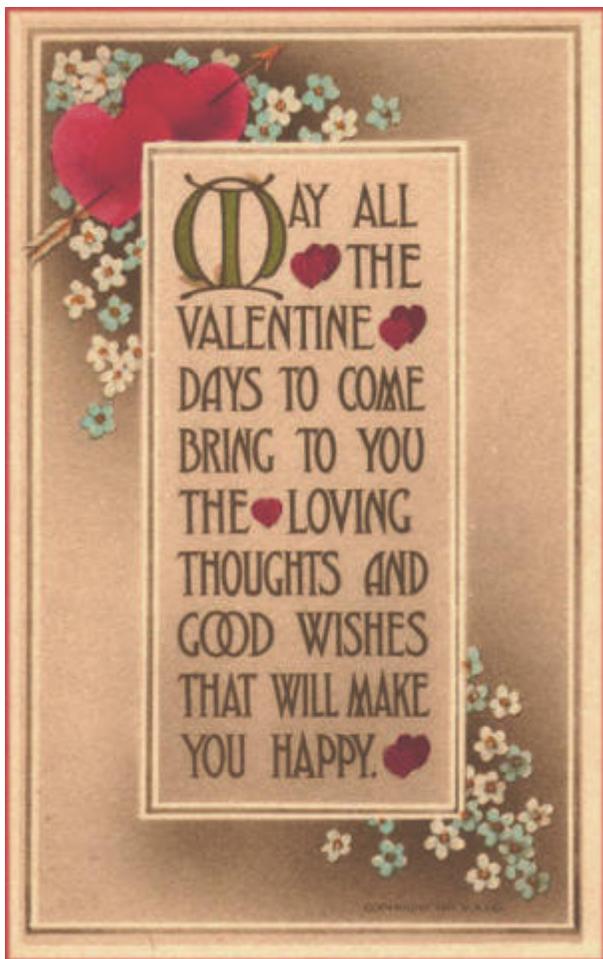


the
friendship
 paper

VOLUME #33 FEBRUARY 2021—MARCH 2021



A Message from SAC's

The holidays are over and here we are in the quiet, cold months of winter. If you're lucky you're cozied up by the fireplace or under a soft, warm blanket.

Indoor dining at the cafe was closed for a few weeks due to pandemic restrictions but we were excited to take the chairs down on January 11th and welcome back our entire team, it wasn't the same without them. Familiar faces are back in the cafe and the hum of chitchat is a happy sound. There are tasty hot meals here and great company so we encourage you to stop by.

We want to thank everyone who frequented the cafe for takeout and home deliveries while indoor dining was shutdown, you truly saved us.

I know we are all hoping for the return of normalcy in our lives sometime soon. Until then, be good to yourself, stay positive, keep connected to loved ones, and be grateful for the little things in every day.

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Welcome Eric Peter! SAC's New Kitchen Manager

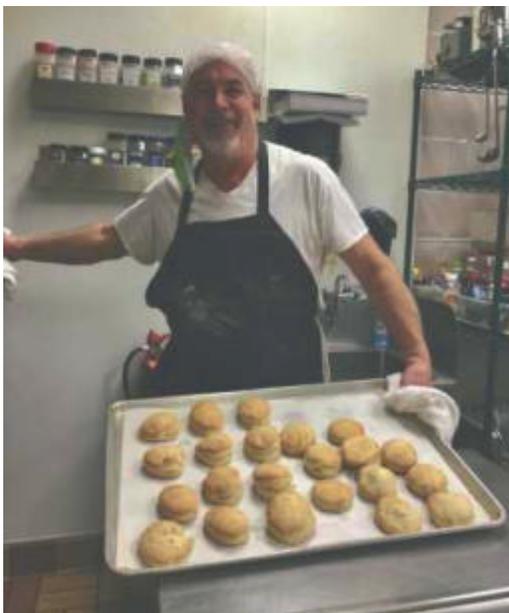
We're happy to introduce Eric Peter as the new Kitchen Manager of the Friendship Café. Eric was hired in October and comes to us with a wealth of knowledge and experience in baking and cooking.

Eric attended baking school at Dunwoody in 1979-1980, and culinary school in 1980-1981. Following that he left directly for his first apprenticeship at a 1500 room resort in Key Largo, FL. He was very fortunate to be trained under the direction of a chef who was a Gold Medal winner in the Culinary Olympics. His next 3-year apprenticeship was on Kiawah Island in South Carolina, working under the Radisson Corporate Executive Chef. To this day, most everything Eric does in his professional baking and cooking career is based on the knowledge and techniques he gained from these highly trained chefs.

In the years after that, Eric worked in Minnesota and Arizona, cooking and baking for large distributors, hotels, retail stores, and senior facilities. In 1995, he was awarded the position of head chef to 1400 scientists at the U.S. Navy research station in Antarctica, McMurdo Station. When he left Arizona it was 122 degrees, then arrived in Antarctica where the temperature was -87 degrees! Along with working at McMurdo Station, three days a week Eric would cross country ski 3 miles to work at New Zealand's Antarctica research station, Scott Base. During his stay the temperature would get only as high as -20 degrees, with sunshine 24 hours. What an experience!

After a year in Antarctica, Eric returned to Minnesota to help care for his mother. He attended a year at Le Cordon Bleu culinary school, designed the kitchen at Spectacular Events in Isanti, and worked there on and off for close to ten years. Along with that he ran his own company, Catering by Eric, and also spent several years designing and putting into production gluten free products, primarily for grocery stores.

And now we are happy to have him here at SAC's Friendship Café. His goal is to make homemade, scrumptious meals for seniors and anyone who visits the restaurant. Please stop by and welcome him!



Eric, doing what he does best! 

Our awesome kitchen crew,
Sandi, Eric, Amanda and Judy



Hoar Frost or Rime Ice?



If you're like me, you don't really need to know the details,
just enjoy the beauty

Mother Nature put on a striking display for us the first part of January. As we looked outside, our landscape was glittering with white frost. So what can we attribute this winter wonderland to?

The coating of tiny white needles we experienced is called rime ice, which is different than hoar frost. Fog is made up of tiny water droplets, and when temperatures are below freezing, those droplets will freeze to solid surfaces like trees, creating the beautiful needles of rime ice.

Hoar frost on the other hand, often forms on clear, cold nights. It forms similarly to dew, except the water vapor in the air skips the liquid stage and freezes directly onto surfaces, creating a series of interlocking crystals. The name hoar frost originates from Old English where *hoar* is defined as "showing signs of old age." It was thought to make trees resemble a white beard, with its feathery or hairy appearance.



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Lemon Cream Chicken



If you want an entree that's quick, easy and elegant, you can't beat this one.

- 1/2 cup plus 1 tablespoon all-purpose flour, divided
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 6 boneless skinless chicken breast halves (4 ounces each)
- 1/4 cup butter
- 1 cup chicken broth
- 1 cup heavy whipping cream, divided
- 3 tablespoons lemon juice
- 1/2 pound sliced fresh mushrooms

Directions

1. In a shallow bowl, mix 1/2 cup flour, salt and pepper. Dip chicken breasts in flour mixture to coat both sides; shake off excess.
2. In a large cast-iron or other heavy skillet, heat butter over medium heat. Cook chicken in batches until a thermometer reads 165°, 5-7 minutes per side. Remove chicken, reserving drippings in pan.
3. Add broth to skillet; bring to a boil. Simmer, uncovered, until liquid is reduced to 1/3 cup, about 10 minutes. Stir in 3/4 cup cream, lemon juice and mushrooms; cook over medium-low heat 5 minutes.
4. In a small bowl, mix the remaining flour and cream until smooth; stir into sauce. Bring to a boil; cook and stir until thickened, 1-2 minutes. Add chicken; heat through.

CHOCOLATE LAVA CAKES

The perfect Valentine's Day treat for your sweetie!

Molten Chocolate Lava Cakes are the ultimate decadent dessert! Tender chocolate cake is filled with a warm gooey chocolate center, topped with sweet vanilla ice cream or whipped cream and finished with optional fresh berries.



Baking spray, for spraying custard cups

- 1 stick butter
- 2 ounces bittersweet chocolate
- 2 ounces semisweet chocolate
- 1 1/4 cups powdered sugar
- 2 whole eggs
- 3 egg yolks
- 1 teaspoon vanilla
- 1/2 cup all-purpose flour

OPT: Vanilla ice cream, whipped cream, berries for serving

1. Preheat the oven to 425 degrees F. Spray four custard cups with baking spray and place on a baking sheet.
2. Microwave the butter, bittersweet chocolate and semisweet chocolate in a large bowl on high until the butter is melted, about 1 minute. Whisk until the chocolate is also melted. Stir in the sugar until well blended. Whisk in the eggs and egg yolks, then add the vanilla. Stir in the flour. Divide the mixture among the custard cups.
3. Bake until the sides are firm and the centers are soft, about 13 minutes. Let stand 1 minute. Invert on individual plates while warm and serve with vanilla ice cream.

Easy and delicious!



Please Join
Family Pathways
DEMENTIA FRIENDS
A virtual education session

This one-hour class is for anyone who knows someone living with dementia

- February 16, 10:00 am
- March 16, 2:00 pm

To register or for more information:
Contact Collette at collette@familypathways.org

CASHIERING AT THE FRIENDSHIP CAFÉ

Seniors, do any of you have a background in restaurant or retail work? The Friendship Café at SAC's is looking for volunteer cashiers. One day a week, from 11:00 to 1:00. It would be a great reason to get out of the house and a chance to mingle with fun people. And you would be really appreciated! Please call Jody at 763-689-6555 if you are interested. Thank you!

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FEBRUARY 2021



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Friendship Café Monday-Thursday Lunch—11:00-1:30	1 SPAGHETTI W/ MEATBALLS	2 CREAMY CHICKEN BREAST OVER RICE Groundhog Day	3 SALISBURY STEAK W/ MASHED POTATOES	4 BBQ PORK SANDWICH	5 The Center is Closed	6
7	8 BEEF STROGANOFF	9 PORK CHOW MEIN W/RICE	10 CHICKEN ENCHILADA BAKE	11 CHICKEN KIEV W/RICE PILAF	12 The Center is Closed	13
14  HAPPY VALENTINE'S DAY!	15 CREAMY TOMATO ITALIAN CHICKEN W/ NOODLES President's Day	16 JAMBALAY CASSEROLE W/ CORNBREAD	17 BAKED FISH W/ELEGANT AU GRATIN POTATOES	18 PIZZA PASTA CASSEROLE	19 The Center is Closed	20
21  Washington	22 HAMBURGER NOODLE CASSEROLE Washington's Bday	23 PORK ROAST W/ GRAVY AND MASHED POTATOES	24 CHICKEN STIR FRY	25 PHILLY BEEF SANDWICH	26 The Center is Closed	27
28					 Where's summer?	



MARCH 2021



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Friendship Café Monday-Thursday Lunch—11:00-1:30	1 LASAGNA AND SALAD	2 HAM AND POTATOES AU GRATIN	3 CHICKEN CORDON BLEU SKILLET	4 ROAST BEEF, MASHED POTATOES AND GRAVY	5 The Center is closed.	6
7	8 TATER TOT HOTDISH	9 BEEF STEW W/ CORNBREAD	10 MONTEREY CHICKEN	11 TUNA CASSEROLE	12 The Center is closed.	13
14 	15 FOUR PASTA BEEF BAKE	16 CHICKEN PARMESAN W/ NOODLES AND POPPYSEED SALAD	17 CORNED BEEF AND CABBAGE 	18 SWEDISH MEATBALLS W/ MASHED POTATOES	19 The Center is closed.	20
21	22 MOCK CHOW MEIN	23 PARMESAN CRUSTED FISH	24 TURKEY/ DRESSING CASSEROLE	25 MISSISSIPPI POT ROAST	26 The Center is closed.	27
28	29 SPAGHETTI W/NOODLES	30 MEATLOAF W/ POTATOES	31 BAKED CHICKEN W/ TWICE BAKED POTATO CASS.			



Yust Ask Ole

Q With this Pandemic going on, what do I get her for Valentine's Day?

Frank Lee

Let's speak, **Frank Lee**,

(I already told Lena dat after spending **16 months** vith her, my Feb. 14th gift to her vood be dat I hadn't slipped **arsenic** into her **outmeal** after da first 4 months :)

I've got **2 ideas**: 1 serious, 1 practical:

SERIOUS: Buy a **gift card** for a store or restaurant and promise to take her dere ven dis is over. **Win / Win**

PRACTICAL: Buy her dis **TV Tray** for Senior Citizens:



Lena's brudder, **Torvold**, invented it ... he got two patents on it: #1 and #2 ...

Happy Valentine's Day & St. Patty's Day!
From Ole

Best Senior Citizen Joke Ever

A little, silver-haired lady calls her neighbor and says, "Please come over here and help me. I have a very difficult jigsaw puzzle, and I can't figure out how to get started."

Her neighbor asks, "What is it supposed to be when it's finished?"

The little lady says, "According to the picture on the box, it's a rooster."

Her neighbor decides to go over and help her with the puzzle. When he arrives, the old lady shows him the puzzle spread out all over the table. He studies the pieces for a moment, then looks at the box, then turns to her and says:

"First of all, no matter what we do, we're not going to be able to assemble these pieces into anything resembling a rooster." Then he takes her hand and says, "Secondly, I want you to relax. Let's have a nice cup of tea, and then..." and he says this with a deep sigh...

"Let's put all the Corn Flakes back in the box."



If you are too busy to laugh, you are too busy. -Proverbs

WITH THE CORONA VIRUS GOING AROUND
I CAN'T EVEN GO INTO TOWN

WASH YOUR HANDS DON'T TOUCH YOUR FACE
JUST STAY AT HOME, SHELTER IN PLACE

IF I HAVE TO GO OUT, I WILL BE SMART
THE RULE IS TO STAY AT LEAST SIX FEET APART

GO TO GET GROCERIES, YOU MUST WEAR A MASK
IT USED TO BE FUN, NOW IT'S A TASK

I KNOW THIS MASK I MUST WEAR
IT'S HARD TO BREATH, DON'T GET MUCH AIR

THIS TIME I WENT, HAD TO STAND IN LINE
TOOK TURNS GOING IN NOW IT'S MINE

LET ME SEE DID THEY WIPE DOWN THE CART
SHOULD I TOUCH THINGS WHERE DO I START

THERE ARE SO MANY PEOPLE IN THE STORE
I JUST FEEL LIKE RUNNING OUT THE DOOR

THEY USED TO BE FRIENDLY AND EVEN TALK
BUT NOW AWAY FROM YOU THEY WALK

AFTER TOUCHING THINGS DON'T TOUCH YOUR FACE
AT THE CHECK OUT LINE MAINTAIN YOUR SPACE

THE CASHIERS ARE NOT EVEN ENTHUSIASTIC
CAN HARDLY BLAME THEM BEHIND THEIR SHIELD OF PLASTIC

GET TO THE CAR SANITIZE MY HANDS
THIS VIRUS IS SO BAD IT HAS ITS DEMANDS

EVEN WHEN I GET HOME I HAVE MY GRIPES
HAVE TO CLEAN STUFF BOUGHT WITH ANTIBACTERIAL WIPES

IT'S NOT SUPPOSE TO BE OVER ANY TIME SOON
TO THIS VIRUS WE'RE NOT IMMUNE

TWO MORE MONTHS, MAYBE A YEAR
THIS DUMB THING HAS US ALL IN FEAR

THERE IS ONE THING WE CAN COUNT ON AND THAT'S FOR SURE
WE ARE ALL STUCK AT HOME UNTIL THEY FIND A CURE

Poem by Dick Maki
Cambridge, MN





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

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 HAT
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BE KIND TO YOUR MIND



FLOWER POWER



AMAZING BRAIN BENEFITS OF FLOWERS

Besides just being pretty, flowers actually provide tangible and measurable benefits. Research reveals that people feel more compassionate toward others, have less worry and anxiety, and feel less depressed when fresh-cut flowers are present in the home. They might not be life altering, but in our crazy world, every little bit of improvement can have cascading and positive effects.

- **ASSIST HEALING** — flowers bring a bit of warmth during times of recovery.
- **REDUCE STRESS** — seeing flowers triggers a response in the human brain that calms it down.
- **BRING HAPPINESS** — Scientists at Rutgers found that flowers are awesome for improving both short and long term happiness!
- **HELP YOU WORK BETTER** — Everyone knows that work environments are emotionally heavy and stressful at times, which is why flowers are perfect for helping to lighten the mood.

Feel the Groove

Listen to music that sounds the way you want to feel.

Research has shown that music activates the region of the brain that releases the feel-good chemical dopamine and also relaxes the body. So “happy” music can, in fact make you feel happier. Music not only affects your mood, but it can also change your perception of the world. From the drumbeats of our ancient ancestors to today's unlimited streaming services, music is an integral part of the human experience. So pull out the Glenn Miller album and listen to “In the Mood” for an afternoon pick-me-up.



Don't Watch too much News



If you regularly watch, listen to or read the news, you're being inundated by the COVID-19 crisis and the political unrest right now. Of course, it's important to stay up to date on the news, especially important findings related to COVID-19 and how to keep ourselves and our communities safe. But mental health experts say watching too much bad news can take a toll on your psyche.

It's important for the news to provide solutions, you just want to limit your exposure. Not too much changes between three and five o'clock, so don't get sucked into that loop. Also caution consuming news after 5 p.m. or 6 p.m., you want ample time to process it during the day. You don't want that anxiety going to bed with you.

STRETCH IT OUT

Stretching encourages an optimistic outlook.



A buildup of stress causes your muscles to contract, making you feel tense and uneasy. This tension can lead to having a negative impact on your mind as well as your body. Stretching exercises have powerful stress-busting abilities. Stretching soon after waking up can help jump-start the mind and body. Stretching loosens tight muscles which helps your muscles both relax and increase blood flow. It also encourages the release of endorphins, providing a sense of tranquility and euphoria. Stretching directly before bed will even give you a more comfortable sleeping experience. And bonus, it's not hard!

February Facts



- * The name February comes from the Latin word "februum", which means purification.
- * The birthstone is an amethyst and the flower is a primrose.
- * It is mostly recognized for Valentine's Day, and depending on where you live, very cold. Like Minnesota!
- * February is one of the most misspelled words in the English language.

March Facts



- ♦ The famous quote about March is, "March comes in like a Lion and goes out like a Lamb". Which means winter has ended and spring has started.
- ♦ The birthstone is aquamarine and the flower is daffodil.
- ♦ March born people are often gifted with music.
- ♦ It is known for spreading Irish cheer and wearing lots of green!

Winter Tip

WALK LIKE A PENGUIN

To walk safely on ice, walk like a penguin. Point your feet out, and hold your arms out slightly to your side. Shuffle, and take short steps. Don't be embarrassed... safety first!



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A PLACE WHERE FRIENDS MEET

Isanti County
Commission on Aging

CAFÉ

St. Patrick's Day

Please join us at the
Friendship Café on March
17th for a traditional,
delicious Corned Beef and
Cabbage meal.

Wear **GREEN** for a
free cookie!

Hope to see you!



Meals at SAC's Enrichment Center

The Friendship Café is currently open for takeout, delivery, and dine-in on Monday through Thursday, from **11:00 am to 1:30 pm**. For dine-in, COVID-19 precautions are implemented and signage is posted on the doors with established protocols.

If you are interested in delivery, call us **(763-689-6555)** the night before or the morning of between 8 am and 10 am. Please state your name, phone number, and address.

A weekly meal package for delivery is available for \$25, which includes 4 main entrees a week, delivered Monday-Thursday, plus a bagged lunch of soup, bread and fruit for Friday. Call Sunday to order & provide your name, phone number, and address.

Mission and Goals of The Senior Enrichment Center

The mission of our organization is to provide seniors in Isanti County with resources in which topical information on senior issues, nutritional, recreational and minor medical needs are met for our senior population age 55 and over. The goals are to ensure that seniors in different age brackets will remain active and engaged in their community, using the Senior Enrichment Center as a resource center and place to gather.