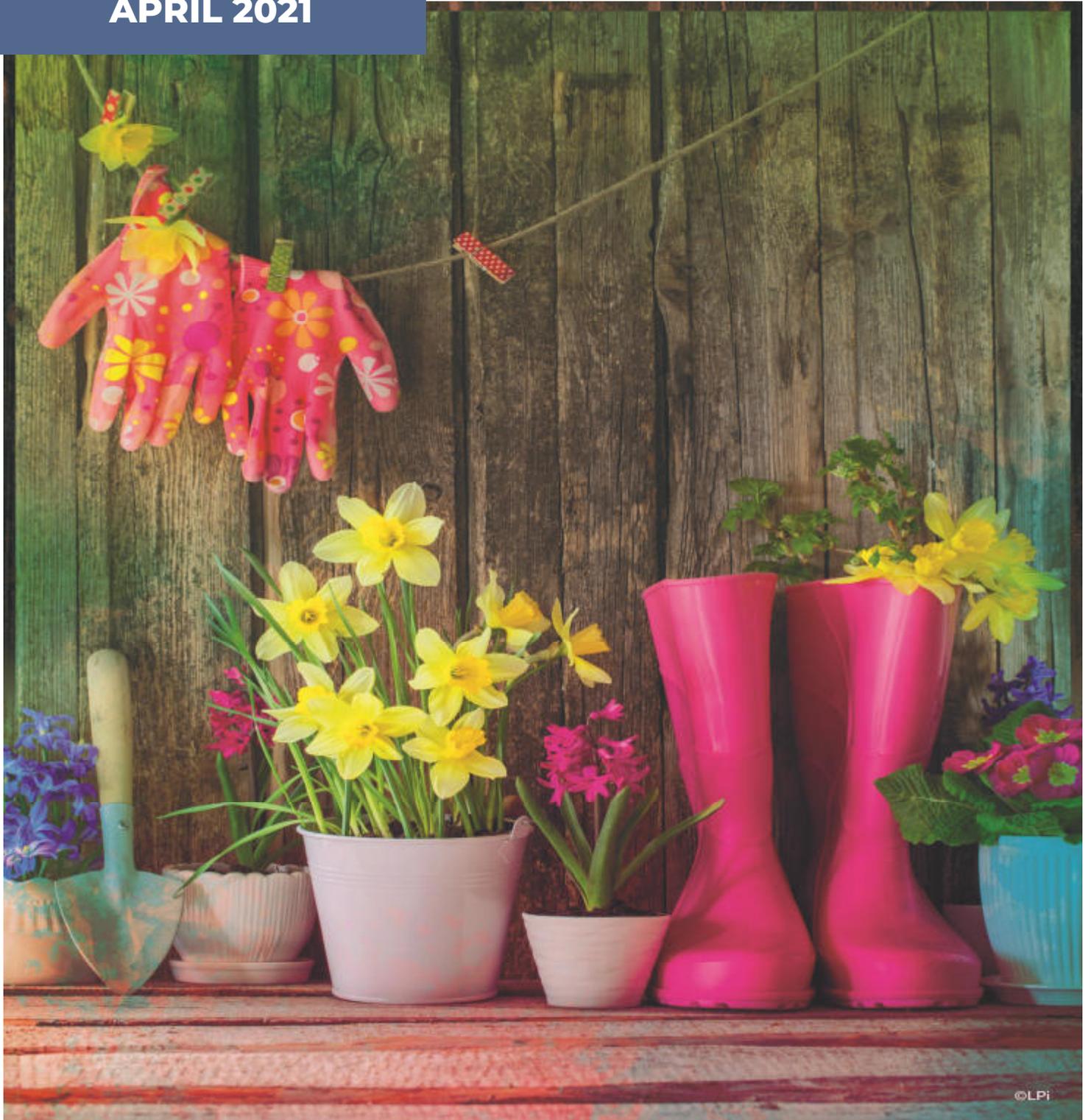


BLOOMINGDALE

Senior Center

APRIL 2021



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PLANNING

Dear Friends:

Just a note to let you know that I am thinking about you and miss seeing you.

We are starting to open up a little on a limited basis and with a limited number of people attending programs.

It is so important to stay in touch with our family and friends and I hope that you will consider joining us for some of the events we have scheduled here.

If you have any questions or wish to join us, please give me a call. I am at the office most days in the mornings. (973) 838-9259

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For Information or a flyer, please call me at (973) 838-9259.

Char Yoga

Chair Yoga will be starting on Wednesday, April 14th with Alan. We look forward to starting so exercise programs and what better way to relieve the stress of the last year than Yoga. Hope you will be able to join us.

Bloomington Seniors on the Move

Our Walking Program will begin on Wednesday, May 5. As of this newsletter, we will not be serving a breakfast but that could change. Shirts and pedimeters are available for those who signed up last year. Any new member is always welcome. Call for information.

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Bloomington Senior Center, Bloomington, NJ 06-5258

Causes of insomnia in elderly adults include:

Normal changes in sleep patterns that occur with age

Medications, including antidepressants, medicines to treat high blood pressure or nasal decongestants

Other sleep disorders, such as sleep apnea or restless legs syndrome

Other health conditions, like dementia, Alzheimer's, chronic pain, diabetes or respiratory diseases

Mental illness, including depression and anxiety

Lifestyle habits, such as napping or lack of physical activity

Caffeine or alcohol when consumed excessively or before bedtime

Smoking, especially before bed

Chronic stress or stress that lasts for a long time

How to prevent insomnia in seniors: do's and don'ts

It's a good idea to see the doctor if you regularly have sleep problems. If another condition or medication is causing insomnia, it's important to address it first.

DO

Establish a regular sleep schedule. Go to bed and wake up at the same time each day

Be physical active, exercise early in the day and no later than 4 hours before bed.

Sleep In the dark, quiet, cool room (between 60 and 67 degrees)

Take a warm bath before bed or practice relaxation techniques such as meditation

If you can't fall asleep after 20 minutes, get up and do a relaxing activity

DON'T

Consume caffeine or alcohol three hours before bed

Eat heavy meals, spicy food before bed

Drink excessive amount of liquid before bed. A glass of warm milk is OK

Nap during the day

Use bright lights before bedtime. Turn off your TV or cell phone 30 minutes to one hour before bedtime.

Sleep is important for overall health. If insomnia is affecting you, be sure to seek medical help. Understanding the root causes of insomnia may be the first step toward finding a solution

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Bloomington Senior Center, Bloomington, NJ 06-5258

HOW CHICKEN POWERS YOUR BODY

Lemon Chicken Breasts

Ingredients:

1/4 cup good olive oil

3 tablespoons minced garlic

1/3 cup white wine

2 tablespoons Grated lemon zest

2 tablespoons freshly squeezed. Lemon juice

1 1/2 teaspoon .Dried oregano

1 teaspoon Minced fresh thyme leaves

Kosher salt

Grown Black Pepper

4 Boneless Chicken Breasts (Skin on)

Preheat oven to 400degrees

Warm olive oil in medium heat, add the garlic, cook 1 minute not allowing garlic to turn brown. Off the heat, add wine, lemon zest, juice oregano, thyme and 1 teaspoon salt . Pour into baking dish

Pat chicken breast and place skin up over sauce. Brush breasts with oil and sprinkle with Salt & pepper. Cut lemon in 8s and put among chicken

Bake 30 –40 minutes until chicken is done and lightly browned. Put under broiler for 2 minutes. Cover with aluminum and sit for 10 minutes. Serve hot

Chicken is an excellent low-calorie, low-fat source of high quality protein that provides important nutrients throughout our lives. Here's how

Chicken powers your body from head to toe.

Contains Nutrients linked with Mood: Chicken has tryptophan, an amino acid that is responsible for raising serotonin is the “feel Good” neurochemical linked with mood

Provides Vitamins and Minerals involved in Brain Function: Dark and white meat chicken contains vitamin B12 and choline, which together may promote brain development in children, help the nervous system function properly and aid cognitive performance in older adults

Easy to eat: For those who struggle with chewing or swallowing foods, or with changes in taste, chicken is a versatile source of high-quality protein.

Promotes Heart Health: Chicken provides under consumed vitamins and minerals, and can be center of the place for a heart -healthy, low-fat, low cholesterol diet such as the DASH diet.

Builds Muscles: Chicken is a source of high-quality dietary protein. 30 grams of protein per meal can benefit muscle growth.

Strengthens Bones: Chicken is a source of dietary protein. Protein can benefit bone health

Aids in Weight Loss: Lean chicken meat is an excellent source of protein that the body can use easily. Foods high in protein may be a tool for managing weight and a normal blood sugar.

Safety First!

Chicken can only power your body when it is fully cooked. Always practice proper food safety practices when handling chicken to avoid foodborne illness.

Do not wash raw chicken before cooking and always cook Chicken to at least 165 degrees F internal temperature as measured with a food thermometer.

Does Chicken Soup Help Fight Colds?

It could! Chicken soup may restore fluids, loosen up mucus in the chest and provides optimal nutrients like zinc and protein to support a normal immune system.

WORDS OF WISDOM- MAYBE!

Wisdom is knowing which bridge to cross and which to burn
If I'm not back in 5 minutes, wait longer
Hire a teenager while they still know it all
Hope of the best, plan for the worst
Growling old is mandatory, growing up is optional
Always be sincere- even when you don't mean it
A person who isn't making waves isn't paddling hard enough
A good scare is better than good advice
You're never too old to learn something stupid
Smile, life is not a dress rehearsal
It's bad luck to be superstitious
Life is a journey, not a destination
Live as though it was your last day on earth—some day it will be
My reality heck just bounced.
Never drive faster than your guardian angel can fly
Some are wise, some otherwise
The young know the rules, the old know the exceptions
There is no right way to do a wrong thing
When everyone thinks alike, no one is thinking
When you are in it up to your ears, keep your mouth shut

Hate no one
No matter how much they wrong you
Live humble
No matter how wealthy you become
Think positive
No matter how hard life is
Give much
Even if you are given little
Forgive all
Especially yourself
And never stop praying for the best for everyone