



VOLUME #36 AUGUST 2021 — SEPTEMBER 2021



**A Message from the Board**

Welcome back as we strive to return to activities. Card games and morning coffee have resumed and are going well. It is nice to see smiling faces in person once again! As we return to some of our regular activities, remember to do it safely and with care. We will continue to work on adding more activities and events as fall approaches, so please be patient. Our goal is to have everyone stay healthy and well as we continue to move forward. Your cooperation and understanding are greatly appreciated!

Senior Day at the Minnesota State Fair will be on Thursday, September 2nd and the Isanti County Outstanding Senior Citizens will be honored, along with the other Minnesota outstanding senior citizens. SAC's will be taking a bus and we have openings for 22 passengers to join us. The cost is \$35 for the bus ride PLUS the fair admittance fee (TBD). Watch for a sign-up sheet in the café soon or call us to reserve your spot (763)689-6555. Everyone attending will be required to sign a liability waiver.

Please stay safe and healthy! Enjoy the rest of your summer!

Jeannie Winselman  
Chair, Isanti County Commission on Aging

**INSIDE THE NEWSLETTER**

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## 2021 Isanti County Outstanding Seniors of the Year Arthur and Edith Kaunonen

Edie and Art are a well deserved couple. They have been volunteering in Isanti County for the last 40 years. For decades they could be found organizing and running the concession stands for the Athletic Department, and donating countless hours to church activities and Braham Pie Day. Both can still be seen volunteering at the Braham Event Center. Edie and Art have the reputation of being the first to arrive and the last to leave, ready and willing to do whatever is needed. Congratulations to this outstanding couple!

### ISANTI RODEO JUBILEE DAYS PARADE



### CARD PLAYING

- ♦ **Bridge:** Monday 1:00 pm
- ♦ **Hand and Foot:** Tuesday Noon
- ♦ **Cribbage:** Wednesday 9:30 am
- ♦ **500:** Thursday Noon
- ♦ **Bunco:** Begins in the fall

### New Café Window Decal



Jeannie and Jody proudly display the motto, '**All are Welcome**'.

If you haven't been here to visit us for a while, we hope to see you soon!

### Welcome Back Card Players!



Joe Simcoe was the first player back, anxious to get in the game!



### MORNING COFFEE

*'Coffee with good friends makes our problems lighter.'*

8:30 am to 10:30 am Monday - Thursday



**MEAL PRICE INCREASE**

Due to rising costs, the Friendship Café has found it necessary to increase the cost of our daily special and bakery goods.

Soups, sandwiches, wraps, and salads will remain the same.

**Café Daily Special**

Currently: \$6.00 + tax = \$6.47

As of August 1st: **\$7.00**

*(this price includes ALL applicable sales tax)*

**Bakery**

Currently: Cookies \$.50 and Pastries \$1.00

As of August 1st: **Cookies \$1.00 and Pastries \$1.50**

**Meal Deliveries**

There is no tax on meal deliveries, costs are as follows:

Weekly Meal Delivery, currently: \$25.00

As of August 1st: **\$27.50**

Single delivery, currently: 6.00

As of August 1st: **\$6.50**

*Although there is a slight increase, we truly believe we are continuing our commitment to provide area seniors with a quality, homemade meal for a great value.*

**THANK YOU FOR UNDERSTANDING**

**FRIENDSHIP CAFÉ**



*All Are Welcome*



**Monday – Thursday, 11:00 to 1:30**

**Daily Special**.....\$7.00  
(all applicable sales tax included)

**Soup and Sandwich** (ham or turkey).....\$ 6.00 + tax

**Cup of Soup**.....\$ 3.00 + tax

**Wrap**.....\$ 7.00 + tax

Turkey or Ham

*meat, cheese, bacon, lettuce, tomato, onion, & cucumber in a flour tortilla with a sauce*

**Chef, Taco, or Oriental Chicken Salad**.....\$ 7.00 + tax

Coffee and Beverages.....\$ 1.00

**Bakery Items**

Cookies.....\$1.00 (no tax)

Pastries.....\$1.50 (no tax)



**GENTLE HANDS OF TIME**

GENTLE HANDS OF TIME  
**HOME CARE**

**STRONG COMMITMENT**

**GENTLE TOUCH**

Most Seniors want to live in their home as long as it is safe to do so. Familiar surroundings and a routine have proven to benefit Seniors overall health and wellbeing.

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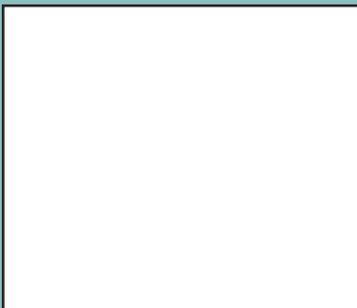
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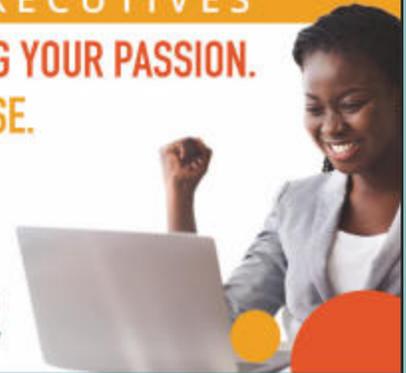
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Labor Day pays tribute to the contributions and achievements of American workers.

The U.S. labor force reached a high of **164 million persons** in February, 2020.

**It is the unofficial end of Hot Dog Season**  
The National Hot Dog and Sausage Council says that between Memorial Day and Labor Day, Americans will eat 7 BILLION hot dogs!

Many Americans use this holiday to celebrate the **end of summer**.



August 8th, 2021

*'Sneak Some Zucchini onto your Neighbors Porch Day'*

We're all familiar with zucchini, that long, green summer squash so common in Minnesota gardens. Many gardeners will tell you it practically grows itself and it's that time of year when they have way too much on their hands.

If you happen to find a pile on your porch, give this recipe a try. Easy and delicious and my Grandma Millie's favorite.

### Zucchini Hotdish

- 1 lb. (about 4 cups) unpared zucchini, thinly sliced
- 2 medium onions (about 1 cup), thinly sliced
- 2 tbsp. butter
- 2 tbsp. milk
- 1 tsp. salt
- Dash Pepper
- 1 cup shredded cheddar
- 1 cup bread cubes, tossed in 2 tbsp. melted butter

Cook zucchini and onion and small amount of boiling water until tender. Drain well.

In saucepan, melt butter, blend in flour, salt/pepper, and add milk all at once. Cook, stirring constantly until mixture thickens and bubbles.

Combine sauce and cooked vegetables. Place in 8" x 8" baking dish. Top with cheese and bread cubes.

Bake at 350 deg. for 25 minutes.

**ENJOY!**

## Minnesota Apples

Apple picking season is approaching and it's time to enjoy crisp and juicy Minnesota grown apples. Local apples are bursting with flavor and they're an excellent source of fiber, Vitamin A, Vitamin C, thiamine, riboflavin, calcium phosphorous, and potassium 3. That packs a punch!

Some popular Minnesota varieties are: the new favorite, First Kiss; Sweetango; Zestar!; SnowSweet; Frostbite; Honeygold; and the Minnesota classic, Honeycrisp.

Check out [minnesotagrown.com/apples](http://minnesotagrown.com/apples) to find an orchard near you. It's amazing how many there are. So grab your basket and enjoy a perfect fall day.



### Quick and Easy Apple Tart

*(No need to fuss with apple pie...this is delicious!)*

- 1 pkg. Puff Pastry Sheets, each cut into thirds
- 3 apples, cored, halved and sliced very thin
- 2/3 cup brown sugar
- Pinch of salt, and pinch of cinnamon if desired

Preheat oven to 400 deg.

Place puff pastry rectangles onto two sprayed baking pans.

Add sugar and salt to apples, allow to sit a few minutes.

Arrange apple slices on the pastry rectangles, in a straight line, overlapping as you go.

Bake 18-20 minutes or until pastry is puffed and golden brown.

Serve warm with a scoop of vanilla ice cream, and a drizzle of caramel if you so desire.



### Coffee Mate Containers

How many of us use Coffee-mate and toss the empty containers? There's no reason anymore...check out these great reusable ideas!



### Apple Slicing Hack

\* Turn your apple upside down, it makes for a sturdier base.

\* Score the apple with your knife as if you're drawing out a tic-tac-toe board, the core being the middle. Slice through.

\* Walla! You've got 8 easy-to-eat pieces and the core.

\* Slip a rubber band over it to hold all the pieces together until you're ready to eat it.



**Dementia Friends**

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

- Learn the difference between dementia and normal aging
- Learn 5 key messages
- Learn how to better communicate with someone diagnosed with dementia

DATE: August 17th, TIME: 5:30 pm to 6:30 pm  
LOCATION: Virtual Zoom Class

To register or for more information:  
Contact Collette at 651-257-7905 or email [collette@familypathways.org](mailto:collette@familypathways.org)

Collette is also available to meet face-to-face.

**Medicare 101...understanding the basics**

Whether you are just beginning or have been on Medicare, there are important decisions to make. In this 2-hour class you will learn:

- \* Steps you need to get started
- \* How to find the best and most cost effective plan for you
- \* Understand Parts A, B, C, & D
- \* How Original Medicare compares to an Advantage plan

Classes at the Cambridge Senior Center:

**Wednesday, September 8th, 1:00-3:00**

**Wednesday, October 13th, 1:00-3:00**

Call the Senior Linkage Line at [1-800-333-2433](tel:1-800-333-2433) to register

**FOOT CARE**

**One-on-One basis,  
\$40 / half an hour -  
at the Senior Center**

**Call Petra Lindner at  
763-280-4870  
to schedule an appointment.**

**DIABETIC SHOE SOURCE**

**Cambridge Senior Center  
Wednesday, September 15th**

**11:30 to 3:00**

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to schedule an appointment.**

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# AUGUST 2021



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Friendship Café 1</p> <p>Monday-Thursday Lunch—11:00-1:30</p>	<p>2</p> <p><b>MOCK CHOW MEIN</b></p>	<p>3</p> <p><b>TUNA SALAD AND SANDWICH</b></p>	<p>4</p> <p><b>CHICKEN STIR FRY W/ RICE</b></p>	<p>5</p> <p><b>GOULASH</b></p>	<p>6</p> <p>The Center is Closed</p>	<p>7</p>
<p>8</p>	<p>9</p> <p><b>CHICKEN ALFREDO</b></p>	<p>10</p> <p><b>PARMESAN FISH AND CHEESY POTATOES</b></p>	<p>11</p> <p><b>FRENCH DIP</b></p>	<p>12</p> <p><b>SWISS STEAK W/MASHED POTATOES</b></p>	<p>13</p> <p>The Center is Closed</p>	<p>14</p>
<p>15</p>	<p>16</p> <p><b>PARMESAN CHICKEN W/ NOODLES</b></p>	<p>17</p> <p><b>PULLED PORK SANDWICH W/JOJO POTATOES</b></p>	<p>18</p> <p><b>HOT HAM AND CHEESE PASTA</b></p>	<p>19</p> <p><b>HAMBURGER GRAVY W/ POTATOES</b></p>	<p>20</p> <p>The Center is Closed</p>	<p>21</p>
<p>22</p>	<p>22</p> <p><b>SMOKED SAUSAGE W/ PENNE NOODLES</b></p>	<p>24</p> <p><b>LASAGNA W/SALAD</b></p>	<p>25</p> <p><b>PORK CHOPS W/MASHED POTATOES</b></p>	<p>26</p> <p><b>TACO CASSEROLE</b></p>	<p>27</p> <p>The Center is Closed</p>	<p>28</p>
<p>29</p>	<p>30</p> <p><b>CHICKEN NOODLE CASSEROLE</b></p>	<p>31</p> <p><b>STUFFED GREEN PEPPERS</b></p>				



# SEPTEMBER 2021



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Friendship Café Monday-Thursday Lunch—11:00-1:30			<b>1</b> RAVIOLI CASSEROLE W/ SALAD	<b>2</b> BAKED CHICKEN W/ POTATOES	<b>3</b> The Center is closed.	<b>4</b>
<b>5</b>	<b>6</b> CLOSED 	<b>7</b> CHICKEN ALA KING	<b>8</b> AU GRATIN POTATOES W/ HAM	<b>9</b> SALISBURY STEAK W/ POTATOES	<b>10</b> The Center is closed.	<b>11</b>
<b>12</b> 	<b>13</b> TATER TOT HOT DISH	<b>14</b> CHICKEN CHOW MEIN	<b>15</b> PAMESAN CRUSTED FISH	<b>16</b> SWEDISH MEATBALLS W/ MASHED POTATOES	<b>17</b> The Center is closed.	<b>18</b>
<b>19</b>	<b>20</b> SPAGHETTI W/MEAT SAUCE AND SALAD	<b>21</b> PORK ROAST W/MASHED POTATOES AND GRAVY	<b>22</b> SLOPPY JOES W/JOJO POTATOES 	<b>23</b> CHICKEN BROCCOLI DIVAN CASSEROLE	<b>24</b> The Center is closed.	<b>25</b>
<b>26</b>	<b>27</b> TUNA NOODLE CASSEROLE	<b>28</b> PULLED PORK SANDWICH	<b>29</b> ENCHILADA CASSEROLE	<b>30</b> MEATLOAF W/ POTATOES	<b>31</b> The Center is closed.	



**Just Ask Ole**

**Q** As the new school year approaches, how do I best support my grandchildren?

**Rosie Cheeks**

Dear Rosie,

**1) Make good choices:**

"Mr. Olson, that will be \$10 for the diapers and \$1 for the tax." "Oh, no, ve're not using tacks ... ve're using safety pins!"

**2) Help ven needed:**

"I can help you vit your report on Eskimos ... I mean, ve eat dere pies."

**3) Avoid tuff topics:**

"Superstitions? Your aunt broke a mirror; tought she'd have 9 years bad luck ... she didn't ... she died da next day!"

**4) Build up dere confidence:**

"Li'l Ole got his brains from his Grandpa, didn't you, Li'l Ole?"  
"I must've ... Grandma still has hers!"

And most important:

**5) LOVE EM ...and SPOIL EM ROTTEN!**

Your friend, OLE

**JUST FOR FUN**

**SCANDINAVIAN STORYTELLING**

Cambridge storyteller and comedian Chad Filley will be hosting a Scandinavian Storytelling event at the SAC's Enrichment Center on **Wednesday, August 25th, at 3:00 p.m.** This performance is the culmination of more than a year's research. It will include both stories of Scandinavian immigrants and their descendants in Minnesota, and even a story about Chad's grandmother, Lily Filley. SAC's will be offering coffee and cookies to accompany this fun afternoon of reminiscing about the good old days. There is no charge for this event.

*This activity is made possible by the voters of Minnesota through a grant from the East Central Regional Arts Council thanks to a legislative appropriation from the Arts and Cultural Heritage Fund.*

**Calling the Doctor**

A distraught senior citizen phoned her doctor's office.

"Is it true," she wanted to know, "that the medication you prescribed has to be taken for the rest of my life?"

"Yes, I'm afraid so," the doctor told her.

There was a moment of silence before the senior lady replied:

"I'm wondering, then, just how serious is my condition because this prescription is marked **'NO REFILLS.'**"



**WHAT DO YOU SEE?**



**Duck? Or Rabbit?**

This illustration was first used by a psychologist named Joseph Jastrow in the early 1900's to make a point about perception. Now over 100 years later, we understand that what you see in this photo can tell how creative you are. What most studies have found is that people who don't need a prompt in order to see both the duck and the rabbit are more creative than those who can't. Are you a creative person?

Sudoku Answers from page 10



8	9	7	2	6	1	3	5	4
4	1	5	9	8	3	7	6	2
2	6	3	7	4	5	1	9	8
3	5	6	4	7	8	2	1	9
9	7	4	1	3	2	6	8	5
1	2	8	6	5	9	4	3	7
7	4	9	5	1	6	8	2	3
6	3	2	8	9	4	5	7	1
5	8	1	3	2	7	9	4	6



**"When you are dissatisfied and would like to go back to youth, think of Algebra."**

- Will Rogers

**FALL  
WORD  
SEARCH**



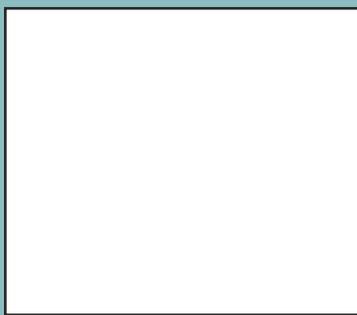
W	J	W	O	R	C	E	R	A	C	S	U	K	T	N
E	H	X	S	N	I	K	P	M	U	P	O	M	I	D
R	G	C	J	W	U	Z	J	Q	L	D	H	J	U	K
T	A	E	Y	E	L	L	O	W	K	S	P	U	O	M
I	D	K	G	C	J	L	L	A	B	T	O	O	F	J
S	K	T	I	E	H	X	T	S	I	A	K	A	P	U
D	M	I	D	N	G	C	J	W	E	Z	L	Q	L	C
R	J	U	R	T	G	E	H	Z	T	L	I	A	N	O
U	U	O	M	I	D	R	I	C	J	W	U	Z	O	L
O	C	H	J	N	K	A	S	E	L	P	P	A	S	O
G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

- Autumn
- Fall
- Leaves
- Colors
- Raking
- Harvest
- Pumpkins
- Apples
- Gourds
- Football
- Season
- Scarecrow
- Corn
- Maize
- Yellow
- Orange

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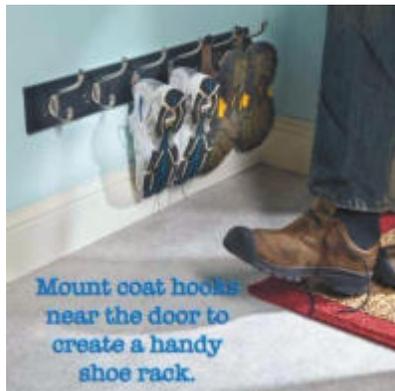
## GET ORGANIZED

### The Scientific Reason Why Cleaning and Organizing are Good for You

We all know that feeling of finally accomplishing a cleaning task that you've been putting off for weeks (or months, no judging). It turns out that organizing your space doesn't just feel good but may actually be good for your physical and emotional health, too. Research shows that physical clutter creates several stimuli for your brain, making it hard to focus on the task at hand. Because of this, cleaning and organizing have been linked to decreased feelings of anxiety. Seeing clutter around you can be draining. Working in a clean space can help you to focus and be more efficient and give you some much needed mental space.

If you're not sure where to start, try organizing your fridge. It's a job that can be accomplished in less than an hour and will give you a major win under your belt. It may even motivate you to tackle the rest of the kitchen. Clutter beware!

My favorite organizing hack....



## Hit the Road

For some people the best part of a road trip is getting to the destination, while others appreciate the journey as much as getting to where they're going. As it turns out, both types of people benefit greatly from taking a road trip. Driving in a car puts us in a different environment and temporarily gets us away from the day-to-day grind of life. All of this is very positive for our mind and our body as well.

The simple act of planning a trip can provide the most health benefits from the standpoint of creating happiness. By planning a trip we actually are taking a step away from our routine and it gives us something to look forward to .

Being in and around nature is one of the most positive health benefits of a road trip. Consider taking a road trip this fall to see the beautiful foliage, take a hike, check out an apple orchard and breathe in the fresh air.



## SUDOKU

The objective is to fill a 9x9 grid with digits so that each column, each row, and each of the nine 3x3 sub-grids that compose the grid contains all of the digits from 1 to 9. (answers on page 8)



8			2	6				4
	1			8	3			6
2	6		7	4		1		
		6		7	8	2	1	
		4		3	2		8	
	2				9			7
7	4			1	6		2	
	3		8		4		7	1
		1		2	7			6

### One drop at a time

Allisa Song, previous research and lab manager at the University of Washington in Seattle, came across an article that stated drug companies were purposefully making eye drops too big, forcing consumers to constantly restock and buy more of their products. These medications are often very expensive.

Intrigued by the article, Song partnered with other alumni and developed a device that reduces the size of the droplets by 60%. The company, now headquartered in Rochester, MN, has nearly 100 clinical partner locations where thousands of eye patients are being supplied with its device called the Nanodropper. Nanodropper, Inc. charges \$14.99 for the product, which can also be purchased on the company website. For more information, go to [Nanodropper.com](http://Nanodropper.com) and of course, discuss with your physician.

Summarized from the *StarTribune*

## August



August babies are born with so many leadership traits like boldness, charisma, and loyalty that it is no wonder they make great trailblazers.

August's birthstone is the peridot. The bright green color of nature is associated with harmony, good health, restful sleep, and peacefulness. Known as the stone of compassion, peridot calms anger by giving renewal to all things.

August babies have two of the brightest, fun, most meaningful flowers out there, the gladiolus and poppies.

And it's probably sunny on your big day so you can plan for outdoor fun!

## September



September born people have an eye for beauty and are attracted to beautiful living or non-living things. Whether it's a beautiful house or a bouquet of flowers, they always uphold beauty to the highest level of appreciation.

Sapphire is the birthstone of September. This brilliant blue gemstone is associated with truth, sincerity, constancy and purity of the soul. And aster is the birth flower, symbolizing powerful love.

People born in this month are very grateful, they can be appreciative of everything in life, even the smallest of things!



Affectionately known as 'Banana'  
**Happy Birthday to all the summer babies working and volunteering at the Friendship Café**



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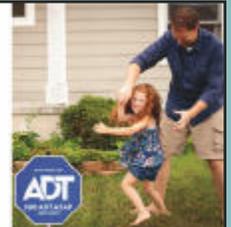
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## SENIOR ENRICHMENT CENTER

140 N. Buchanan St., Suite 164  
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E-mail: [sacs@midconetwork.com](mailto:sacs@midconetwork.com)  
Web page: [sacsmn.org](http://sacsmn.org)  
Facebook; SAC's Friendship Cafe

A PLACE WHERE FRIENDS MEET

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Commission on Aging**

### "Grandchild's Hand"

The promise of tomorrow  
And the hope of dreams  
come true...  
A reminder of the childhood  
That's still a part of you...  
  
The wonder of a miracle  
From which this love began...  
There is so much found in the  
touch  
Of holding a grandchild's  
hand.

*Happy*  
*Grandparents Day*  
September 12, 2021

### 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**.

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 \$27.50, which includes 4 main entrees a week, delivered Monday-Thursday, plus a bag lunch of soup, bread and fruit for Friday. Call to set up your plan.

### 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.