa at 409-934-8126 or email her at program-info@co.galveston.tx.us.

For more information on any of the senior services provided by GCPSS call 409-770-6251 or 409-934-8100. To chat with a member of our team please email us at: program-info@co.galveston.tx.us or visit us online at: www.galvestoncountytexas.gov under "Constituent Services."



ARE YOU BEACH READY?

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Five super simple small changes that will guarantee a better "Beach Ready" you this Bolivar beach season 2014.

1 – *Make one really small change to your diet.*

If you're an evening "sweet" eater, don't stop eating sweets, just change the time you eat them. Starting today, make a very small change to your diet by eating sweets no later than 4 pm. When you get that urge for sweets in the evening try drinking a glass of chocolate milk or add a coffee flavored creamer to almond milk or coconut milk or soy milk, or try a low calorie beverage of your choice to curb the urge to reach for that sweet treat. Coffee flavored creamers aren't just for coffee. Get creative!

2 – *Take a 10 – 15 minute walk every other day.*

This is a small change that really works. By walking a few

minutes every other day, it gives your body (and mind) time to adjust to the changes. This is called conditioning. Besides, walking is a great way to feel connected to you community and it's free!

3 – *Get an inexpensive iPod or add music or audio books to your cell phone.*

Let sound be your partner when taking those short walks. Listening to a good audio book or to your favorite musical artists is just as good, if not better, than having a walking buddy!

4 – *Before you leave home have your day planned out.*

These days, no one has time to waste, so have a plan ready to go. Where will you park? At what public beach access point will you enter, if walking, how far down the beach will you go, when will you turn around and head back? Here's an idea, combine your Bolivar beach walk with a shell expedition!

5 – *Don't forget to buy a \$10 Bolivar beach parking sticker.*

Whether you buy a sticker for yourself, or whether you buy it as a gift for someone else, either way, if you plan on going to the beach this season to exercise, walk the dog, camp, rent a beach house, bird watch, enjoy a great sunrise/sunset or just relax, and you use a motorized vehicle to get onto the beach, you will need to have a parking sticker. Bolivar beach stickers are only \$10!

For more information on beach stickers call 409-684-1333, visit www.galvestoncountytx.gov under "Constituent Services" or email us at: beachstickerprogram@co.galveston.tx.us.





Carbide Park

4102 Main St.

La Marque, TX 77568

409-934-8100

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Tourist in Your Own Backyard

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According to the National Recreation and Park Association, "out is in." So we thought this would be the perfect time to highlight one of our Galveston County parks and emphasize all that this local park has to offer.

CARBIDE PARK:

Walk/Jog/Bike Trail: Want to exercise? This park has a scenic walking trail that doubles as a jogging trail and triples as a bike trail. It's plenty wide enough for more advanced exercise enthusiasts to pass and beginners to learn.

Rental Facilities: Hosting an outdoor party? There's a screened shelter ideal for family barbeques and a huge pavilion perfect for outdoor events.

Is hosting an indoor event more your style? We've got you covered! The Johnson Community Center is conveniently located at Carbide Park and provides the space you need for a wonderful event and easily accommodates 300 guests for larger gatherings, and another fabulous facility is Pioneer House, which holds up to 75 people.

Playgrounds and Sports Fields: Let's play! There are

two large playgrounds for the kids to enjoy, a multi-purpose sports field for the more competitive games and basketball and tennis courts side by side, offering players an opportunity to polish their skills.

Galveston County's Master Gardeners' Research and Education Garden: Like to garden? Need some free advice from a pro? The first Thursday of each month from 9 to 11 am park visitors can leisurely chat with several Master Gardeners, or be at the park at 9 am sharp and take a free guided tour. For more info please visit www.aggie-horticulture.tamu.edu/galveston/.

www.aggie-horticulture.tamu.edu/galveston/.

A Place to Relax: Looking for some R&R? Bring a blanket, a lawn chair or just relax at any number of picnic tables located throughout the park.

For more information call: 409-934-8100 or visit www.galvestoncountytexas.gov under "Constituent Services" and click on Facility Reservations or email us: program-info@co.galveston.tx.us.



An Interview with a Very Important Senior

**Julia
Porter**

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Julia Porter is our "VIS" for the March/April issue of Senior Living. She attends the Dickinson Community Center.
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Q & A Interview:

What is your age?
I'm 70.

What part of Galveston County are you from?
I live in Dickinson, TX.

How long have you been attending the Dickinson Community Center?
I've been coming to the center for more than 12 years.

How did you learn about the center?
I knew about it from the neighborhood.

Why do you continue to participate?
I like the people and I enjoy helping others.

What is your favorite community center activity?
I like the variety of games that we play. I'm really enjoying our new game called Wits & Wages.

What is your favorite lunch meal?
I like when they serve Swedish Meatballs.

What is your favorite special event?
Bus Ride Surprise.

What is your favorite day trip/social outing?

Blue Bell Creameries.

Favorite person(s) at community center to have conversations with?
I like speaking with everyone. My husband, brother, sister and sister in law attend the center, but I feel everyone who comes here is extended family.

If you were granted three wishes what would they be?
1. Go on a cruise to the Bahamas.
2. Win a million dollars.
3. Have a facility that is strictly for seniors.

CREW OF THE YEAR

Parks Division Honors North District Mobile Park Maintenance Crew



Jeff

Q. Why do you think your crew was chosen for the "Crew of the Year" award?

A) Because we take pride in our work.

Q. What do you like best about your job?

A) Working outdoors.

Q. How do you turn a bad day around and make it good?

A) Being among my co-workers changes everything.

Q. What special skills do you have?

A) Working on cars.

Q. What's something about you that most people don't know?

A) I like to dance.

Q. If you could have one super power what would it be?

A) If I had super powers I'd make the world a better place.

Curtis

Q. Why do you think your crew was chosen for the "Crew of the Year" award?

A) We take pride in our work and give 100 percent to each park.

Q. What do you like best about your job?

A) Working with the public and completing a job.

Q. How do you turn a bad day around and make it good?

A) Motivation.

Q. What special skills do you have?

A) Leadership skills, I'm a problem solver.

Q. What's something about you that most people don't know?

A) I enjoy going to the cemetery and landscaping family and friends graves.

Q. If you could have one super power what would it be?

A) The power to create world peace and bring everyone together. I'd also create more jobs.

Roy

Q. Why do you think your crew was chosen for the "Crew of the Year" award?

A) We are a crew of 3 and we like to put effort in the work that we do.

Q. What do you like best about your job?

A) I like working for Galveston County Parks and talking with the public.

Q. How do you turn a bad day around and make it good?

A) If I'm having a bad day the crew that I work with will make my day.

Q. What special skills do you have?

A) I do auto service.

Q. What's something about you that most people don't know?

A) I like to go fishing.

Q. If you could have one super power what would it be?

A) I'd use my super power to increase the minimum wage.



Kelly Snook, director
of Galveston County
Parks and Senior
Services

BEHIND THE SCENES

We had an opportunity to sit down with Kelly Snook, director of Galveston County Parks and Senior Services for some Q & A as she graciously shared some personal information about herself leading us to the conclusion that her role as director of GCPSS was not one of chance, but one of fate.

Q. What or whom influenced you to seek a career in Parks and Recreation?

A) I've always been interested in Landscape Architecture and that's why I pursued a degree in it. Just after I graduated from college I worked as a

planning technician and my next job was as a Landscape Architect. It was there that I discovered that I loved working in parks and public service. I stayed in this industry because I sincerely love what I do. I'm part of a military family. My father and one of my brothers are both in the Army and they are both career soldiers. My mom and my other brother are both educators. "Public service is an important value in my family."

Q. If you had to narrow it down to just one thing that you are the most proud of in your career so far what would it be?

A) That's extremely tough to do, because I've been so fortunate to have

worked beside many talented individuals and on many interesting projects. It was a privilege to serve as chapter president for the American Society of Landscape Architects, a group of 1100 members from the State of Texas, but what I'm most proud of is "quiet victories," those moments when you know that you've done something good for the community.

Q. What is your most favorite part of your job here in GCPSS?

A) That's like asking me which child is my favorite! Honestly, there are so many parts of my job that I enjoy that it's really difficult to narrow it down to just one thing. I love working on projects that include Fort Travis, Bolivar beaches and Jack Brooks Park, but if I have to choose my favorite part of my job, I would have to say visiting with seniors at our community centers, "they lift me up."

Q. Do you have a favorite Galveston County park and why?

A) That changes each day. So I would say, right now, my interest is Fort Travis Park because of its military significance. It's a part of our nation's military history and that's truly impressive. Then, factor in the bunkers and the beautiful gulf view and you get extraordinary! Fort Travis has enormous potential and I'm honored to be a part of a project that will encourage the public to visit it, understand its significance and simply enjoy precious time spent there.

Q. What is your favorite thing to do in GC parks?

A) That's easy! I love to take walks in our parks or on the beach on my off time.

Q. Is there anything else Parks & Senior Services related that you would like to share with readers?

A) Yes; I'd like to add that there are many fabulous parks in Galveston County. Residents have an opportunity to get outside and enjoy countless amenities that our parks offer and that make Galveston County Parks System so very special.

RINGO THE GOOSE



Fun Facts

- White Chinese geese originated in Central Siberia more than 2,000 years ago and is kin to the Wild Swan goose.
- Chinese geese have a “basal knob” or a big orange bump on the upper part of its bill, which looks like it’s part of its forehead. The knob is larger on males than females.
- Chinese geese are a very talkative breed of geese. Due to this characteristic, they make wonderful pets and will warn you when visitors or strange occurrences happen on the premises.
- Chinese geese are available in two colors: brown and white. White geese have blue eyes; the distinctive knobs on their foreheads are orange, as are their feet and bills.
- At maturity, ganders (males) weigh about 12 pounds; geese (females) weigh about 10 pounds.
- Favorite eats: lawn clippings or pasture. These birds are nicknamed “weeder geese” because they will eagerly chomp down on overgrown, weedy areas.
- The earliest record of Chinese geese in America is in 1788, owned by George Washington; he had two.

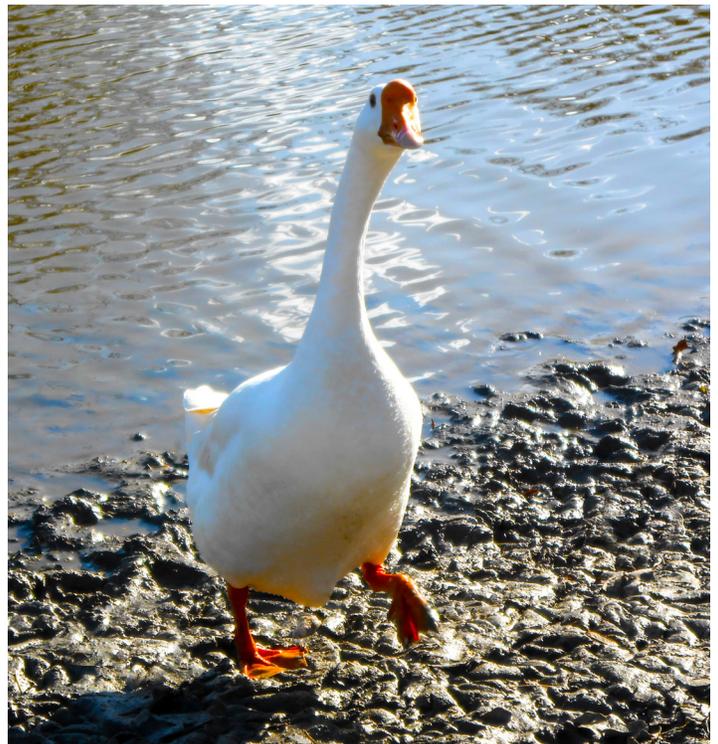
WELCOME HOME RINGO!!!!

This is Ringo, a female Chinese Goose, less than a year old and doing her best to adjust to her new life here at Walter Hall Park in League City, TX. Ringo was hand-raised in Santa Fe, TX and is less than a year old. Her 1st birthday is in April.

In late November 2013, just before Thanksgiving, the Galveston County Parks and Senior Services Park Operations/Trades Manager, Cameron Parker and Assistant Director, Julie Diaz, rescued Ringo from the Santa Fe Feed Store to help with the beautification of Walter Hall Park pond and to give visitors some beautiful and interesting wildlife to observe and enjoy.

So we did a little research and came up with a few fun facts about Ringo’s breed that we’d like to share with you.

Join us in April to celebrate Ringo’s 1st birthday!



Lunch Menu Spotlight

Join us at any of our three community centers for fabulous food, friendship and fun!



MONDAY
March 3

Swiss Steak
Oven Roasted Potatoes
Stewed Tomatoes
Wheat Bread
Fresh Fruit
Milk
Margarine

WEDNESDAY
March 5

Tuna Macaroni Salad
Tossed Salad
Green Pea Salad
Saltine Crackers
Fresh Fruit
Milk
Italian Salad Dressing

FRIDAY
March 14

Stuffed Potato Casserole
Green Beans
Parslied Carrots
Wheat Bread
Fresh Fruit
Milk

MONDAY
March 17

Salisbury Beef
Onion Gravy
Scalloped Potatoes
Cabbage with Carrots
Dinner Roll
St. Patrick's Cookie
Milk
Margarine

THURSDAY
March 27

Beef with Peppered Gravy
Macaroni and Cheese
Green Beans with Onions
Wheat Bread
Lime Gelatin
Milk

MONDAY
March 31

Swedish Meatballs
Confetti Rice
Mixed Vegetables
Wheat Bread
Fresh Fruit
Milk

We serve lunch at our community centers Monday - Friday. The Lunch Program is offered to seniors 60 years or older. To learn if you meet the requirements of this program call us at 409-770-6251. To view a complete lunch menu list please visit www.galvestoncountytx.gov or email us at program-info@co.galveston.tx.us.



Contact Us

Galveston County Parks and Senior Services
4102 Main St. La Marque, TX 77568
Administration Offices: 409-934-8100
Hours: Monday-Friday, 8 A.M. – 5 P.M.

Bacliff Community Center:
4503 11th St., Bacliff, TX 77518
Main Office: 281-316-8822
Center Manager: Peggy Davis @ peggy.davis@co.galveston.tx.us

Dickinson Community Center:
2714 Hwy 3, Dickinson, TX 77539
Main Office: 281-309-5011
Center Manager: Nora Belcher @ nora.belcher@co.galveston.tx.us

Johnson Community Center:
Address: 4102 Main St., (FM 519) La Marque, TX 77568
Main Office: 409-770-6251
Center Manager: Olda Perez 409-934-8148 @ olda.perez@co.galveston.tx.us

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We want to hear from you. Facebook message us at www.facebook.com/galvestoncountytexas.

For more information please visit our website at www.galvestoncountytexas.gov under "Constituent Services."