

RCARE

AUGUST, 2025
VOLUME 8, ISSUE 25

I.N.K. (INFORMATION, NEWS &
KNOWLEDGE)

What are My Options?

Educational Session on Planning Ahead

James Kappelman with Senior Care Authority will do a short presentation on planning ahead for care types that may be needed for you or your loved ones as we age. The discussion will include eligibility, cost and resources.

The Senior Care Overview will include the following:

- Independent Living
- In-Home Care (Non-Medical)
- In-Home Medical Care
- Assisted Living
- Memory Care
- Skilled Nursing
- Hospice

The goal of the seminar is to empower families to plan ahead.

The presentation should not last more than thirty minutes including a question and answer session afterward.

Registration is required. Call 336 349-1088 to register.



Cornhole League begins on Tuesday, August 12th from 1:00 p.m.—3:30 p.m. Pick up your schedule at front desk.

POINTS OF INTEREST:

- 8/7/25 1:00 p.m. Ice Cream Social
- 8/11/25 Gast Class
- 8/12/25 Cornhole League Begins
- 8/15/25 Movie: "80 for Brady"
- 8/21/25 1:00 Bingo
- 8/26/28 Gast Class
- 8/27/25 11:00 Produce Giveaway
- 8/28/25 10:00 Shopping Trip-Hamrick's



**FRIDAY, AUGUST 8TH.-
11:00 A.M.**

Is Watermelon Good For You?

Watermelon is not only a delicious fruit but may offer a wide range of health benefits. In addition to reducing oxidative stress, relieving muscle soreness and regulating skin health as it makes your skin healthy from within it is also believed to provide the following benefits:

- Asthma prevention-the lycopene content in watermelon helps to reduce asthma flare-ups. It is also rich in vitamin C which helps reduce the effects of asthma.
- Reduce blood pressure-the citrulline in watermelon helps produce nitric acid which helps to increase the flexibility in arteries and relax the blood vessels,
- Cancer-watermelon has lycopene and cucurbitacin E which is considered to have anti-cancer properties. Lycopene has been shown to particularly reduce the risk of prostate and colorectal cancer. Cucurbitacin E helps to reduce tumor formation.
- Digestion and regularity- high water content and the small fiber aid digestion and promote regular bowel movement.
- Hydration-restores the electrolytes that are lost during the hot summer season.
- Brain and nervous system- it has antioxidant choline which help the brain and nervous system. Muscle movement, memory, the structure of cell membranes, brain development and transmission of nerve impulses are carried out by properly with the help of choline. It is also rich in potassium which also helps regulate brain and muscle functions. Watermelon is also rich in beta-carotene
- Muscle soreness- watermelon can reduce muscle soreness which makes it very common among athletes.
- Skin-great for skin whether consumed or applied directly to skin. It is enriched with vitamins that help to nourish your skin.
- Metabolic syndrome which is a condition that increases the risk of heart diseases and diabetes. Watermelon is believed to reduce cardiovascular diseases involved with metabolic syndrome.
- Diuretic properties-reduces water retention in the body when consumed.
- Nutritional benefits-watermelon has vitamin C, potassium, vitamin B and A.
- May improve heart health-citrulline an amino acid which is abundantly present in watermelon helps to lower your blood pressure and the lycopene may help to reduce the risk of heart attacks and strokes.
- Reduces inflammation and oxidative stress
- Good for kidneys-lycopene helps to break down harmful free radicals and prevents the kidneys from injury.
- Watermelon won't spike your blood sugar.

Answer: Yes, watermelon is good for you.

MOVIE MATINEE FOR SENIORS



REIDSVILLE SENIOR CENTER
102 N. Washington Ave., Reidsville, NC
FRIDAY, AUGUST 15, 2025 AT 1:00PM

CALL TO RSVP FOR MOVIE: 336-349-1088

JOIN US FOR A MOVIE

We will provide the drink and popcorn. Sponsored by Devoted. Registration Required.

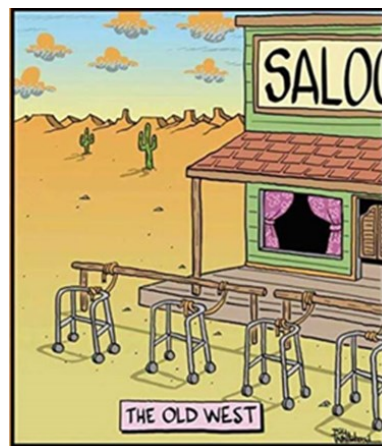


The RCARE quilting group recently donated lap quilts to Ancora Compassionate Care (formerly Hospice). Quilters shown are Linda Gibson, Charlene Reid and Joyce Lester. (3rd-5th from left) Patricia Houghton and Amanda Fargis are also in the class but were not present for the photo.

“Just For Fun”

AS YOU GET OLDER YOU'VE
GOT TO STAY POSITIVE.
FOR EXAMPLE, THE OTHER DAY
I FELL DOWN THE STAIRS...
INSTEAD OF GETTING UPSET
I JUST THOUGHT,
“WOW, THAT'S THE FASTEST
I'VE MOVED IN YEARS”

YOU KNOW WHEN
YOU BUY A BAG
OF SALAD & IT
GETS ALL BROWN
& SOGGY?
COOKIES DON'T
DO THAT





**To all the
RCARE
participants
who attended
and assisted
with my
birthday lunch
and the “Mob
Dance” THANK
YOU !**

**Reminder:
August 1 is
deadline to
register for NC
State Senior
Games.**

UPCOMING CLASSES

8/11/25 2:00 p.m. Communication: The Basics

8/26/25 10:00 a.m. Caregiver Boundaries

SPECIAL EVENTS:

8/7/25 1:00 p.m. Ice Cream Social— registration required.

8/21/25 1:00 SENIOR BINGO

8/15/25 10:00 DOWNTOWN SENIOR CITIZEN’S CLUB MEETING

8/15/25 1:00 p.m. Movie and Popcorn “80 for Brady” -Please register if you plan to attend.

8/12/25 CORNHOLE LEAGUE STARTS 1:00 p.m.—3:30 p.m.



8/28/25 SHOPPING TRIP—Depart at 10:00A.M.—Wear your walking shoes. We are going to Hamrick’s. We will also stop for lunch somewhere in the area. Estimated return: 3:00 p.m. This trip will be cancelled if minimum registration is not obtained.

Cost: \$5.00 Limited to the first 10 to register and pay.

8/27/25 11:00 a.m. -PRODUCE GIVE AWAY
Limited to the first 70 participants to register.

RCARE Billiard League Standings

As of 7/25/25 (Through Round 12)

PLAYER

WIN/LOSE RECORD

Lee Presnell	11-1
Eddie Ernest	11-1
John Williamson	10-2
Mark Johnson	9-3
Charlie Huff	9-3
James Neal	8-4
Robert Clark	8-4
Larry Nunley	8-4
Jerry Walker	7-5
Jack Huang	7-5
William Roberts	7-5
Raymond Henderson	6-6
Kris Lassiter	5-7
Joe Castellano	4-8
Brenda Cannon	3-9
Harry Brown	2-10
Bruce Needham	2-10
Norman Clark	2-10
Mary Leclair	1-11
Alvin Davis	0-12