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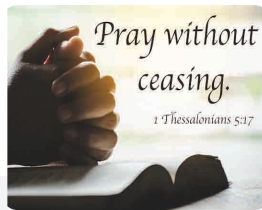


Photo by Terry Pierson, The Press-Enterprise/SCNG



### This is My Story

In honor of Mother's and Father's Day We would like to feature two of our classmates: Odelia Holeman and Augustus S. Porter III - Page 2



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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 May and June. - Page 3

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#### What are healthy habits?

Good health habits can make a difference even to seniors who are prone to illness or have not made their health a priority in the past. - Page 4



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This issue Dance Challenge is Long As I Live-by Toni Braxton. - Danced by J&J Soulfulsteps in L.A. Try it and have FUN. - Page 3

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## Spot Light

### Solid Gold Soul Line Dancers' 6TH Anniversary Party



### Moreno Valley seniors dance in the streets — or at least, the parking lot

The Solid Gold Soul Line Dance Class performed together for the first time in a year, outside the senior center

**Location:** Moreno Valley Senior Center.  
25075 Fir Ave. Moreno Valley, CA 92553

For six years, Moreno Valley dancers danced three days a week at the Solid Gold Soul Line Dance Class and once a month at a dinner party.

Then the **coronavirus pandemic** hit and the dance classes moved online.

On Tuesday, April 20, after a year of virtual dance and exercise classes, seniors danced in the Moreno Valley Senior Center's parking lot to celebrate the class' sixth anniversary.



Photos by Terry Pierson, The Press-Enterprise/SCNG

**Odelia Holeman**

## This Is My Honored Mother *Story*



I was born in Beaumont Texas August 10th 1938, the 7th child of nine. I was raised by my parents until I graduated from high school at 17 yrs. old. I move to Oakland California to live with my older sister and further my education by going to nursing school (which after 18 months dropped out because I believed that wasn't Gods choice for me) I was introduced to my husband by my sister who was friends of his parents. We got married when I was 19 years old and have been married 63 years .

Since my husband AJ was in the marines we I lived 4 years Hawaii. I chose not to travel a lot because of our children so we settled in Santa Ana CA where we raised our 4 children . I trained to be a Cosmetology Instructor where I taught in Santa Ana for 25 years. In 1985 we moved to Moreno Valley. I got my Adult Education Credentials in Cosmetology at California State San Bernardino and continued teaching in 4 Inland Valley Cosmetology Schools until I totally retired.

*Odelia in Action*



I started going to the Senior Center after retiring about 13 years ago. I was looking for an activity several times a week . Since I love dancing , I checked out linedancing . Suzy wasn't leading the class at the time, but after the class leader gave up the class , Suzy began. My favorite activities are dancing and walking, both with music. I do love gardening and fishing. Reading, cooking, and playing Candy Crush on my phone is how I relax. I prefer house plants over cut flowers because they are living , my family thinks I'm quirky HaHaHa!

I am a licensed minister of the gospel and have served at Bethel Christian Center and Riverside Community Hospital clergy team. We now attend The Way World Outreach Church. At 82 years old , I plan on ministering God's Word as long as I have strength. God has blessed us with 4 children, 4 grandchildren and 13 great grands. AJ & I are blessed with good health so we believe in exercising and healthy eating. We are blessed. ★

**Augustus S. Porter III**

## Honored Father



- \* Born October 21, 1964
- \* Grew up Louisiana
- \* Married for 48 yrs to Dorthy Marbury in 1973 until her passing
- \* Father of 3 children - Capryce, Kelli & Augustus IV
- \* Grandfather of 4 - Renee, Liam, AJ & Augustus V
- \* Served in the Army 4 years (Vietnam)
- \* Worked as an Air Traffic Controller Electrician

**Retired in 2015**

*Augustus in Action*



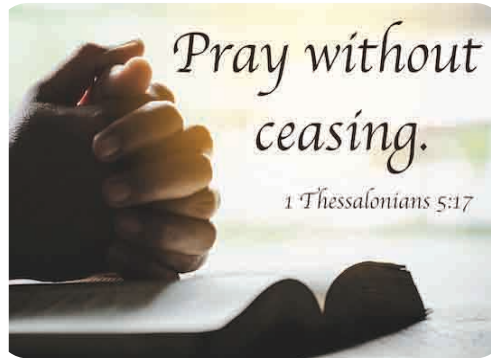
**Enjoys:** Singing, listening to oldies , playing bid whist, dominos, dancing, running and do-it-yourself projects. Started going to the Moreno Valley Senior Center 2 years after retirement. Joined the Soul Line Dance Class and has been an pillar of the class.

He currently lives in Northern California where he is starting a new chapter in his life and will be marrying Bethany Smith.





## ★ Prayer List



## Condolences

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

## Healing

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

### May

Sandra Jones  
Mae Anderson  
Rachel Bem  
Sheryl Bell  
Silver Taylor  
Pat Rogers  
Agnes Graves  
Dee Crump  
Sonia Hall  
Yvette Moore  
Valerie Queen

### June

Doris Gayton  
Dorris Duncan  
Linda Girolamo  
Audrey Thomas  
Vicki Odom  
Michelle Barlow  
Vivian Jones  
Lisa Ford



## Mother's Day Poem



Watch "She..." on YouTube  
<https://youtu.be/wx6v47kGXxA>  
By: Rachael Griffin

Dance Challenge: Long As I Live by Toni Braxton  
- Illustrated by: J&J Soulfulsteps in L.A.  
<https://youtu.be/LRT8hKADcwo>



## ★ Health Tips



People who had good healthy habits when they were younger tend to become healthy seniors, but it is never too late. Good health habits can make a difference even to seniors who are prone to illness or have not made their health a priority in the past.

Consider these 10 tips for keeping up with the health needs of a parent or senior loved one:

### ***Health Tips***

#### **1. Eat healthy.**

The digestive system slows down with age, so high-fiber fruits, vegetables and whole grains are as important as ever. Because seniors are prone to dehydration, they should drink plenty of water to stay energized and sharp.

#### **2. Focus on prevention.**

Preventative care visits, including health screenings for cholesterol levels, colon cancer, heart problems and more, qualify for Medicare coverage. Seniors also need to get vaccinations that can help prevent influenza and pneumonia.

#### **3. Get information on medication management.**

Ask about and review the senior's medications with their physician on a regular basis. Consider possible drug interactions and take note of any new symptoms (allergic reactions, drowsiness, loss of appetite and others) the senior shows after changing or starting medications.

#### **4. Get some sleep.**

Frequent waking and insomnia in the night are common among seniors. Turn the lights down in the evening to spur drowsiness and make sure the senior's bedroom is comfortable, cool and quiet.

#### **5. Remember mental health.**

The Geriatric Mental Health Foundation recommends that seniors do crossword puzzles, read and write and try new hobbies to stimulate their minds and engage with the world around them. Activities like these can ward off a decline in mental health.

#### **6. Screen for vision changes.**

Seniors who wear glasses should have their prescription checked every year for changes and have their eyes screened for health issues. Having the right pair of glasses can reduce a senior's chance of falling.

#### **7. Socialize.**

Time spent with family and grandchildren help seniors feel connected, especially if they have mobility issues. Those visits can also make seniors feel more upbeat, which is the best medicine at any age.

#### **8. Stay physically active.**

Exercise not only alleviates depression but improves energy and memory. An exercise program approved by a physician, long walks or short strolls can keep seniors healthier longer. With their health under control, seniors can do more and stay active, which is important to their overall well-being. Happy, healthy seniors can still present a lot of care challenges, but they can also contribute more to their health, which can give caregivers a little less to worry about.

#### **9. Take advantage of free physicals.**

During the first 12 months on Medicare, seniors are offered free physicals. After that first year, they receive free annual wellness visits.

#### **10. Visit the dentist every six months.**

Our risk for cavities goes up with age. Plus, many mouth infections can be linked to serious health conditions, such as diabetes, heart disease and stroke. So seniors should see the dentist regularly.



## Recipe

### *The 7-Minute Chicken and Pear Salad*

**Serves: 1**

*You'll need:*

- 1 small ripe pear
- 1 tablespoon extra virgin olive oil
- 1 teaspoon Dijon mustard
- 1 teaspoon lemon juice
- 1 teaspoon minced garlic
- Pinch sea salt
- 1 teaspoon salt-free Italian herb seasoning
- 1 cup baby spinach leaves
- 3 ounces cooked chicken breast, sliced or diced
- ¼ cup minced red onion
- ¼ cup minced red bell pepper



**Instructions**

What to do: Dice pear and set aside.

Whisk together olive oil, Dijon, lemon juice, garlic, sea salt, and herb seasoning.

## *5 Tips to Help You Stay Motivated to Exercise*

Being physically active is one of the most important things you can do each day to maintain and improve your health and keep doing things you enjoy as you age. Make exercise a priority with the following tips:

1. Find ways to fit exercise into your day. You are more likely to get moving if exercise is a convenient part of your day.
2. Do activities you enjoy to make it more fun. Be creative and try something new!
3. Make it social. Find a virtual "exercise buddy" to help keep you going and provide emotional support.
4. If there's a break in your routine, get back on track. Start slowly and gradually build back up to your previous level of activity. Ask your family and friends for support.
5. Keep track of your progress. Make an exercise plan and don't forget to reward yourself when you reach your goals.







*Strengthening lives through Dance & Music*

**Closing Message:** This year has been full of wonders & challenges so far. Things are changing around us, but we have to remain steadfast, unmovable, always abounding in the work of the Lord. (1st Cor 15:58) You are proof that our work at M&G is not in vain.

**Blessings, Clay & Tami**



Move and Groove For Health Newsletter published by: JGWD Solutions  
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