

JERSEY VILLAGE SENIOR OUTREACH

Monthly Programs Newsletter

MARCH 2021

As we see the temperatures return to a normal range, many members and JV residents are still trying to clean up and repair from Uri. If you need any help that JVSO can provide, please don't hesitate to ask.

Below are some resources for those that have damage or need assistance:

- City of Jersey Village information
<https://www.jerseyvillagetx.com/page/article/210>
- Storm relief fund information
<https://www.greaterhoustonrecovery.org/>
- <https://www.disasterassistance.gov/>
- <https://houstonemergency.org/winter-weather-february-2021/>
- Local churches have food pantries weekly if you or someone you know needs groceries.
 - Champion Forest Baptist Jersey Village on Rio Grande – Tuesday and Thursday 9:00-11:00
 - St. Maximillian Catholic Church on West Rd – Wednesdays 3:30-5:00
- Service companies that have been recommended by JVSO members are on our website https://jersey.helpfulvillage.com/pe_categories



FOOD FOR THOUGHT

In February Sally Davis from Amazing Place spoke to us about nutrition for brain health. She presented 6 strategies for memory preservation.

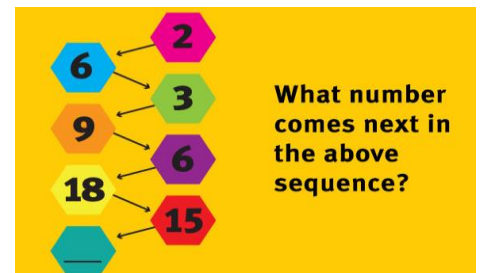
1. Antioxidants: Spices and herbs, specifically cinnamon, turmeric and ginger; Leafy green vegetables; Beans; Nuts and seeds; Fruits and berries; whole grain.
2. Reduce insulin resistance and improve sugar metabolism: Spices and herbs; Beans; Nuts and seeds; Fruits and berries; Whole grain; Green tea; Natural sugar substitutes.
3. Reduce bad cholesterol and unhealthy fats: Spices; Oatmeal; Grapefruit and Red grapes; Fiber; Fish/seafood; Spices; 70% dark chocolate; Olive oil, grape seed oil, canola oil.
4. Increase Omega 3's, decrease Omega 6's: Avocado; Olive Oil; Fish; Flax seeds; Green leafy vegetables; Walnuts.
5. Reduce inflammation: Whole grains; Flax seeds; Green leafy vegetables; Seafood; Nuts; Spices and herbs (cinnamon, ginger, turmeric).
6. Ensure adequate vitamins, specifically B, C, D, E. Talk to your health care professional about what is right for you.

She said eat the rainbow, whole foods (not packaged or processed). Eat what is from a plant, not what is made in a plant. Lastly, drink 6-8 glasses of 8oz water a day.



March Presentation: Getting Down to Earth

Teresa See, Harris County Master Gardener will present to JVSO members on planning and building a vegetable garden, which includes container gardening. March 10th at 10:00am. Please join the Zoom to hear the valuable information she will share on starting, maintaining or tending to your garden.





Links to the virtual activities will be in weekly emails and on our website at www.jvso.org.

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| 3-3 | 3:00 pm | Film Club:
"The Life Ahead" |
| 3-4 | 3:00 pm | Chair Yoga |
| 3-5 | 8:30-9:30 am | Coffee-Conversation-Tech |
| 3-9 | 1:00 pm | Game Day: Bingo |
| 3-10 | 10:00 am | Presentation: |

Getting Down to Earth

Presented by Teresa See, Master Gardener

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| 3-11 | 3:00 pm | Chair Yoga |
| 3-12 | 8:30 am | Coffee-Conversation-Tech |
| 3-16 | 1:00 pm | Cooking Class |
| 3-17 | 3:00 pm | Film Club: Movie
"The Founder" |
| 3-18 | 3:00 pm | Chair Yoga |
| 3-18 | 7:00 pm | TED Talk:
Price of Shame: Monica Lewinsky |
| 3-19 | 8:30-9:30 am | Coffee-Conversation-Tech |
| 3-23 | 1:00 pm | Game: Bingo |
| 3-25 | 3:00 pm | Chair Yoga |
| 3-26 | 8am-10am | Coffee and Conversation |
| 3-31 | 3:00 pm | Book Club:
"Bad Blood: Secrets and Lies in a Silicon Valley "
by John Carreyrou |

Do you have a skill, talent, recipe, game, or topic of discussion you would like to present in a Zoom class (or in person once we go live)? If so, email Karie Lawrence at jvsoinfo@gmail.com.

STAY ACTIVE !

STAY HEALTHY !

STAY CONNECTED !

Member Spotlight

We are spotlighting member Shirley Kennedy on our website. We hope you will click on the link below and read about Shirley. This is the first in an occasional series highlighting a member of JVSO.

~ Nancy Frankel

https://jersey.helpfulvillage.com/editable_pages/10054-senior-spotlight



City of Jersey Village Activities and News

- 3-5 7-8:30pm Art Class
<https://www.jerseyvillagetx.com/page/recreation.art>
- 3-7 12-3pm Farmer's Market
- 3-15 7:00pm City Council Meeting
- 3-21 12-3pm Farmer's Market
- 3-26 2-7:30pm Food Truck Friday at Carol Fox Park by the JV pool

Pickleball is offered twice a week. Check out the city's calendar for more information.

<https://www.jerseyvillagetx.com/page/calendar>



COVID 19 Vaccine Update

Is there a light at the end of the tunnel for live events? We are happy to report, as far as we know, the majority of our members have received their first vaccine, and either have received their second or are scheduled to do so. The appointments are easier to find now, and although they are only providing vaccines to 1A and 1B individuals, it will probably change in the near future. The most reliable reservation is through Harris County and Houston Mass vaccination waitlist, and CVS online <https://www.cvs.com/immunizations/covid-19-vaccine> (appointments are updated often so look early each day if not several times a day).

If you would like JVSO to help you with vaccine information contact jvsorequest@gmail.com.



Answer: 45