

# Mind-Body-Spirit

August 2018

## BRHA Contact Information

### Main Office

809 Edmond Street,  
276-821-2001

### Fax Number

276-642-2015

### FAW Office

600 Mary street  
276-821-6270

### FAW Plus Office

325 Edmond Street  
276-821-6269

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## National Night Out

National Night Out is an annual community-building campaign that promotes police-community partnerships and neighborhood camaraderie to make our neighborhoods safer, more caring places to live. National Night Out enhances the relationship between neighbors and law enforcement while bringing back a true sense of community. Furthermore, it provides a great opportunity to bring police and neighbors together under positive circumstances.

Millions of neighbors take part in national Night Out across thousands of communities from all fifty states, U.S. territories and military bases worldwide on the first Tuesday in August. (Texas celebrates on the first Tuesday in October.) Neighborhoods host block parties, festivals, parades, cookouts and various other community events with safety demonstrations, seminars, youth events, visits from emergency personnel, exhibits and much, much more.



**BRHA will celebrate National Night Out August 7th at Mosby Courtyard at the gazebo.** BRHA will provide the main dish and you are invited to bring a side dish. We will have a DJ and prizes. Come join the fun!



### Recipe of the Month: Fluffy Lemon Pie

1 package (1 oz) sugar-free instant vanilla pudding mix

1 teaspoon sugar free lemonade soft drink mix

1 cup of cold fat free milk

1 carton (8oz) frozen

reduced fat whipped topping, thawed and divided.

1 reduced fat graham cracker crust (8inch)

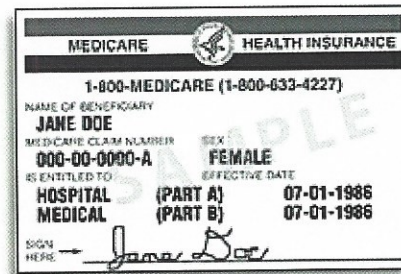
Combine pudding mix and soft drink mix. In a small bowl, whisk milk and pudding mixture for 2 minutes. Let sand

for 2 minutes. (pudding will be stiff.)

Fold in half of the whipped topping. Spread into crust. Top with remaining whipped topping. Cover and chill for 2-3 hours or until set.

# *New Medicare Cards*

## *Arriving Soon!*



Between April 2018 and April 2019, the Centers for Medicare & Medicaid Services (CMS) will mail new Medicare cards to all people with Medicare. The cards will have a unique Medicare Number instead of a Social Security Number. Medicare will automatically mail the new cards to the beneficiary address on file with the Social Security Administration. CMS will mail the new cards in waves. Starting in April 2018, people with Medicare will be able to check the status of card mailings in their area on [www.medicare.gov](http://www.medicare.gov). The first wave of cards will be mailed between April and June to people with Medicare. After receiving a new card, people with Medicare are advised to take 3 steps to make it harder for someone to steal their information and identity.

1. *Destroy your old Medicare card.*
2. *Use your new card right away. Doctors, other health care providers, and plans approved by Medicare know that Medicare is replacing the old cards and are ready to accept the new Cards.*
3. *Beware of people contacting you about your new Medicare card and asking you for your Medicare Number, personal information, or to pay a fee for your new card.*

If you think someone is trying to steal your identity or otherwise commit fraud related to the new Medicare cards, you can report them to your local Senior Medicare Patrol (SMP). Information and resources for partners and providers related to the roll-out of the new cards is available from [www.CMS.gov](http://www.CMS.gov)

**Find A Way Plus  
Office at Stant Hall, 325 Edmond Street,  
Phone 276-821-6269  
Announcements/Activities**

**GED Classes**

Monday & Wednesday at RSB  
9:00am—12 Noon

**Computer Lab**

Monday 1:00pm—3:00pm  
Thursday 3:00pm—5:00 pm

**JM/SH Garden Bee's Meeting**

3pm at Stant Hall Lounge area  
Tuesday, August 21, 2018

**Earthbox Gardeners Meeting**

At RSB, August 31, 2018 at 11am

**Walking Club Start Up Meeting**

Thursday August 9, 2018  
  
10:00 am SH/JM at SH Lounge  
  
11:00 am RSB

These meetings are just start up meeting, if you would like to start a Walking Club" please plan to attend. Thanks!

**Reading Jeep**



Last day for the Reading Jeep and Ms. Amy from the Bristol Public Library will be August 3 at the little libraries locations.

Starting time 1:00pm, ending around 3:00 pm. Come out to read with us!

**National Night Out Celebration**

*August 7, 2018 from 5:00pm-7:00 pm at Mosby Courtyard. Bring a side dish and come join us!*

**August Holidays**

- August 2 —Ice Cream Sandwich Day
- August 4 —US Coast Guard Day
- August 5—Friendship Day
- August 13—Left Handers Day
- August 21—Senior Citizens Day

*You've gotta dance like there's nobody watching, Love like you'll never be hurt, Sing like there's nobody is listening and Live like it's heaven on earth.*

*—William W. Purkey*



**Find us on the web at  
[www.brha.com](http://www.brha.com)**

**Also like us on**



## **Art Contest Winner**

We would like to announce the winner of the "Home and Country" Art contest is Ms. Alma Wheeler. She is a very talented artist and her picture is beautiful. If you see her congratulate her on a job well done. Also stop my the FAWP office to view her picture. It is an honor to display this work of art.



## **Knitters and Crocheters**

**Come join us on August 16, 2018, 10:00AM at RSB to start making infant caps for our Military babies. We will make these and give to the American Red Cross to distribute.**



## **Smoke Free Policy**

BRHA has implemented a Smoke Free Policy for all property's managed by the agency. Smoking is not permitted in any buildings or on any property. You must be off BRHA property to smoke. BRHA does have information on Smoke Free Assistance. Please call the FAW or FAWP offices and we will be glad to share this information with you at 276-821-6270 or 276-821-6269.

Interesting facts about stopping smoking and health benefits:

- \* Lowered risk of lung cancer
- \* Reduced heart disease risk
- \* Reduced respiratory symptoms
- \* Reduced risk of developing some lung diseases
- \* Reduced risk for infertility in women of childbearing age



**NO SMOKING**

## **Old Farmers Advice:**

- ◇ *Life is simpler when you plow around the stump*
- ◇ *Forgive your enemies: it messes up their heads.*
- ◇ *You cannot unsay a cruel word.*
- ◇ *The best sermons are lived, not preached*
- ◇ *The biggest troublemaker you'll probably ever have to deal with, watches you from the mirror every morning.*
- ◇ *Every path has a few puddles.*





August 2018



Happy  
Birthday!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7 National Night Out 5-7 pm	8	9	10	11
12	13	14	15	16	17	18
19	20	21 SH/JM Gardeners 3 pm	22	23	24	25
26	27	28	29	30	31 Earth box Meeting 11am	

- Teresa Wright August 11
- Mary Begley August 11
- Shirley Cardwell August 17
- Patsy Shores August 19



BE SAFE!