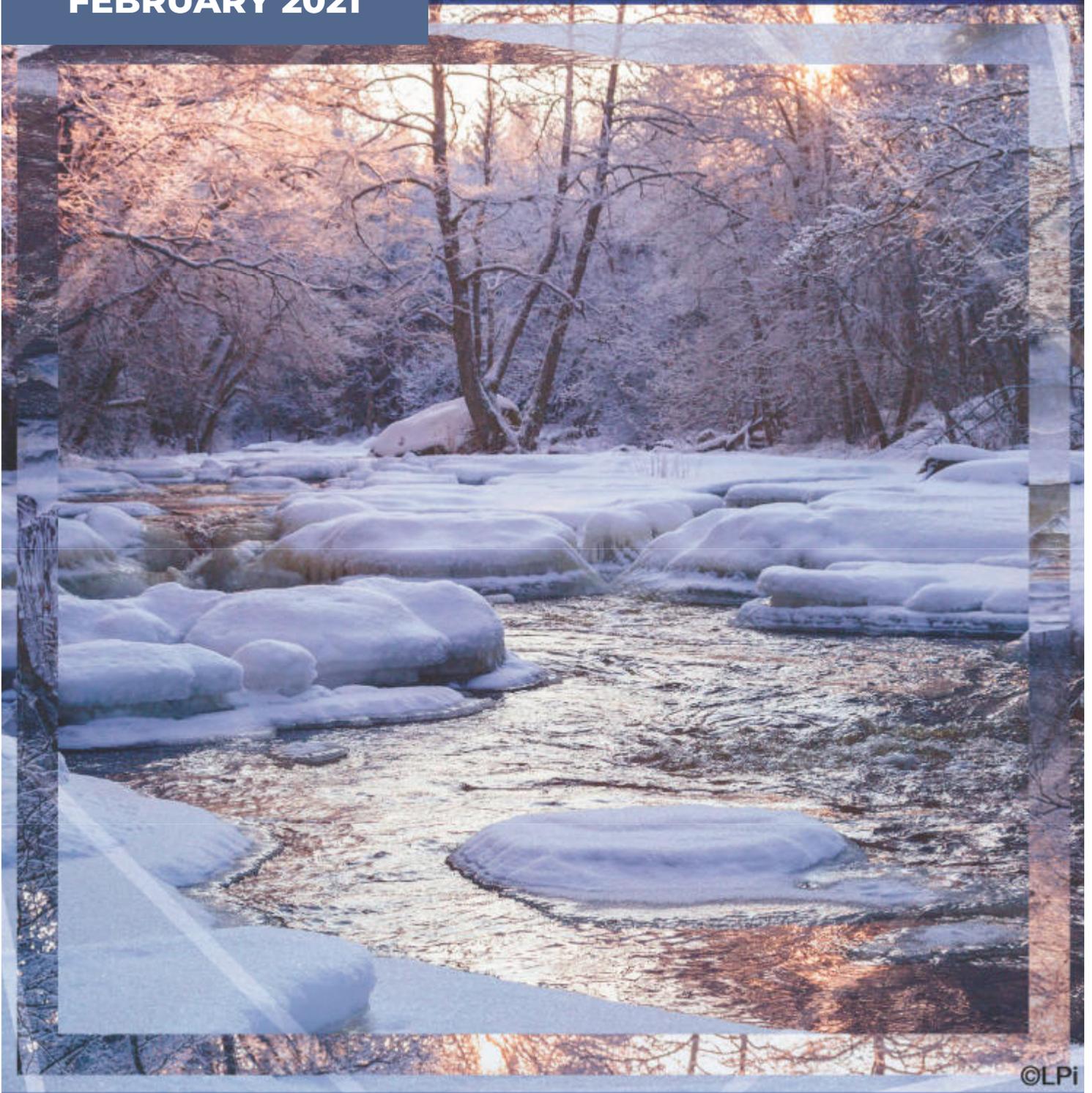


# BLOOMINGDALE

*Senior Center*

**FEBRUARY 2021**



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# PLANNING

Dear Friends:

Because of the pandemic the Bloomingdale Senior Center is currently closed. We are hoping that this temporary situation will soon be over and we can resume activities hopefully on a full time basis or as we did in October and November on a limited basis.

I will continue to be in the office on Tuesdays, Wednesdays and Thursdays and will be keeping in touch and planning new activities for the future. Till then, please stay safe and stay well,

Even though we are in the middle of this pandemic, I am still trying to plan future trips and activities for 2021. Hopefully, by June, we will be out of "house arrest" and able to travel and be with our friends.

June 6 to 9 Newport, Rhode Island

September 19—23 Annual Wildwood Trip

October 5 days at Pine Grove Dude Ranch

Other day trips include Peddlers Village, West Point, Hackensack River Cruise, Turtle Back Zoo, Wolves and Wine and many more. We are all so ready to get back to some sort of normal. If you have any ideas for trips either day or overnight, please give me a call.

Flyers are available for Newport, Rhode Island. If you would like one, please give me a call at (73) 838-9259.

## NEVER MISS A NEWSLETTER !

Sign up to have our newsletter  
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# MYTHS ABOUT THE FLU

The flu season officially runs from October through May which makes now a good time to arm yourself with real facts about the virus that claims tens of thousands of lives—a majority of them older adults—every year. Here we correct seven common flu myths to help you strengthen your defenses.

**Myth No. 1-Cold Weather Causes Flu:** Viruses causes flu, not cold weather. What is true is that the influenza virus survives better in colder environments. What's more, during colder weather, people tend to gather inside with closed windows and less air circulating causing high risk of spreading the flu.

**Myth No 2- Flu Is Just A Bad Cold:** Not every respiratory illness is the flu. While flu and the common cold can have similar symptoms, they are caused by different viruses. Cold, for instance, may give you a runny or stuffy nose; influenza usually doesn't. And while a cold can make you feel lousy, the flu can make you feel like you were hit by a train. In additional, colds rarely lead to dangerous complications whereas a bad case of the flu can travel to the lungs and cause serious infections.

**Myth No 3- Antibiotics Can Help Treat Flu:** Flu is a viral infection. Antibiotics treat only bacterial infections, like strep throat or urinary tract infections. Sometimes complications from flu, such as pneumonia, are treated with antibiotics, but flu itself is not. For flu, in addition to over-the-counter drugs for relieving coughing and stuffy nose, there are approved antiviral drugs such as Tamiflu.

**Myth No. 4- You Don't Need a Flu Vaccine If You Rarely Get Sick:** Flu is highly contagious and yes, even healthy people get it. "The influenza vaccine is the very best intervention we have to prevent flu infections and, sometimes, the serious complications it can cause. Everyone should get the flu shot every year and in the midst of the COVID-19 pandemic it becomes even more important. What's more the flu virus can mutate from season to season. Getting a flue shot will help since the shot is designed to build immunity to the specific strains circulating in a given season.

**Myth No. 5- The Flu Shot Can Make You Sick:** There is no active virus in the flu vaccine, so it can't cause flu. Your arm may hurt after getting the shot, but such pain likely won't last long. Also, your body may ache as it's building up immunity. All is well worth it. According to the Centers for Disease Control and Prevention (CDC) the influenza vaccine stopped an estimated 44 million influenza illnesses in the especially severe 2018-2019 flu season preventing 2-3 million flu related medical visits, 58,00 flu-related hospital stays and approximately 3,500 deaths.

**Myth No. 6- You Might Also Catch a "Stomach Flu":** The word flu if often used incorrectly for a variety of un-related viruses and other illnesses. For one, while influenza can sometimes cause gastrointestinal symptoms that causes the sudden onset of nausea, vomiting or diarrhea is not the flu. The term "stomach flu" is used loosely to refer to viral gastroenteritis, which is not caused by influenza virus but other viruses such as norovirus. Norovirus infections can occur at any time of the year but outbreaks usually happen from November to April coinciding with influenza season.

**Myth No. 7- Once You Have A Flu Shot, You Won't Get The Flu:** After you get the vaccination, it can take up to two weeks for immunity to be generated in the body. A flue shot is not 100 percent effective at preventing the flu but the vaccination will make any symptoms you do get less severe. Your risk of being admitted to critical care is markedly less if you get a flu shot and that is especially important to help lessen the strain on the health care system during the COVID-19 pandemic.

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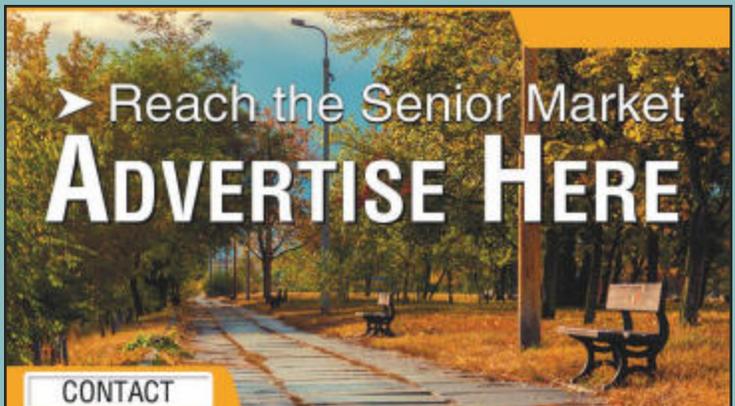
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Bloomington Senior Center, Bloomington, NJ 06-5258

# HEALTH AND AGING

Yukon Gold & Sweet Potato Mash— Great source of Vitamin A

## Ingredients

2 Yukon Gold potatoes peeled and cut to 1 1/2 inch chunks

2 Sweet potatoes, peeled and cut into 1 1/2 inch chunks

1/4 cup low-fat milk

1 tablespoon butter

1/2 teaspoon brown sugar

1/2 teaspoon salt

1/4 teaspoon freshly ground pepper

## Directions:

Place potatoes in large saucepan and add enough water to cover. Bring to boil over high heat and cook until very tender when pierced with a fork, 20 to 25 minutes.

Drain potatoes then mash them to desired consistency. Place milk and butter in small bowl and microwave on High until butter is mostly melted and milk is warm 30 to 40 seconds. Stir the milk mixture, sugar, salt and pepper into the mashed potatoes until combined.

151 calories and loaded with Vitamin A

## TOP FIVE VITAMINS WORTH TAKING FOR HEALTHY AGING

The best vitamins to take for healthy aging can be easily incorporated into your lifelong diet.

Vitamin A benefits bone development, healthy skin and more. Sources of Vitamin A include:

Apricots, Broccoli, Cantaloupe, Carrots, Cheese, Milk, Pink grapefruit, Spinach and Sweet potatoes

Vitamin B benefits Boosting metabolism and energy. Sources of Vitamin B include:

Beans, Cheese, Eggs, Fish, Whole grains. Leafy vegetables, Nuts and seeds, Yeast.

Vitamin C fights infection and common health problems. Sources of vitamin C include:

Brussels sprouts, Bell peppers, Cabbage, Cauliflower, Citrus fruits, Guava, Kiwi, Mango, Papaya, Strawberries, tomatoes

Vitamin E benefits include strengthening your immune system. Sources of Vitamin E include:

Soybean oil, Almonds, Peanut butter and peanuts, Beet greens, Collard greens, Spinach, Pumpkin, Asparagus, Avocado.

Vitamin K benefits blood clotting and healthy bones. Sources of vitamin K include:

Leafy greens, Spinach, Asparagus, Broccoli, Liver, Soybeans, Cheese, Eggs.

Knowing the most important vitamins for common health concerns like bone density, immune system strength, metabolism and more can help you protect your health now and in the future.

It's never too late to start thinking about healthy aging and building nutritious habits a dietitian who specializes in aging and gerontology reports.

Consuming a wide variety of foods will improve your chances of getting all vitamins naturally through your diet. If you're considering taking a vitamin or multivitamin, meet with your health care team. There can be drug-nutrient interactions, medications and competing factors that may increase or decrease your absorption.

# EXCELLENT QUESTIONS

1. If poison passes its expiration date, is it more poisonous or is it no longer poisonous?
2. Which letter is silent in the word, Scent, the S or the C?
3. Do twins ever realize that at least one of them is unplanned?
4. Why is the letter W in English called double U? Shouldn't it be called double V?
5. Maybe oxygen is slowly killing you and it just takes 75 to 100 years to work.
6. Every time you clean something, you just make something else dirty.
7. The word "swims" upside down is still "swims"
8. 100 years ago everyone owned a horse and only the rich had cars. Today everyone has cars and only the rich own horses.

## Four great confusions still unresolved

1. At a movie theater, which arm rest is yours?
2. If people evolve from monkeys, why are monkeys still around?
3. Why is the letter "d" in fridge and not in refrigerator?
4. Who knew what time it was when the first clock was made?

## Vagaries of English Language!

Ever wonder why the word funeral starts with FUN?

Why isn't a fireman called a water-man?

How come lipstick doesn't do what it says?

If money doesn't grow on trees, how come banks have branches?

If a vegetarian eats vegetables, what does a humanitarian eat

How do you get off a non-stop flight?

Why are goods sent by ship called CARGO and those sent by truck SHIPMENT?

Why do we put cups in the dishwasher and dishes in the cupboard?

Why do doctors "practice" medicine? Are they having practice at the cost of the patients?

Why is it called Rush Hour when traffic moves at its slowest then?

Why do they call it a TV set when there is only one?

What are you vacating when you go on a vacation?

Did you know that if you replace "W" with "T" in "What, Where and When" you get the answer to each of them.