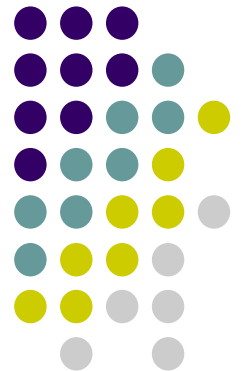


The Welcome Mat

Newcomers & Friends of Redding

Volume 4
Number 7

July
2020



Message from the President

These are difficult and confusing times for many of us. We miss our friends, our events, our activities, and our Normal Life. This may be the new normal for some time. I have found this is a good time to reflect on what has real meaning in my life.

What are you doing now that you did not have time for in the past? What are you missing and not missing? What is the blessing in all of this? What have you learned about yourself and your values?

Our leadership team is working on getting back to general meetings at the Elks Lodge. There will be changes to make sure our members are safe and that we follow the CDC guidelines. More news about our return to meetings will be coming in the August newsletter.

I hope this message finds all of you safe, healthy, and happy.

Remember: Begin each day with a grateful heart.

President Freddie Martin

Note: Our next virtual board meeting will be Tuesday July 21st at 9AM. Please email Freddie Martin at freddieomartin@gmail.com if you wish to be included & any subject you would like added to the agenda.

Four Types of Exercise Can Improve Your Health & Physical Ability

Most people tend to focus on one type of exercise or activity and think they're doing enough. Research has shown it's important to get all four types of exercise: endurance, strength, balance, and flexibility. Each one has different benefits. Doing one kind also may improve your ability to do the others, and variety helps reduce boredom and risk of injury.

Endurance

Endurance activities, often referred to as aerobic, increase your breathing and heart rates. Endurance exercises improve the health of your heart, lungs, and circulatory system. They also can delay or prevent many diseases common in older adults. Physical activities that build endurance include:

- Brisk walking or jogging
- Yard work (mowing & raking)
- Dancing
- Swimming
- Biking
- Climbing stairs or hills
- Playing tennis or basketball

Continued on Member News page

Activity Chairs Update

The club needs new chairs for Christmas Charities, Creative You, & Redd Thumb Garden Club. We also need a new storyteller. Please call Cheryl Zeh, Activities Coordinator (474.4027), with questions and to volunteer. It's always fun, & there are ladies to help support the chairs.

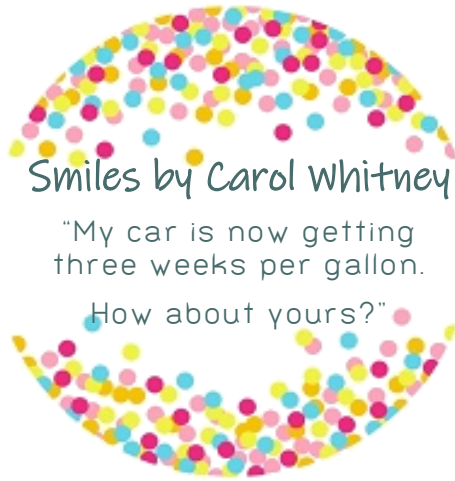
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Freddie





The Most Beautiful Thing
I've Seen
And the Photo Winner is
Jan Haskell

Runners Up
Peggy Niswander & Ruth Plato
Thank You All for your submissions.
Keep sending for future
newsletters & more prizes.

Health Benefits of Water Sports More Reasons to Enjoy the Water

Water sports are very popular not only because of the enjoyment, but also because of several health benefits. In most cases, water sports are done outdoors where you get to breathe in fresh air and be one with nature. It lifts your spirit, puts you in a good mood, and keeps you refreshingly energized. If you are a more health-conscious person, you will be glad to learn of the following added health benefits water sports offer.

Decreases Risk for Chronic Disease

Water sports are a great form of exercise because they work almost every part of your body, helping you burn calories the natural way. It increases your metabolism, and thus, your fluid intake and appetite, which in turn helps you avoid binge eating. It helps you stay healthy and energized while improving immunity against chronic diseases.

People with diabetes and chronic heart disease will need lifestyle changes to stay healthy. Water sports or even just simply floating on water and doing some light exercises will help lower stress levels and keep you relaxed, which is good for the heart and the body in general.

Beneficial for People with Arthritis

The fluidity of water is gentle and naturally soothing to achy joints. Water activities like snorkeling and swimming will facilitate the use of the affected joints without exacerbating the symptoms. Hydrotherapy is a preferred treatment for people suffering from rheumatoid arthritis.

Improves Bone Density

Working out muscles on a treadmill may not be the best option for older people and post-menopausal women. Water sports like canoeing, water bikes, paddling, and the like are a much preferred form of exercise that helps increase bone density.

Enhances Mental Health

Like any other form of exercise, water sports are good for the body. They are also good for the mind. The tranquil quality of water reduces stress, anxiety, and depression. Swimming has been proven to improve the mood of both men and women.

Water sports are a great form of exercise because of benefits for both body and mind. July is the perfect time to seek out a lake. Grab your towel and head out.

Officers

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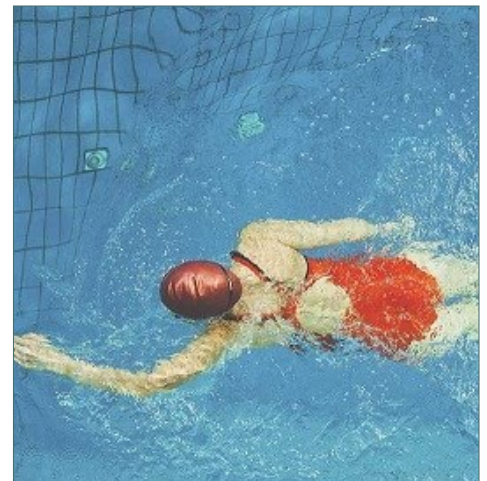
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Parliamentarian

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Officers for 2020-2021

President Freddie Martin

1st VP Diane Silver

2nd VP Vicki Burroughs

Secretary Jan Haskell

Treasurer Karen Coupe-Bonnett

Financial Secretary Peggy Niswander

Membership Ruth Plato

Parliamentarian Lucinda Williams

July

Monday	Tuesday	Wednesday	Thursday	Friday	
		1 DARK Prospective Member Coffee	2 DARK Matinee & Critique DARK Round Robin (P)	3 DARK Coloring Craze	
6 DARK Bunco DARK Mah Jongg	7 DARK Mexican Train	8 DARK Redd Thumb DARK Charmers (B) DARK Ladies-Only Dine Out	9 <i>Welcome Mat Submissions for August</i> DARK Open Bridge DARK Hand & Foot DARK Why Cook Tonight?	10 DARK Quilt 'n' Friends	
13 1130AM Bunco DARK Ladies Bridge	14 DARK Kitchen Kapers DARK Double Deck Pass (P)	15 DARK Needle-nuts DARK Hand & Foot	16 DARK Creative You	17 DARK Trumpettes (P) DARK Outdoor Adventures	
20 1130AM Bunco DARK Mah Jongg DARK Writers Group	21 9AM VIRTUAL Board Meeting DARK Ladies Open Pinochle	22 DARK General Meeting DARK Charmers (B)	23 DARK Open Bridge DARK Book Review DARK Pick of the Vine	24 DARK Out-to-Lunch Bunch	
27 1130AM Bunco DARK Ladies Bridge	28 DARK Luncheon Party	29	30 DARK Lucky Ladies (P)		

Activities or What Have You Seen?

Jan Haskell: "My husband Dave [right] recovering from recent back surgery & harvesting lettuce from his veggie garden. Beautiful!"



The Only Flag That Doesn't Fly

Between the fields where the flag is planted, there are 9+ miles of flower fields that go all the way to the ocean. The flowers are grown by seed companies. It's a beautiful place, close to Vandenberg Air Force Base near Lompoc California.

Check out the dimensions of the flag. The floral flag is 740 feet long and 390 feet wide and maintains the proper flag dimensions as described in Executive Order No. 10834.

This flag is 6.65 acres and is the first floral flag to be planted with five-pointed stars comprised of White Larkspur. Each star is 24 feet in diameter; each stripe is 30 feet wide.

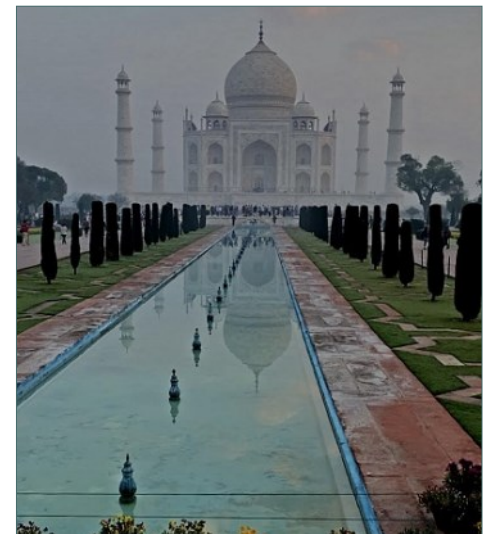
This flag is estimated to contain more than 400,000 Larkspur plants with 4-5 flower stems each for a total of more than 2 million flowers.
[Submitted by Anna Peterson]



A sweeper at Agra Palace, also the home of the Taj Mahal. Mary Lynn Birch also visited Israel, Jordan, & Egypt in November 2019.



Jan Arbogast. Fall colors in New Hampshire



Freddie Martin's Garden



Carmen Gertz. Whiskeytown Lake April 2020



Left, Merian Drosch: "My husband & I were on a cruise Spring 2019. Tropical beach in Bora Bora."



"The greatest moment we have seen in a long time – our grandson Dyllan graduated from Foothill High School. Ruth Plato & Peggy Niswander."

Snow Flower at Lassen Volcanic National Park. "They say they bloom only right after the snow melts & for only a very short time. I got lucky. I had never seen one before." Connie Charles.



Calling All Cooks

Luncheon Party is looking for cooks beginning in September. There was a notice in the June *Welcome Mat* to contact Patti Sauret or Penny Gironda. **It should have been Patti Sauret or Penny Colbert.**

The phone numbers are correct, but Penny's last name was wrong. If you would like to call one of those ladies, they would certainly appreciate volunteers.

It's a lot of fun, and you will have a great time in the kitchen with two other cooking ladies.

Sharon Roberts

Just Because You are Home Doesn't Mean You Can't Find a Reason to Celebrate

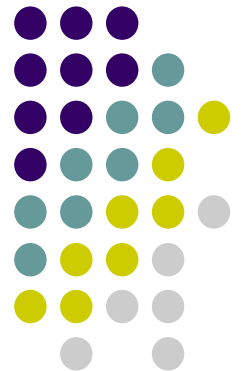
- 🍷 National Ice Cream Month
- 🍷 National Blueberry Month
- 🍷 National Hot Dog Month
- 🍷 National Picnic Month
- 🍷 National Pickle Month



Kayaking

Johnni Hansen will be taking over the kayak group this year. She will reach out to those of you on Marge Floyd's list to see if you are still interested in going out. If you want to be included on the announcement email, you may contact Johnni directly at 605.4765 or email her at johnni0923@gmail.com.

For those of you who do not have a kayak, you may rent one at Oak Bottom for \$30 for 2 hour or \$45 for 4 hours. Headwaters is not renting boats this year due to COVID.



Bunco is Back

July 13, 20, & 27
1130AM Lunch
1245PM Play

Roundtable Pizza

- Limited to 12 players
- Lottery if needed.
- Masks are required.

Call Ruth Plato at 246.2473 or co-chair Lori Hicks at 605.1201 to reserve a spot.

Save The Date!

The Autumn Event is Happening

Saturday
24 October
2020

Mark your calendar

Member News

Send a Little Sunshine

Sunshine Lady Sharon Chesnut
949.7545/sgc1040@gmail.com

Sunshine Lady Co-Chairs

Ame Dodge

229.0829/gerrs57@aol.com

Pam Baugh

226.9990/jodyjill@sbcglobal.net

The following cards
were sent in June

Thinking of You

Joyce Morrow is recovering from a recent fall. Doing well.

Get Well

Shirley Davis had thyroid surgery on June 10th. Spoke with her husband who reports it went well.

Joann Jensen recently had surgery on her neck. She is at home and doing well.

If you know a member who could use a little sunshine, let us know. We appreciate your referrals.



Are new members wondering What is Compassionate Chauffeurs?

This is a list by neighborhood and zip code of Newcomer members who are able to assist another Newcomer living alone in Redding with no spouse or family members by driving her to and/or from a medical/dental procedure.

The ladies on this list have volunteered to be called by another Newcomer with appropriate advanced notice to work the ride into their schedule. You may have to try several Newcomers to find one who is able to assist you.

All the ladies on this list are volunteers and would appreciate staying within their ZIP code. Please keep that in mind when needing a ride. If you run into problems finding someone, you can be creative and have one member take you and another member pick you up.

If you see a volunteer listed on your physical street or in your neighborhood, that is where you should start your search. Branch out from there within the same ZIP code.

Get your doctor to write out any prescriptions you will need prior to the procedure and have them filled beforehand. Also have the pantry items you will need stocked and ready ahead of time. It is not the intent of the volunteers to perform your errands.

In no way will the Compassionate Chauffeurs be responsible for medical decisions that may arise.

Please note this list is meant for driving you to/from a medical or dental procedure only and is not to be abused.



Exercise, Continued from Front Page Strength

Your muscular strength can make a big difference. Strong muscles help you stay independent and make everyday activities feel easier, like getting up from a chair, climbing stairs, and carrying groceries. Keeping your muscles strong can help with your balance and prevent falls and fall-related injuries. You are less likely to fall when your leg and hip muscles are strong. Strength exercises include lifting weights, even your own body weight, and using a resistance band.

Balance

Balance exercises help prevent falls, a common problem in older adults that can have serious consequences. Many lower-body strength exercises also will improve your balance. Exercises to improve your balance include Tai Chi, a moving meditation that involves shifting the body slowly, gently, and precisely, while breathing deeply. Examples of balance exercises

- Try standing on one foot, then the other. If at first you need support, hold on to something sturdy. Work your way up to doing this movement without support. Get up from a chair without using your hands or arms.
- Try the heel-to-toe walk. As you walk, put the heel of one foot just in front of the toes of your other foot. Your heel and toes should touch or almost touch.

Roster Updates

Please remember to notify
Membership Chair
Ruth Plato
246.2473
ruth.plato@yahoo.com
with any changes to your
information.

Karen Edkin Stovall
kledkin@att.net

Melva Green
bobandmelva@gmail.com

Birthdays

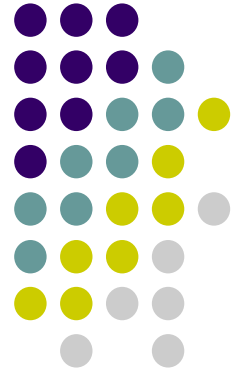
Flexibility

Stretching may improve your flexibility. Moving more freely will make it easier for you to reach down to tie your shoes or look over your shoulder when you back your car out of the driveway. Examples of flexibility exercises:

- Try the calf stretch exercise. Stand facing a wall slightly farther than arm's length from the wall, feet shoulder-width apart. Step forward with the right leg and bend the right knee. Keeping both feet flat on the floor, bend the left knee slightly until you feel a stretch in your left calf muscle. Hold the position for 10 to 30 seconds, and then return to the starting position. Repeat with the left leg.
- Try the ankle stretch exercise. Sit securely toward the edge of a sturdy, armless chair. Stretch your legs out in front of you. With your heels on the floor, bend your ankles to point the toes toward you. Hold the position for 10 to 30 seconds. Bend your ankles to point toes away from you and hold for 10 to 30 seconds.

Talk with your doctor if you are unsure about a particular exercise. No matter your age, you can find activities that meet your fitness level and needs.

Bichlmeier-Small	Joyce	1
Goss	Dorothy	1
Dexter	Shirley	2
Eykelbosch	Beverly	2
Greene	Melva	5
Sechrist	Susan	7
Teryniak	Leslie	8
Arnold	Sarah	10
Crook	Nancy	11
Marlowe	Patty	11
Phaneuf	Denise	11
Roy	Mary	13
Simone	Beverly	13
Hascall	Arlene	16
Hellums	Danelle	16
Cochran	Becky	17
Timmerman	Barbara	17
Lorensen	Marjie	18
Thielemann	Jan	18
Scholes	Karen	19
Barron	Bonnie	20
Gans	Linda	20
Wilkerson	Shirley	22
Christ	Barbara	23
Galusha	Jean	23
Blue	Loretta	25
Gilliland	Carol	28
Pool	Babs	28
Trickey	Clarice	28



July Birthstone

Rubies, the birthstone of July, are considered the king of gems and represent love, health, and wisdom. It was believed wearing a fine red ruby bestows good fortune on its owner. The ruby is among the most highly prized of gemstones. Large rubies are harder to find than large diamonds, emeralds and sapphires. The name is derived from the Latin word *ruber*, meaning "red" - the color of love and passion.



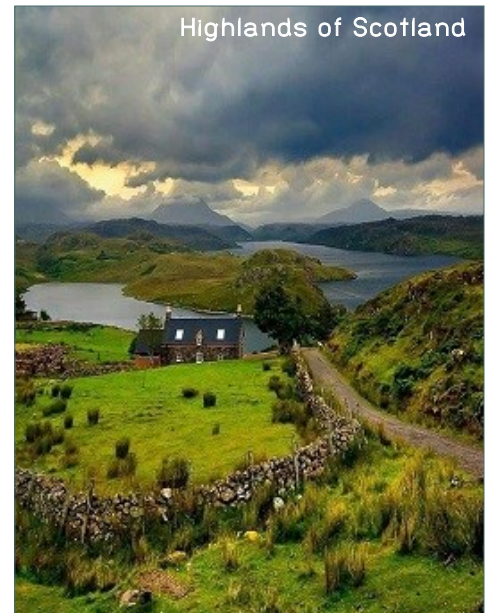
Ruby

How to Access & Register on Our Website

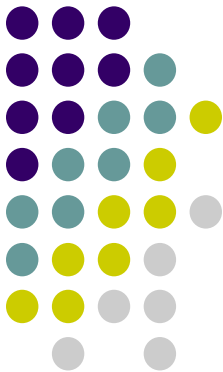
1. Go to reddingnewcomers.com.
2. Click on User Login, which is located at the top of the page.
3. Click on Register. A new page will appear.
4. Enter the password **RNC2018** and click on Enter. A new page will appear.
5. Complete all the following information:
 - First Name
 - Phone Number
 - Mobile Number
 - Last Name
 - Email Address
 - Birthdate
 - User Name
 - Password
 - Confirm Password (Be sure to remember your password. We will not have a record of what it is.)

Important: If there are stars or dots in the password area, ignore them. They are simply placeholders and not your old password. Your old password will not work. You have to create a new password of at least 8 characters, containing one upper case letter, one lower case letter, and one number. For example, Doggie88 or Giants510 or 4Parrot6. You get the idea. Use anything as long as it's something you will remember.

6. Your registration will then need to be authorized. This may take a day to accomplish. Either Sharon Roberts or Carol Skill checks the website daily to activate new registrations.
7. When you sign in, the user name you will enter will be either your email address OR your username, and the password you will enter will be whatever you have selected.
8. If you have trouble, contact Carol Skill (fskill@shasta.com) or Sharon Roberts (jimandsharon@charter.net) for help.



July 2020



Redding Newcomers & Friends

PO Box 494204

Redding California 96049.4204