

## COMING SOON: IN PERSON EVENTS

SmartSenior thanks each of you for your patience during the global pandemic. After careful thought, we are excited to announce that we will be offering a few in person activities in April. We would also like to stress that these in person events are TENTATIVE, meaning we might have to cancel the event for unforeseen circumstances. The activities that we will have in person are movies, yoga, dance and exercise classes. These events will have a limited number of spots and you must call to register (no exceptions). You will be required to wear a mask if you attend (must provide your own). Some of our activities will be offered multiple times during the same day to ensure more of our members can enjoy participating. All of our activity rooms and equipment will be cleaned and sanitized between classes/activities for your safety. The in person activities will be taking place at the SmartSenior Office, located at 836 E 65th Street, Suite 8 in Savannah.

If you haven't been in the SmartSenior office in a while some things might look a little different. We are following strict rules and guidelines set by the health system and the CDC. For example we limit the amount of people who are being helped at the front desk to one person at a time. We have also marked out squares in the activity room to make sure everyone is socially distanced and safe. Finally, we are extremely excited to be working towards a new normal and we want to remind our members to start paying close attention to the newsletter as it will be providing important updates and information in the future.

We are still offering our online activities like free bingo and trivia. Along with this, we will continue to have the lunch and learn seminars via zoom. Please bear with us as things are constantly changing every day as we get new information. We encourage you to call us at (912)-352-4405 with any question, concerns or to check on the status of our events. SmartSenior looks forward to seeing and hearing from you!

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#### SMARTSENIOR OFFICE HOURS

Mon thru Fri 8:30 am – 5:00 pm  
(Closed for lunch: 12PM - 1PM)

836 E. 65th St., Ste 8  
Savannah, GA 31405  
(912) 352-4405

#### OFFICE CLOSED

April 2  
Good Friday

# 55 or Better? Join Today!

If you or someone you know is interested in becoming a SmartSenior Member, fill out this form, clip out and mail to, SmartSenior at 836 East 65th St. - Suite 8, Savannah, GA 31405. Or call our office at (912) 352-4405 to join by phone with a credit card.

Mr. \_\_\_\_\_ Birthdate \_\_\_\_\_

Mrs./Miss/Ms. \_\_\_\_\_ Birthdate \_\_\_\_\_

Mailing Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Home Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_

Email \_\_\_\_\_

MEMBERSHIP DUES:     ☐ \$18 for one person     ☐ \$36 for two people

DELIVERY OPTION:     ☐ Email                             ☐ Mail

PAYMENT METHOD:     ☐ Check (payable to SmartSenior)

Credit Card Account Number \_\_\_\_\_

Expiration Date \_\_\_\_\_ Cardholder Name \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

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## PUZZLE PRIZE

1. What can never be put in a saucepan?
2. I have seas without water, coasts without sand, towns without people and mountains without land. What am I?
3. I don't have eyes, but once I did see. Once I had thoughts, but now I'm white and empty. What am I?
4. A man shaves several times a day, yet he still has a beard. Who is this man?
5. What begins with a T, ends with a T, and has T in it?
6. What can travel around the world while staying in a corner?
7. Mary was born on December 25, yet her birthday is always in summer. How is this possible?
8. What coat is best put on wet?
9. What's always coming but never arrives?
10. I can be written, I can be spoken, I can be exposed, I can be broken. Who am I?

Call 912-352-4405 and let us know how many you answered correctly to be entered in drawing.

Source: [www.thesun.co.uk](http://www.thesun.co.uk)

1. Its lid
2. A map
3. A skull
4. A barber
5. A teapot
6. A stamp
7. Mary lives in the Southern Hemisphere
8. A coat of paint
9. Tomorrow
10. News

Answers



## Virtual Lunch & Learns

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SmartSenior will host virtual Lunch & Learn Seminars. Simply call (912) 352-4405 and register with your email address. SmartSenior will email you a link or phone number to call to join our seminars. On the day of the Lunch & Learn, you will make a delicious meal of your choice, call or log-in to the seminar and just sit back and enjoy in the safety of your home. If you log-in through a device such as a Smart Phone, tablet or your lap top/computer, you will be able to visually see the presentation. If you call in by phone, then you will be able to “listen only” to the presentation.

### **“Why does My Hip Hurt?”**

**Jonathan Christy, MD, Optim Orthopedics**

**Tuesday, March 9, 11:30 a.m. (via Zoom)**

**Call (912) 352-4405 to register**

Have you ever asked yourself why does my hip hurt? This is a big problem that we face as we get older and sometimes can be fixed easily. Explore with Dr. Christy from Optim Orthopedics about some of the reason why your hip might hurt along with ways to fix and prevent hip pain.

### **FREE Trivia**

**Sponsored by Harmony at Savannah**

**Tuesday, March 16, 2:00 p.m. (via Zoom)**

**Call (912) 352-4405 to register**

### **FREE Bingo**

**Sponsored by Legacy At Savannah Quarters**

**Thursday, March 18, 2:00 p.m. (via Zoom)**

**Call (912) 352-4405 to register**

### **“Am I Using My VA Benefits to the Full Extent?”**

**Amanda Williams, Extended Family Support**

**Thursday, March 25, 11:30 a.m. (via Zoom)**

**Call (912) 352-4405 to register**

Are you a former military member or married to one? This seminar will feature VA experts that can help answer questions and give you more information about how to maximize your benefits.

### **“What are Supplements? How Do They Work?”**

**Jason Boyd, Health Educator**

**St. Joseph’s/Candler Wellness Center**

**Tuesday, April 6, 11:30 a.m. (via Zoom)**

**Call (912) 352-4405 to register**

Supplements can help give your body missing nutrients that you might not be getting on an everyday basis. These supplements can also help strengthen your bones, improve your immune system and over all help your body be healthy. In this seminar the St. Joseph’s/Candler Wellness Center will explain different supplements and the benefit they bring to your health.

### **Line Dance Class**

**Wednesday, April 7**

**1st Class: 10:00 a.m.-10:45 a.m.**

**2nd Class: 11:00 a.m.-11:45 a.m.**

**(In Person) SmartSenior Office**

**Call (912) 352-4405 to register space is limited**

### **Yoga**

**Wednesday, April 7, 2:00 p.m.**

**(In Person) SmartSenior Office**

**Call (912) 352-4405 to register space is limited**

### **FREE Trivia**

**Sponsored by Harmony at Savannah**

**Wednesday, April 8, 2:00 p.m. (via Zoom)**

**Call (912) 352-4405 to register**

### **Movie Day**

***The War with Grandpa***

**Starring Robert DeNiro & Oakes Fegley**

**Friday, April 9, 2:00 p.m. or Friday, April 16, 2:00 p.m.**

**SmartSenior - 836 E 65th St, Suite 8**

**Call (912) 352-4405 to register**

**(very limited space due to observation of social distancing)**

Peter and his grandpa used to be very close, but when Grandpa Jack moves in with the family, Peter is forced to give up his most prized possession: his bedroom. Peter will stop at nothing to get his room back, scheming with friends to devise a series of pranks to drive him out. However, grandpa doesn’t give up easily, and it turns into an all-out war between the two.

### **Line Dance Class**

**Wednesday, April 14**

**1st Class: 10:00 a.m.-10:45 a.m.**

**2nd Class: 11:00 a.m.-11:45 a.m.**

**(In Person) SmartSenior Office**

**Call (912) 352-4405 to register space is limited**

### **Yoga**

**Wednesday, April 14, 2:00 p.m.**

**(In Person) SmartSenior Office**

**Call (912) 352-4405 to register space is limited**

### **Line Dance Class**

**Wednesday, April 21**

**1st Class: 10:00 a.m.-10:45 a.m.**

**2nd Class: 11:00 a.m.-11:45 a.m.**

**(In Person) SmartSenior Office**

**Call (912) 352-4405 to register space is limited**

### **Yoga**

**Wednesday, April 21, 2:00 p.m.**

**(In Person) SmartSenior Office**

**Call (912) 352-4405 to register space is limited**

### **FREE Bingo**

**Sponsored by Legacy At Savannah Quarters**

**Wednesday, April 22, 2:00 p.m. (via Zoom)**

**Call (912) 352-4405 to register**

### **Dance Class**

**Wednesday, April 28**

**1st Class: 10:00 a.m.-10:45 a.m.**

**2nd Class: 11:00 a.m.-11:45 a.m.**

**(In Person) SmartSenior Office**

**Call (912) 352-4405 to register space is limited**

### **Yoga**

**Wednesday, April 28, 2:00 p.m.**

**(In Person) SmartSenior Office**

**Call (912) 352-4405 to register space is limited**





# RHUBARB BARS

Rhubarb is a hidden gem in the baking world and once you taste it you won't be able to get enough. The great thing about this recipe is that you can make them in advance and freeze them. So any time you need to have sweet treats ready or you just need a little pick me up these bars are the perfect balance between sweet and tart.

## Ingredients

### Filling

- Zest and Juice of ½ grapefruit or 1 orange
- ¾ cup granulated sugar
- ¼ tsp. kosher salt
- ½ tsp. Vanilla
- 1 lb. rhubarb sliced crosswise in 1/2 thick pieces roughly 4 cups divided.

### Crumble

- 1 ¼ cup mixture of blanched hazelnuts, raw pecans and almonds
- 1 ½ stick of unsalted butter cut into cubes
- 1 ¼ cup all-purpose flour
- 1 ¼ cup regular oats
- ¼ cup and 1 Tbsp. packed dark brown sugar
- 1 tsp. salt
- ½ tsp. baking soda

### Filling Preparation

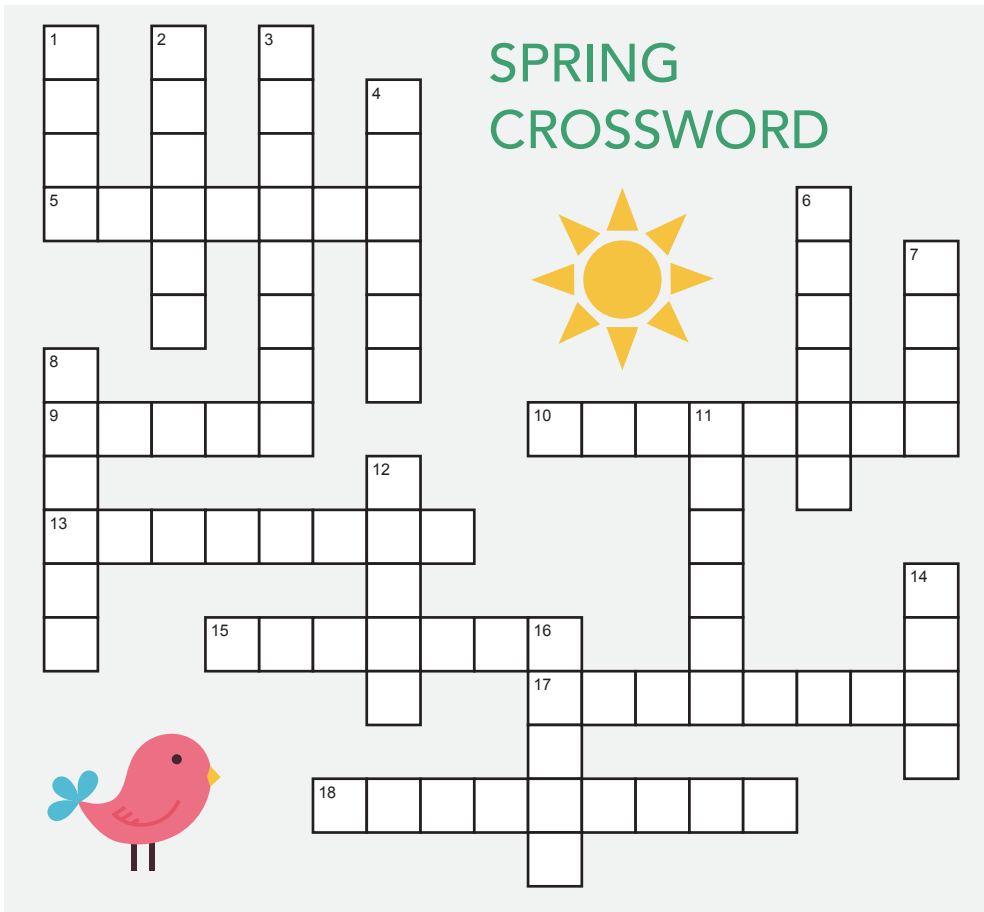
- Combine grapefruit zest and juice, sugar and salt in a medium sauce pan and add vanilla. Bring to boil over medium heat. Reduce heat and simmer stirring occasional until sugar is dissolved.
- Set aside ½ cup rhubarb; add remaining rhubarb to pan and simmer. Mashing and stir often to break some of the rhubarb down until its thick roughly 10 minutes.

- Turn off heat and add the rest of the rhubarb and let cool.

### Crumble

- Preheat oven to 350°. Coat an 8x8" pan with nonstick spray, then line with parchment paper, leaving an overhang on 2 sides. Coat parchment. (These bars have a tendency to stick.)
- Roast nuts on a baking sheet for about five minutes until slightly darkened and give them a rough chop.
- Melt butter and Whisk flour, oats, brown sugar, granulated sugar, salt, and baking soda in a large bowl to combine, then whisk in nuts. Drizzle in butter and, using a rubber spatula, mash into dry ingredients until a clumpy, wet mixture forms (it should hold together when squeezed in your hand). Transfer 3 cups mixture (no need to pack) to prepared pan. Using your hands, press and compact into an even layer.
- Spread jam over base, leaving a ¼" border to prevent jam at the perimeter from getting too dark, then crumble remaining nut mixture over. If you'd like bigger clumps, press the mixture together in your hands before scattering over jam.
- Bake, rotating pan halfway through, until top feels firm and is deep golden brown, 40–45 minutes. Let cool in pan, then use parchment overhang to remove. Transfer to a cutting board and slice into 16 bars. (Chilling for a couple hours first will make them even easier to slice.)

Source: *bonappetit.com*

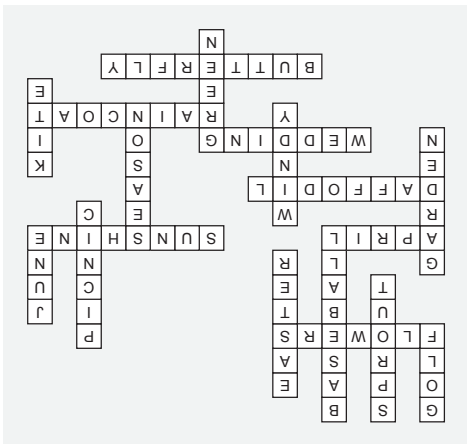


## ACROSS

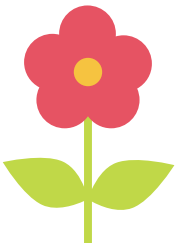
- 5) They're usually found in beds
- 9) Time for showers
- 10) Gloom's opposite
- 13) Yellow spring flower
- 15) Day for diamonds and dreams
- 18) Monarch, e.g.apparel?

## DOWN

- 1) Sport with tees
- 2) Fledgling plant
- 3) America's pastime
- 4) \_\_\_\_ egg
- 6) Eating outing
- 7) When spring ends
- 8) Vegetable plot
- 11) One of four in a year
- 12) Breezy
- 14) Flying toy with a tail
- 16) Verdant



Puzzle Compliments of *Memory-Improvement-Tips.com*





The winter season is finally starting to wrap up that means the fresh and warm spring weather is right around the corner. One of the most popular hobbies during spring is gardening and it’s much easier than you think. Here are some great beginner tips and tricks!

**GETTING STARTED**

Starting a garden can seem extremely overwhelming there are different types of soils; seasons and making sure your plants get enough sunlight and water. Breathe and start simple find what seeds are in season. The seeds that grow better in spring are peppers, cucumbers, beets, garlic carrots and tomatoes. They are extremely forgiving and are some of the most popular veggies to eat! Only pick one or two different seeds if this is your first time planting. It’s better to have fewer that produce a great harvest than stressing yourself trying to keep five different plants alive.

**LOCATION**

Now that you have your to seeds, it’s time to pick a location to grow them. The first thing you want to take note of is sunlight in your backyard. The importance of finding the sun in your yard is to break it down into three zones lots of sunlight (6-8 hours), moderate sunlight (5-3 hours) and low sunlight (2-1 hours). In the long run it will help make it easier to place planets to the best place

for optimal growth. Along with deciding where you’re going to place your plants you also want to figure out if you are going to grow them in the ground or in a pot. It’s recommended to not grow in the ground or build a bed until you’re extremely confident with gardening.

**TOOLS/MATERIALS**

Following the importance of keeping simple and basic it’s now time to think about tools. If starting to gardening is a goal that you might have for the year and is becoming serious than investing in nice tools is essential. However if you are just trying out gardening to see if it’s something that you really enjoy you might want to wait on buying a lot of tools. Try only getting two tools starting off a small hand shovel and a good pair of gloves is a good place to start. The issue with some of the cheaper tools is that they break easily and barely list a few plants. Soil is pretty easy starting out with simple spring vegetables. The reason why is that they sell the premixed soil combination so you don’t have to worry about getting different soils.

**CHEAT SHEET SPRING VEGGIES**

**Beets**

- Can grow in pots
- Lots of sunlight

**Carrots**

- Can grow in pots (8-12 inches)
- Lots of sunlight

**Cucumbers**

- Can grow in pots (train vines up trellis)
- Lots of sunligh

**Garlic**

- Can grow in pots
- Lots of sunlight

**Peppers**

- Can grow in pots (small peppers)
- Lots of sunlight

**Tomatoes**

- Can grow in pots (train trellis)
- Lots of sunlight



**TIPS AND TRICKS**

**1. Stay near water**

- a. One of the most important items you need to grow plants is water. When setting up your garden make sure you are near a water source. The importance of being near water is that you don’t want to lug a huge jug of water around your yard. Instead plan to have it close to a water source it will make your life so much easier.

**2. Mulch is your friend**

- a. A great way to prevent weeds and other harmful things away from your plants is by plant some mulch on top of your plants. Protecting your plants will help them grow and produce more.

**3. Label plants**

- a. Labeling plants is very important because it helps get you organized. Also you want to make sure you know what plant your watering so you don’t over/under water the plants.

**4. Level change**

- a. Did you know that you can help change the acid level of your plants and it’s extremely easy. If you drink coffee or tea you can mix the tea leafs and coffee grounds into some soil and give it to your plants. Depending on what levels you need add coffee for more acidic level and use tea leafs for less acidic levels.

**5. Stages of seeds**

- a. Buy packaged seeds is not always the best way to start seed. Some seeds you can buy from a local plant nursery are germinated seeds. This means that the seeds sprouting and you don’t have to worry about dud seeds.



Source: *Greatist.com*

## Pelvic Floor & Continence Center opening at St. Joseph's/Candler

Did you know that a lot of people suffer from urinary, bowel and pelvic pain disorders? Some of these disorders are highly treatable but people are unaware and suffer. The St. Joseph's/Candler Pelvic Floor & Continence Center can help treat these disorders. It's important to remember that continence issues affect men and women, while the conversation might be uncomfortable to talk about, it's important to discuss this with your healthcare provider because there is treatments available for this disorder.

If you ask yourself:



Do you urinate eight times or more during a 24-hour period?

Do you have accidents before getting to the bathroom?

Do you use protection because of leaking you don't notice?

Do you often have strong, sudden urges to urinate or have a bowel movement?

Do you leak urine or feces when you cough, laugh, or lift something?

Do you get up two or more times at night to use the restroom?



**IF YOU ANSWERED YES TO THREE OR MORE OF THE ABOVE QUESTIONS, DO YOU EVER FEEL UPSET ABOUT THESE MATTERS?**

### THERAPIES OFFERED

#### Urodynamics Testing

Along with a thorough history and physical exam, our team may recommend urodynamics testing to determine the cause of your frequent urination. A urodynamic test measures the relationship of pressure and volume in the bladder, basically the bladder's ability to hold urine and then release it completely without starting and stopping. This test measures:

- Nerve and muscle function
- Pressure around and in the bladder
- Flow rates and other factors

Urodynamics testing is given to both men and women.

#### Physical Therapy

The Pelvic Floor & Continence Center offers pelvic physical therapy with a specially trained physical therapist in a private one-on-one setting. The physical therapist creates individualized treatment programs to improve pelvic floor muscle function, gain control over symptoms and reduce the need for medication and possibly surgery.

#### Possible Treatments:

**Pelvic Floor Exercises:** These exercises can help both men and women gain more control over their bowels movements and urination. These exercises could help improve the strength of the sphincter and pelvic floor muscles and improve control and bladder control.

**Biofeedback:** Depending on symptoms and level of comfort. The physical therapist may gently employ electrodes to measure pelvic-floor muscle activity. The biofeedback obtained can help make patients more aware of the correct way to use their pelvic-floor muscle.

**Muscle strengthening exercises:** The physical therapist will teach specific exercises to stretch and strengthen other important muscle that help support proper bowel and bladder function.

**Electrical stimulation:** The physical therapist may apply gentle electrical stimulation to help improve awareness of muscle function.

Source: [www.sjchs.org](http://www.sjchs.org)





## MERCHANT DISCOUNT CHANGES

**Gottliebs Bakery**  
closed and has no plans  
as of now to reopen.

If you know of a  
business in town that might be  
interested in joining our SmartSenior  
discount program please tell them to  
call us at 912-352-4405.

See the Next  
Complete Discount List in the  
July/Aug 2021 Edition  
of SmartSenior!



## Sign-Up for Email Updates

SmartSenior would like to email you with updates  
and any changes to our program and its' activities.  
This is a smart way to get "the latest" information  
on what's going on in-between receiving the  
SmartSenior Newsletter.

Call (912) 352-4405 today and get signed up!

## Don't forget to Stay Connected and Win a free Tote Bag Full of Goodies

Call SmartSenior at (912)-352-4405 and tell us how  
many of the Puzzle Prize question you answered  
correctly on page 2 to be entered into a weekly  
drawing to win a free tote bag full of goodies. There  
will be one drawing per week through the end of April.



AARP has made the decision to  
suspend all in-person events and  
activities until April 1, 2021.

As a reminder these are the  
current cancellation

- AARP Smart Driver  
classroom courses
- Smart Driver TEK workshops
- CarFit events
- We Need to Talk  
in-person seminars
- All Volunteer in-person  
meetings (including State  
meetings)

While in-person driving classes  
are not in person you can still get  
a discount online. Log on to  
[www.aarpdriversafety.org](http://www.aarpdriversafety.org)  
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discount. This discount is good  
through March 31, 2021.

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**MAY 15-19** starting at \$749pp  
**QUEEN ESTHER- #14484**  
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**#14484**

**APR 7** #14540 \$99 pp  
**CAW CAW & TEA PLANTATION**  
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**#14540**

**MAY 11** #14539 \$139 pp  
**AMELIA ISLAND & CUMBERLAND SOUND**  
Visit the seaport community of Amelia Island and learn about its amazing past involving Timucuan Indians, pirates, shrimpers, nobles, and confederates. A locally guided cruise on the Cumberland Sound will showcase the natural beauty of the Amelia River.



**#14539**

**May 25-26** #14517 starting at \$319 pp  
**GEORGIA'S GREAT OUTDOORS**  
On this overnight trip we visit three of the Seven Natural Wonders of Georgia! Check out the ecological & environmental Park just east of the Flint River, Radium Springs. Take in the Majesty that is Providence Canyon State Park also known as Georgia's "Little Grand Canyon". Pay a visit to the Little White house at Warm Springs with a stop at Callaway Gardens and Lane's Southern Orchards.



**#14517**

**APR 22** #14510 \$119 pp  
**MAGNOLIA IN BLOOM!**  
On this trip, we'll tour the Plantation Home, learn about the history of the Drayton Family and imagine life on a Plantation in the 19th Century. Hop on the tram for a nature tour through the ground's wetlands, lakes, forests, and marshes. A naturalist guide helps you spot alligators, turtles, egrets, and herons in native habitats.



**#14510**

**APR 28** #14508 \$169 pp  
**DAUFUSKIE ISLAND**  
Board the ferry for a cruise over to the Island and keep an eye out for dolphins! Upon arrival, enjoy an included lunch at the Old Daufuskie Crab Company. Next, embark on a golf cart tour of the Island, Discover the unique history of the Island including Bloody Point Lighthouse, the African Baptist Church and Mary Fields School.



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