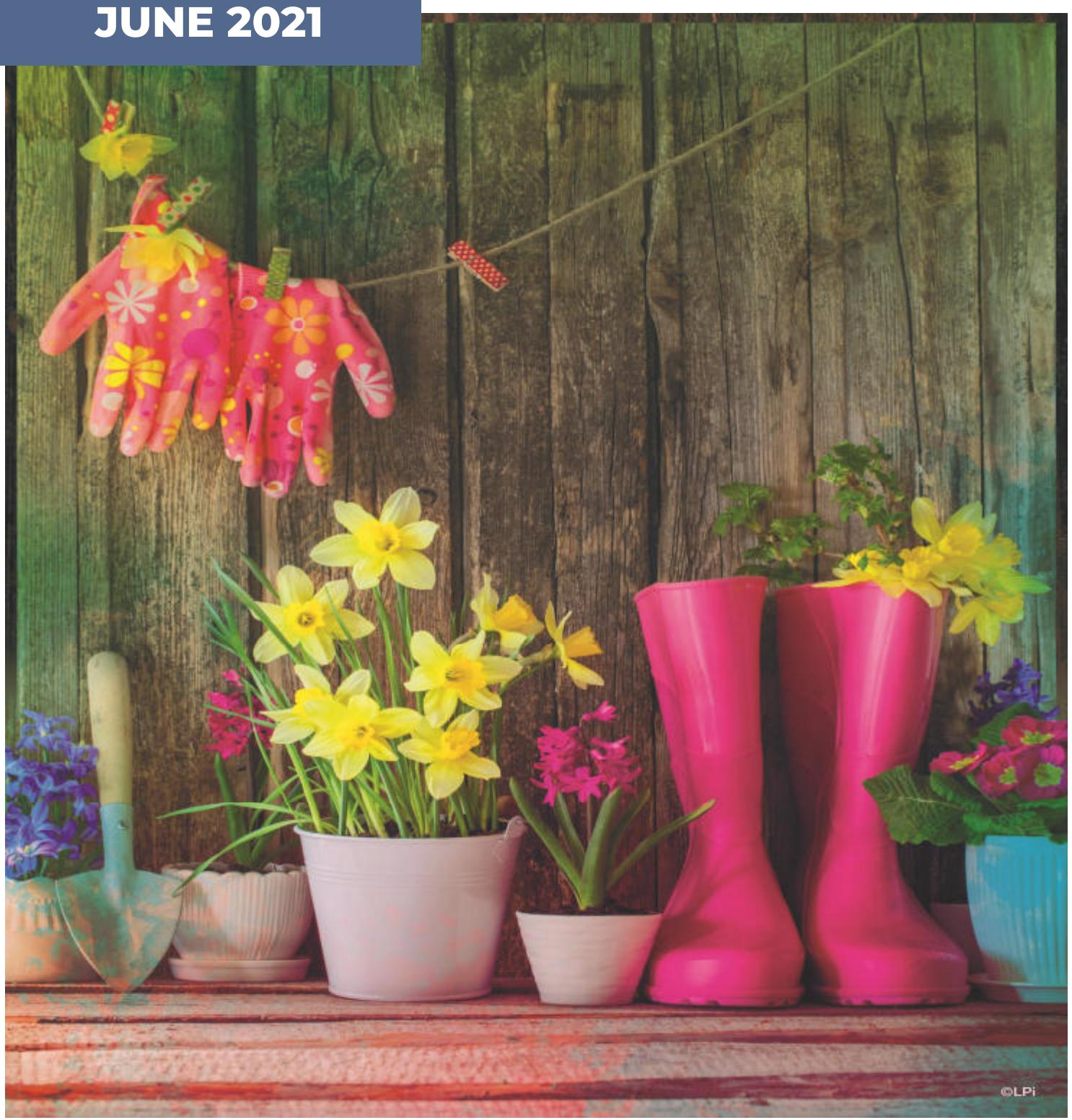


BLOOMINGDALE

Senior Center

JUNE 2021



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PLANNING

Hello Friends:

Just writing to let you know that we are open 5 days a week with exercise and some fun programming. We would love for you to join us at the center. Please call before you come to make sure that we have a program or exercise planned for the day and the time of the event.

We have not as yet been informed as to when the Nutrition Program will be starting. But the County office will inform participants when this begins. In the meantime, we are trying to bring people together as being with friends is so important to us all.

The Golden Age Club is planning a luncheon at Lina's the end of June. If you are a member of the club and have not received your invitation, please get in touch with one of the officers so that they can help you. It will be wonderful to see everyone after such a long time.

Covid Testing is still available on various days at both the Passaic County College in Wanaque and at Camp Hope. Also walk-in Covid vaccinations are available at both sites. Call the Passaic County Health Department at (973) 881-4396 for days and times.

The Bloomingdale Senior Center is offering Chair Aerobics on Mondays and Fridays and Chair Yoga on Wednesdays. Also we have begun our Walking Club and would love to see more of you participating in this wonderful way to get to know your neighbors while doing something to help yourself. For times and cost, please give me a call at (973) 838-9259.

It's truly time for all of us to get back to enjoying each other's company. It's been way too long!

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HEALTHY AGING TIPS FOR WOMEN

As a woman, you may have many responsibilities on your plate, but your health should be a top priority.

These quick tips can help keep you happy and healthy as you juggle your everyday responsibilities.

1. Get breast cancer screenings every 1 to 2 years

One in eight women in the United States will be diagnosed with breast cancer, making it the most commonly diagnosed cancer in women and this risk increases with age. Mammograms are the best way to screen for breast cancer, especially during the early stages.

The good news is that breast cancer can usually be treated successfully when found early. Medicare covers a free yearly mammogram screening.

2. Exercise will improve your overall health

Roughly 150 minutes (2.5 hours) of moderate exercise a week could improve not only your physical but also your mental health. Being active helps improve moods and reduce feels of depression. It can also help manage diabetes, heart disease and osteoporosis.

4. Focus on your mental health

Approximately 15% of adults 60+ suffer from a mental illness, depression being one of the most common. There's often confusion around what exactly depression is, especially since many older adults experience major changes in their life like the death of loved ones or medical problems that could cause sadness. The difference is that the feeling is only temporary. If your feels of sadness begin to interfere with daily life and normal functioning, you may be experiencing depression. Start by speaking with your doctor and determine if a Medicare Depression Screening

5. Healthy eating can prevent serious health conditions

Proper nutrition is essential for the body. As you get older you lose muscle mass, bone density and burn fewer calories. It takes extra effort to make up for the natural changes of your body which is why eating high nutrient foods make a big difference. Decreased bone density can result in one of the major health concerns affecting about 8 million women, osteoporosis, due to calcium deficiencies in diet.

As a woman, you may have many responsibilities on your plate, but your health should be a top priority.

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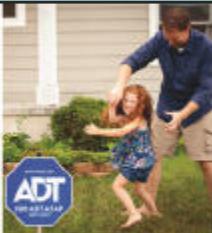
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HEALTH BENEFITS OF EATING CUCUMBER

Cucumber Tomato Salad

1 long English Cucumber sliced
2—3 large tomatoes diced
1/2 red onion sliced
1 tablespoon fresh herbs, parsley, basil and/or dill optional
2 tablespoons olive oil, 1tbl red wine vinegar
Salt & pepper to taste

Combine all ingredients in a bowl and toss well

Refrigerate at least 20 minutes before serving

Crisp Cucumber Salsa

2 cups finely chopped cucumber, peel and seed
1/2 cup finely chopped seeded tomato
1/4 cup chopped red onion
1 tablespoon . Minced parsley
1 jalapeno pepper seed & chop
1 clove garlic minced
1/4 cup sour cream
1 1/2 teaspoon lemon juice
1 1/2 teaspoon lime juice
1/4 teaspoon ground cumin
1/4 teaspoon seasoned salad
Baked tortilla chip scoops
Combine first 7 ingredients. In another bowl combine sour cream, lemonjuice, lime juice, cumin and salt. Pour over cucumber mix and toss gently to coat. Serve with chips

Though commonly thought to be a vegetable, cucumber is actually a fruit that is low in calories but high in many important vitamins and nutrients..

They are high in beneficial nutrients as well as certain plant compounds and antioxidants they may help treat and even prevent some conditions.

Also cucumbers are low in calories and contains a good amount of water and soluble fiber, making them ideal for promoting hydration and aiding in weight loss.

It promotes hydration. Water is crucial to your body's function, playing numerous important roles. It is involved in processes like temperature regulation and the transportation of waste products and nutrients. While you meet the majority of your fluid needs by drinking water and other liquids, some get as much as 40% of their total water intake from food. Because cucumbers are composed of about 96% water, they are especially effective at promoting hydration.

They may aid in weight loss.. First they are low in calories—an entire cucumber contains only about 45 calories. The high water content of cucumbers could aid in weight loss as well.

They may lower blood sugar. Several studies have found that cucumbers may help reduce blood sugar levels and prevent some complications of diabetes.

They could promote regularity. Eating cucumbers may help support regular bowel movements. Dehydration is a major risk factor for constipation as it can alter your water balance and make the passage of stool difficult. Cucumbers are high in water and promote hydration. Staying hydrated can improve stool consistency, prevent constipation and help maintain regularity. Moreover, cucumbers contain fiber, which helps regular bowel movements.

They are easy to add to your diet. Mild with a distinctly crisp and refreshing flavor, cucumbers are commonly enjoyed fresh or pickled in everything from salads to sandwiches. They can be eaten raw as a low-calorie snack or can be paired with hummus, olive oil, salt or salad dressing to add a bit more flavor.

DISORDER IN THE COURTS

Q: What is your date of birth?

A: July 15th

Q: What year?

A: Every year

Q: What gear were you in at the moment of the impact?

A: Gucci sweats and Reeboks

Q: How old is your son—the one living with you

A: Thirty-eight or thirty-five, I can't remember which

Q: How long has he lived with you?

A: Forty-five years

Q: What was the first thing your husband said to you when he woke up that morning:

A: He said, "Where am I, Cathy?"

Q: And why did that upset you?

A: My name is Susan

Q: Can you describe the individual?

A: He was about medium height and had a beard

Q: Was this a male or a female?

A: Unless the circus was in town, I'll go with male

Q: Doctor, how many autopsies have you performed on dead people?

A: All my autopsies are performed on dead people.

Q: All your responses must be oral, OK? What school did you go to?

A: Oral

Q: Do you recall the time that you examined the body?:

A: The autopsy started around 8:30 p.m.

Q: And Mr. Dennington was dead at the time?

A: No, he was sitting on the table wondering why I was doing an autopsy

Q: You were not shot in the fracas?

A: No, I was shot midway between the fracas and the navel.