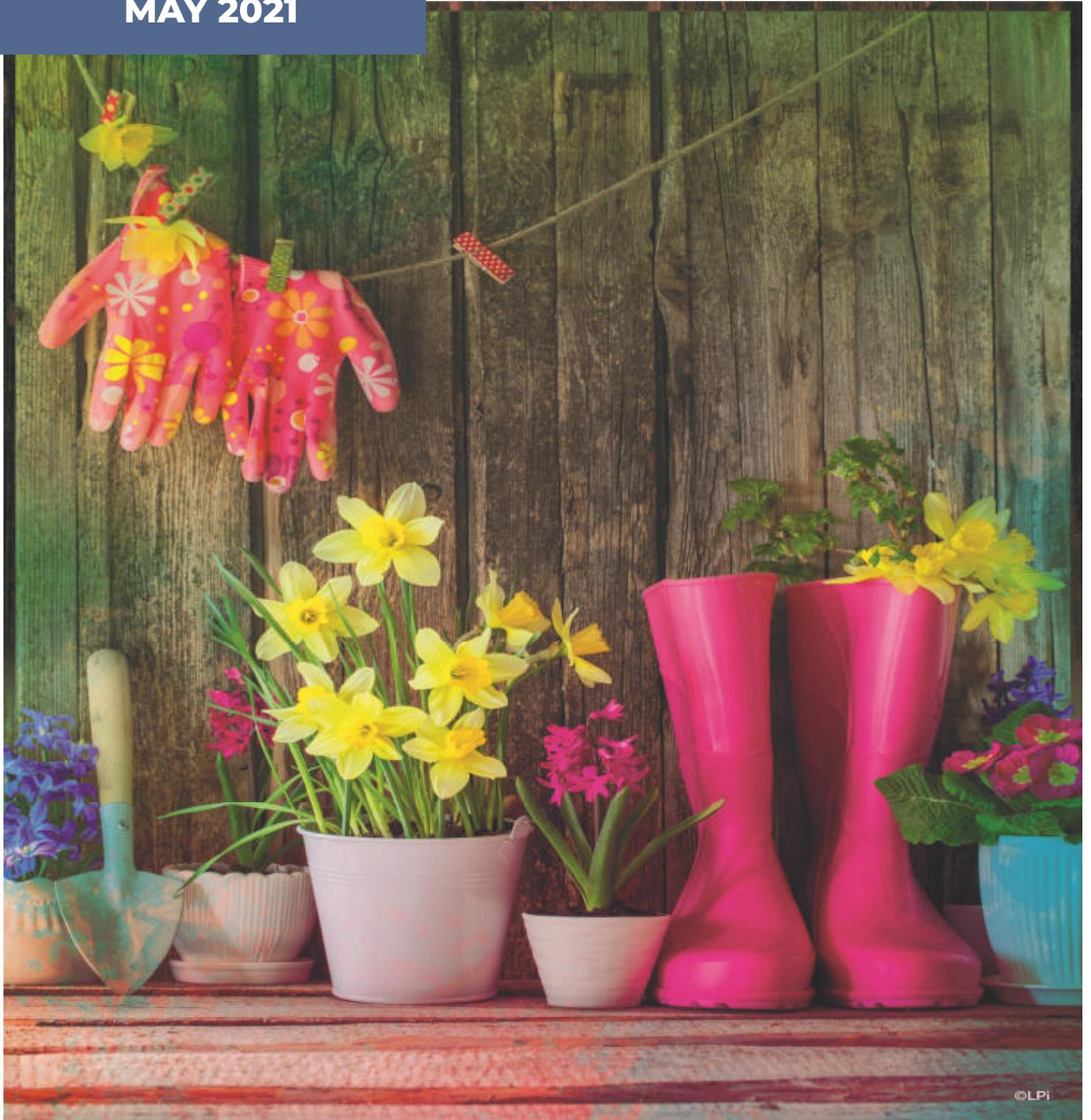


BLOOMINGDALE

Senior Center

MAY 2021



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PLANNING

Good Morning!

Just letting you know that things are beginning to open up here at the center.

I think that now that most people have gotten the Covid 19 vaccination, they are feeling more optimistic about being in the company of others.

We are continuing to do limited programming at the center. We are limiting participation to no more than 30 people at our social programs and 15 at our exercise programs.

If you are interested in participating in any of the upcoming programs, please give me a call.

Chair yoga is held on Wednesdays at 1:00 p.m.

The walking club will begin on May 5th at 9 a.m.

Chair Aerobics—which was to begin on May 3rd has now been rescheduled until May 10th at 10 a.m.

Presently we have social program arranged for May 6th, 11th and 20th. We will be adding to the May schedule shortly.

Nutrition is now hoping to start some time in June but as of now, they do not have an opening date.

We have scheduled the following trips:

Newport, Rhode Island—June 6 to June 9th

Wildwood—September 19 to September 23

Pine Grove Dude Ranch—October 3rd to October 7

Alaska Cruise—May 6, 2022 to May 13, 2022

I would like to do another Wine and Wolves this Fall, but it is difficult to plan programs while we are not fully operational. If you are interested in any of the above, please let me know. As of now, the Passaic County bus is not available and that does change some prices of the programs.

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Nearly one-third of all seniors live by themselves. Senior isolation is both common and dangerous—and while living alone doesn't inevitably lead to senior loneliness, the two often go hand-in-hand.

What are the dangers of senior isolation and the effects of loneliness:

Loneliness leads to health complications—Loneliness is as deadly as smoking or obesity according to Brigham Young University. Meanwhile researchers note blood pressure and stress levels are “significantly higher” in lonely people, especially seniors.

Unhealthy habits increase—Social isolation often leads to bad health habits. Lonely seniors are more likely to smoke, drink in excess and neglect the need for physical activity. Conversely, social support can encourage seniors to eat well, exercise and live healthy lifestyles

Loneliness increases the risk of Alzheimer's disease—Loneliness is a risk factor for cognitive decline. The risk of Alzheimer's nearly doubled in lonely adults and mental decline is faster. This could be because isolated older people have less stimulation, or because their symptoms are less likely to be reported before the disease has progressed.

Isolation leads to higher instances of elder abuse—There are several reasons for this correlation, according to the National Center on Elder Abuse. Isolated seniors are more likely to fall prey to scammers and financial abuse. Neglect, one of the seven types of elder abuse is more likely to go unnoticed. Seniors themselves are less likely to report physical abuse without a trusted family member and they may protect abusers if they don't have other caregiver resources.

Lonely seniors assume the worst—Socially isolated seniors are 60% more likely to predict their quality of life decreasing over the next 10 years. They're also more concerned about needing help from community programs as they get older and they're more likely to express concerns about aging in place, according to the National Council on Aging.

HELP FOR SENIORS LIVING ALONE

Make time for your friends and family. The coronavirus has made senior isolation more prevalent. Reach out especially to your teenage grandchildren. Have them teach you to zoom or video chat.

Volunteering decreases loneliness. The more you volunteer the lower your loneliness. Volunteering gives you a sense of purpose

Exercise feels good physically and emotionally. Stay active. It wards off anxiety and depression in addition to offering physical health benefits. Take a short walk spending time outside. Join or walking club this May. We will be practicing social distancing and wearing masks—but we will be together.

Learn and explore to reduce cognitive decline. There are hundreds of online resources for seniors who want to learn from home.

Senior Center participation prevents loneliness in Seniors. Older adults are less likely to feel lonely when they have the opportunity to spend time with friends and peers.

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Quick Shrimp Scampi

Ingredients

2 tablespoons of olive oil

1 1/2 lbs. of large shrimp, peeled, deveined and patted dry

Salt and pepper to taste

3 garlic cloves, minced

Large pinch of crushed red pepper flakes

1/2 cup dry white wine

4 tablespoons of unsalted butter, cut in 4 pieces

1 lemon, zested and halved lengthwise one half cut into wedges

1 small bunch, large handful of fresh flat-leaf parsley chopped

In a large skillet heat oil over med. -high heat . Season shrimp with salt and pepper and single layer. Cook until the bottoms of the shrimp begin to turn pink(1 minute) Flip shrimp over and cook until almost cooked through. Transfer to plate

Reduce heat to medium, add garlic , stirring until garlic starts to turn golden. Add wine, scraping from the bottom of the pan and simmer until wine is almost evaporated.

Whisk in the butter one at a time season the sauce with salt and lemon juice from half lemon. Add cooked shrimp, lemon zest and parsley. Toss together about 1 minute. Serve with lemon wedges.

Eight of the Best Heart-Healthy Mediterranean Diet Foods

1. **Olive Oil**—Olive oil is one of the mainstays of the Mediterranean diet and is used in everything from cooking to salad dressings. Not only is it delicious but it also delivers impressive heart-healthy benefits. Studies have found that olive oil has anti-inflammatory and anti-hypertensive qualities, which can help keep your blood pressure in check. It also has been shown to lower cholesterol and reduce risk of stroke.
2. **Fish**— Fish is a healthy source of protein that also delivers healthy fats, making it perfect for both a Mediterranean and heart-healthy diet. Oily fish, like salmon and tuna are especially rich in omega 3 fats which improve blood lipid levels and lower blood pressure.
3. **Leafy greens**—it may not be a surprise to see leafy greens on this list since they are one of the most nutrient-dense foods— meaning they pack a lot of nutrition into very few calories. They are high in fiber, potassium and vitamin K which help to regulate blood pressure and improve blood clotting.
4. **Whole grains**—this diet is not a low carb diet, but it does focus on healthier carbs including whole grains. Compared to refined grains, whole grains are full of fiber and nutrients crucial for heart health.
5. **Tomatoes**—tomatoes are just as versatile as they are heart-healthy.. They contain an antioxidant called lycopene that can protect arteries from atherosclerosis and other forms of cardiovascular disease. Lycopene has also been associated with healthier cholesterol levels
6. **Beans**—beans are a versatile protein source and feature prominently in the Mediterranean diet, especially since it prioritizes eating plenty of plants. Thanks to fiber found in beans, eating them can help lower cholesterol
7. **Nuts and seeds**—nuts are packed with heart-healthy fats, vitamins and minerals. Research shows that eating nuts regularly is good for your heart. Like many foods in the Mediterranean diet, nuts are also full of antioxidants that give a heart healthy boost.
8. **Berries**—last but certainly not least, berries are a staple of both the Mediterranean and heart-healthy eating patterns. Berries are full of potassium, vitamin C and fiber that help keep your blood pressure and arteries at their healthiest. Eating berries regularly has been linked to significant improvements in cholesterol, blood clotting and blood vessel function.

FEEL SMARTER IN 30 SECONDS

If you ever feel a little bit stupid, just dig this up and read it again; you'll begin to think you're a genius'.....

(On September 17, 1994, Heather Whitestone was selected as Miss America 1995) Question: "If you could live forever, would you and why? Answer: "I would not live forever, because we should not live forever, because if we were supposed to live forever, than we would live forever, but we cannot live forever, which is why I would not live forever."

"Smoking kills, if you're killed, you've loss a very important part of your life" - Brooke Shields, during an interview to become the spokesperson for federal anti-smoking campaign.

"I've never had major knee surgery on any other part of my body." Winston Bennett, University of Kentucky basketball forward

"Outside of the killings, Washington has one of the lowest crime rates In the country". Mayor Marion Barry, Washington, DC.

"That lowdown scoundrel deserves to be kicked to death by a jackass, and I'm just the one to do it," A congressional candidate I Texas

"Half this game is ninety percent mental." Philadelphia Phillies manager, Danu Ozark

"It isn't pollution that's harming the environment, it's the impurities in our air and water that are doing it..." Al Gore, Vice President

"I love California. I practically grew up in Phoenix.." Dan Quayle

"We've got to pause and ask ourselves: How much clean air do we need?" Lee Iococca

The word "genius" isn't applicable in football. A genius is a guy like Norman Einstein." Joe Theisman, NFL football quarterback and sports analyst.

Your food stamps will be stopped effective March 2020 because we received notice that you passed away. May God bless you. You may reapply if there is a change in your circumstances." Department of Social Services, Greenville, South Carolina.

Traditionally, most of Australia's imports come from overseas." Keppel Enderberry

"If somebody had a bad heart, they can plug this jack in at night as they go to bed and it will monitor their heart throughout the night. And the next morning, when they wake up dead, there'll be a record" Mark S. Fowler, FCC Chairman

FEELING SMARTER YET?

SEND IT ON TO YOUR BRILLANT FRIENDS.

I would like to take this opportunity to wish all the mothers, grandmothers and great grandmothers a wonderful. Happy Mothers' Day. Hopefully this year will be different from the last and we will be able to enjoy our families on this day. God Bless.