



Top of the Hill

NEWS & INFORMATION FOR SENIOR CITIZENS OF THE CITY OF BILOXI

Parks & Recreation Department • July 2005 • Volume 5, Issue 7

Christmas Boxes Project...



Please bring your wrapping paper donations to Snyder Center or to any of our monthly programs.



Happy Fourth of July!

What's Inside...

- Movies & Popcorn
- Potluck Luncheons
- July Classes & Special Happenings
- July Calendar
- More!

Take Control Over Diabetes

Like most of us, I am always curious to read reports that tell how Mississippi is doing compared to other states; however, the report released in May 2005 by American Association of Clinical Endocrinologist (AACE) was an eye-opener. Mississippi ranked number #1 in the nation for having the greatest number of people with type 2 Diabetes that were not in control of their blood sugar levels and fails to meet AACE's target A1C goal of 6.5% or less. The new "State of Diabetes in America" Report shows that we have significant room for improvement in Diabetes management.

The A1C test is used primarily to monitor the glucose control of diabetics over time. The goal for those with diabetes is to keep their blood glucose levels as close to normal as possible. By monitoring and keeping a daily log of a person's blood sugar level (taken twice a day over 2-3 month period) the health care provider can assign A1C percentage level to determine if there are changes in the blood sugar level that increase risk of complications. People with type 2 diabetes should consult with their physician about setting their own personal A1C level goal. A1C tests can help judge whether a treatment plan is working and show you how healthy choices can make a difference in diabetes control.

An average daily blood sugar monitored over a 2-to-3 month period of 135 or less is equal to 6% on the A1C test; 170 is equal to 7%; 205 is equal to 8%; 240 = 9%; 275=10%; 310=11% and 345=12%. Achieving the goal of maintaining 6.5% or less is very important, since every 1% increase above 6% increases the risk of strokes heart attacks and loss of limbs.

The AACE recommends that the first step after consulting your doctor is to take an "oath" to better control your blood sugar levels by being physically active, monitoring blood sugar, taking medications (insulin or oral diabetes pills) as prescribed, maintaining proper nutrition and relaxing since stress is linked to rising blood sugar levels.

A comprehensive physical activity routine includes three kinds of activities:

- Aerobic Exercise, which increases your heart rate, works your muscles, and raises your breathing rate. For most people, it's best to aim for a total of about 30 minutes a day, at least 5 days a week. If you haven't been very active recently, you can start out with 5 or 10 minutes a day and work up to more time each week. Or split up your activity for the day — try a brisk 10-minute walk after each meal.

- Strength Training done several times a week helps build strong bones. So join a class to do strength training with weights, elastic bands, or plastic tubes.

- Flexibility Exercises help keep your joints flexible and reduce your chances of injury during other activities. Gentle stretching for 5 to 10 minutes helps your body warm up.

Finally, be active all day long!

For more information visit the web site www.stateofdiabetes.com or call (800) 704-4694.



Movie & Popcorn!

Same Place, Same Day,
New Time... 1 p.m.!

Snyder Center,
Thursdays, 1 p.m.

July 7th:

The King & I

Yul Brynner & Deborah Kerr

July 14th:

The Aviator

with Leonardo DiCaprio

July 21st:

From Here to Eternity

*with Burt Lancaster &
Deborah Kerr*

July 28th:

Innocents

with Deborah Kerr

All movies are rated PG-13
or PG. However, there may be
some obscenities.

Newsletter Volunteers Needed:

Monday, July 25th,
9 a.m. at Snyder Center.
Volunteers are needed to
help fold, label & tape
the ***Top of the Hill***
Newsletter.

Tammy Howell
City of Biloxi Senior Programs
2520 Pass Road
Biloxi, MS 39531
(228) 436-5197
thowell@biloxi.ms.us

Special thanks to...

Patty Caranna for the great supplies for our crafts, Barbara Butiro and Biloxi Regional Medical Center for their continuing support.

Potluck Luncheons

- Tuesday, July 19th, 11 a.m. - Snyder Center
- Tuesday, July 26th, 11 a.m. - Biloxi Community Center

Each person must bring either a side dish or dessert.

The City of Biloxi's *Sun Camp* for children with disabilities will be our special guest on Tuesday, July 26th so please bring extra. We will have Bingo after the luncheon.

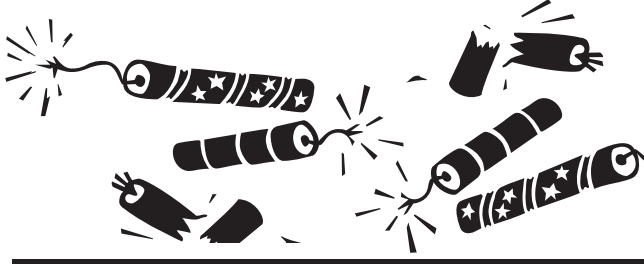
Special Days in July...

- July 1st is the anniversary of the Zip Code in 1963.
 - July 2nd is halfway point of 2005 & at noon, 182 1/2 days of 2005 have elapsed.
 - July 3rd starts the dog days of summer.
 - July 10-16 is National Therapeutic Recreation Week.
 - July 20, 1969 man's first landing and walking on the moon became a milestone in history. Apollo II with U.S. astronauts Neil Armstrong & Edwin "Buzz" Aldrin landing on the moon while Michael Collins orbited, Armstrong was the first man to walk on the moon followed by Aldrin.
-

July Classes & Special Happenings


- **T'ai Chi Classes:** Classes are every Tuesday & Thursday at 3 p.m. T'ai Chi is a gentle form of exercise for health and relaxation which originates from ancient China. Gentle flowing movements are combined with deep breathing exercises in order to cultivate the inner energy of the body. Daily practice of T'ai Chi promotes mental clarity and a healthy body, assists with balance and helps the circulation of the blood.
- **Stretch & Strengthen Class:** Classes are every Monday, Wednesday & Friday at 2:30 p.m. at Snyder Center. This class promotes joint flexibility, endurance, muscle strengthening, coordination and increased range of motion. Class is free to adults.
- **Watercolor Class:** Snyder Center - July 11th & 18th at 10 a.m. The instructor is Louise Miller. She is the owner of ***The Bunny Patch*** in Biloxi. She has a Master of Art Education. She will teach basic painting techniques.
- **Colored Pencil Class:** On hold until September.
- **Crafts Anyone:** Snyder Center - Wednesday, July 27th at 10 a.m. We will have show-n-tell class. Each person is asked to bring a craft project and instruction. We will share ideas and create new crafts. July 13th at BCC the craft class will make beaded necklaces. YOU MUST Pre-Register. Class is limited to the first fifteen who call 436-5191. Supplies needed are needle-nose pliers.
- **Bonco:** Snyder Center - Wednesday, July 6th & 20th, 10 a.m. Biloxi Community Center - Wednesday, July 27th, 10 a.m. ***It's an easy game to learn as you play!***
- **Swinging Starlets Dance Group:** Practices on Tuesdays & Thursdays at 4:30 p.m. at the Snyder Center. They perform throughout the community at Nursing Homes, Senior Programs & Community Programs.

Please call 436-5191 to sign up for each class.



July 2005

Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<ul style="list-style-type: none"> • DSCC - Donal Snyder Sr. Community Center 2520 Pass Road • BCC - Biloxi Community Center Corner of Howard Ave. & Bellman St. <p>All classes and programs are subject to change and changes will be posted at the City of Biloxi's Community Centers. Prior notice will be given if possible.</p>					<p>Stretch & Strengthen 2:30 p.m.-DSCC</p>	
<p>3</p> <p>Independence Day! We will be closed.</p>	<p>4</p> 	<p>5</p> <p>T'ai Chi Class 3 p.m.-DSCC <i>Swinging Starlets</i> practice, 4:30 p.m. DSCC</p>	<p>6</p> <p>Bonco 10 a.m.-DSCC Stretch & Strengthen 2:30 p.m.-DSCC</p>	<p>7</p> <p>Movie & Popcorn 1 p.m.-DSCC T'ai Chi Class 3 p.m.-DSCC <i>Swinging Starlets</i> practice, 4:30 p.m. DSCC</p>	<p>8</p> <p>Stretch & Strengthen 2:30 p.m.-DSCC</p>	<p>9</p>
<p>10</p> <p>Watercolor Class 10 a.m.-DSCC Stretch & Strengthen 2:30 p.m.-DSCC</p>	<p>11</p>	<p>12</p> <p>T'ai Chi Class 3 p.m.-DSCC <i>Swinging Starlets</i> practice, 4:30 p.m. DSCC</p>	<p>13</p> <p>Crafts Anyone 10 a.m.-BCC Stretch & Strengthen 2:30 p.m.-DSCC</p>	<p>14</p> <p>Movie & Popcorn 1 p.m.-DSCC T'ai Chi Class 3 p.m.-DSCC <i>Swinging Starlets</i> practice, 4:30 p.m. DSCC</p>	<p>15</p> <p>Stretch & Strengthen 2:30 p.m.-DSCC</p>	<p>16</p>
<p>17</p> <p>Watercolor Class 10 a.m.-DSCC Stretch & Strengthen 2:30 p.m.-DSCC</p>	<p>18</p>	<p>19</p> <p>Potluck Luncheon 11 a.m.-DSCC T'ai Chi Class 3 p.m.-DSCC <i>Swinging Starlets</i> practice, 4:30 p.m. DSCC</p>	<p>20</p> <p>Bonco 10 a.m.-DSCC Stretch & Strengthen 2:30 p.m.-DSCC</p>	<p>21</p> <p>Movie & Popcorn 1 p.m.-DSCC T'ai Chi Class 3 p.m.-DSCC <i>Swinging Starlets</i> practice, 4:30 p.m. DSCC</p>	<p>22</p> <p>Stretch & Strengthen 2:30 p.m.-DSCC</p>	<p>23</p>
<p>24/31</p>	<p>25</p> <p>Stretch & Strengthen 2:30 p.m.-DSCC <ul style="list-style-type: none"> • Newsletter Volunteers Needed: 9 a.m.-DSCC </p>	<p>26</p> <p>Potluck Luncheon 11 a.m.-BCC T'ai Chi Class 3 p.m.-DSCC <i>Swinging Starlets</i> practice, 4:30 p.m. DSCC</p>	<p>27</p> <p>Bonco 10 a.m.-BCC Crafts Anyone 10 a.m.-DSCC Stretch & Strengthen 2:30 p.m.-DSCC</p>	<p>28</p> <p>Movie & Popcorn 1 p.m.-DSCC T'ai Chi Class 3 p.m.-DSCC <i>Swinging Starlets</i> practice, 4:30 p.m. DSCC</p>	<p>29</p> <p>Stretch & Strengthen 2:30 p.m.-DSCC</p>	<p>30</p>

Recreation Office:
435-6148

Donal Snyder Sr.
Community Center:
436-5191

Biloxi
Community Center:
435-6221

Director of Parks & Recreation:
Nathan Sullivan

Recreation Superintendent:
Sherry Bell

Therapeutic Recreation Specialist:
Tammy Howell

— ● —
**Mayor A.J. Holloway
and the
Biloxi City Council**

George Lawrence
William "Bill" Stallworth
Charles T. Harrison Jr.
Edward "Ed" Gemmill
Mike Fitzpatrick
Tom Wall
David Fayard

Recipe of the Month

Suzanne's Diabetic Makeover for Chocolate Sheet Cake

Wet Ingredients

- 1/2 C. buttermilk
- 1/2 C. Egg Beaters®
- 1/2 C. light olive oil
- 1 Tbs. vanilla extract

Topping

- 1/2 C. chopped, toasted pecans
- 1/4 C. mini chocolate chips

Dry Ingredients

- 1 1/2 C. whole wheat pastry flour
- 1/2 C. Dutch process cocoa powder
- 1 1/2 C. SLENDA®, granular
- 1 tsp. baking powder
- 1 tsp. baking soda
- 1/2 tsp. salt
- 2 C. raw, peeled, grated beets

1. Preheat the oven to 350 degrees. Grease a 9 x 14 glass baking pan. Combine the buttermilk, Egg Beaters®, oil, and vanilla. Set aside.
2. Whisk together the flour, cocoa, SLENDA®, baking powder, baking soda, and salt in a large bowl. Stir in the wet ingredients, mixing thoroughly. Stir in the grated beets. The batter will be thick.
3. Pour into the prepared pan and spread evenly. Bake in the middle of the oven 25 to 30 minutes, or until a toothpick stuck into the center comes out clean.
4. Scatter topping over the hot cake. Serve warm or cold; either way it's great!

Nutrition Facts: (cut for 16 servings): 159 calories, 3g protein, 11g fat, 2g sat. fat, 11% calories from sat. fat, 15g carbohydrates, 203 mg sodium, 3g fiber

Are you in the loop?

Sign up at <http://biloxi.ms.us> for the most current news about your city.



Donal Snyder Sr.
Community Center
2520 Pass Road
Biloxi, MS 39531

PRESORTED
STANDARD
U.S. POSTAGE
PAID
PERMIT #57
BILOXI, MS 39530