

BLOOMINGDALE

Senior Center

JULY 2021



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PLANNING

Hi Everybody

I know you're still wondering when the Nutrition program at the center will be open. As yet we have not received word on a date for this to happen. As soon as we hear something, I will let you know.

The Coronet Jazz Band will be practicing at the Senior Center on Tuesdays at 7 p.m. and we are invited to join them on July 13 and 27th. They want everyone to come for a hour or two of great music and if you so desire you can get up and dance. (something that we haven't been able to do for a year or more!)

Stay safe everyone! Pat

July Happenings at the Center.

July 1st—Trivia & Pizza—\$6

July 8th—Games & Sandwiches—\$7

July 13th— Rita's Ice Cream Social & Bingo—Arbor Ridge

Pizza will be served before the Ritas—\$5

July 20th—Bloomingdale Health Care Bingo & Lunch

July 21st. Lakeland Health Center—Doctor information on Covid and Lunch

July 29th—Bingo & Pizza—\$6

Chair Aerobics are held Mondays and Fridays at 10 a.m.

Chair Yoga is held on Wednesdays at 1 p.m.

Other programs may be added to the schedule and the information will be available as soon as possible.

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When we walk in nature, even just a local park the emotional changes are immediate. After people spend time outdoors, they often use words like “gratitude, “freedom, “healing and “connection” to express their feelings. The trees and flowers don’t care how much money you have or about your gender or race. Nature allows you to be free of the weight life presents. Even a small dose of nature each day— as little as five minutes—can benefit a person’s well-being.

When people are exposed to natural sunlight, vitamin D in their skin helps to elevate their mood. Research has shown that spending time in nature has been associated with reduced symptoms of depression and anxiety, in addition to increased self-esteem. Walking in a park can actually help boost short-term memory.

Lack of time is the number one reason people feel they can’t get outdoors. But you don’t need a long trek to reap the benefits. You can get your nature swagger on in urban or wilderness areas—and anything in between. A stroll through city and local parks and playgrounds or just around the neighborhood offers relaxation and connections.

If you need motivation, create a buddy system with a group of like-minded people in your area (think Bloomingdale Seniors on the Move), set up a walking date and move with purpose by keeping track of your steps and challenging your own record. If you live in a city or town where you can get around without wheels, run an errand and take a shortcut through the park on foot. Bring your dog for an unhurried walk and you’ll both get the best of it. Basically squeeze in that outdoor time whenever and wherever you can.

Even a small dose of nature each day — as little as five minutes — can benefit a person’s well being.

People who integrate short outdoor walks into their everyday lives, such as right before getting into the office, during lunch breaks or after dinner benefit from this limited activity.

All you need to begin is to wear your fitness tracker, find a little oasis of green near you. You can go to your local state and/or city websites and find your location and search for a “secret garden” near you.

Again I would like to invite you to join our own Bloomingdale Seniors on the Move which is sponsored by Keary Bank. We walk together every Wednesday morning and with the pedometers supplied by the bank we keep track of our steps. At the end of each year’s walking program we have a luncheon also supplied by the bank to congratulate all the walkers who have participated in the program. For more information, please give me a call at (973) 838-9259.

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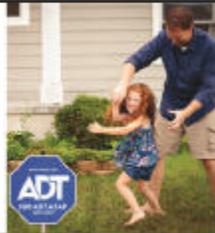
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WHY YOU MIGHT NEED MORE B12 AND D3

Skillet Caprese Chicken Casserole

Ingredients.

8 ounces penne or roletine

1 lb. boneless, skinless chicken , trimmed and cut into bite size pieces

1 pt. grape tomatoes halved

2 1/2 cups chicken broth'

1 cup low fat milk

1/2 cup low fat sour cream

3 tablespoons flour

1 teaspoon each onion powder and dry mustard

1/2 teaspoon salt

1/4 teasonn pepper

1 cup shredded mozzarella
good quality balsamic
vinegar

1. Combine pasta, chicken tomatoes and 1/4 cup basil in a large ovenproof skillet. Whisk broth, milk, sour ream, flour, onion powder, dry mustard, salt and pepper together in a measuring cup. Pour over the pasta mixture, Bring to a simmer, cover and cook, stirring twice until the pasta is tender and chicken is cooked through 15 minutes.
2. Meanwhile position rack in upper third of over, preheat broiler to high, sprinkle cheese on top and broil until the cheese is melted and lightly browned, 2 to 3 minutes. Serve sprinkled with the remaining 1/4 cup basil and drizzle of vinegar, if desired

You already know you should eat a wide array of fruits and vegetables topping them off with a moderate amount of healthy oils, whole grains, lean meats and dairy. But even if you're eating a perfect diet, you may still be coming up short in two essential nutrients—vitamin B12 and vitamin D3 and you might want to consider supplements. These supplements are different because you can't get them from plants and second as we get older we begin to develop difficulty absorbing them in their natural form.

Understanding B12

This vitamin plays an essential role in nerve function; a shortfall of B12 is associated with depression, dementia and decreased cognitive function as well as anemia. Burgers, steaks, chicken, eggs, dairy and other animal products are rich in it. But as we get older, our ability to absorb B12 is hindered by changes in our digestive, systems as our stomach naturally begin to produce less stomach acid. The general term for these issues is "malabsorption. By age 65, as many as 4 in 10 adults may have gastric issues that hinder B12 absorption.

Details on D3

As little as 10 to 15 minutes in the direct sun a few days a week can give us most of the vitamin D our bodies need to maintain a healthy immune system, bones and muscles while protecting us from cognitive decline. The problem is our ability to turn sunlight into vitamin D declines as we age.

That's partly because the precursors to vitamin D is about half of what it was at age 20. And unlike B12, is in scarce supply in our regular diets. Most milk and some juices, milk alternatives and cereals are fortified with D but other dietary sources — fatty fish like mackerel and sardines and some mushrooms— aren't exactly a stable in most diets. As a result nearly 1 in 4 people in the U.S. have inadequate blood levels of vitamin D.

That's a problem: as vitamin D levels decline, the risk of Parkinson's, Alzheimer and cognitive impairment rises. Vitamin D also serves as an air traffic controller for calcium, essential for bone health. In one study of adults 50 and older, all of whom had recently fractured bones, 43 percent were deficient in both calcium and vitamin D.

Before you pick up a D supplement, it makes sense to have a conversation with your doctor. Vitamin D can interact with heart medications, including statins and diuretics. Look for Vitamin D3 which is more efficiently utilized by the body than D2.

THE OLDER I GET

MUSIC AND LYRICS BY ALAN JACKSON

The older I get
The more I think
You only get a minute, better live while you're in it
Cause it's gone in a blink
And the older I get The truer it is
It's the people you love, not the money and stuff
That makes you rich

And if they found a fountain of youth
I wouldn't drink a drop and that's the truth
Funny how it feels I'm just getting to the best years yet

The older I get
The fewer friends I have
But you don't need a lot when the ones that you got
Have always got your back
And the older I get
The better I am
At knowing when to give
And when to just not give a damn.

And I don't mind the lines
From all the times I've laughed and cried
Souvenirs are little signs of the life I've lived

The older I get
The longer I pray
I don't know why, I guess that I
Got more to say
And the older I get
The more thankful I feel
For the life I've had, and all the life I'm living still