

Pontiac Senior News

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April 2016

Recipe of the Month

Baked Salmon with Pesto

Ingredients:

4 6oz. salmon fillets (skin off, pin bones removed)
2 Cups fresh basil leaves
1/3 Cup grated parmesan or Romano cheese
1/3 Cup extra virgin olive oil
1/4 Cup pine nuts
1 Tbsp. fresh chopped garlic
Salt and black pepper to taste

Directions:

In a food processor, pulse several times, the basil, pine nuts and cheese. Leave processor on and slowly add the olive oil in a steady stream. You will need to stop and scrape the side of the processor a few times. When you have a fairly smooth paste, add a small amount of salt and pepper to taste.

On a lightly greased baking pan, place the salmon a few inches apart. Spread about two tablespoon of the paste on the salmon fillets. Bake in a preheated 325 degree oven for 12 to 16 minutes, depending on thickness. Let stand for two minutes, remove from pan with a spatula and serve. This works well as reheated leftovers or served chilled with a salad.

Digest This

Suffering from persistent gas? Feeling bloated. Beware of broccoli, cauliflower, cabbage, oats, wheat, corn, potatoes, baked beans, milk, ice cream, cheese carbonated drinks, chewing gum and hard candy.

A pharmacist is one of the most important members of your health care team. Your doctor may prescribe drugs but your pharmacist makes sure they work safely and effectively together.



Effective immediately, the mayor and city council will have authority to conduct city business as outlined in the City Charter.

This is a significant event for the city and being done because of the real progress made by the city. State Treasurer Nick Khouri signed off on amendments to two existing emergency manager orders that will provide additional authority

to the City of Pontiac's mayor and city council, following a recommendation approved by members of the city's receivership transition advisory board. Evaluation of the city showed "significant" progress had occurred since being placed under receivership in 2009. The advisory board began its work in August 2013. The city has more than \$10 million in reserves.

"This has been a long journey to get to this point," said Mayor Deirdre Waterman. "We realize we are a role model (for communities under emergency control). We accept this place in history." Waterman said she is thrilled for the city. "I feel a real satisfaction being here to lead the city to this position. "I'm looking forward to the future now that we are freed from these restraints."

City Administrator Joseph Sobota, appointed by the state, stated he plans to leave after a transition. "Life in Pontiac is better than when the financial crisis became evident in 2004. "The path has been set. Please continue following it," said Sobota. Waterman said the deputy mayor, Jane Bais-DiSessa, would assume the duties of chief administrative officer.



the extreme bargains.

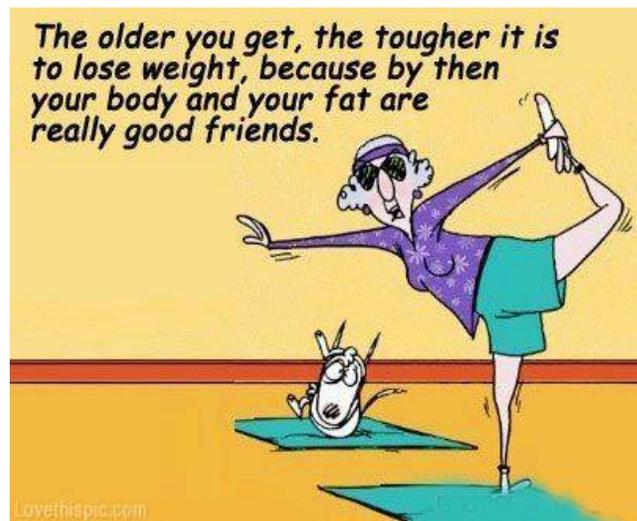
These consumers suspect that the dollar store only carries low-quality, generic brand items -- but there are tons of hidden gems. You'll frequently find the same name-brand products you may be buying at double the price at popular drugstores, such as toothpastes, cosmetics and shaving creams. In addition, generic, everyday items such as paper clips, hair accessories and party supplies are great items to buy at the deflated dollar store prices.

While there are certain products that are worth the splurge at a higher quality store, be wary that you may be overpaying for day-to-day items. It's worth checking the shelves at your local Dollar Tree to find the same buys for only \$1!

It is important to know the *right* things to buy at the dollar store to avoid getting ripped off by a decrease in size or quality. Remember the catch is to get you in the door. How many of you walk out with \$20 or more every time you go to a dollar store?

"The great thing about an attitude is that it's yours and you can change it."

The dollar store: a huge draw to some, but a huge turn-off to others. While many consumers are enticed by the rock-bottom prices found on the shelves of Dollar Tree, others often feel skeptical of



The Ugly Truth About Diet Soda Revealed

They have done such a good job with marketing and misinformation that it's tough to separate what's real from what's in the commercials. But here's the ugly truth about these concoctions: They won't make your body look slim and beautiful. In fact on the inside, they have rather ugly effects on your waistline.

Diet soda is worse than worthless for weight-loss. It puts three times more fat on your belly, especially as you age.

A study at the University of Texas Health Science Center at San Antonio demonstrates that for people over the age of 65, even a little puts the pounds on. And the more diet soda you drink the more abdominal fat your body creates around your middle. The end result of that extra belly fat is an increase in your chances of heart disease and metabolic syndrome. Metabolic syndrome is a combination of problems connected to diabetes, high blood pressure, diabetes, stroke and heart disease.

Things Men Can Do to Prevent Gender Violence

- Mentor and teach young boys about how to be men in ways that don't involve degrading or abusing girls and women.
- Attend programs, take courses, watch films and read articles and books about multicultural masculinities, gender inequity and the root causes of gender violence. Educate yourself and others about how

larger social forces effect the conflicts between individual men and women.

- If a brother, friend, classmate or teammate is abusing his female partner or is disrespectful or abusive to girls and women in general, don't look the other way. If you feel comfortable doing so, try to talk to him about it. Urge him to seek help. Or if you don't know what to do, consult a friend, a parent, a professor or a counselor. Don't remain silent.
- If you suspect that a woman close to you is being abused or has been sexually assaulted, gently ask if you can help.

Urgent Care or ER?

Non-Life-Threatening	Life-Threatening
Urgent Care	Emergency Room
Sprain	Heart attach symptoms
Painful urination	Shortness of breath
Urinary tract infections	Deep wound that won't stop bleeding
Nausea, vomiting, diarrhea	Signs of a stroke, such as numbness in face, arm or leg, difficult talking, blurred vision
Severe sore throat	Partial or total amputation of a limb
Flu and cold	Mental confusion or suicidal feelings
Cough	High fever or fever with rash
Minor scrape, cut or burn	Seizure
Rash	Severe burn
Earache	Repeated vomiting
Mild asthma	Vaginal bleeding with pregnancy
Back pain	Coughing or vomiting blood
Minor headache	Major fracture (if the bone breaks the skin or needs to be reset
Eye swelling or pain	Head trauma
Minor allergic reaction	Poisoning
Minor fever	Sudden abdominal pain
Stitches	Broken bone

April is full of celebration; Do you know that date they fall on?

	National Grill Cheese Day
	National Pecan Day
	Titanic Remembrance Day
	National Eggs Benedict Day
	National Animal Cracker Day
	National Upside-Down Cake Day
	National Licorice Day
	International Moment of laughter
	National Glazed Spiral Ham Day
	Stress Awareness Day
	Jelly Bean Day

Moving around the natural fluid in the joint is like oiling a rusty hinge.

Upcoming Events:

Senior Fun Fest
Macomb County's largest Senior Expo!

MAY 20, 2016
9 a.m. — 1 p.m.
Gibraltar Trade Center | Mt. Clemens

Free

For more information contact the Office of Senior Services (586) 469-5228 or visit mcca.macombgov.org

Coming Soon!!! Save The Date

FREE!
I CAN! HEALTH & WELLNESS
COMMUNITY FUN FAIR

SATURDAY, MAY 21, 2016
11:00AM – 3:00PM
RUTH PETERSON COMMUNITY CENTER
990 JOSLYN AVE PONTIAC, MI 48340

***FOR MORE INFORMATION:**
(248) 390-0922

Website: icaneducationandenrichmentctr.org



admission and parking. Seniors citizens residing in Macomb, Oakland and Wayne counties are invited to enjoy a special day at the Detroit zoo. Senior Day features live music, train tours, bingo, zookeeper talks and a senior resource area.

HAPPY BIRTHDAY TO ALL BORN IN APRIL



Senior Day - May 24, 10am - 3pm
Seniors 62 and older in the tri-county area and a caregiver receive free

2016 "Salute to Young Heroes" program, participant Malcolm Clark
On April 5, 2016 Malcolm Clark hosted a Multi-Cultural event at the Bowers Center. After visiting both centers Malcolm noticed that it seemed as if the two Senior Centers were divided by race. He completed a presentation in front of the Golden Opportunity Club and La Amistad to share why cultural awareness was so important to our community. He initiated and planned a one day event that would bring the groups together. Malcolm's multi-Cultural Event gave seniors an opportunity to bridge a gap and bring cultural awareness to the Pontiac Community. Malcolm opened the lines of communication for many other events to be planned in the future bringing both centers together.

Wilia Wright Sharing of ethnic food



Proud Mother Yvette Transou



Anna Nelson expressed how proud she was of the Black American National Anthem, "Lift Every Voice and Sing".
Manuela Martinez shared her tradition of making tamales and Carol Ehambe shared her Indian heritage.





Pearl Benton shared her knowledge on African Fruit and Patrica Burton spoke on the importance of diversity.

Regular Scheduled Activities

Robert W. Bowens Senior Center
 52 Bagley, Pontiac, MI 248-758-3240

<u>Activity</u>	<u>Day</u>	<u>Time</u>
Exercise Class	M.W.F.	10.00AM -11.00AM
Computer Class	Monday	11:30 AM - 1:00 PM
Beginner Hustle Dance	Monday	6PM - 7PM
Golden Opportunity	Tuesday	10AM - 12PM
Bingo	Tuesday	1PM - 2PM
M.O.W. (Lunch)	Daily (\$2.50)	12PM - 1PM
Jewelry Making	1 ST & 3 rd Tuesday	1PM -3PM
Hustle Dance Class	Wednesday	5PM - 7PM
Billiard (Pool)	Daily	9AM - 5PM
Cards	Daily	9AM - 5PM
Scrapbooking	Thursday	1PM

Golden Opportunity Weekly Meeting Tuesday 10AM - 12PM

Bowens Seniors remember to wear your T-Shirt every 3rd Tuesday or pay 50 cents.

LA AMISTAD - Weekly meetings

Bowens Center T-Shirts & Sweatshirts



Gold or Black

Contact: Marcella Evans
Add \$1.00 for every X over 3X
Long sleeve T-Shirt available
check for price

Ruth Peterson Senior Center

990 Joslyn Ave. Pontiac, MI

Monday 10AM - 3PM

Thursday 10AM - 3PM

Ruth Peterson Senior Center

990 Joslyn, Pontiac, MI 248-758-3282

<u>Activity</u>	<u>Day</u>	<u>Time</u>
Exercise Video	Daily every hour	9AM - 5PM
Bingo	Monday & Thursday	1PM - 3PM
Pinochle	Monday	11:30AM - 3PM
M.O.W. (Lunch)	Daily (\$2.50)	12PM - 1PM
Billiards (Pool)	Daily	9AM - 5PM
Computer Lab	Daily	9AM - 5PM
Nutrition Class	Thursday	11AM - 12PM
Hustle Dance Class-beginners	Thursday	11AM - 12PM
Hustle Dance Class	Thursday	5PM - 7PM
Maintain your Brain	1 st , 2 nd , 3 rd Monday/Thursday	1PM - 3PM
Chair Fitness	Monday, Wednesday, Friday	11AM - 12PM
Ballroom Dancing	Friday	5PM - 7PM