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MAY
2012

EDITOR:
Betty
Watson



**Auxiliary
President's Message:**

Hello Auxiliary members,

What wonderful weather we are having here in the Dallas area. I'm really enjoying the flowers that have come up. But now I am remembering all the terrible storms that occurred in some areas not too long ago. I do hope you escaped the damage. There have been heart touching stories of neighbors helping neighbors.

As we get to the end of this spring season in our planning, we look to the fall programs. There is a lot going on at C. C. Young. I encourage you to take advantage of some of them. Be sure to check the information in this newsletter for upcoming events.

I look forward to seeing you at the general meeting May 16th. Be sure to tell me hello. I'm still meeting new people!!

*Blessings to all,
Beth Weems Pirtle*



C. C. Young Auxiliary

Presents

Reverend Emory Burton

“The Magic of Aging”



After a brief presentation of magic,
he will discuss the positive aspects of aging.

Wednesday, May 16, 2012

Coffee at 10:00 A.M.

Prior to the General Meeting

Refreshments

Provided by Lake Highlands UMC United Methodist Women

Love gifts may be mailed to our treasurer at any time:
Janice Brown, 9505 Angleridge, Dallas 75238



THANK YOU!
THANK YOU!

We are so grateful for your continued support of the residents. Thank you very much. If anyone still makes bibs and walker bags, we could use them! The residents in Independent Living use the bibs and love them, even the MEN.

COUPONS NEEDED

Please bring any and all coupon magazines that come to your mailbox, uninvited, to the Auxiliary meetings. Doesn't even matter if they're out-of-date; they'll work just fine. They are used with the residents in The Cove to practice hand/eye coordination. Your coupons are indeed a much needed item!

WELCOME BAG ITEMS NEEDED NOW

We are in need of Welcome Bag items right now also. Please ask your group(s) to please gather these needed items, listed below, to fill Welcome Bags for the new residents coming in for rehab and/or for longer periods of time.

ITEMS ALWAYS NEEDED

Welcome Bags

- Comb, Shower Cap
- Mouth wash (small)
- Pen and Note Pad
- Chap stick, Bar Soap
- Hand cream (small)
- Kleenex (purse size)
- White socks for men

Bingo Prizes

- The Welcome Bag list, PLUS:
- Toothpaste and Toothbrush
- Nail polish
- Small Purses, Scarves, Hats
- Small Stuffed Animals
- Sugar-Free Hard Candy
- Small picture frames



C. C. Young's The Spirit is Ageless 2012

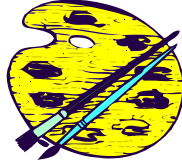
COMING MAY 5th

Art Contest, Exhibit, and Event

(New Name! Same Great Event Since 1999!)

11 Categories ~ 3 Winners in Each Category

***Full details can be found at The Point or at:
www.ccyoung.org
(key words for site search: annual art contest)



**Please RSVP Today for the Event on
Saturday, May 5, 2012**

10:15 a.m. Art Gallery Opens
11:00 a.m. Program Begins

*Open to everyone! Event is complimentary,
but open seating is limited.*

214-841-2831 or ccy@ccyoung.org or www.ccyoung.org

FUN TIMES AVAILABLE FOR YOU

LINE DANCING CLASS

Now Every Monday

11:00 AM

Starts Monday, May 7!



This is a beginning level class ~
no experience needed!

*Please come and meet our new
instructor **JUDY SIDES**.*

New day & time.
Work up an appetite for lunch!
Weekly classes.
FREE for Residents.
All others: \$3.00 per class.

**Just some of the expected
benefits when you line
dance on a regular basis:**

- Coordination improves
- Lung capacity increases
- You burn calories
- Learning dance steps
exercises your brain
- Bone strength increases
- You can have fun!



The Point, Center for Arts and Education,
on the campus of C. C. Young
4847 West Lawther Drive,
Dallas, 75214
214-841-2831 / www.ccyoung.org
Open to The Public.

Walking Poles?

YES! We Have 'em!



What do we have?

WALKING POLES

(Also known as trekking poles.)

Why?

Where to begin? Just ask the staff of The Point or The Point's Wellness Coordinators where to find the educational material about walking poles on the web. We can direct you to the many benefits of using walking poles.

One study showed that walking with poles:*

- Increased aerobic capacity
- Increased upper body endurance
- Reduced depression and anger
- Reduced fatigue

When?

Now!

How?

Poles can be checked out just prior to the start of The Point's Walking Classes each week.

The 10 new pairs of adjustable poles are available on a first come, first served basis at no charge!



Location:

**The Point, Center for Arts and Education on the campus of C. C. Young,
4847 W. Lawther Dr., Dallas, TX 75214 / www.ccyoung.org / 214-841-2831**

*A. Karavan, J.P. Porcari, N.K. Butts, A.M. Postmus, L. Stoughton, & J. Larkin.
Effects Of 12 Weeks Of Walking Or Exerstriding On Upper Body Strength And Endurance
La Crosse Exercise and Health Program, UW-La Crosse and Lutheran Hospital, La Crosse, WI



Calling ALL Teens!

C. C. Young's Summer Teen Volunteer Program

Learn the joy of giving to another through volunteerism



Participate in fun activities
crafts, table games, music,
nail painting, recreation, and
reading

Encourage your teenagers to participate in C. C. Young's summer volunteer opportunity and make a difference in another's life. Teens commit 25 hours of service during the summer beginning June 18 through August 11. Our program is flexible and can work with your teens' schedule. Learn more about C. C. Young and our volunteer program at www.ccyoung.org or contact Victoria Jones at 214-841-2988 or vjones@ccyoung.org.



In the Wings...

OCTOBER 16

Celebrate Age Dinner and Event honoring Dr. Don R. Benton and celebrating C. C. Young's 90th anniversary. Tuesday, October 16, 2012, reception is at 6:30 p.m. with 7 p.m. dinner. Hunt Consolidated, Inc., 1900 N. Akard, Dallas.

OCTOBER 29

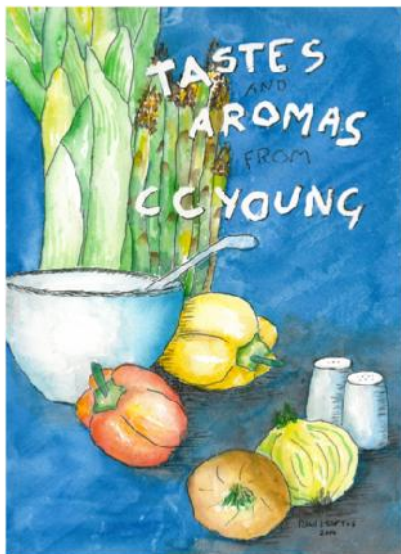
First Annual C. C. Young Classic Golf Tournament benefiting C. C. Young Retirement Community. Bent Tree Country Club, 5201 Westgrove Dr., Dallas.

NOVEMBER 3

C. C. Young's Annual Holiday Bazaar, benefiting C. C. Young's Benevolence Fund. GIFTS, CRAFTS, JEWELRY, and MORE! Saturday, November 3rd. Hours: 10 a.m. - 6 p.m. Free and open to the public. The Point, Center for Arts and Education on the C. C. Young Campus, 4847 W. Lawther Dr. Dallas.

AND REMEMBER

You can get the C. C. Young Cookbook TODAY!



All proceeds from the Cookbook will benefit C. C. Young's Benevolence Program.

Get yours today for only \$25. Visit the Development Office on the ground floor of the Blanton or call (214) 841-2909.

**Great gift for Mother's Day!!
Sunday, May 13, 2012.**

JOIN the Auxiliary

No Dues - Lots of Rewards

**ARE YOU ON OUR
MAILING LIST?**

*Please give us your e-mail
address so you will
receive our Newsletter.*

*It will give you
monthly updates
regarding speakers and
other information
concerning opportunities
available for YOU!*

Send your email address to:

bwwatson@att.net

**No General Meeting
June, July, or August
Come September 19**

**To learn how to stay
“Physically Fit”
with Jerome Lewis**

2012 Auxiliary Officers

President	Beth Weems Pirtle
1st VP, Programs	Phala Finley
2nd VP, Volunteer Service	Bernice Press
3rd VP, Revenue Projects	Gayle Barker
Recording Secretary	Nancy Littauer
Corresponding Secretary	Machie Westmoreland
Treasurer	Janice Brown
Historian	Anne Ballew
Parliamentarian	Patty Daves
Nominations Committee	Mary Helen Bradford
	Janice Brown
	Sharon Christen
	Patty Daves
	Erma Thomson
	Machie Westmoreland
Memorials	Chrys Franklin
Newsletter	Betty Watson
Yearbook	Betty Watson
Registration/Greeter	Faye Cocke
	Jane Morris
Special Parties	Penelope Hanmer
	JoAnna Evans
Sunshine	Pat James
Hostesses	Maxine Bearden
Staff Liaison	Stacy Hitt
Volunteer Coordinator	Victoria Jones