

COMMUNITY CENTER NEWSLETTER



WELCOME BACK...

Page Community Center hopes that your year is off to a very grand start and continue to wish you all the best in the new year ahead. In our second Newsletter of the year, we'll highlight continued current renovation updates, tips for a healthier you, announcements of amazing individuals whom volunteer in our community, birthdays, jokes to make you laugh and other things to share, as well as what's ahead.



*Happy
Valentine's
Day*



Happy February 2025....

It is hard to believe that we are already into February! Where does the time go? HaHa

We are still under construction, but the end results are going to be amazing! We can hardly wait till we can open the doors and welcome you all back in. It has been a long few months, but time has flown by at the same time. How is that?

We do want to thank you for your patience during the past three months. It was not an easy decision to make to close the building, but we know it was the right one. Days of dust, noise and having the water shut off were challenging but the contractors worked around our schedule to ensure we could still provide daily meals. We are truly grateful to them for allowing the window of opportunity to continue the one service that is essential in our lives.

The staff has been hard at work anticipating what new things we can bring to you, but we realized it is not up to us. We need YOUR input! In the past, we have requested you to participate in what goes on here at the Community Center and we need your thoughts and ideas now more than ever.

When construction is over, our next obstacle will be the garden area. It will need a good revamp, and we know some of you tend to the garden down the hill. Bring your knowledge and gardening gloves to help create something beautiful and sustainable that benefits everyone.

Finally, a HUGE thank you to the staff! Amanda, JR, Madison, Nealsa, Nora and Wenona... You make my job an easy one but more than that, you make my life a better one! Thank You for all you do!

"Knowledge is Power, Community is Strength, and Positive Attitude is Everything"

Becky Reed – Manager



City of Page
G.E.M.
OF THE MONTH
AMANDA ELSHIRE



Going the extra mile.....

***A HUGE shout out to our very own Assistant Cook, Amanda Elshire!
She is the City of Page February G.E.M recipient and we are SO happy for her!
When the Community Center reopens, stop by to say Congratulations!***

Thank you Amanda... for "Going the Extra Mile"



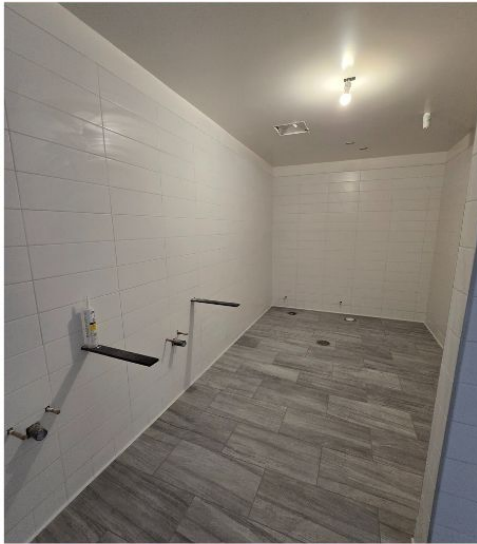
**Thank you for
being amazing!**

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!

**Womens
Restroom**



**Mens
Restroom**



Patio Door



DIGITAL FORTIFICATION TIPS:

"UNDERSTANDING RANSOMWARE: HOW IT WORKS AND HOW TO DEFEND AGAINST IT"

BY: MICHAEL T.

Understanding Ransomware: How It Works and How to Defend Against It:

In a world where technology connects us all, we find ourselves trying to balance incredible opportunity and unprecedented risk. One of the most pressing challenges with technology we face today is the rise of RANSOMWARE.

The Essence of Ransomware:

At its core, ransomware is a type of malicious software designed to lock users out of their own systems or data until a ransom is paid. Imagine waking up one day, opening your laptop, and finding that all your files—pictures, work documents, cherished memories—are suddenly inaccessible with the attacker demanding a ransom. Ransomware works by encrypting the victim's data using strong encryption algorithms. The attackers then demand a ransom, often in cryptocurrency, to provide the decryption key. But here's the harsh truth: paying the ransom doesn't guarantee you'll get your data back. Unfortunately, that usually just ends up fueling the cycle and encouraging attackers to continue their malicious activities.

The Human Impact:

Ransomware attacks aren't just about the loss of data; they're about the disruption of lives. Hospitals are unable to access patient records, small businesses losing years of hard work, families missing cherished moments, these are the real-world consequences. Cybercriminals are using ransomware because they are in pursuit of financial gain and are leveraging our dependence on digital systems against us. Understanding their motives might help us not only to defend against these attacks but also to empathize with those affected.

Defending Against Ransomware: A Collective Effort



1. Education and Awareness: Knowledge is our first line of defense. By understanding the common tactics used by cybercriminals—such as phishing emails and malicious links—we can avoid falling into their traps.

2. Regular Backups: Backing up your data regularly and storing it offline can be a lifesaver, especially in the event of a ransomware attack, helping to ensure that you can restore your data without paying the ransom.

3. Software Updates: Keeping your software and systems up to date is crucial. Regular updates can help close possible security gaps.

4. Strong Security Practices: Implementing strong, unique passwords, enabling multi-factor authentication, and using reputable security software are simple yet effective ways to protect your digital assets.

5. Incident Response Plan: In the unfortunate event of an attack, having a well-defined incident response plan can minimize damage. This plan should include steps for isolating affected systems, reaching out to trusted people, notifying stakeholders, and restoring data from backups.

TIPS FOR YOUR HEALTH:

In February we are focusing on

HEART HEALTH!

The heart is considered a very vital organ due to the role it plays in our livelihood. A heart's job is to pump blood through the entire body to ensure our organs and tissues are receiving enough oxygen and nutrients to remain healthy and function properly. There are a few things that we can all do to make sure our hearts remain healthy, and one of those is eating right! There are so many different types of foods that are not only tasty but are also considered to be Heart Healthy.



Bagel Gone Bananas

2 tablespoons natural nut butter
(such as almond, cashew or peanut)

1 teaspoon honey

Pinch of salt

1 whole-wheat bagel (split and toasted)

1 small banana, sliced



Stir together nut butter, honey and salt in a small bowl. Divide the mixture between bagel halves and top with banana slices.

HEART HEALTHY RECIPES:

Chicken Piccata

- 8 oz whole-wheat spaghetti
- 2 Tbsp. whole-wheat flour
- 1/4 Tsp. black pepper
- 2 boneless, skinless chicken breast, butterflied
- Nonstick Cooking spray
- 2 medium zucchini (thinly sliced)
- 1 1/2 cup sliced, fresh mushrooms
- 2 Tsp. minced garlic
- 2 Tbsp. lemon juice
- 1/2 cup low-sodium chicken stock
- 2 Tsp. salt-free, or, low- sodium Italian seasoning



1. Prepare pasta to package directions, drain, rinse and set aside.
2. Mix flour and pepper in a shallow dish. One at a time, place chicken pieces in flour mixture and turn to coat.
3. Spray a large skillet with cooking spray, turn to medium heat and add chicken. Cook until no longer pink inside (3-4 min. per side). Transfer chicken to a plate and set aside.
4. Re-spray skillet with cooking spray, turn heat to medium-high, and cook mushrooms for 3-4 minutes, stirring occasionally. Add garlic, lemon juice and chicken stock, stir and cook for 2 minutes.
5. Add Italian Seasoning and zucchini, bring to a simmer and cook about 5 minutes until zucchini is tender.
6. Toss pasta in the skillet with sauce. Serve topped with chicken.



Strawberry Orange Smoothie

- 10 frozen, unsweetened strawberries
- 1 cup fat-free, plain yogurt
- 1/2 cup 100% orange juice
- 1/2 teaspoon stevia sweetener

In a food processor or blender, process all the ingredients until smooth.



Page Community Center wants to highlight amazing volunteers whom make a difference in our community.

Community Acts of Service:

“Walking BOB”

Robert Armenta

Where do you volunteer at?

I volunteer at the Foodbank mainly, and anywhere else if I can.

How has volunteering personally affected you?

Volunteering has helped me be able to get out of my own comfort zone and become more involved in my community. It has made me feel more comfortable talking and has given me the opportunity to help other people.



Why did you choose to volunteer in your community?

I chose to volunteer in my community because I wanted to show people kindness and to hopefully influence others to spread kindness as well. I think once you show someone how rewarding it can be to give to others it might make them curious to get out of their own comfort zones and volunteer in their community.



Thank You!

ANNOUNCEMENTS:

We'd like to wish February birthday's all the best and many more years to come!

February
Happy Birthday!

Bradley Barnes

Jesse Cheff

Alice Claw

Patricia Dill

Ted Kocjan

Judy Reed

Estelle Roberson

Tommy Walker



Special February Birthday
wishes to our very own too!

Wenona Benallie



Laughter is Medicine...

**What's the best car for a cardiac
surgeon to own?**

A Beater



HAHA



**What did the chef give to his wife
on Valentine's Day?**

A Hug and a Quiche.

OTHER:

We'd like to recognize our fellow loving members whom we've lost. We extend moments of peace and comfort as we continue to remember them dearly.



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



Wenona Benallie: Transportation and Activities
Nora Black: Executive Cook
Nealsa Curley: Community Center Aide
Amanda Elshire: Assistant Cook



Becky Reed: Manager
John 'JR' Roberson: Transportation
Madison Thompson: Program Coordinator

Published by collaborated ideas from employees of the Page Community Center
Edit by: NCurley (Graphics & Photos)

P.O Box 1180 | 699 S. Navajo Drive | Page, AZ. 86040 | 928-645-2600