

# Austintown Senior Center



## In This Issue...

Page 2 — Benefits of Squash  
Page 3 — Recipe of the Month  
Page 4/5 — Weekly Schedule  
Page 6 — Our Christmas Party  
Page 7 — Need for Vitamin D

November 2021

## A Letter From The Director

The Austintown Senior Center is much more than a building where seniors can meet to socialize and participate in a variety of activities. Since our opening in 2011 we have served the Austintown community in other ways.

We have served as a shelter during the winter for people whose heat failed and needed a warm place for themselves and their pets. The staff opened the senior Center at 2 am and the police brought the cold residents to the center where they remained until the crisis was over.

On another occasion, an Austintown nursing home had a fire and needed temporary housing for their residents. The Senior Center sent its bus to transport over 20 residents to the center, fed, comforted, and entertained them, then returned them when the crisis was over.

When the Center was closed in 2020 due to the COVID crisis, it was turned over to the Austintown Fire Department to be used as an isolation or quarantine living facility for firefighters exposed to the virus while on duty. It was also used as a temporary fire station during a different part of the pandemic for the Lane LifeTrans/Township jointly operated ambulance.

Another Covid use of the Senior Center while it was closed, was as a vaccine inoculation site by the Mahoning County Board of Health for 4 months. More than 20,000 area residents came through the center to receive their 1st and 2nd doses of vaccines. The Senior Center staff worked with the BOH to direct people through the process and to man the telephones.

As a result of the Board of Health's use of the center, the Mahoning County Disaster Services Board recognized the potential of using the center as a disaster relief area and installed emergency electrical connections to keep the center functional during a local disaster. Arrangements were also put in place to deliver potable water to the center during a disaster.

We at the Austintown Senior Center, are proud of what we have provided as a relief area during crises and as a place where seniors can gather to meet. The community can be assured that there is now a place in Austintown capable of serving the needs of our residents during a disaster and during normal times as well.

*Jim Henshaw*

## Think Squash Isn't for You? Think Again!

Adults with healthy eating habits may be able to fight off illnesses quicker than those who don't. From cancer prevention and heart health to keeping Alzheimer's disease at bay, bringing vegetables like squash into your diet may help.

True to their name, winter squashes are ideal foods to have on hand during the cooler months. They not only are packed with immune-enhancing nutrients but also work well in heartier dishes and can last a long time in your kitchen.

While you may only think about squash in the fall, adding these dense veggies will pack a punch when it comes to fighting disease and many are available year-round.

### *Most Popular Types of Squash*

**Zucchini** — This slender (or if forgotten in the garden, enormous) green vegetable is part of the squash family and is a popular veggie well-known for its proven nutritive properties. It's low in carbohydrates, calories, and contains healthy fats. It is great fried, added to casseroles or snuck into baked goods.

**Yellow** — Besides the color, yellow squash differs from zucchini with a larger bottom and more tapered neck. The nutty flavor contrasts well with zucchini's more cucumber-like taste. Eating yellow squash can lower cholesterol levels, provides antioxidant benefits, lowers blood pressure and more.

**Pumpkin** — This slightly sweeter winter squash is used both in savory dishes and sweet desserts. Pumpkin has exceptional antioxidant properties due to the presence of alpha and beta carotenes.

**Spaghetti** — oval-shaped, spaghetti squash is yellow or orange colored, and after cooking can be separated into long, thin strands that look similar to spaghetti (hence the name!). It is often used as a healthy substitute to traditional spaghetti.

**Butternut** — This winter squash is larger in size and often roasted whole with its seeds and rind. It adds a nice flavor to chili and pasta dishes and is great roasted with a small amount of butter and cinnamon.

**Acorn** — aptly named because when fully grown, they look quite similar to large acorns, with a delicious twist of being green and heavily ridged around the exterior. Acorn squash is a winter squash, meaning that it grows longer on the vine before harvest. Besides the delicious taste, it is also more nutrient-dense than any of its summer squash relatives, making it an invaluable part of a healthy and balanced diet.

**Patty pan** — Also known as scallop squash due its scalloped edges, patty pan squash is a small, brightly colored, summer variety. It is a good source of folate, manganese and vitamin C, and ranks extremely low in calorie count. Patty pan tastes great roasted, grilled or fried.

### *Benefits of Adding Squash to Your Diet*

- ◆ Strengthen bones with valuable trace elements such as calcium and zinc.
- ◆ Regulate blood sugar as a good source of fiber and vitamin B, which help stabilize insulin and glucose levels.
- ◆ Boost immunity with antioxidants such as vitamin C.
- ◆ Prevent heart disease with cholesterol-lowering pectin.
- ◆ Fight lung cancer and other respiratory illnesses with high amounts of vitamin A.
- ◆ Support Eye health with vitamins and minerals good for preserving eyesight.

## Pumpkin Sausage Pasta Recipe

1 lb. penne pasta  
 1 lb. sweet Italian sausage, casings removed  
 1 med. onion, finely chopped  
 4 cloves minced garlic  
 1 bay leaf  
 2 Tbsp fresh sage  
 1 cup white wine or chicken broth

1 cup cooked and pureed pumpkin or other winter squash  
 1 cup chicken broth  
 ½ cup evaporated milk  
 1/8 tsp ground cinnamon  
 1/2 tsp ground nutmeg  
 Salt and pepper to taste

In large frying pan, brown sausage over medium high heat. When cooked, remove meat and set aside. Drain fat from pan and return pan to stove.

Sauté onion and garlic in pan for 3-5 minutes. Add bay leaf, sage and wine. Cook until half the liquid evaporates — about 2 minutes. Mix in chicken broth and pumpkin. Continue stirring until sauce begins to bubble. Reduce heat and add sausage.

Stir in milk. Add seasonings and simmer 5-10 minutes to thicken. Remove bay leaf. Combine sauce and pasta and toss over low heat for about a minute. Garnish with freshly grated Parmesan or Romano cheese and fresh sage leaves (optional).

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# Monthly Schedule – General Classes

## Mondays

- 9:00 - Video Class
- 9:00 - Bible Study
- 9:30 - Floor Sculpt
- 10:00 - Sewing
- 10:00 - Card Playing
- 10:00 - Bingo
- 10:00 - Painting Class
- 10:30 - Senior Spinning
- 11:30 - Chair Volleyball
- 12:00 - Lunch
- 12:00 - Bridge
- 1:00 - Computer Class

## Tuesdays

- 9:00 - Video Class
- 9:30 - Senior Outreach Services
- 10:00 - Card Playing
- 10:00 - Bingo
- 10:00 - Drum Your Way Fit
- 11:00 - Video Chair Yoga
- 11:30 - Spades
- 12:00 - Lunch
- 12:00 - Social Dancing
- 1:00 - Computer Class
- 1:00 - Trivia

## Wednesdays

- 9:00 - Video Class
- 9:00 - Blood Pressure Checks
- 10:00 - Bingo
- 10:00 - Card Playing
- 10:00 - Sewing
- 10:00 - Dominos
- 11:30 - Beginner's Ukulele Class
- 12:00 - Lunch
- 12:00 - Lunch and Learn
- 12:30 - Ukulele Class



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*To make a lasting difference in our members' lives by improving their health and well-being.*

- Medicaid
- Medicare Advantage
- Marketplace
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# Monthly Schedule – General Classes

## Thursdays

9:00 - Video Class  
 9:00 - Bible Study  
 9:00 - Wood Carving  
 9:30 - Senior Outreach Services  
 10:00 - Bingo  
 10:00 - Card Playing  
 10:00 - Sewing  
 10:00 Walking Club  
 10:30 - Chair Yoga  
 11:30 - Chair Volleyball  
 12:00 - Lunch  
 1:00 - Bingo

## Fridays

Center Closed Temporarily  
  
 Mahoning Board of Health  
 Using Facilities to Administer  
 Booster Vaccines

This is a general schedule, classes and topics are subject to change. Trips and seasonal seminars occur monthly.

For a complete schedule, check our website, Facebook, or come in to pick up a physical copy.

[www.austintownseniorcenter.org](http://www.austintownseniorcenter.org)

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# Annual Christmas Party

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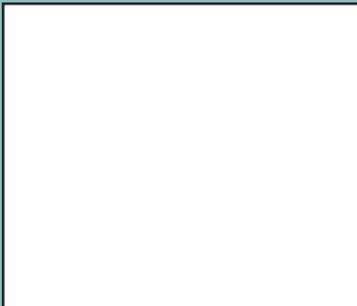
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## Avoid D Deficiency This Winter

As a child, your mother likely told you to drink your milk. It turns out your mom was right. Milk contains calcium and vitamin D which help build strong bones. Because vitamin D doesn't occur naturally in many foods, it is common for people to be deficient.

Besides your diet, there is another way for the body to get vitamin D. That is by exposing bare skin to sunlight. When our skin is exposed to the sun's rays, the body is able to synthesize vitamin D from cholesterol. It doesn't take much sunlight for that synthesis to occur. Usually, sun exposure is easy to come by during most months of the year. In many climates, however, winter offers fewer hours of sunlight. Less sunlight limits the hours the body can synthesize vitamin D.

Another struggle is that winter is just plain cold. People bundle up in multiple layers of clothing and rush from the car to their house or destination. As a result, the skin has little contact with the sun.

### Health Conditions Related to Vitamin D Deficiency

What happens if you develop a vitamin D deficiency? It depends on how significant the deficit is and what other medical issues you may have. Here are a few common results of vitamin D deficiency:

**Early-stage deficiency:** Muscle pain, unexplained fatigue, and overall weakness are some of the early symptoms. Older adults often don't report these symptoms because they seem like a normal part of the aging process. According to the Endocrine Society and the Vitamin D Council, mild deficiency is between 10-20 ng/ml.

**Advanced deficiency:** If you are significantly low on vitamin D, with a score of less than 10 ng/ml, you are at higher risk for serious health issues, as well as deep bone pain and fractures. Vitamin D deficiency in this range has been linked to higher incidences of heart disease and vascular conditions, as well as prostate, breast, and colon cancers.

Fortunately, there are easy steps you can take to prevent a vitamin D deficiency this winter.

### Vitamin D and Winter

**Bundle up and go outside:** Small doses of sun exposure help you maintain a healthy level of vitamin D. Check with your physician for advice, but a common recommendation is about 40 to 60 minutes of sun a week. Check the weather report to determine what the warmest days will be during the winter months. Even five or 10 minutes of sun each day will help if the temperature isn't below freezing.

**Make good food choices:** Consuming foods high in vitamin D might be a little trickier, but there are some options. Canned salmon, milk, tuna, beef liver, cheese, egg yolks, and mushrooms are a few. Another option is to look for foods that are enriched with vitamin D, such as yogurt, cereal, and orange juice.

**Talk to your doctor about supplements:** While most nutrition experts say it's better to get your essential vitamins and nutrients from a healthy diet, vitamin D is often an exception. If you are concerned you or a senior loved one's vitamin D level is too low, talk with your physician. They can perform a simple blood test to make that determination. If you do have a deficiency, they will order either a prescription dose of vitamin D or an over-the-counter supplement.

With careful monitoring and planning, you may be able to avoid developing a vitamin D deficiency this winter.

Austintown Senior Center  
112 Westchester Drive  
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## Austintown Senior Center

### Did You Know?...

The Center has over 2800 registered members

**We offer nearly 100 unique classes**

Members must be age 60 or older and independent

Our three most popular activities are Bingo, Active Exercise and Chair Yoga

**We are in our 11th year of operation**

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