

COMMUNITY CENTER NEWSLETTER



WELCOME...

Hello to all of our members, with 2025 bringing in new beginnings, we at the Page Community Center want to wish you all a very Happy New Year. In our first Newsletter, we want to

highlight great things in review of 2024, our current renovation updates, tips for a healthier you, announcements of amazing individuals whom volunteer in our community, birthdays throughout the year, jokes to make you laugh and other things to share, as well as what's ahead.





Hello everyone and Happy 2025,

We have had a wonderful year at the Community Center, and for this, I would like to say thank you to our patrons and to the staff. The feeling of excitement coming to work is a unique one but because of the people I find surrounding me, this feeling has yet to go away. We have said farewell to some employees, but we have welcomed amazing people to fill their shoes. I could not ask for better personnel and here they are:

Wenona Benallie: Transportation and Activities

Nora Black: Executive Cook

Nealsa Curley: Community Center Aide

Amanda Elshire: Assistant Cook

John 'JR' Roberson: Transportation

Madison Thompson: Program Coordinator

This list does not include the amazing volunteers we have and without them, keeping the center running smooth would be a difficult task. They say, "it takes a village" and I know firsthand how valuable our village is.

This past year we experienced excitement and the feeling of being lost due to the renovation, but we are moving forward so it will not be long before we are all in the same building once again. For this, we are all anxious for it to be done and we appreciate your patience during this time.

We hope you will enjoy our new newsletter that we hope to provide every month and if you have any suggestions, please feel free to come and talk to me. Your input is valuable, and we hope you contribute to the newsletter.

"May this new year be the beginning of something great"

Becky Reed, Manager



SOME HIGHLIGHTS OF 2024:

THANK YOU...

We'd like to thank all that has always been involved in all that we do at the Community Center. Your extended involvement keeps us busy to provide you with more crafts and activities for you. Thank you for all the continuous support in all that we do.



Thank You!



ONGOING RENOVATIONS:

Page Community Center

As we continue with the renovations, with new restrooms, new roof and an access door to the outside patio, we'd like to show a small glimpse of what is happening in the building. We appreciate your patience and we look forward to celebrating with you when the Page Community Center reopens!



TIPS FOR YOUR HEALTH:

Start your New Year with a healthier mindset.
Small things add up to bigger things. Stay moving!

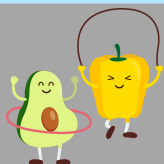


Out with New Year Resolution and in with Health Esteem!

People are overwhelmed with the idea of depriving oneself of what they love or know too well. So, the hashtag [#WorldHealthEsteemMonth](#) on social media will spark new thoughts on well-being and self-affirmations to move towards a healthy you. Somethings you can do for your Health Esteem are:

10 Tiny Ways to Improve Your Health Esteem

1. *Wake Up On The 1st Alarm.*
2. *Do the Hardest Thing First.*
3. *Make Time To Eat Breakfast.*
4. *Replace Dirty Energy With Clean Energy.*
5. *Plan Lunch The Day Before.*
6. *Swap Afternoon Treats For Superfood Desserts.*
7. *Give Energy.*
8. *Do A Post-Work Reflection.*
9. *Slow Dinner Down.*
10. *No-Screens 30 Minutes Before Bed.*



Confidence can be built in many ways -- working out, practicing self-care, being kinder to yourself -- but new research shows that specific nutrients can boost feelings of self-esteem by feeding your brain and subsequently affecting your emotions in a positive way. By building your self-esteem, you are also helping build your **HEALTH ESTEEM**. Health Esteem is the value and appreciation you have for your mental wellness and health as you are working towards a healthier future. To help improve your Health Esteem and Mood, foods that contain certain nutrients are needed to trigger your DOSE production, which is considered the “*Feel Good*” response in your brain. DOSE stands for Dopamine, Oxytocin, Serotonin, and Endorphins. For example, eating spicy foods will trigger a release of Endorphins that can help to relieve stress or pain, and can also play a role in building self-confidence. So, to Kick off *January 2025 Health Esteem Month*, enjoy a Spicy Coconut Curry recipe to help trigger that DOSE production in your brain!

30-Minute Coconut Curry / Author: Minimalist Baker

- o Total Time: 30 minutes
- o Servings: 2
- o Freezer Friendly: 1 month
- o How long to keep in the fridge?: 3 to 4 Days

Curry

- o 0.5 Tbsp coconut or olive oil
- o 0.5 small onion (diced)
- o 2 cloves garlic (minced // 4 cloves yield ~2 Tbsp or 12 g)
- o 0.5 Tbsp fresh grated ginger*
- o 0.25 cup broccoli florets (diced // or sub green bell pepper)
- o 0.25 cup diced carrots
- o 0.13 cup diced tomato
- o 0.17 cup snow peas (loosely cut)
- o 0.5 Tbsp curry powder
- o 0.5 pinch cayenne* (optional // for heat)
- o 1 14-ounce cans light coconut milk
- o 0.5 cup veggie broth (DIY or store-bought)
- o Sea salt and black pepper (to taste)

Coconut Quinoa (you may switch out for rice)

- o 0.5 14-ounce can light coconut milk
- o 0.5 cup white quinoa (rinsed in a fine mesh strainer*)
- o 0.5 Tbsp agave nectar (optional)

Instructions

1. If serving with coconut quinoa, begin by washing thoroughly in a fine mesh strainer. Add to a medium saucepan over medium heat and toast for 3 minutes. Add light coconut milk and 1/2 cup water (amount as original recipe is written // adjust if altering batch size). Bring to a boil, then reduce heat to simmer, cover and cook for 15 minutes or until the quinoa is light, fluffy and the liquid is absorbed. Set aside until serving.
2. In the meantime, heat a large saucepan or pot to medium heat and add coconut oil. Add the onion, garlic, ginger, carrot, broccoli and a pinch each salt and pepper and stir. Cook, stirring frequently, until softened – about 5 minutes.
3. Add curry powder, cayenne (or chili pepper), veggie stock, coconut milk, another healthy pinch of salt and stir. Bring to a simmer then reduce heat slightly and continue cooking for 10-15 minutes.
4. Add the snow peas and tomatoes in the last 5 minutes so they don't overcook.
5. Taste and adjust seasonings as needed. I added another pinch or two of salt.
6. Serve over coconut quinoa and garnish with your choice of fresh lemon juice, cilantro, mint, basil, and/or red pepper flakes.



Grab N' Go's

o Citrus Fruits (EX: Blood Orange, Grapefruit, Lemon, etc.)

– It is a good source of Vitamin C, which aids in producing Oxytocin in the body. Oxytocin plays a huge role in many different functions in our bodies ranging from aiding in the female and male reproductive systems, childbirth, social interactions / behavior, mental health, and much more.

o Nuts / Seeds (Walnuts, Pistachios, Almonds, etc.)

– This can aid in raising your cholesterol levels, which helps lower your risk of cardiovascular disease.

o Plain Air Popped Popcorn

– It is a good source of Fiber and Antioxidants that have been linked to better blood circulation, digestive health, as well as a potentially lower risk of certain cancers.

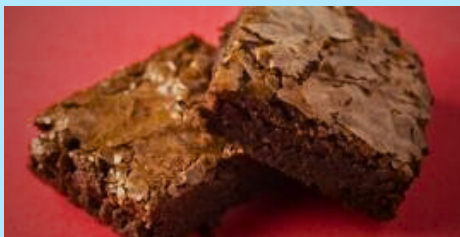


Looking for a chocolate dessert!?

Here is a healthier, quick and easy chocolate brownie recipe. Thanks to the applesauce, the brownies are fat-free yet chocolaty, gooey and delicious!

Heart-Healthy Chocolate Brownies: *Makes 16 Servings*

Prep Time = 10 Minutes | Cooking Time = 30 Minutes



Steps:

1. Preheat oven to 350 F.
2. Coat 13 x 9 inch pan with cooking spray.
3. Combine brownie mix, water, applesauce and egg whites in large bowl. Mix well together.
4. Spread batter in prepared pan. Bake for 30 minutes or until toothpick inserted in middle comes out clean. Remove from oven and cool on wire rack.
5. **ENJOY!**

Ingredients:

- Nonstick Cooking Spray
- 1 (8.3) Package of your favorite brownie mix
- 1/2 Cup Water
- 1/2 Cup Unsweetened Applesauce
- 2 Large Egg Whites

DIGITAL FORTIFICATION TIPS:

“ESSENTIAL TIPS FOR SENIORS TO SECURE THEIR WI-FI: ENHANCING YOUR ONLINE SAFETY”

Why Should You Secure Your Wi-Fi?

In today's digital age, securing your Wi-Fi network is crucial to protecting your personal information from cyber threats. For some people, understanding and implementing Wi-Fi security can seem daunting. These tips should help simplify the process, ensuring you can use the internet safely and confidently. But remember, staying continually informed and cautious is your best defense against cyber threats.



Tips for Securing Wi-Fi:

- 1. Change the Default Username and Password:** Manufacturers often use simple, default credentials that are easy for hackers to guess. Change your username and password to something only you would know. To create a complex password be sure to include letters, numbers, and symbols.
- 2. Enable Network Encryption:** Set your network to WPA3 encryption to protect your data. This will help “hide” your real information from unauthorized users.
- 3. Disable Remote Management:** Prevent access to your router's settings from outside your home network by disabling remote management. Meaning only people who have access to your Wi-Fi while at your home can access your information.
- 4. Firmware Updated:** Regular updates fix security vulnerabilities and keep your network safe.
- 5. Install Antivirus and Anti-Malware Software:** Protect devices connected to your Wi-Fi from downloading malicious software. Make sure your Firewall is also enabled.
- 6. Educate Yourself on Phishing Scams:** Learn to recognize the ever-changing ways hackers can gain access to your information. Avoid suspicious emails or messages that try to steal your information.
- 7. Secure Your Personal Devices:** Keep all devices that connect to Wi-Fi, like smartphones and tablets, secure with complex passwords and security software. And to protect against data loss make sure to back up any important information (example: flash drive).
- 8. Beware of Public Wi-Fi:** Use caution when connecting to a public Network. If your device is connected to a public network, anyone can access your personal information that you have open on your device. So, avoid opening any sensitive information.
- 9. Practice Safe Browsing Habits:** Avoid clicking on suspicious links or downloading unknown attachments. And make sure to use secure websites, by looking for “https://” in the URL, especially when entering sensitive information. Log out of any websites after use, this is especially important for banking or shopping sites to prevent unauthorized access.
- 10. Physical Security:** Keep your router in a secure location in your home to prevent tampering.
- 11. Consult with Family or Trusted Individuals:** If unsure about a security measure, seek advice. Also, if setting up security measures is daunting, professional services can help.



ANNOUNCEMENTS:

We'd like to wish January birthday's all the best and many more years to come!
 Page Community Center wants to highlight amazing volunteers
 whom make a difference in our community.



Community Acts of Service:

Geraldine Butler

Where do you volunteer at?

I volunteer at the Foodbank

What inspired you to make a difference in your community?

I want to be able to help people know that they are not alone and that there are people out there willing to help and make a difference in other people's lives by providing food for families. Especially as we are heading into the holiday season of giving!

How can you maybe inspire others to want to get involved in the community?

Show them that there are so many ways that you can give and be a part of your community. Find something that you are interested in or are good at and find a way to make it possible to share that hobby or interest with the community. Whether that be working with giving out food, making blankets, donating old items/clothing, helping decorate for community events, etc.



Thank You Geraldine Butler!

OTHER:

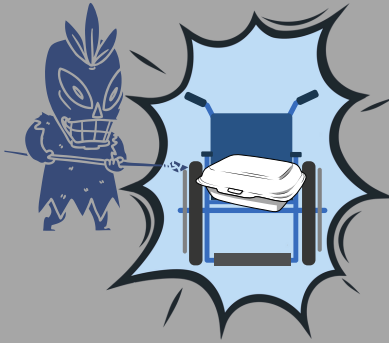
Got a JOKE to share with the Page

Community Center!?

Let us know...

It's always nice to hear a good joke!

Laughter is Medicine...

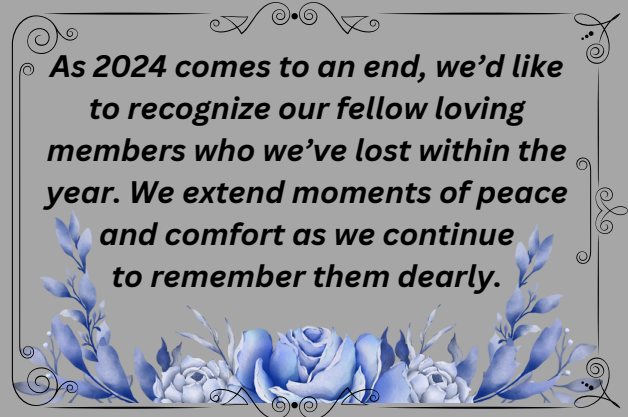


KITCHEN:



What does a Cannibal call a person in a wheelchair?

“Meals On Wheels!”



As construction continues, please sign up for your meals and continue to be on time!

Thank You!



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