

Living with Zing

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Meet Sally Nyburg

Coordinator, City of Akron Recreation Bureau



Sally Nyburg has been with the City of Akron Recreation Bureau for eighteen years. She coordinates

programs for active adults. "We used to call it 'older adults,'" she explains, "but now it's 'active adults,' because it's not about your age. It's about your interests and abilities, and we have participants of all ages." As an example, Sally describes the people who have signed up for an upcoming cruise. "We have people in their twenties, people in their nineties, and every age in between!"

Sally is excited about the opportunities available at community centers throughout the city. "We have twelve clubs that meet in

Continued on back.



Diane says... Sometimes we all need to step aside from our daily responsibilities and just have fun! Find some great suggestions in this issue of *Living with Zing*.

Diane Johnson, RN, BSN, JD
President & CEO, VIP HomeCare, Inc.

Summer's the Season for Fun

For most of us, our school days are long in the past, but summer still seems like a wonderful time to get out and have some fun. Sometimes fun comes with the little things, like going for a walk in a park you've never been to before, and sometimes fun comes in a bigger package, like finding a group of friends and taking a bus trip to the theater.

How to get started? The city of Akron offers hundreds of ways to shake the dust off your feet, find new friends, and get involved. Sally Nyburg, of the Department of Recreation, has planned activities for almost every interest – for Older Adults, for Active Adults, and for the rest of us, who are still kids at heart. Wouldn't you love to have her job?

There's plenty going on for adults in Akron's city parks and community centers. Older Adult Clubs meet weekly, and the Older Adult Division of the Recreation Bureau organizes bus trips, card parties, trips to the theater and a variety of other ways to join in the fun. Did you see their flyer that came with your May water bill? If you missed it, you can still call the office at 330-375-2839 or 330-375-2852 and ask them to mail you a copy.

Summer fun is not just for kids. A summer concert in the park, a Saturday morning at the farmers' market, a class on container gardening ... catch the spirit of summer!



Summer's Best Chicken Salad

Bringing some zingy changes to an old favorite!

- 1/3 cup all-purpose flour
- 1/4 cup Caesar salad dressing
- 1/2 cup pecan chips
- 3 skinless boneless chicken breast halves
- 1 package 5-lettuce mix
- 1 small can mandarin oranges, drained
- 1/2 cup dried cranberries
- 4 ounces blue cheese, crumbled
- 1/2 cup ranch dressing

Preheat oven to 400 degrees. Coat the chicken breasts first in flour, then in Caesar salad dressing and finally in pecan chips. Bake 25-30 minutes or until cooked through. Cool slightly, then cut into strips. Arrange strips of chicken on a bed of lettuce with orange segments and cranberries. Top with cheese and serve with ranch dressing.

Crossword

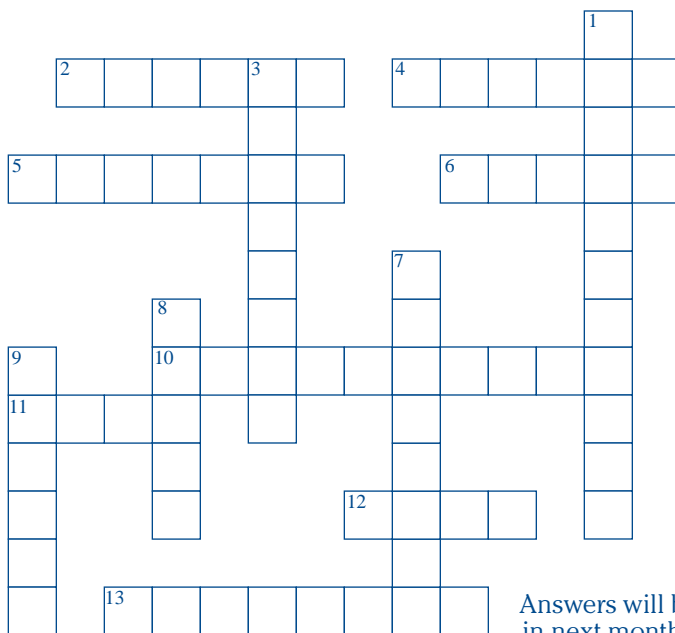
Across

- 2. Hop_____
- 4. Fifteen-love
- 5. Hoops and mallets
- 6. Texas hold 'em
- 10. Footwear for ponies
- 11. Jump_____
- 12. Volley_____
- 13. Get out of jail free

Name the Game

Down

- 1. Ready or not, here I come
- 3. Nixon's cocker spaniel
- 7. Three strikes and you're out
- 8. Checkmate
- 9. Trumps and tricks



Answers will be in next month's newsletter.

May-June puzzle answers

Across

- 1 Able
- 5 Shop
- 6 Clock
- 7 Net
- 8 Workaday
- 10 Needlework
- 11 Place

Down

- 2 Place
- 3 Workaholic
- 4 Home
- 9 Wood

Meet Sally Nyburg continued.

the afternoons at the community centers. They run themselves – all we do is provide the location and offer programs and trips.

“At every meeting they bring in some type of entertainment. This week I was at one where they had tap dancers. And the programming includes everything from cards to hiking. We organize day trips and overnight trips too.”

These clubs make a big difference in people’s lives. “People start coming when something big has happened in their lives,” Sally says, “like losing their spouse or relocating. There was one woman who joined the Firestone Park club after her husband died, and she said that it literally saved her life.”

Club members often form close friendships. “They see all these people every week, and they really care about each other. When somebody’s not there because they’re sick or something, their friends notice, and they’ll call.

“The activities also help people bounce back after a physical setback,” Sally adds. “In fact, the club members are often fitter than the employees here in the office, because they’re active and we’re in front of our computers all day!”

Sally herself stays active by pursuing her favorite recreations: biking and swimming. “Actually, I teach swimming to kids every night at the University of Akron. Little kids – ages two to seven – so it’s different than the work with active adults.”