



COMMUNITY CONNECTION OF WALLOWA COUNTY



MARCH 2018

Remember Daylight Savings Time begins March 11th– turn your clocks forward an hour!

MARCH IS KIDNEY MONTH

The National Kidney Foundation claims that 1 in 3 American adults is at risk for kidney disease. Major risk factors include diabetes, high blood pressure, a family history of kidney failure, and being aged 60 or older. More than 30 million Americans have kidney disease and are unaware because there are often no symptoms until the disease has progressed. A simple urine test can tell if you have kidney disease. A little bit about kidneys... the kidneys are two, fist-sized organs in your lower back. They maintain overall health by: filtering waste out of 200 liters of blood each day; regulating the body's salt, potassium, and acid content; removing drugs from the body; balancing the body's fluids; releasing hormones that regulate blood pressure; producing an active form of vitamin D that promotes strong, healthy bones; and controlling the production of red blood cells. A healthy, balanced diet can lower your risk of kidney disease. Cabbage, red bell peppers, cauliflower, garlic, onions, and berries are all known to benefit kidney health.

Go to www.kidney.org for more info!

SMILE WHILE YOU SHOP!

Do you shop at Amazon.com? We are signed up with AmazonSmile (smile.amazon.com), which donates a portion of what you purchase to the charity of your choice. To donate a portion of your Amazon purchase to Community Connection, consider choosing us as your delegated organization at AmazonSmile!

We are still taking calls for tax preparation appointments being held on Fridays throughout March and into April. Tax preparation is for seniors and low income individuals. There is no fee, but donations are gratefully accepted. To schedule an appointment, call Community Connection at 541-426-3840.

In Season in March

Apricots, Bananas, Broccoli, Cabbage, Green Beans, Honeydew Melon, Lettuce, Mushrooms, Onions, Leeks, Peas, Pineapple, Rhubarb, Spinach, Strawberries.

COMMUNITY EVENTS

Pilates— Tuesdays and Thursdays (WSC) 9-10am
 Tai Chi— Tuesdays and Thursdays (ESC) 9-10am
 Tai Chi— Tuesdays and Thursdays (WSC) 11-12pm
 (Call to Register for Tai Chi Classes)
 Foot Clinic (ESC)— 3/14 (12pm)
 Blood Pressure (WSC)— 3/9 (11am)
 Legal Aid— call 1-800-843-1115

FRESH ALLIANCE VOLUNTEERS AND VOLUNTEER DRIVERS NEEDED

We need volunteers for Fresh Alliance in Enterprise on Wednesdays and Fridays. If you are interested please contact the office at 541-426-3840

Birthdays

Geri Eckle	3/1
George Ballard	3/1
Doreen Zollman	3/1
Tom Samples	3/2
Betty Whitehead	3/4
Marti Spaur	3/9
Mel Davis	3/9
Ernestine Kilgore	3/9
Donna Duby	3/10
Garold Sealey	3/14
Gayle Zollman	3/16
Pat Stein	3/17
Barbara Roberts	3/19
Robert Zollman	3/20
Sally Akin	3/25



THIS MONTH IN HISTORY

March 1, 1961– President John F. Kennedy established the Peace Corps, an organization sending young American volunteers to developing countries to assist with health care, education, and other basic human needs.

March 5, 1946 – The “Iron Curtain” speech was delivered by Winston Churchill at Westminster College in Fulton, Missouri. Churchill used the term to describe the boundary in Europe between free countries of the West and nations of the Eastern Europe under Soviet Russia’s control.

March 7, 1933– Monopoly board game is invented.

March 10, 1862– The first issue of U.S. government paper money occurred as \$5, \$10, and \$20 bills began circulation.

March 29, 1886– Coca Cola is invented.

Benefits To Your Cup Of Joe

If you think that your morning cup of coffee provides nothing more than a jolt of caffeine, prepare to be pleasantly surprised! “Drinking moderate amounts of coffee (including decaf) has been linked to lower risk of cardiovascular disease, Type 2 diabetes, Parkinson’s disease, and some cancers.” Keep in mind – those with hypertension may be more susceptible to the adverse effects of caffeine. It is wise to cap your caffeine consumption at 1-2 cups per day. If you do have high blood pressure, also known as hypertension, you can eat in a way to avoid problems. Lowering your fat and sodium intake can have a significant impact on blood pressure and overall health.

“Be a hero - adopt from the Humane Society”

541-263-0336

www.wallowacountyhumanesociety.org