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SPOTLIGHT

In honor of Black History month, We would like to spotlight our classmate, retired San Bernardino County Deputy Fire Marshal Ionie Wallace.



FIRST FEMALE & AFRICAN AMERICAN
SAN BERNARDINO COUNTY DEPUTY
FIRE MARSHAL

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Move and Groove for Health Fundraiser
Move and Groove for Health is raising funds to purchase new equipment for our classes!
NOW through May 15, 2021

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Solid Gold Soul Line Dancers' 6TH Anniversary Party

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M&G/SLD Sisters and Brothers Dancing on Streets of Gold

We Will Never Forget You (visit online)
<http://www.moveandgroove4health.org/memory.html>

★ Birthdays

We celebrate our members that have birthdays in March and April.
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★ Health Tips

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★ Dance Challenge

This issue Dance Challenge is I'm Your Boogie Man.

- Choreographed by: Robert Brand

Try it and have FUN.

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SpotLight

Ionie Wallace

Ionie Wallace retired from Bernardino County Fire Department as the **FIRST** female and African American Deputy Fire Marshal in January 2019.

We were honored to perform at her retirement banquet.



Video: Solid Gold Dancers dancing at Ionie Wallace's retirement party
<https://youtu.be/NsOiPJLYXHQ>



She was born in Manchester, Jamaica and migrated to the United States in 1985. She graduated from California State University, with a bachelor's degree in Health Science. After graduation, she worked in San Bernardino County Solid Waste Department and later as a Hazardous Materials Specialist in the Household Hazardous Waste (HHW) section of the Environmental Health Department.

In 1992, the HHW program was placed under the auspices of the Fire Department. Wallace was promoted to Supervising Hazardous Materials Specialist in the HHW program, and later to Deputy Fire Marshal with managerial responsibility for the Hazardous Materials and HHW divisions. Under her leadership, the HHW division won several national and state awards. Ionie has lived in the City of Fontana since 1995, and mentioned she loves Fontana so much, she has no intention to move elsewhere. Two of her siblings and their families live in Fontana. Her only child Paulette, and her family lived in the city for many years.

Ionie is proud that the City of Fontana has improved significantly, particularly in affordable housing and public safety since 1995.

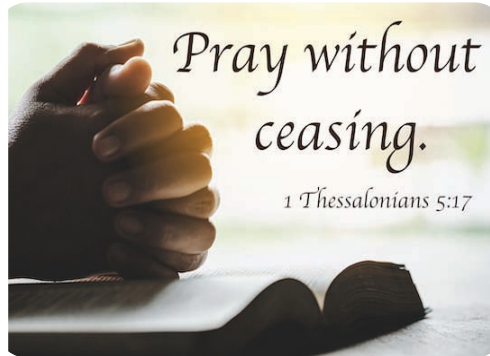
She is exceptional proud of the many awards that the city won especially in the area of health and wellness. Black History Month provides the opportunity for the public to recognize and appreciate the contributions that African Americans have made and continue to make in all societal sectors. One of her favorite quotes: "I look to a day when people will not be judged by the color of their skin but by the content of their character." (Martin Luther King Jr)

March/April 2021

HAPPY BIRTHDAY



March	April
Linda Garbot Genevieve Holt Lois Womack Juanita Murphy Pam Jones Gloria Cormier Brenda Oliver	Sue Coleman Vanessa Connor Melvin Scruggs Denise Benedict Robert Lucas Jackie Banks Mary Price Genelle Edwards



★ Prayer List



Congratulations Augustus & Bethany on Your Upcoming Marriage



Condolences

The Simons Family-**NEW**
Watson/Duncan Family
Porter Family
Dodson/Arterberry Family

Healing

James Lewis-**NEW**
Linda Girolamo
Desiree & Charles Montgomery
Augustus Porter
Juanita Cullen-Austin



Solid Gold Soul Line Dancers'
6TH Anniversary Party

Spaces are limited - Immediate RSVP is required to attend.

Date and Time: Tuesday April 20th at 12 noon
Location: Moreno Valley Senior Center.

<http://www.moveandgroove4health.org/events.html>

Dance Challenge: I'm Your Boogie Man - Choreographed by: Robert Brand
<https://youtube.com/watch?v=5dvH6xwUtzk&feature=share>



★ Health Tips

What is healthy aging?

Getting older is a natural part of life. How you will feel as you get older depends on many things, including what health problems run in your family and the choices you make. If you take good care of your body and learn positive ways to deal with stress now, you can slow down or even prevent problems that often come with getting older. It's never too early or too late to change bad habits and start good ones. No matter when you start, a healthy lifestyle can make a difference in how you feel and what you can do.

What determines how healthy you will be as you get older?

The changes you'll go through as you get older depend on a number of things. One is your family history (genetics). If your family members have diseases or ongoing (chronic) health problems like high blood pressure or diabetes, then you may have a greater chance of having those problems yourself. But just because your risk is higher, it doesn't mean you will definitely have the same problems. In fact, the lifestyle choices you make can help reduce your chances of getting illnesses that run in your family. And even if you do get a family illness, choosing to be

physically active, to eat healthy foods, and to learn how to deal with stress can keep the illness from destroying your ability to enjoy your golden years.

What kinds of changes should you expect as you age?

Changes as you get older are usually gradual. Certain physical changes are common. Your metabolism (how fast your body can burn calories) slows over time, which means that your body needs less food energy than before. How much and how well you sleep will likely change. Most people start needing reading glasses around age 40, and many have some hearing loss later in life. Starting in your 50s, bone aging increases. Also starting around age 50, you may notice changes in sexual function—it's normal to have a slower sexual response. Most vital organs gradually become less efficient with age. The kidneys are less able to keep enough water in your body. And the heart can start to show signs of wear and tear. So as you get older, it's important to be physically active, drink plenty of water, and choose healthy foods. Doing these things will help your body work well for a longer period of time.

What do you need to do to feel your best as you age?

One of the most important things you can do for your health at any age is to be physically active. Physical activity keeps your body strong, and it helps with how you feel. People who stay active are less likely to get depressed. Physical activity can be anything from walking to gardening to working out at the gym. The important thing is to be active almost every day. No matter what your age or condition, there is a type of physical activity that's right for you. Always ask your doctor whether it is safe for you to start a physical activity program. Your mental and emotional health are also important. Protect or improve your emotional health by staying in touch with friends, family, and the community. People who feel connected to others are more likely to thrive than those who do not. And try to keep stress at a minimum. In addition to getting regular physical activity, you can take charge of how stress affects you by taking 20 minutes a day to just relax.

To protect or improve your memory and mental sharpness, keep your brain active and challenged. Learn or do something new and different. For example, attend an educational workshop or learn a new card game. Depression can be a serious problem for older adults. If you think you may be depressed, seek help—antidepressant medicine and counseling can help treat depression.

Other good health habits can help you stay at your best:

1. Eat a healthy, balanced diet. Avoid salty foods and foods with a lot of fat in them, such as fried foods.
2. Remember that sexually transmitted infections can affect anyone at any age, so practicing safer sex is a must.
3. If you smoke, plan to quit.
4. Always wear your seat belt.
5. Don't abuse alcohol or drugs

Recipe

★ Health Tips continued...

This recipe is a go-to because it's so open to substitutions and relies on nutrient-dense pantry staples. It's also a soft food that works for seniors who have trouble chewing or other dental problems.

Ingredients

- * 1 pound ground beef, Italian sausage, or turkey
- * 1 small onion, diced
- * 1 (32-ounce) box low-sodium chicken or vegetable broth
- * 1 (15 ounce) can cannellini or white beans
- * 1 (10 ounce) can crushed or diced tomatoes
- * 1 cup frozen or canned spinach or collard greens (use fresh if you've got them on hand)
- * 1 teaspoon Italian seasoning



Instructions

- 1.) Add meat to a large soup pot over medium heat. Break apart and stir until browned. Add onion and continue to cook, about 5 minutes, until soft.
- 2.) If a fair amount of fat has collected at the bottom of your pan, pour the meat mixture onto paper towels to drain. This may not be necessary for ground turkey or lean beef.
- 3.) Return meat and onions to the pot and add remaining ingredients. Reduce heat to low and simmer for about 30 minutes until the flavors have melded. Season with salt and pepper to taste.
- 4.) Serve alongside crusty whole-grain bread for a filling meal, or add cooked pasta before serving for a heartier meal.

Tip: If you're cooking for someone who prefers softer food, a good trick for soups or stews is to blend half and add it back into the pot for a smoother texture. You can do this after step 4, before serving.



Healthy Living

March/April 2021

Move and Groove for Health



FUNDRAISER

You can help by doing a little spring cleaning. Free up space in your home by going through your clothes and linen closets and fill bags with your gently used items. Go through your storage spaces and fill boxes with small household items that you are no longer using. Drop off the bags and boxes during one of our collection times.

- Let's make this a family affair and ask our family and close friends to help us reach our goal.

Move and Groove for Health Clothing/Household Drive Fundraiser

Dates: Accepting Donation **NOW** through May 15, 2021

We Are Collecting:

Clothes

men's, women's and children's clothes, coats, shoes, scarves, handbags, wallets, fashion accessories, ties, belts, backpacks, etc.

Household Textiles

bedding, comforters, blankets, sheets, towels, linen, tablecloths, curtains, pillows, etc.

Small Household Goods

kitchen items such as pots/pans, dishes, silverware, glasses, service pieces and hand-held appliances, home decorative items, knick-knacks, and toys

FUNDrive Coordinator:
Linda Garbot
951-385-2860
Lgarbot@gmail.com

Community Collection Day May 21, 2021

Times:

- 1.) 12:00pm-2:00pm
- 2.) 2:00pm-4:00pm
- 3.) 4:00pm-5:00pm



Strengthening lives through Dance & Music

Closing Message: Thank you for 6 years of friendship, support, and for being our dance partners. May the Lord bless our future together.



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