

BLOOMINGDALE

Senior Center

MARCH 2021



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PLANNING

Dear Friends:

I hope everyone is getting back to the new “normal” after our blizzard—what else can go wrong.

We too are trying to get back to some normalcy here at the center and will go back to limited activities starting the end of February and through March. Please see Planning for scheduled events.

Hopefully by April, we will be able to resume regular and daily programs including some of our exercise programs..

Stay well and keep in touch with family and friend friends.

March 2—Milford Manor—Speaker on Dispatch Health and Lunch

March 9- Bloomingdale Health Center—Bingo & Lunch

March 18 - Italian St. Patrick’s Lunch and Bingo—\$10.00

March 25- Bingo & Pizza \$6.00

March 30- Llanfair—Program on Brain Health & Lunch

March 31- Lakeview Rehabilitation—Easter Craft and Lunch

Bloomingdale Seniors on the Move will begin on May 5th at 9 a.m.

June 6 to 9—Newport, Rhode Island- Flyers available. Will need to know by April 15 if interested.

June 26- Monmouth Raceway

September 19-23 Annual Wildwood Trip

October 17 to 20 Pine Grove Dude

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REDUCING STRESS

1. **Identify one positive event each day.** Humans have evolved to pay attention to what's going wrong. When you are focused on things that are stressful, you don't notice the good things. Making time to do that helps you take a step back and focus on what's good that day.
2. **Talk with someone about the positive event or share it on social media** if you are able. This is a way to savor or capitalize on something good. You don't have to share it. You could just think about it again and remember how great it was. An example might be watching a beautiful sunset or digging out the family album and looking at pictures of your children and grandchildren.
3. **Write in a gratitude journal every day.** This is a second way to notice the good moments in the day. In your journal, you can write about events or just write that you are grateful for the sunshine or whatever made you feel better that day.
4. **Reflect on a personal strength and how you've used it recently.** When you are under stress, your thoughts may spiral downward and lead to self-criticism. Instead recall good things about yourself. Maybe tell yourself you are a great friend or that you're someone smart who can come up with a plan to deal with your stress.
5. **Set a small daily goal and note your progress.** When you feel as though you're making progress even if you're not necessarily achieving success, that increase positive emotions. Find the sweet spot of goal setting, something that is not way beyond what's possible.
6. **Develop a "positive reappraisal" habit to reframe a troubling daily activity in a more positive light.** How we interpret an event determines our emotional reaction to it. But there's almost always a positive reappraisal that you can pull out of any situation, even when you start small.
7. Perform an act of kindness every day. This simple practice gets you outside yourself. Always walk your shopping cart back to the storefront and may way for drivers attempting to merge onto the highway. Complimenting a stranger on a pretty scarf or a welcoming smile counts. Too.
8. **Concentrate on the present moment.** When you're upset instead of rehashing what already happened or rehearsing what might happen next, pay attention instead to what's happening in the present. What your thoughts and experiences are right now. When you're more mindful, you're more aware of positive events.

By practicing these eight ways to help cultivate more positive emotions, you will learn stress intervention skills and develop a more positive approach to life. When you are focused on things that are stressful, you don't notice the good things.

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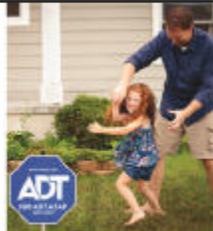
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Bloomington Senior Center, Bloomington, NJ 06-5258

ST. PATRICK'S DAY

IRISH SODA BREAD

4 cups all purpose flour
4 tablespoons white sugar
1 teaspoon baking soda
1 tablespoon baking powder
1/2 teaspoon salt
1/2 cup margarine softened
1 cup buttermilk
1 egg
1/4 cup butter melted
1/4 cup buttermilk

Preheat oven to 375 degrees and lightly grease a large baking sheet

Directions:

In a large bowl, mix together flour, sugar, baking soda, baking powder, salt and margarine. Stir in 1 cup buttermilk and egg. Turn dough out on a lightly floured surface and knead slightly. Form dough into a round and place on baking sheet. In a small bowl combine melted butter with 1/4 cup buttermilk and brush loaf. Cut an X into the top

Bake in oven until a toothpick in center of loaf comes out clean—45 to 50 minutes. Continue to brush loaf with butter mixture while it bakes

Patrick was born in Roman Britain. His birthplace is not known with any certainty. Some traditions place it in England. Claims have also been advanced for locations in both present day Scotland and Wales.

His father Calpornius was a deacon and his grandfather Potitus was a priest from Bonaven Tabernia. Patrick, however, was not an active believer.

According to *the Confession of Saint Patrick*, at the age of sixteen he was captured by a group of Irish pirates. They took him to Ireland where he was enslaved and held captive for six years. While in captivity, he worked as a shepherd and strengthened his relationship with God through prayer, eventually leading him to convert to Christianity.

He escaped from captivity and returned to England. Patrick studied in Europe and was ordained to the priesthood. Patrick returned to Ireland as a Christian missionary.

Tradition has it that Patrick was not welcomed by the locals and was forced to leave and seek a more welcoming place in the north. He rested for some days at the islands off the Skerries coast one of which still retains the name of Inis-Patrick.

Patrick's position as a foreigner in Ireland was not an easy one. His refusal to accept gifts from kings placed him outside the formal ties of kinship, fosterage and affinity. Legally he was without protection and he said that he was beaten and robbed and put in chains, perhaps awaiting execution.

There are many legends associated with Patrick such as his use of a shamrock to illustrate the Holy Trinity. Also he has been credited with banishing all snakes from Ireland. However all evidence suggests that post-glacial Ireland never had snakes and there was nothing for Patrick to banish.

March 17th, popularly known as St. Patrick's Day is believed to be his death date and is the date celebrated as his Feast Day. The day became a feast day in the Catholic church.

Patrick is said to be buried at Down cathedral in County Down although this has never been proven.

STRANGE BUT TRUE

A crocodile's tongue is attached to the roof of its mouth.

A kangaroo can't jump unless its tail is touching the ground

A monkey was once tried and convicted for smoking a cigarette in South Bend, Indiana

A peanut is neither a pea nor a nut.

A person at rest generates as much heat as a 100 watt bulb.

A group of owls is called a parliament.

A Penny Whistle has six finger holes.

A pregnant goldfish is called a twit.

A quarter of Russian is covered by forest

A raisin dropped in a glass of fresh champagne will bounce up and down.

A rat can last longer without water than a camel.

A rhinoceros' horn is made of compacted hair.

A Saudi Arabian woman can get a divorce if her husband doesn't give her coffee.

A group of ravens is called a murder.

A shark can grow a new set of teeth in a week.

A snail can have about 25,000 teeth.

A group of toads is called a knot.

About 3,500 gallons of water is needed to produce one pound of beef.

About 300 million cells die in your body every minute.

About 70% of all living organisms in the world are bacteria.

About 85% of the plant life on the Earth is in the ocean.

About a third of all Americans flush the toilet while they're still sitting on it.

A species of earthworm in Australia grows up to 10 feet in length.

A starfish can turn itself inside out.

A ten gallon had holds three quarters of a gallon.

A toothpick is the object most often choked on by Americans.

A zebra is white with black stripes.

Anteaters prefer termites to ants.

Astronauts are not allowed to eat beans because passing wind in a space suit damages them.

Albert Einstein was offered the presidency of Israel in 1952

Alexander the Great was an epileptic.

Alfred Hitchcock didn't have a belly button, it was eliminated when he was sewn up after surgery