

Pontiac Senior News

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October 2015

Recipe of the Month

Jessie Mae's Bread Pudding

Ingredients:

- 1 loaf of French bread,
- 1 ½ - 2 cup of sugar
- 2 eggs
- 1 can of pet milk
- 2 sticks of butter
- 1 small can of crushed pineapples
- 1 cup of raisins
- 1 ½ teaspoon vanilla extract
- 3 tablespoons of nutmeg
- 3 tablespoon of cinnamon

Leave butter out so that it is soft

Break bread and place in large bowl, cover with water until bread is soft,

Mix butter and sugar until smooth

Add milk

Add pineapples

Add raisins

Add vanilla extract

Add cinnamon

Add nutmeg

Preheat oven at 350 - 400 and bake for 30 - 40 minutes or until done



Enjoy an all American meal in honor of **Veteran's Day** at the Bowen Center or the Ruth Peterson Center, Tuesday, November 10th,

2015. Hamburgers, Hot dogs and baked beans, Corn on the cob, patota salad or cole slaw, Apple crisp, cherry crisp, Milk and Juice.



When's the Medicare Open Enrollment Period?

Every year, Medicare's open enrollment period is **October 15 - December 7**.

What's the Medicare Open Enrollment Period?

Medicare health and drug plans can make changes each year—things like cost, coverage, and what providers and pharmacies are in their networks. October 15 to December 7 is when all people with Medicare can change their Medicare health plans and prescription drug coverage for the following year to better meet their needs.

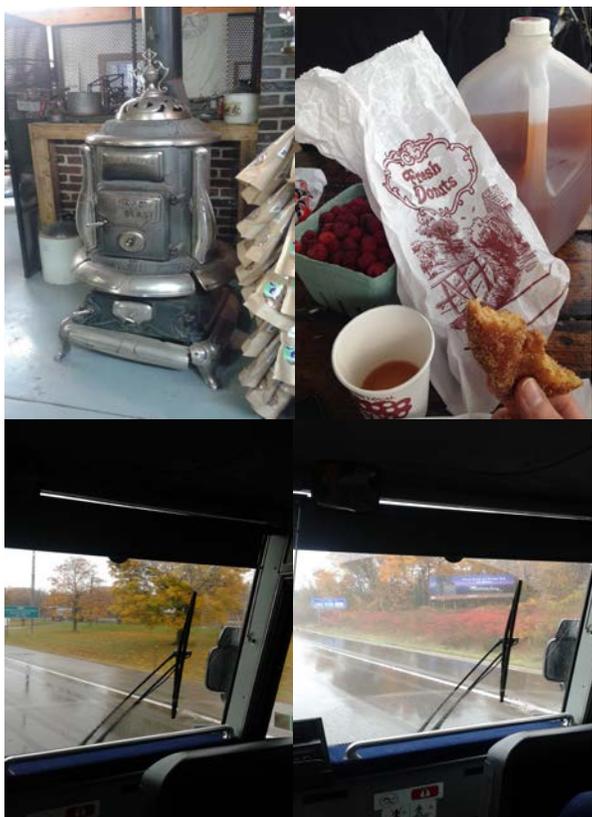
How do people know if they need to change plans?

People in a Medicare health or prescription drug plan should always review the materials their plans send them, like the "Evidence of Coverage" (EOC) and "Annual Notice of Change" (ANOC). If their plans are changing, they should make sure their plans will still meet their needs for the following year. If they're satisfied that their current plans will meet their needs for next year and it's still being offered, they don't need to do anything.

Where can people find Medicare plan information or compare plans?

1-800-MEDICARE or Medicare.gov.

Thanks to the City of Pontiac for providing a bus for seniors to enjoy the fall color tour. Approximately 49 Senior enjoyed the day trip to Spicer Orchard in Fenton, MI. They enjoyed fresh donuts and ciders. Some took advantage of the wine tasting event that was available and lunch at the Golden Coral. Although it was raining we had a good time and saw some beautiful fall colors. I tried hot cider for the first time, don't have to have it again. Some seniors were reminded of the olden days when they saw this beautiful potbelly stove.



Walgreens AT THE CORNER OF **HAPPY & HEALTHY**

Walgreen is offering Flu, pneumonia and shingles shots.

When you get a flu, whooping cough, shingles, pneumonia or any other immunization at Walgreens, you could help save a life. Together with the United Nations Foundation's Shot@Life campaign, we're helping to provide lifesaving vaccines to children in a developing country.

Stop by your local Walgreens pharmacy today and get your flu shot. **Get a shot, Give a shot.**

Potassium helps maintain normal blood pressure and also helps muscles, including the heart to contract properly. Food rich in potassium and lower the risk of heart disease, stroke and high blood pressure. Talk to your doctor before making drastic changes to your diet.

List of food high in Potassium

- Sweet potatoes (include skin)
- Regular potatoes (include skin)
- Beet greens
- Broccoli
- Tomato paste
- White beans
- Soybeans
- Lentils
- Kidney beans
- Yogurt (plain, nonfat)
- Milk (1% or 2%)
- Prune juice
- Carrot juice

Pontiac Silverdome to come down in 2016. 127 acres of land. Was the sell a blessing to the city?

**Happy Birthday
November Babies**

CNS Community Network Services is offering free Mental Health certification training. Class for Nov. 16 is full but there are opening for Tuesday Nov 17 enrollment and Dec 2. Contact Mr. Dubrae Newman at 248-467-6302 or email dnewman@cnsmi.org This is a National wide certification for 3 years.

Community Network Services

Conducts Free

Mental Health First Aid Training

According to the National Council for Behavioral Healthcare (National Council), Mental Health First Aid (MHFA) is a groundbreaking public education program that helps the public identify, understand, and respond to people showing signs of a mental illness or experiencing a mental health crisis.

MHFA was created in 2001 in Australia, and the National Council recognized the promise in the curriculum, and brought it to the U.S. in 2008. In its ongoing effort to reduce mental health stigma and empower communities, Community Networks Services (CNS) has been offering this valuable course since 2010, providing participants with the tools and resources necessary to help those in need.

Mental Health First Aid is an interactive, eight-hour training curriculum. The course introduces participants to the risk factors and warning signs of mental health problems, helps build understanding of mental health challenges, and teaches a five-step action plan, so that certified Mental Health First Aiders feel knowledgeable and equipped to help someone experiencing challenges with mental illness.

Mental Health First Aid is appropriate for anyone, including law enforcement, social workers, school teachers/counselors, first responders, and faith community leaders. Those who complete the course will receive a three-year certification in Mental Health First Aid from the National Council for Behavioral Health.

Community Network Services is committed to and supports the National Council's goal of making MHFA in the United States as common as CPR and First Aid training. To that end, CNS seeks to schedule a Mental Health First Aid session with your organization.

Pontiac Library - December 5, Holiday extranganza.
There will be a free trolley. Call to sign up.

Overcoming Loneliness

There is a vast difference between solitude and loneliness. Choosing to take time for yourself to reflect, recharge, and reaffirm your life can help you feel more connected to your true self. Loneliness, however, is an emotional state that can accelerate mental deterioration, cause depression, and spur feelings of hopelessness and possibly shorten your life. People don't commonly think of social factors when they think of health. We think of things like exercise, blood pressure, and taking cholesterol medication. But it turns out that social isolation is actually more predictive of death than any of those three things. There is a profound finding: Loneliness can cause premature death. As you age, maintaining social connection often become more difficult. Family members may move far away. Losses of loved ones bring grief and prolonged grief can cause loneliness. The opportunities for socializing and being part of the community may also diminish with age.

- Cultivate friendships and social connections by reaching out to your social networks. Reconnect with friend you have lost contact with and embrace new friendships.
- Connect with your community by participating in activities at church, temple, mosque or other place of worship. Join clubs, play cards or games. Develop new hobbies by trying something you've never done before. Set aside any fears you may have of meeting new people or trying new things.
- Volunteering is one of the best ways to allay loneliness. Schools, hospital, animal shelters museums, libraries and other organizations need volunteers.
- Become an activist if you enjoy politics, volunteer to support a local or national candidate.
- Consider a part-time job
- Travel, universities, libraries and museums usually offer travel tours. Or you can look for groups that are targeted for you age group or desired destination.
- Adopt a dog. All pets bring health benefits, but because dogs need walks and other forms of exercise, they bring inherent social opportunities too.

Thursday October 29, 2015
**LA AMISTAD fun day at
The Ruth Peterson Center**



“If human beings had genuine courage, they'd wear their costumes every day of the year, not just on Halloween.”

“Courage is what it takes to stand up and speak; courage is also what it takes to sit down and listen.”

“Enjoy the little things, for one day you may look back and realize they were the big things.”



Regular Scheduled Activities

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

Activity	Day	Time
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.

Bowens Center T-Shirts & Sweatshirts



Gold or Black

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

LA AMISTAD - Weekly meetings
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

Activity	Day	Time
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