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Senior Corps Newsletter May 2014

Possible Hours:
May 88 Hours
June 84 Hours
Both FG & SC

Senior Corps Video Conference

Included with this mailing please find your invitation for our Video Conference training for both Foster Grandparent & Senior Companion volunteers on Tuesday June 10th.

Please choose the location that works best for you. We look forward to another great training from Dr. Jodi Janati and hope to see you there!!



CareNexxtion

Powered by Senior Community Services, www.carenexxtion.org is revolutionizing the way families and caregivers are supporting their elderly and/or disabled loved ones. This free and easy-to-use website makes it possible to efficiently manage care coordination, regardless of where you live. Once your care team is established, you can use the site to share caregiving tasks, create a calendar, and enter notes in a journal. The care team will be notified when there's a new task and can pick it up right from the calendar. The journaling feature keeps the care team informed; it is also useful to bring to medical appointments as a reminder of important health updates.

"I can't believe how easy it is to use the website. It's easy to move around and understand. I formed my Care Team in less than five minutes!" –Karen L., Hopkins

Visit www.carenexxtion.org today to set up your care team. For more information, please call 612-770-7005.

Research Study Opportunity

You are invited to participate in a research study that will explore perceptions, barriers and feasible strategies around intergenerational gardening experiences for young children and their families. The study is being conducted by Teri Burgess-Champoux and Katrina Groshens from the Department of Nutrition and Exercise sciences at St. Catherine University.

They will be conducting individual interviews over the phone during the month of May. The one-time interview would last 1 hour and you would receive a \$20 gift card for your time. If you are interested in learning more, please call Teri at 651-690-8750 or tlburgesschampoux@stkate.edu. Space in discussion groups is limited.

Foster Grandparent volunteers at school locations please feel free to talk with your teachers directly to plan your return for next year...I will help with everyone's returns in the fall if needed, but anything you can coordinate sooner is great!!



I would be unstoppable. If I could just get started.

HAPPY BIRTHDAY!!

Tatyana Babchinitser, FG, May 23
 Anna Togar, FG, May 25
 Jackie Luster, FG, May 28
 Deloris Isenhower, FG, May 30
 Roman Brodskiy, FG, June 1
 Shirley Redditt, FG, June 3
 Beatrice Johnson, FG, June 10
 Daniel Toweh, SC, June 10
 Char Karas, SC, June 16
 Anne Zouski, SC, June 16
 Henry Gant, FG, June 17



June 2014 Anniversaries!!

Elaine Burk, SC, 8 Years
 Anna Bloh, FG, 7 Years
 Carroll Howland, SC, 6 Years
 Jean Wright, SC, 5 Years
 Linda Graphenteen, SC, 4 Years
 Kathy Albrecht, SC, 3 Years
 Karen Nippoldt, SC, 3 Years
 Kathy Helm, SC, 2 Years
 Patricia Karna, SC, 2 Years
 Yussuf Kirih, FG, 1 Year
 Kassim Roba, FG, 1 Year



June 2014 Meetings:



Welcome to Senior Corps!!!

Elena Gzhibovskaya, FG, Jeremiah Program
 Baron Lewis, FG, Jenny Lind School
 Colitha Randolph, FG, Jenny Lind School

June 2	10am	LaCreche Appletree
June 2	11am	Jeremiah Program
June 3	Noon	Twin Cities International School
June 4	9am	ACCAP #3 (Janene's group at ACCAP Conf Room B)
June 9	9am	LSS UCare SCP (at Fridley Senior Center)

June 10 9:30-Noon PROGRAM WIDE VIDEO CONFERENCE

June 11	9am-10:15	ACCAP Group #1 (Cathey's at ACCAP Conf Room B)
	9:45am-11am	ACCAP Group #2 (Cathey's at ACCAP Conf Room B)
June 16	10am	People Serving People
June 17	9am	Coon Rapids Senior Center
June 23	9am	North Ridge Care Center

No May Meeting: Andersen United School, Andover Elementary, Bryn Mawr Community School, East Bethel Community School, Forest Elementary, H&R of New Brighton, Hiawatha Community School, Jenny Lind School, Kenwood School, LaCreche North, Menlo Park School, New City School, Northside CDC, Pillsbury School, Risen Christ School, Tubman Family Alliance, Waite Park School, Whittier International School

"It takes generosity to discover the whole through others. If you realize you are only a violin, you can open yourself up to the world by playing your role in the concert." Jacques-Yves Cousteau



The Sum of Knowledge

In the third century BCE, the Library of Alexandria was believed to house the sum of all human knowledge. Today, there is enough catalogued information in the world to give every person alive 320 times as much content as historians think was stored in Alexandria's entire collection. That's an estimated 1,200 Exabyte's (or 1 quadrillion (1,000,000,000,000,000) bytes worth of information. If all this information were placed on CDs and they were stacked up, the CDs would form five separate piles that would all reach the moon.

Digitization is the process of converting analog content such as books, films and photographs into digital information that computers can read. All digitized content is broken down into ones or zeroes and then sequenced so that it can be understood by the devices we use to access the information.

The amount of digital data doubles every three years. In 2000, 25% of all the world's stored information was digitized. The other 75% was non-digital and was preserved on paper, film and other analog media. In 2013, less than 2% all of the stored information in the entire world was non-digital.

Source: foreignaffairs.com

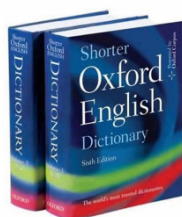
Fascinating Bytes of Knowledge



- Americans listen to an average of 25 songs a day.
- Humans are believed to experience about 70,000 thoughts a day.
- The average person gets 9,672 minor injuries in a lifetime.
- Paper cuts hurt so bad because they do more microscopic damage to the skin than larger cuts.
- If a person lives to be 80 years of age, their heart has already beaten at least 2,943,360,000 times.



- 50% of the world's population is younger than 50-years-old.
- The Beatles had to stop touring because their music couldn't be amplified loud enough to play over the screaming fans.
- When in panic mode, your eyes take in visual information at a higher rate, which is why everything may seem to be moving in slow motion.
- Jails in Brazil reduce the sentences of their prisoners by 4 days (up to 48 days a year) for every book they read and write a report on.
- The US makes up 5% of the entire global population but has 25% of all the prisoners in the world.
- About 8,500 new words and terms are added to the English language every year.
- UPS trucks save 10 million gallons of gas each year because they don't make left turns.
- Due to the warming of the oceans and higher temperatures, crabs are in Antarctic waters for the first time in 30 million years.



- Mathematical proof that "1+1=2" takes over 100 pages to explain in the *Principia Mathematica*, a three-volume work on the foundations of mathematics.
- The average NFL game features only 10 minutes and 43 seconds of action. The rest of the time is spent on commercials, replays and commentary.
- In 1970, Americans collectively spent about \$6 billion on fast food. By 2006, Americans were spending about \$142 billion annually on fast food.
- If *Walmart* was a country, its economy would be ranked as the 19th most powerful in the world.
- Jellyfish and lobsters are considered biologically immortal and don't age or die unless they are killed.
- "Time" is the most commonly used noun in the English language.
- Until the 1850's, there were no left and right shoes; both were identical.
- In 2010, teachers in Switzerland had an average salary of about \$112,000 per year.
- It is illegal to advertise to children under the age of 12 in Sweden and Norway.
- There are 17 people alive today who were born in the 1800s. 16 of them are female.



Source:  überfacts



Knowledge



C W R A H V G B P Y A W R O N
 I C S S N S R R N E D E W S O
 T Y S M O A I F F L R S N S I
 C R Y V Z N L F R I T O E X T
 R D A I C G G O Y H L L N L O
 A I L I A N W S G L T M E I M
 T G P M C L D U A A L R D B M
 N I E M E S O G E U H E A R T
 A T R O N H O B E N N R J A S
 V A E R T O F L S T G I R R N
 E L P T U E T S I T Y L K Y A
 R S A A R N S C T J E B I S M
 A W P L Y D A M A G E R A S U
 G N O U N L F Z E R O E S X H
 E P A N I C S K O O B T I M E

Knowledge is love and light and vision.

— Helen Keller

- ANALOG
- ANTARCTIC
- AVERAGE
- BEATLES
- BOOKS
- BRAZIL
- CENTURY
- DAMAGE
- DIGITAL
- ENGLISH
- EXABYTE
- FAST FOOD
- FILM
- GALLONS
- HEART
- HUMANS
- IDENTICAL
- IMMORTAL
- JELLYFISH
- LIBRARY
- L???????
- MINOR
- MOTION
- NFL GAME
- NORWAY
- NOUN
- PANIC
- PAPER
- PRINCIPIA MATHEMATICA
- REPLAYS
- SHOES
- SKIN
- SONGS
- SWEDEN
- THOUGHTS
- TIME
- UPS
- WORLD
- ZEROES



Can you find the mystery word? It starts with L.

MYSTERY WORD: LOBSTER