

BLOOMINGDALE

Senior Center

AUGUST 2021



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PLANNING

Hi Everybody

I wish I had some information to give you about the nutrition program but the only information I've gotten is that they will be opening shortly—whatever that means!

I have been scheduling various programs but might need to change them around should the luncheons begin in August.

Please give me a call if you have any questions and hopefully I will have some answers.

Pat

.Because of the up-in-the-air situation with the Nutrition program I am unable to schedule center programs for August. However, the regular exercise programs will continue on Mondays, Wednesday and Fridays. Also the Walkers Club has been meeting every Wednesday at 9 a.m. and we invite you to join us .

Once the nutrition program begins, I should be able to schedule some day trips using the county bus which keeps the cost a bit more reasonable. I am hoping to do another “Wolves and Wine” trip in October as well as a trip or two to luncheons at the various programs that are run by Mike Burns

We have scheduled a AARP driving class for October 12th and Pine Grove Dude Ranch for October 3rd to 7th.

The Coronet Jazz band has invited up to come to some of their practices on August 10 and 24. Please let me know if you are interested.

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7 TIPS TO AVOID HEATSTOKES

Hot weather can be dangerous especially to the elderly. During the summer older adults are at increased risk of heat-related illness. These simple precautions can help keep one safe all summer long.

1. Drink plenty of liquids to avoid dehydration. Dehydration is the root of many heat-related health problems. It removes important salt and minerals from the body. It can cause dizziness, fatigue, headaches and other health issues for seniors. Severe dehydration can lead to hospitalization, bladder infections, kidney stones and more. Some hydrating beverages include water, 100% juice drinks, sports drinks high in electrolytes and coconut water.
2. Wear appropriate clothes. It's important to choose your clothing carefully when it's hot outside. This seemingly small decision can make a huge difference. Your clothes, and even accessories like umbrellas can help you prevent sunburns and heat exhaustion by allowing the body to cool more. Choose the following: Light-colored clothes, Light-weight fabrics, loose-fitting clothes and hats and/o sunglasses.
3. Stay indoors during midday hours. During periods of extreme heat, the best time to be outdoors is before 10 a.m or after 6 p.m. when the temperature tends to be cooler. Note the following tips: Close your windows and blinds during the day. Take cool baths or showers. Sleep in your coolest room and turn off artificial lighting and electronics.
4. Pay attention to the heat index and dew point. While many people regularly check the temperatures, it can be helpful to reference weather reports that note the heat index as well. A high dew point means there's more moisture in the air and the muggier it feels. Between 55 and 65 its muggy or sticky. Greater than or equal to 65 is very hot
5. Take it easy and avoid heat exposure. Taking it easy in the summer can help in overall health and energy levels. Exposure to the sun makes the body work overtime to keep cool. Heart and metabolic rates increase too. This is why doing something as simple as sitting outside can leave you feeling fatigued. When the humidity or dew point is high, it's best to relax and avoid certain outdoor activities, such as exercise or gardening.
6. Eat healthy and hydrating foods. In addition to increasing fluid intake, many fruits and vegetables can help keep you nourished and hydrated. Have them available to enjoy as a snack or serve with meals. Some examples are watermelon, strawberries, grapefruit, pineapple and hydrating vegetables include cucumbers, romaine lettuce, celery, radishes and zucchini
7. Check in regularly with your elderly loved ones. Call or visit your friends and relatives during hot weather. Make sure you are all drinking water and staying hydrated. Don't spend too much time outdoors and do use sunscreen, hats and sunglasses and make sure you have air-conditioning or fans.

The Low-income energy assistance program specially helps seniors with energy and cooling costs. The telephone number to call in Passaic County is (973) 279-2333.

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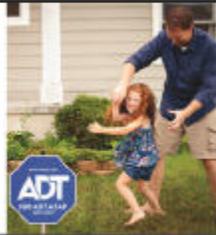
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MEDITERRANEAN DIET

Skillet Lemon Chicken with Spinach

2 tablespoons extra-virgin olive oil

1 pound boneless, skinless chicken thighs, trimmed and cut into bite size pieces

1 cup diced red bell pepper

1/2 teaspoon salt

1/2 teaspoon ground pepper

4 cloves garlic, minced

1/2 cup dry white wine

1 teaspoon cornstarch

1 medium lemon zested and juiced

10 cups lightly packed baby spinach

3 teaspoons grated Parmesan

Heat oil in large skillet over medium heat. Add chicken, bell pepper, salt and pepper; cook stirring occasionally until chicken is just cooked through about 7 to 9 minutes. Add garlic and cook, stirring until fragrant, about 1 minute. Whisk wine and cornstarch together in a measuring cup. Add to the pan along with the lemon juice and zest. Stir to coat, then bring to a simmer. Add spinach by the handful; cook stirring until wilted, about 2 minutes more. Serve sprinkled with Parmesan.

If you're looking for a heart-healthy eating plan, the Mediterranean diet might be right for you. The diet blends the basics of healthy eating with the traditional flavors and cooking methods of the Mediterranean.

Interest in the Mediterranean diet began in the 1960s with the observation that coronary heart disease caused fewer deaths in Mediterranean countries such as Greece and Italy than in the U.S. and northern Europe. Subsequent studies found that the diet is associated with reduced risk factors for cardiovascular disease.

The diet is one of the healthy eating plans recommended by the Dietary Guidelines for Americans to promote health and prevent chronic disease.

The Mediterranean diet is a way of eating based on the traditional cuisine of countries bordering the Mediterranean Sea. While there is no single definition of the Mediterranean diet, it is typically high in vegetables, fruits, whole grains, beans, nuts and seeds, and olive oil.

The main components of the Mediterranean diet include: Daily consumption of vegetables, fruits, whole grains and healthy fats; weekly intake of fish, poultry, beans and eggs; moderate portions of dairy products and limited intake of red meat. Other important elements of the Mediterranean diet are sharing meals with family and friends, enjoying a glass of red wine and being physically active. The foundation of the diet is vegetables, fruits, herbs, nuts, beans and whole grains. Moderate amounts of dairy, poultry and eggs are central to the diet as is seafood.

Healthy fats are a mainstay of the diet. They're eaten instead of less healthy fats such as saturated and trans fats which contribute to heart disease. Olive oil is the primary source of added fat in the diet. Olive oil provides monounsaturated fat which lowers total cholesterol and lipoprotein. Nuts and seeds also contain monounsaturated fat. Fish is also important in the diet. Fatty fish—such as mackerel, herring, sardines, albacore tuna, salmon and lake trout—are rich in omega 3 fatty acids, a type of polyunsaturated fat that may reduce inflammation in the body. Omega 3 fatty acids also help decrease triglycerides, reduce blood clotting and decrease the risk of stroke and heart failure.

The Mediterranean diet typically allows red wine in moderation. Although alcohol has been associated with a reduced risk of heart disease in some studies, it's by no means risk free. The Dietary Guidelines for Americans caution against beginning to drink or drinking more often on the basis of potential health benefits.

WHY I LIKE RETIREMENT

Question: How many days in a week”

Answer: 6 Saturdays, 1 Sunday

Question: When is a retiree's bedtime?

Answer: Two hours after falling asleep on the couch

Question: How many retirees does it take to change a light bulb?

Answer: Only one, but it might take all day

Question: What's the biggest gripe of retirees?

Answer: There is not enough time to get everything done.

Question: Why don't retirees mind being called Seniors?

Answer: The term comes with a 10% discount

Question: Among retirees , what is considered formal attire”

Answer Tied shoes

Question: Why do retirees count pennies?

Answer: They are the only ones who have the time.

Question: What is the common term for someone who enjoys work and refuses to retire:

Answer: NUTS

Question: Why are retirees so slow to clean out the basement?

Answer: They know that as soon as they do, one of their adult kids will want to store stuff there.

Question: What is the best way t describe retirement

Answer: the never ending Coffee Break

Question: What's the biggest advantage of going back to school as a retiree?

Answer: If you cut classes, no one calls your parents

Just before the funeral services, the undertaker asked toe elderly widow How old was you r husband? 98 she replied—just two years older than me. So you're 96 the undertaker commented.....She responded: Hardly worth going home, is it?