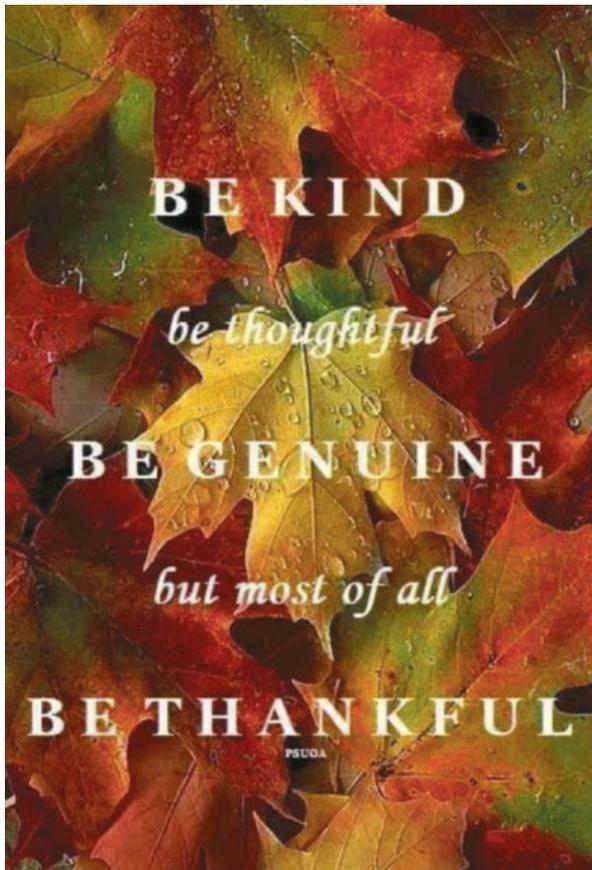


the  
friendship  
paper

VOLUME #37 OCTOBER 2021 — NOVEMBER 2021



**A Message from the Senior Enrichment Center**

We hope this newsletter finds you all enjoying this beautiful fall season. The landscape is quickly changing to vivid red, yellow, and orange and we've had a few days where the air is crisp and cool and feels refreshing after the hot summer months.

The Senior Center is buzzing during the week with the café serving lunches and the card players laying down their best hands. We're excited to announce we will be starting Bunco and welcoming the coloring crew and crafters back in October.

We recently lost someone who was very special to us at the Friendship Café and during this season will remember to be grateful for the time we had with her. We hope this Thanksgiving brings your loved ones close to you.

The Isanti County Commission on Aging is looking for new Board members. This is a great way to serve the community and meet people. Our mission to provide nutritious meals, resources and activities for seniors is vital and it takes a strong team to carry it out. Please contact Jody at 763-689-6555 if you have interest.

Wishing you all a colorful, cool, cozy fall!

Jody Van Lingen

**INSIDE THE NEWSLETTER**

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## Congratulations to our 2021 Outstanding Seniors!

After celebrating in Isanti County, Edie and Art Kaunonen proceeded to the State Fair be a part of the Minnesota Outstanding Senior Citizen award program. To our delight, Art was chosen as the Minnesota Outstanding Senior Citizen and Edie was First Runner-Up! Art was gifted a beautiful clock, personalized with his name and \$1,000.00 to go to the charity of his choice. And Edie has a plaque to showcase her First Runner-Up title. What an honor for both of them and a proud moment for Isanti County!

**JOKE:** What do you get when you cross a vampire and a snowman?  
**Answer on page 12**

The Friendship Café was treated to a joy bomb dropped by some people participating in the **Orange Frog/Happiness Advantage**. Isanti County is investing in a mental health and wellness initiative funded by American Rescue Plan dollars. There was an abundance of smiles, orange trinkets and a book called the Orange Frog. The program is focused around the parable of the Orange Frog, who has the decision to be normal and less conspicuous, or to do things that make him happier and more productive. It was a great way to start the morning and we carried on the happiness throughout the day!



Chad Filley's Scandinavian Storytelling was a hit at the senior center. He performed to a full house and did not disappoint. The audience was engaged with stories that were both informative and funny. A great time was had by all. Thank you, Chad!

## MORE ACTIVITIES!

**BUNCO** (3rd Thursday of the month)

Starting **October 21st, 10:00 to 11:00**

\$2.00 per person/winning pot

**COLORING/CRAFTS** (Tuesdays)

The Friendship Café is excited to welcome back the coloring crew and any knitters/crafters.

Starting **October 5th, 9:00 to 10:30**

## In Memory of Sandy Yerigan

A beloved friend, coworker, and one amazing cook.



To say Sandy was a cook at the Friendship Café for 6 years only begins to describe what she contributed to the senior activity center. She brought love and light with her every day she came to work. That love and light came through in her cooking and her relationship with the staff and the customers.

Susan Morris from our Board of Directors said it perfectly, "We are so sad to hear our friend and amazing cook, Sandy Yerigan, graduated to heaven today. Sandy was a quiet soul, but a hard worker and very dedicated to her job as our cook. She poured her heart and soul into the food she prepared. She will be greatly missed, and we are all better people for knowing her."



Our heartfelt condolences go out to her family that she loved so dearly.



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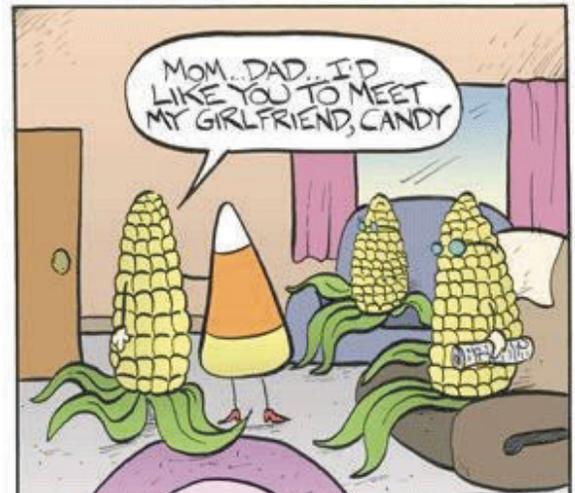


# Happy Halloween

## Corn Candy fun facts:

- ◇ Corn Candy has been around since the 1880's.
- ◇ It was originally called "chicken feed".
- ◇ After WWII, the candy was advertised as "Halloween candy", and the rest is history.

**For a tasty treat mix equal parts of corn candy and peanuts. This sweet/salty mixture tastes just like a Salted Nut Roll. Guarantee you can't stop eating it!**



## Thanksgiving Time

### CRUNCHY ALMOND TURKEY CASSEROLE

Great Leftover Turkey Recipe!

- 1 can condensed cream of mushroom (or chicken) soup, undiluted
- 1/4 cup mayonnaise
- 1/4 cup sour cream
- 1 tablespoon chopped onion
- 1 tablespoon lemon juice
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 2 1/2 cups cubed cooked turkey
- 1 1/2 cups cooked rice
- 2 celery ribs, chopped
- 1/2 can (8 ounce) sliced water chestnuts, drained

#### Topping:

- 3/4 cup crushed Ritz crackers (about 20 crackers)
- 2 tablespoons butter, melted
- 2 tablespoons sliced almonds

In a large bowl, combine the soup, mayonnaise, sour cream, onion, lemon juice, salt and pepper. Stir in the turkey, rice, celery, and water chestnuts. Transfer to a greased 8x8-in. baking dish. Bake, uncovered, at 350° for 25 minutes. Combine topping ingredients; sprinkle over turkey mixture. Return to oven; bake until bubbly and golden brown, another 10-15 minutes.

### Don't Forget the Sweet Potatoes!

Sweet potatoes are high in fiber and antioxidants, which protect your body from free radical damage and promote a healthy gut and brain. They're also incredibly rich in beta-carotene, which is converted to Vitamin A to support good vision and your immune system. Sweet potatoes are versatile and can be prepared in both sweet and savory dishes, making them a perfect carb option for most people. So eat up!

### Get Crafty

Paint your pumpkins any color and paint the stems with gold glitter.

**Easy & Beautiful!**



### Thanksgiving Dinner Tips

- Make the mashed potatoes the day before. The morning of, just add them to a crockpot to keep warm before dinner.
- Clean dishes as you cook. Having a clean workspace will make cooking more enjoyable and save on cleanup time when everyone is finished eating.
- Instant potatoes work great to thicken gravy.
- I overcooked my turkey! Ladle warm broth over the platter of sliced turkey to make it look—and taste—moist. But don't overdo it. You don't want your turkey to drown in broth.
- Before digging in, take a moment to be thankful.

**Dementia Friends**

This 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:** October 21 **TIME:** 1:00 p.m.-2:00 p.m.  
**Location:** Walker Methodist Lavande, Cambridge

**DATE:** November 16 **TIME:** 11:30 p.m.-12:30 p.m.  
**Location:** Virtual Session

**DATE:** November 23 **TIME:** 10:00 p.m.-11:00 p.m.  
**Location:** Isanti Sheriff's Office, Cambridge

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

**Blood Pressure Checks**



Nursing students from Anoka-Ramsey Community College will be at the Friendship Café on Thursdays (9/23, 10/7, 10/14, 10/28, 11/4, and 11/18,) giving free blood pressure checks from 11:00 to 1:00. Each week there will be a special topic with the chance to answer a question for a prize. Stop by and take advantage of the opportunity and give these great students a chance to practice their skills!

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# OCTOBER 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>Friendship Café</b> 1</p> <p>Monday-Thursday Lunch—11:00-1:30</p>					<p><b>1</b></p> <p>The Center is Closed</p>	<p><b>2</b></p>
<p><b>3</b></p>	<p><b>4</b></p> <p><b>MOCK CHOW MEIN</b></p>	<p><b>5</b></p> <p><b>HAM DINNER</b></p>	<p><b>6</b></p> <p><b>PHILLY BEEF SANDWICH</b></p>	<p><b>7</b></p> <p><b>BAKED BBQ CHICKEN W/ POTATOES</b></p>	<p><b>8</b></p> <p>The Center is Closed</p>	<p><b>9</b></p>
<p><b>10</b></p> 	<p><b>11</b></p> <p><b>GOULASH</b></p> <p><b>COLUMBUS DAY</b></p>	<p><b>12</b></p> <p><b>SALSIBURY STEAK W/ POTATOES</b></p>	<p><b>13</b></p> <p><b>CHICKEN TETRAZZINI</b></p>	<p><b>14</b></p> <p><b>BEEF STEW W/ BISCUITS</b></p>	<p><b>15</b></p> <p>The Center is Closed</p>	<p><b>16</b></p>
<p><b>17</b></p>	<p><b>18</b></p> <p><b>TATER TOT HOTDISH</b></p>	<p><b>19</b></p> <p><b>PARMESAN CRUSTED FISH</b></p>	<p><b>20</b></p> <p><b>SPAGHETTI W/MEAT SAUCE</b></p>	<p><b>21</b></p> <p><b>CREAMY CHICKEN BREAST W/ RICE</b></p>	<p><b>22</b></p> <p>The Center is Closed</p>	<p><b>23</b></p>
<p><b>24</b></p>	<p><b>25</b></p> <p><b>CAESAR CHICK PASTA BAKE</b></p>	<p><b>26</b></p> <p><b>PORK ROAST W/ POTATOES</b></p>	<p><b>27</b></p> <p><b>PIZZA CASSEROLE</b></p>	<p><b>28</b></p> <p><b>HALLOWEEN SPOOKTACULAR SPECIAL</b></p>	<p><b>29</b></p> <p>The Center is Closed</p>	<p><b>30</b></p> 



# NOVEMBER 2021



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Friendship Café Monday-Thursday Lunch—11:00-1:30	<b>1</b> <b>CHICKEN ALFREDO</b>	<b>2</b> <b>MEATLOAF W/ POTATOES</b> <b>ELECTION DAY</b>	<b>3</b> <b>STUFFED GREEN PEPPERS</b>	<b>4</b> <b>PORK CHOPS</b>	<b>5</b> <b>The Center is closed.</b>	<b>6</b>
<b>7</b>	<b>8</b> <b>PULLED PORK SANDWICH W/ JOJO'S</b>	<b>9</b> <b>LASAGNA W/ SALAD</b>	<b>10</b> <b>PARMESAN CRUSTED FISH W/ CHEESE POTATOES</b>	<b>11</b> <b>BAKED CHICKEN W/ BAKED POTATO</b>	<b>12</b> <b>The Center is closed.</b>	<b>13</b>
<b>14</b>	<b>15</b> <b>MOCK CHOW MEIN</b>	<b>16</b> <b>CHICKEN POT PIE</b>	<b>17</b> <b>HAM CASSEROLE</b>	<b>18</b> <b>SWEDISH MEATBALLS W/ MASHED POTATOES</b>	<b>19</b> <b>The Center is closed.</b>	<b>20</b>
<b>21</b>	<b>22</b> <b>BEEF STROGANOFF</b>	<b>23</b> <b>SLOPPY JOES W/BAKED BEANS</b>	<b>24</b> <b>THANKSGIVING DINNER</b>	<b>25</b> <b>CLOSED</b> 	<b>26</b> <b>The Center is closed.</b>	<b>27</b>
<b>28</b>	<b>29</b> <b>TACO CASSEROLE</b>	<b>30</b> <b>CHICKEN STIR FRY W/ RICE</b>				

# JUST FOR FUN



Yust Ask Ole

Q We want to dress our dachshund up for Halloween. Any suggestions?

Signed: Asher Weiner

Dear Asher,  
Here are my favorite dog costumes:



A Hotdog



A Scarecrow



A Mail Carrier



Or a Showgirl

Whatever you decide ...  
Happy Halloween!

Ole

At a picnic for a Christian school, the Mother Superior stacked a pile of apples on one end of a table with a sign saying, "Take only one apple please, God is watching."

On the other end of the table was a pile of cookies, on which a second grade student had placed a sign saying, "Take all the cookies you want...God is watching the apples."

## Random Pieces of Trivia

- ◆ **The voices of Mickey and Minnie Mouse got married in real life.** Wayne Allwine and Russi Taylor were married for 18 yrs. until Allwine's death in 2009.
- ◆ **M&M stands for Mars and Murrie.** Forrest Mars (son of Mars Company founder), teamed up with Bruce Murrie (son of Hershey Chocolate's president) and created M&M's. Later trademarking the slogan, "melts in your mouth, not in your hand".
- ◆ **You can hear a blue whale's heartbeat from more than 2 miles away.** The world's largest animal's heart weighs about 400 lbs—approximately the size of a small piano.
- ◆ **Not every Model T was black.** For the first few years of production, Ford's famous car came in gray, green, blue, and red. It was only after 1914 that customers could order "any color so long as it is black", as the dark paint dried faster than other hues. Speed was important at the Ford plant because of its enormous volume.

- LEPAPS \_\_\_\_\_
- NOCRA \_\_\_\_\_
- QUSASH \_\_\_\_\_
- REINOBF \_\_\_\_\_
- FLAE \_\_\_\_\_
- UNMTUA \_\_\_\_\_
- OTOBFLAL \_\_\_\_\_
- ESRET \_\_\_\_\_
- DEIHYAR \_\_\_\_\_
- STERHAV \_\_\_\_\_
- KNPIUPM \_\_\_\_\_
- NOCR \_\_\_\_\_
- OALWHLNE \_\_\_\_\_
- RAOHCDR \_\_\_\_\_



Sudoku Answers from page 10

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

- WORD BANK
- pumpkin
  - leaf
  - trees
  - football
  - Halloween
  - apples
  - squash
  - corn
  - autumn
  - acorn
  - bonfire
  - hayride
  - harvest
  - orchard





# Halloween Costume Word Search

- ANGEL
- BUMBLEBEE
- CAT
- COWBOY
- DOCTOR
- FIREFIGHTER
- GHOST
- GORILLA
- MONSTER
- MUMMY
- PRINCESS
- SUPERHERO
- VAMPIRE
- WEREWOLF
- WITCH

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

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# BE KIND TO YOUR MIND & BODY

## Gratefulness

There is no better time to think about gratefulness than during the Thanksgiving season. It's easy to get swept away in the daily grind and forget to stop and show your appreciation for what you have. A life well lived is one of gratitude and thankfulness. Here are ways to have more gratitude in your daily life.

1. **Don't be picky-appreciate everything**—Gratitude doesn't have to be saved for the 'big' things in life.
2. **Find gratitude in your challenges**—Dig a little deeper into some of your own past experiences and try to figure out how they have helped shape you into the person you are today.
3. **Practice mindfulness**—Sit down daily and think through five to ten things you are grateful for. The trick is to picture it in your mind and sit with that feeling of gratitude in your body. Eventually your brain will rewire to be naturally more grateful.
4. **Keep a gratitude journal**—Write down your positive thoughts!
5. **Volunteer**—For many people, the key to having more gratitude is to give back to others.
6. **Express yourself**—You can increase your feelings about gratitude by expressing that same gratitude to the people you care about.
7. **Spend time with loved ones**—It will give you a chance to practice your acts of gratitude on people that you care about.
8. **Improve your happiness in other areas of your life**—Being grateful can make you happy, but being happy can also make you grateful.

Exercising or doing a hobby you enjoy will boost your mood and showing of gratitude will become easier.



## BANANAS BEFORE BED



Eating bananas before bed provides a boost of nutrients and helps you have a good sleep. Bananas contain vital minerals that help you sleep longer and more soundly.

A banana provides 8% of the recommended daily intake of magnesium and magnesium promotes a better and longer sleep. A banana also contains 12% of the recommended daily intake of potassium. That, working along with the magnesium, helps relax muscles and nerves, regulates blood pressure and promotes healthy digestion. Both minerals are effective in inducing sleep.

Bananas contain an amino acid called tryptophan. It helps produce serotonin and melatonin hormones which regulate the functions of the body. Serotonin improves mood and melatonin regulates circadian rhythms. Together, they control sleeping patterns, body temperature, and hormone release.

## 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)

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

## October



You lucky autumn babies celebrate your birthdays in one of the most gorgeous months of the year!

You are classified as the “Peacemaker” in astrology and are strongly motivated by a desire for justice and strive to maintain harmony in all areas of your life.

You have two birthstones—opals and tourmaline. It is said an opal will crack if worn by someone not born in October!

Your birth flower is the Calendula, which is in the marigold family, and is valued for its medicinal and healing properties.

## November



If you’re lucky enough to be born in November, it means you’re dynamic, brave, and generous!

The two gems for November are the Topaz and Citrine.

Your flower is the Chrysanthemum which, according to Feng Shui, brings laughter and happiness to the home.

People born in November are often very good friends and enjoy long-lasting friendships.

Not only is Thanksgiving celebrated this month, but it’s also Peanut Butter Lovers Month and National Pepper Month!

## Cleaning with Club Soda

### Refrigerator

Spray the inside with a mix of 1 cup club soda and 1 tablespoon salt, wipe clean with a soft rag.

### Stainless Steel

Spray with a little club soda mixed with vinegar and wipe it clean with a soft cloth. Rinse with warm water and wipe dry.

### Mirrors

To clean mirrors to a sparkling, streak-free shine, use club soda and a micro fiber cloth instead of glass cleaner.

### Jewelry

To make precious gems sparkle and shine, soak the gemstones, over night, in a container filled with club soda. Rinse with clean water and dry with a soft cloth.

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## SENIOR ENRICHMENT CENTER

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Web page: [sacsmn.org](http://sacsmn.org)  
Facebook; SAC's Friendship Cafe

A PLACE WHERE FRIENDS MEET

**Isanti County  
Commission on Aging**

**One day, you are going  
to hug your last hug,  
kiss your last kiss and hear  
someone's voice for the last  
time, but you never  
know when the last time will be,  
*so live every day as if it were the  
last time you will be  
with the person you love***



**Answer: You get Frostbite!**

### 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.