

Here is your May **BOREDOM BUSTERS** packet



We hope you're enjoying the month of May! We're sharing lots of coloring sheets, puzzles, and other May-themed activities in this month's packet, plus information on health resources and events that may be of interest.

Managing Osteoporosis

May is Osteoporosis Awareness and Prevention Month. We're including our Managing Osteoporosis flyer this month to help you learn more about the risk factors and testing options for this bone disease.

How to Sign Up . . .

Have a friend or loved one who would like to receive a monthly Boredom Busters packet? There are three easy ways to register:

1. Scan QR Code and complete the online form
2. Email Shelby Kline at skline@htanc.com
3. Call Shelby Kline at 336-707-6285



. . . or Sign Off We hate to see you go, but if you no longer wish to receive the monthly packet, you may also use one of the methods above to have your name removed from the mailing list.



Managing Osteoporosis

FROM **HealthTeam Advantage**

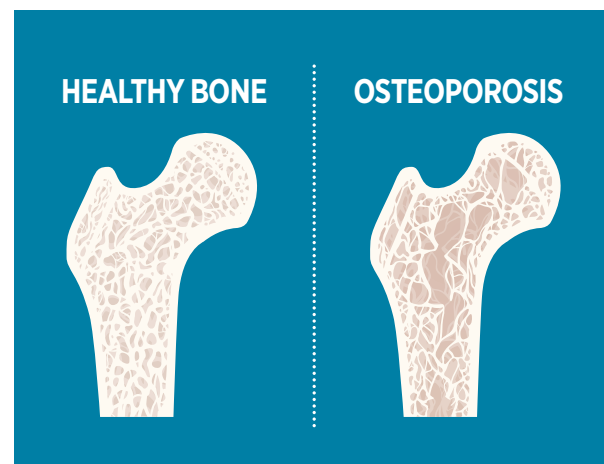
Osteoporosis is a bone disease that develops when bone mineral density and bone mass decrease, or when the structure of the bone changes.

As a person ages, old bone is removed more quickly, and new bone is laid down more slowly, making the bone not as strong as it was when the person was younger.

This can cause bone strength to decrease and increase the risk of broken bones (fractures). Osteoporotic fractures, especially hip fractures, are associated with chronic pain and disability, loss of independence, decreased quality of life, and increased mortality.

Osteoporosis is called a “silent” disease — typically there are no symptoms until a bone is broken.

Bones affected by osteoporosis might become fragile and the bone could break spontaneously because of minor falls, bending, lifting, or even coughing.



Females, older adults, White and Asian women, and slender, “thin-boned” individuals have a higher risk of osteoporosis.

Other risk factors include:

- ◆ Family history
- ◆ Long-term use of certain medications
- ◆ Low levels of physical activity and prolonged periods of inactivity
- ◆ Excessive dieting and poor protein intake
- ◆ Chronic heavy drinking of alcohol
- ◆ Smoking



For more information about osteoporosis treatment, scan this QR code with your smart phone.



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{ More helpful information continues on back }

Diagnosing Osteoporosis



Doctors use the following tests to measure bone density, or the amount of minerals contained in a certain volume of the bone, to diagnose osteoporosis:

Bone Mineral Density (BMD) Test:

This can detect low bone density before osteoporosis develops, help predict the risk of future fractures, and monitor the effectiveness of ongoing treatments.

Dual-energy X-ray Absorptiometry (DXA or DEXA):

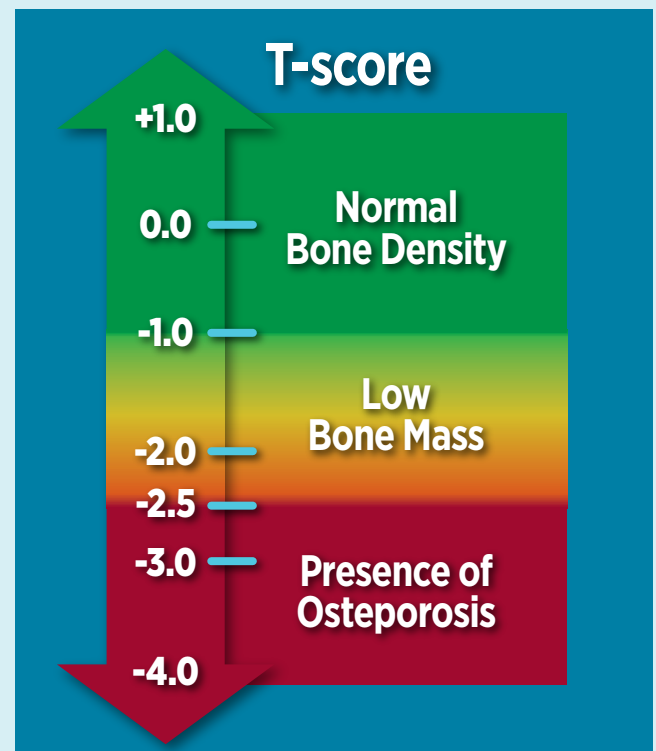
This is the most common test, which uses low levels of X-rays as it passes over your body while you lie on a table. It measures BMD of your skeleton and at various sites that are prone to fracture (hip and spine).

Peripheral DXA:

This test measures bone density in the wrist or heel.

Understanding Your Test Results

The DXA scan measures the amount of calcium and other bone materials packed into a segment of bone. Values are compared to others of the same age and gender (Z-scores) of healthy young adults at peak bone (T-scores). For post-menopausal women and men aged 50 and over, the result of DXA is based on T-scores:



Sources: www.niams.nih.gov

www.cancer.gov/publications/dictionaries/cancer-terms/def/bone-density

www.hss.edu/conditions_dxa-dexa-bone-density-test-patient-guide.asp



For more information about osteoporosis treatment, scan this QR code with your smart phone.



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Join Us In the Fight to End Elder Abuse!

SAVE THE DATE!

**Piedmont Triad Elder Abuse Awareness
Walk, Stroll and Roll**

June 14, 2025 • Triad Park, Kernersville

Registration & Vendor Fair opens at 9:00am

Opening Ceremony & Walk Kick-Off at 10:30am



Walk with us to End Elder Abuse!

More information will be available soon!

Check our website: <http://www.ptrc.org> or follow us on Facebook

**For information about volunteer and sponsorship opportunities, please contact
Kim Johnson, PTRC Area Agency on Aging: 336.904.0300 or kjohnson@ptrc.org**

Hosted by:



PIEDMONT TRIAD
AREA AGENCY ON AGING

Basic Tuna Salad

Makes 4 servings | A No-Bake Recipe

Ingredients:

- 2 (5-ounce) cans tuna, drained
- 1/3 cup mayonnaise
- 1 tablespoon Dijon mustard
- 2 tablespoons lemon juice
- 1/4 cup finely chopped celery
- 2 tablespoons finely chopped red onion
- (Optional) 1 tablespoon chopped fresh parsley
- Salt and pepper to taste



Directions

1. Combine the tuna, mayonnaise, Dijon mustard, and lemon juice in a medium bowl, mixing until smooth.
2. Stir in the celery, red onion, and parsley. Season with salt and pepper to taste.
3. Serve immediately or refrigerate for up to 3 days.

Cooking Tidbit

For a twist, add diced apples or pickles to the tuna salad for extra crunch and flavor. This recipe is perfect for sandwiches and wraps, or as a topping for crackers.

Roasted Red Pepper Hummus

Makes about 2 cups

Ingredients:

- 1 (15-ounce) can chickpeas, drained and rinsed
- 1/2 cup roasted red peppers
- 1/4 cup tahini
- 2 tablespoons olive oil
- 2 tablespoons lemon juice
- 1 clove garlic, minced
- 1/2 teaspoon ground cumin
- 1/4 teaspoon smoked paprika
- Salt to taste



Directions

1. Combine the chickpeas, peppers, tahini, olive oil, lemon juice, garlic, cumin, and paprika in a food processor. Blend until smooth, scraping down the sides as needed. Adjust the consistency with a small amount of water if it's too thick.
2. Season with salt to taste.
3. Serve immediately or refrigerate for up to a week.

Cooking Tidbit

Peppers are packed with vitamin C and antioxidants, so they give a healthy boost to an already good-for-you snack.

Strawberries Sweet Cream Delight

Makes 4 servings

Ingredients:

- 2 cups hulled and sliced fresh strawberries
- 1/4 cup sugar
- 1 cup heavy whipping cream
- 2 tablespoons powdered sugar
- 1 teaspoon vanilla extract



Directions

1. Toss the sliced strawberries with granulated sugar in a medium bowl and let them sit for 15 minutes to macerate and release their natural juices.
2. Whip the heavy cream with powdered sugar and vanilla in a mixing bowl until soft peaks form.
3. Divide the strawberries into bowls or glasses, spoon the whipped cream on top, and serve immediately.

Cooking Tidbit

For an extra indulgent touch, drizzle the strawberries with a little balsamic glaze before topping with the sweet cream. This enhances their natural sweetness and adds depth of flavor.

Searching for May

The words listed below can be found vertically, horizontally, diagonally, forward, and backward. Disregard spaces between words.

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



ARMED FORCES (Day)

BUTTERFLY

CHIRPING

CINCO DE MAYO

EMERALD

FLOWERS

GEMINI

KENTUCKY DERBY

LILY OF THE VALLEY

MAY DAY

MEMORIAL (Day)

MOTHER'S (Day)

MOWING

NURSES (Day)

POLLEN

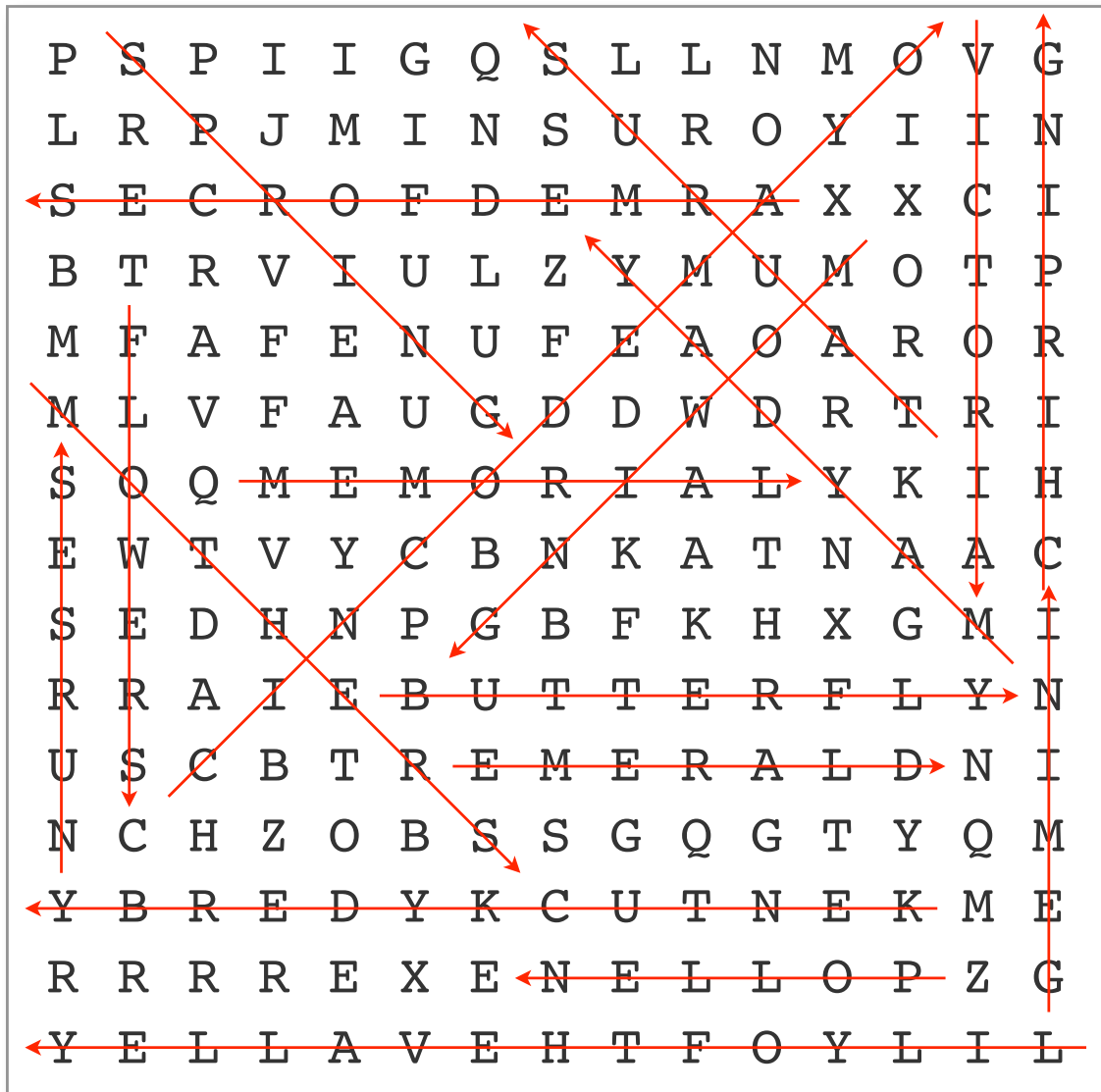
SPRING

TAURUS

VICTORIA (Day)

Searching for May

(solution)





Famous May Birthdays

The following people were born in May. Can you find their **last names**? Search horizontally, vertically, diagonally, forward, and backward.

- A. Fred **ASTAIRE**
- B. Candice **BERGEN**
- C. George **CARLIN**
- D. George **CLOONEY**
- E. Bing **CROSBY**
- F. Reggie **JACKSON**
- G. Wynonna **JUDD**
- H. Dolley **MADISON**
- I. Sugar Ray **ROBINSON**
- J. Emmitt **SMITH**
- K. Benjamin **SPOCK**
- L. Mark **ZUCKERBERG**

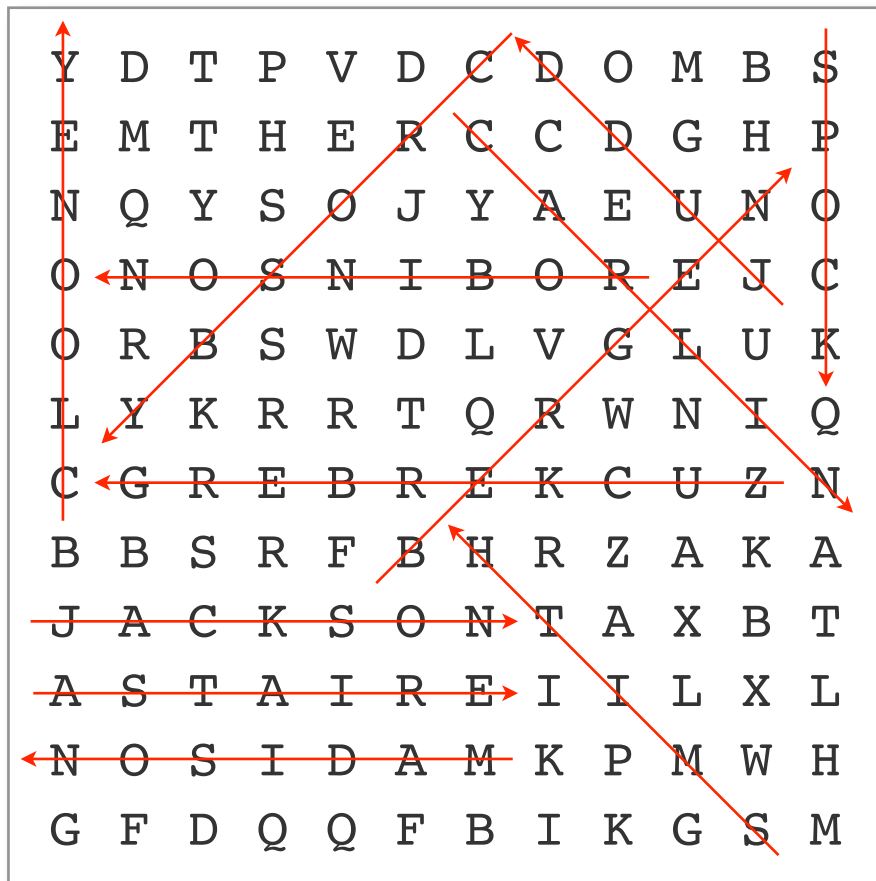
Y	D	T	P	V	D	C	D	O	M	B	S
E	M	T	H	E	R	C	C	D	G	H	P
N	Q	Y	S	O	J	Y	A	E	U	N	O
O	N	O	S	N	I	B	O	R	E	J	C
O	R	B	S	W	D	L	V	G	L	U	K
L	Y	K	R	R	T	Q	R	W	N	I	Q
C	G	R	E	B	R	E	K	C	U	Z	N
B	B	S	R	F	B	H	R	Z	A	K	A
J	A	C	K	S	O	N	T	A	X	B	T
A	S	T	A	I	R	E	I	I	L	X	L
N	O	S	I	D	A	M	K	P	M	W	H
G	F	D	Q	Q	F	B	I	K	G	S	M

Bonus: Match the person to the correct clue.

- | | |
|--------------------------------|------------------------------------|
| 1. Actress ____ | 7. NFL running back ____ |
| 2. Facebook cofounder ____ | 8. Actor/director/producer ____ |
| 3. Dancer/actor ____ | 9. First lady of the U.S. ____ |
| 4. Boxing champion ____ | 10. Country singer ____ |
| 5. MLB player/Mr. October ____ | 11. Physician/author ____ |
| 6. Comedian ____ | 12. "White Christmas" crooner ____ |

Famous May Birthdays

(solution)

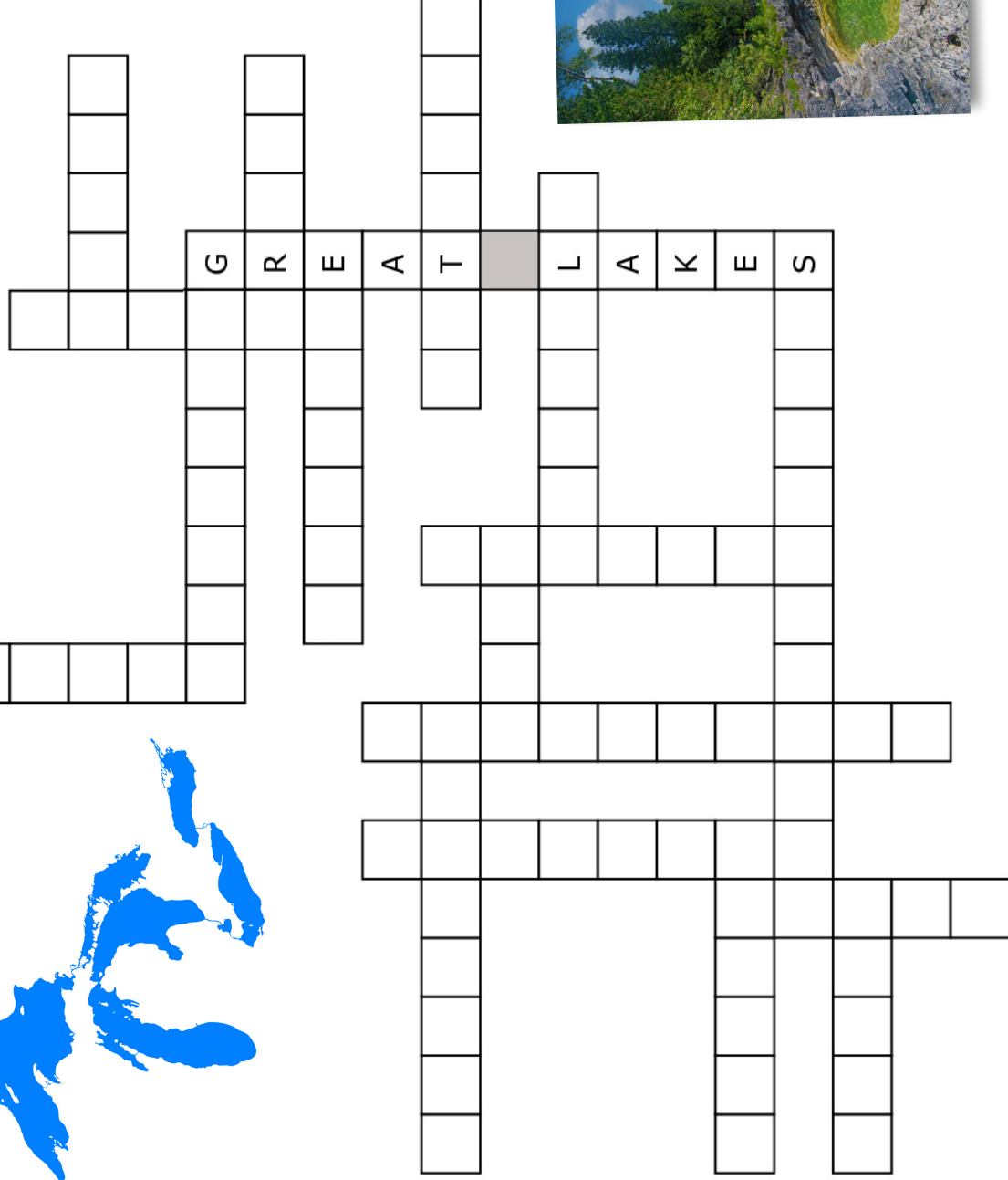
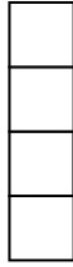


Bonus: Match the person to the correct clue.

- | | |
|-------------------------------|-----------------------------------|
| 1. Actress – B | 7. NFL running back – J |
| 2. Facebook cofounder – L | 8. Actor/director/producer – D |
| 3. Dancer/actor – A | 9. First lady of the U.S. – H |
| 4. Boxing champion – I | 10. Country singer – G |
| 5. MLB player/Mr. October – F | 11. Physician/author – K |
| 6. Comedian – C | 12. “White Christmas” crooner – E |

The Great Lakes

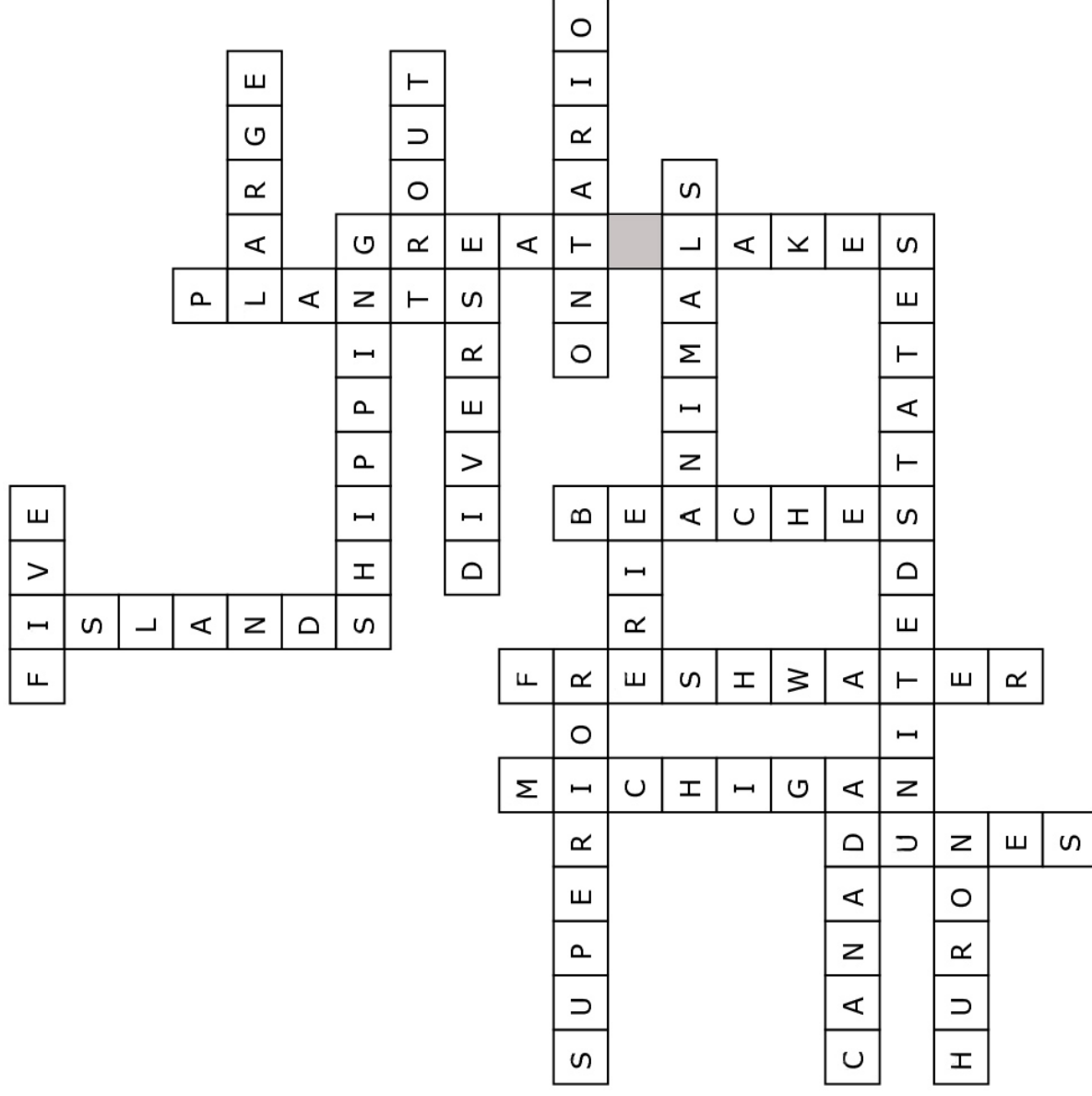
Fit the list of words into the puzzle.
Disregard spaces between words.



ERIE
 FIVE
 DUNES
 HURON
 LARGE
 TROUT
 CANADA
 PLANTS
 ANIMALS
 BEACHES
 DIVERSE
 ISLANDS
 ONTARIO
 MICHIGAN
 SHIPPING
 SUPERIOR
 FRESH WATER
 GREAT LAKES
 UNITED STATES

The Great Lakes

(solution)





LAKES Categories

Fill in the boxes with words or terms that begin with each of the letters in *LAKES*. Add your own category in the last row.

	L	A	K	E	S
The Great Lakes					
Food and Drinks					
Actresses (first or last name)					
Double-Syllable Words					
Smaller than a Breadbox					
Your Choice					

LAKES Categories

(possible answers)

	L	A	K	E	S
The Great Lakes	large lighthouse loons	agriculture America algae	king salmon kayaking Kelleys Island	eagles Erie ecology	Superior sailing snakes
Food and Drinks	lasagna lemonade lamb	A&W Root Beer apricot alfredo	kale kabob kimchi	egg rolls empanada Evian	soda pop Salisbury steak schnitzel
Actresses (first or last name)	Lauren Bacall Barbara Lang Laura Linney	Angela Lansbury Annette Bening Ann-Margret	Katharine Hepburn Kate Winslet Nicole Kidman	Emma Thompson Edie Falco Elizabeth Taylor	Meryl Streep Maggie Smith Susan Sarandon
Double-Syllable Words	ladder laser leaflet	acorn able across	keyboard knapsack kitten	eager echo elbow	sailor soccer sunset
Smaller than a Breadbox	LEGO brick letter opener ladybug	ant aphid apple seed	keys kernel krill	egg earplugs eraser	snail sand grain spoon
Your Choice					

Jeopardy Trivia

(Questions with Answers)

Big League

1. (\$100) McDonald's signature burger

Answer: What is the Big Mac? It was introduced in Pittsburgh, Pennsylvania, in 1967 and went nationwide in 1968.

2. (\$200) The musical era ushered in on the heels of the Great Depression

Answer: What is big band? Big band music was characterized by jazz orchestras and often a solo vocalist.

3. (\$400) "The Big Board"

Answer: What is the New York Stock Exchange, or NYSE? Stocks with the world's largest market capitalization are listed on this stock exchange.

4. (\$600) "Big Sky Country"

Answer: What is Montana? The state is known for its big, open expanses and uninterrupted horizons.

5. (\$800) Tennessee Williams play featuring Big Daddy

Answer: What is a *Cat on a Hot Tin Roof*? Big Daddy is a dying Mississippi plantation owner and Brick's father.

6. (\$1,000) A big marine animal; also a euphemism for high rollers

Answer: What is a whale? Casinos call their frequent, high-roller customers whales, and they are privy to perks that most only can dream of receiving.

The Windy City

7. (\$100) The Windy City is the nickname for this U.S. city.

Answer: What is Chicago? It's the third-largest city in the United States, with a population of 2.7 million people. It has 600 parks, so there's plenty of open space.

8. (\$200) The city is known for this type of pizza.

Answer: What is deep dish? Other famous foods in town include Garrett popcorn, the rainbow cone, and Italian beef sandwiches.

9. (\$400) This section of Michigan Avenue is known for its opulence.

Answer: What is the Magnificent Mile? This is where you will find designer shops, high-end retailers, luxury dining, and boutique hotels.

10. (\$600) The city's tallest building, Willis Tower, used to be called by this name.

Answer: What is Sears Tower? It takes up a two-block area. For 25 years, it was the tallest building in the world.

11. (\$800) This comedy venue has produced more than 30 *Saturday Night Live* (SNL) performers.

Answer: What is Second City? Big names who came to SNL from Second City include Dan Aykroyd, John Belushi, Chris Farley, Tina Fey, Bill Murray, Mike Myers, and Gilda Radner.

12. (\$1,000) The older of the city's two Major League Baseball (MLB) teams plays at this stadium.

Answer: What is Wrigley Field? Home to the Chicago Cubs, the stadium was built in 1914, and it's the second-oldest MLB stadium, after Boston's Fenway Park.

Classic Film & TV

13. (\$100) Tarzan's female companion

Answer: Who is Jane? Gorillas raised Tarzan and spoke the language of animals, but he marries Jane. Theirs is a story of love transcending different backgrounds.

14. (\$200) Actor who plays the wheelchair-bound character in the 1954 film *Rear Window*

Answer: Who is Jimmy Stewart? When the story opens, we find his character, L. B. "Jeff" Jeffries, in a wheelchair after being shot while attending an auto race. Jeffries believes he might have witnessed a murder.

15. (\$400) Lucy and Ricky's landlord in *I Love Lucy*

Answer: Who is Fred (Mertz)? Fred (William Frawley) and Ethyl (Vivian Vance) were not friendly in real life. The actors hated each other.

16. (\$600) Family that owns the *Bonanza* ranch

Answer: What is Cartwright? *Bonanza* originally ran from 1959 to 1973 and was a fixture during that era. It was an hour-long drama that invaded the sitcom space, and it caught on.

17. (\$800) Gilligan's first name

Answer: What is Willie? There was no resolution for the stranded passengers on *Gilligan's Island* because the fourth season was canceled at the last minute to accommodate *Gunsmoke*.

18. (\$1,000) Jimmy Stewart's character's profession in *Vertigo*

Answer: What is a detective? When the story begins, he has retired early as a police detective. He becomes obsessed with two women and tries to transform the second woman into the first one.

Breads & Pastries

19. (\$100) S'mores are made with this type of cracker.

Answer: What is graham? The other ingredients are toasted marshmallows and a chocolate bar.

20. (\$200) These super-thin pancakes are wrapped around sweet and savory fillings.

Answer: What are crepes? Chocolate-filled crepes are a sweet delight, and for fans of savory foods, seafood-filled crepes are popular.

21. (\$400) Blueberries pair well with this citrus in muffins.

Answer: What is lemon? Substitute blackberries in a blueberry-lemon muffin recipe for a tasty variation.

22. (\$600) Phyllo pastry comes from this country.

Answer: What is Greece? You can buy phyllo at the grocery store, and when you use it in savory and sweet pastries, it's important to work quickly and keep it from drying out before baking. Brush each sheet with butter and build layer upon layer of this flaky pastry. No amateur would dare to make it from scratch!

23. (\$800) The earliest bakers have been traced back to this ancient civilization.

Answer: What are the Egyptians? They baked simple bread over hot coals. The Romans and Greeks were the first to bake bread in enclosed ovens.

24. (\$1,000) This British teatime treat is crunchy on the outside and soft on the inside; you can identify it by its telltale holes on top.

Answer: What are crumpets? When you top hot crumpets with butter and marmalade, all that luscious goodness seeps into the holes.

1950s Hits and Artists

25. (\$100) This Beatle released the hit song "Imagine."

Answer: Who is John Lennon? When video footage emerged of Lennon crediting Yoko Ono with significant contribution to the song, she was given a songwriting credit for "Imagine"—more than 40 years after the tune's release.

26. (\$200) "Dancing Queen" is performed by this band.

Answer: Who is ABBA? They're a Swedish band. Have you ever noticed how it's difficult to detect accents when European artists sing? That's because the mechanics of singing and speaking differ due to how people breathe and articulate vowels.

27. (\$400) "The Singing Rage" is the nickname of this artist from Oklahoma who is well-known for "The Tennessee Waltz."

Answer: Who is Patti Page? Page was born Clara Ann Fowler in Claremore, Oklahoma. Once, when asked about her greatest regret, Page lamented, "I should never have given up my name."

28. (\$600) Her album *Tapestry* contains the hits "It's Too Late" and "I Feel the Earth Move Under My Feet."

Answer: Who is Carole King? *Tapestry* went platinum more than 14 times.

29. (\$800) This band released *Dark Side of the Moon* in 1973.

Answer: Who are Pink Floyd? The album spent an astonishing 917 weeks on the *Billboard* 200 chart, the record by far.

30. (\$1,000) She wrote the 1969 single “Woodstock” but didn’t attend the festival.

Answer: Who is Joni Mitchell? She was also a painter and a poker expert. She was most comfortable singing to small groups, particularly in coffee houses where she could mingle and sit with the audience.

May Fun Facts

31. (\$100) The United States, Canada, and Australia celebrate this on the second Sunday in May.

Answer: What is Mother’s Day? Much of the world honors mothers on different days throughout the year.

32. (\$200) Memorial Day is celebrated on this Monday in May.

Answer: What is the last? The day commemorates those who died while serving their country in the military, whether at home or deployed, in war or peacetime. It was previously known as Decoration Day.

33. (\$400) This holiday on May 5 is more widely celebrated in the United States than in Mexico.

Answer: What is Cinco de Mayo? In Mexico, Cinco de Mayo is primarily observed in the state of Puebla, where the Mexican army defeated the French at the Battle of Puebla in 1862. In the United States, the day has become a broader celebration of Mexican culture and heritage.

34. (\$600) May the Fourth, which coincidentally sounds like “May the Force,” celebrates this ever-popular film franchise, which debuted in 1977.

Answer: What is *Star Wars*? Conventions worldwide bring together *Star Wars* fans, and a big, global online event occurs every year on May 4.

35. (\$800) This annual international song contest takes place in Europe in May.

Answer: What is Eurovision? The contest’s most notable winner is the Swedish band ABBA.

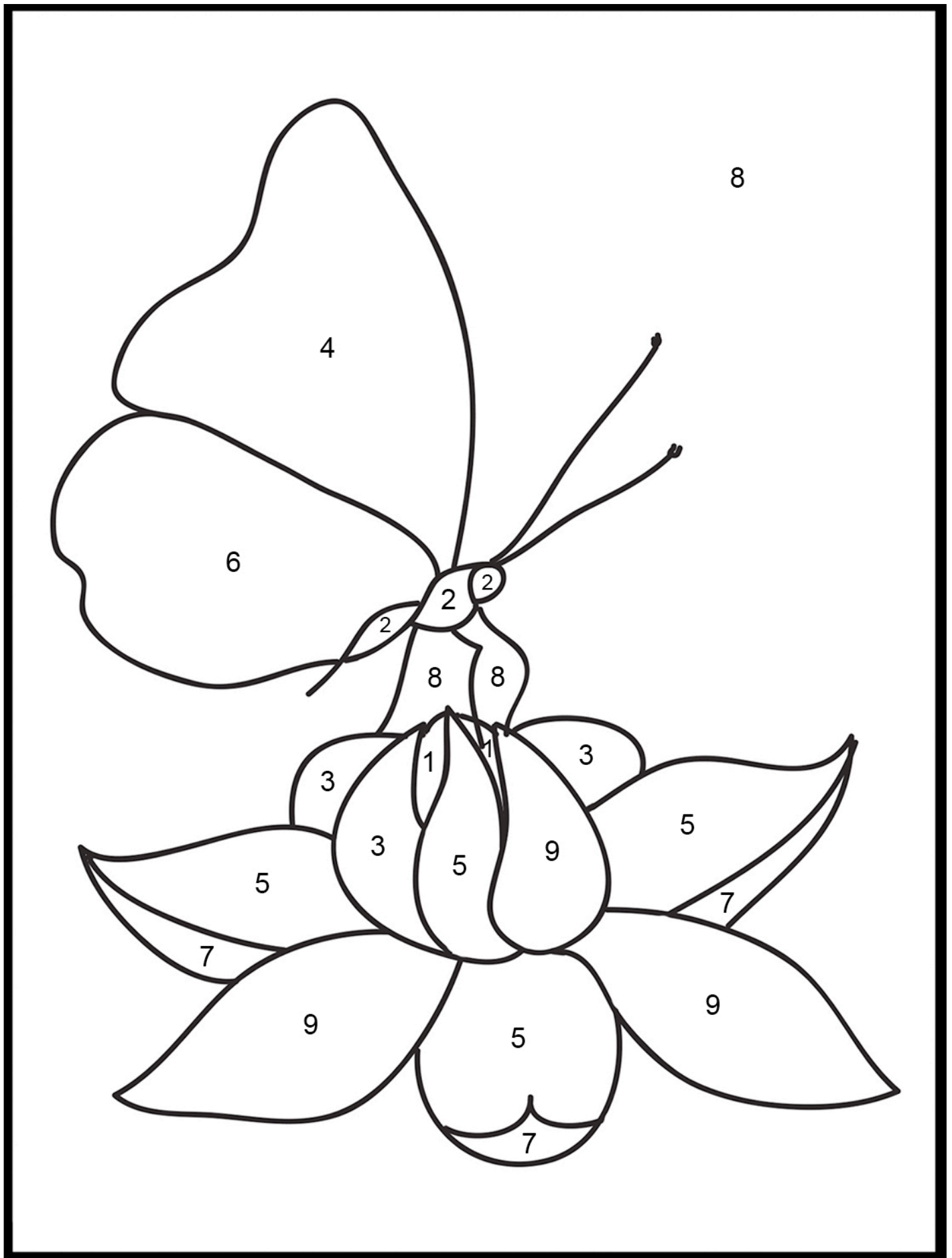
36. (\$1,000) May Day celebrates spring in the northern hemisphere, but it goes by this name in other parts of the world.

Answer: What is International Workers' Day? The day has roots in an ancient Celtic celebration to mark the end of the dark days of fall and winter. In modern contexts, it has become a day to honor the contributions of workers and to commemorate the struggle for the eight-hour workday.

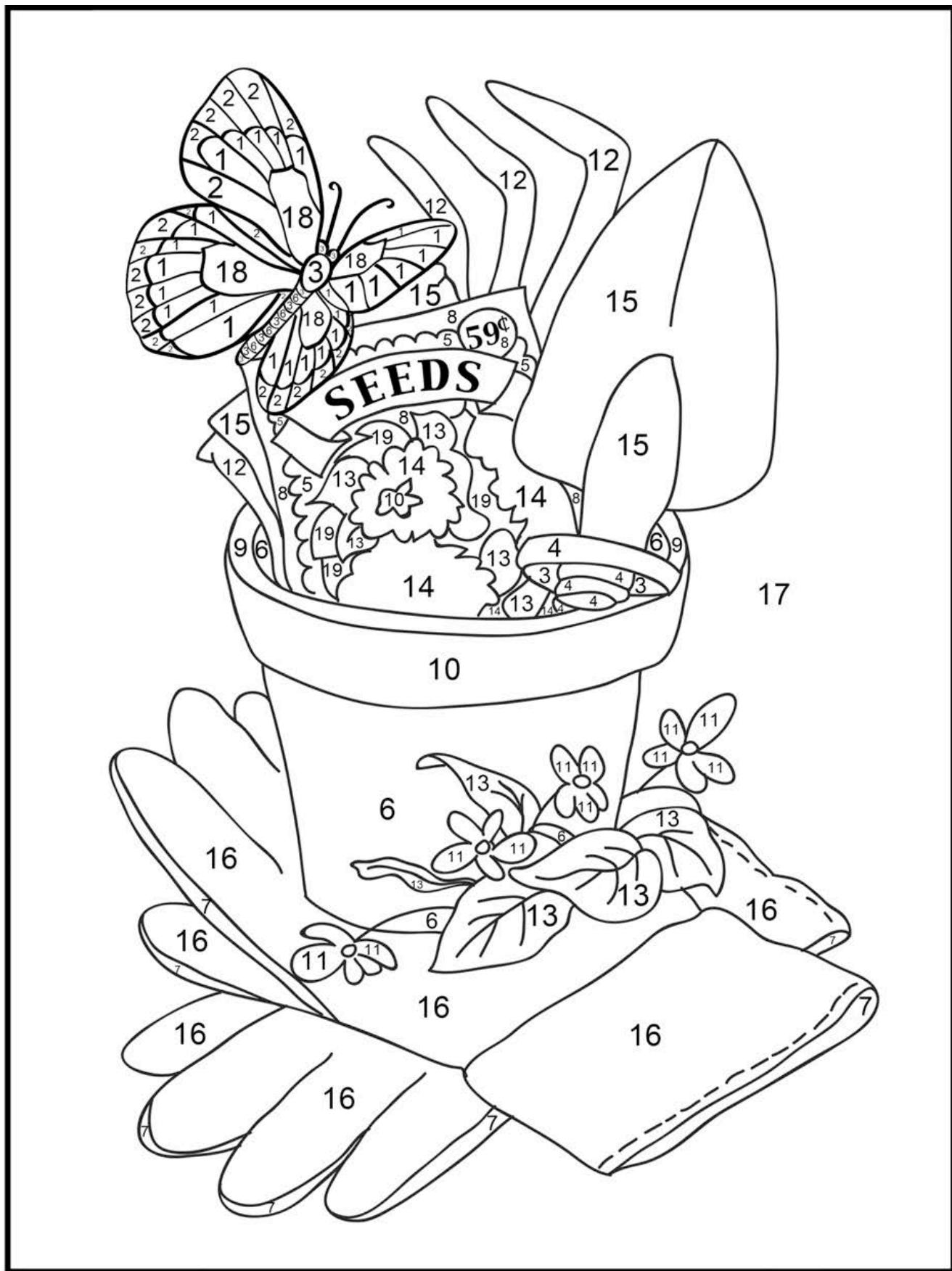
Final Jeopardy

During World War II, America's founding documents and other irreplaceable documents were secretly stored here.

Answer: What is Fort Knox? As a visit from Winston Churchill occupied Congress the day after Christmas 1941, the Library of Congress and the Secret Service collaborated to move priceless documents inland to a secure location. The documents included the Declaration of Independence, the U.S. Constitution, the Gutenberg Bible, a copy of the Magna Carta, Lincoln's Gettysburg Address, and the Articles of Confederation.



1 = Plum 2 = Brown 3 = Dark Pink 4 = Gold 5 = Magenta
6 = Light Yellow 7 = Medium Pink 8 = Light Blue 9 = Light Pink



1 = Turquoise 2 = Gray-Green 3 = Brown 4 = Red 5 = Dark Gray
 6 = Brick 7 = Mauve 8 = Cream 9 = Flesh 10 = Ginger
 11 = Purple 12 = Medium Gray 13 = Yellow-Green 14 = Yellow
 15 = Putty 16 = Pink 17 = Robin's Egg Blue 18 = Denim Blue

