

Pontiac Senior News

Volume 112, Issue 112

August 2016

Recipe of the Month

Smothered Beef Short Ribs

Ingredients:

1/2 cup olive oil
4 pounds beef short ribs
Salt and pepper to taste
1 cup all-purpose flour
2 cups chopped onions
1 cup chopped carrots
2 tablespoons minced garlic
3 bay leaves
1 tablespoon dried thyme
1 cup red wine
8 cups beef stock
1/4 cup chopped fresh parsley

Directions:

Heat the oil in a large pot over medium high heat. Season the ribs with salt and pepper to taste and dredge them in flour. Fry the ribs in the oil in small batches, adding oil as needed, to sear the meat. This should take 2 to 3 minutes per batch. Set ribs aside.

In the same pot, add the onions and sauté for 2 minutes. Add the celery and carrots and sauté for 1 more minute. Season with salt and pepper to taste, and then stir in the garlic, bay leaves and thyme and cook for 1 more minute.

Deglaze the pot with the red wine, scraping up all the bits on the bottom. Add the stock, bring to a boil, reduce heat to low and simmer. Add the ribs and continue to simmer for 2 hours, until the sauce thickens. Stir in the parsley and serve.



You are invited to the **Ruth Peterson Center** on Monday, Wednesday and Friday for special activities. Seniors are currently working on making jewelry boxes and foot pillows. Spanish class coming soon.



Senior Activities Millage Renewal Vote Aug. 2!

Greetings to Pontiac Seniors, August 2nd is Primary Election Day. Pontiac voters face a ballot question about renewing city funding for our senior activity centers. The measure is a Senior Activities Millage Renewal which would provide funding for operating our Senior Centers. The renewal would provide 0.5 mills for the next 10 years.

How did we get here?

Voters approved 0.5 mills assessed on Real and Personal Property in November 2006 for a 10-year period. That will expire this year.

Here are the facts:

- In 2006 the millage raised about \$600,000 per year to maintain two senior centers: Ruth Peterson and Bowen.
- The housing market crash of 2008 has reduced the property taxable value in the City of Pontiac, currently standing at \$670 million, almost half of its value in 2006
- Consequently, last year the millage brought in only \$310,000
- City Council, upon my recommendation, passed a resolution to ask voters to approve a 0.5 millage renewal for the next 10 years
- If approved by voters, the 0.5 mills will raise approximately \$320,000 per year
- The cost to the average homeowner will only be \$8 per year; it represents **zero increase** over what the homeowner paid under the current millage last year
- The funds will be used to maintain the two senior centers and their activities
- The current budget, 2016-2017, has authorized more than \$400,000 to be spent on capital expenditures for both centers. It includes roof repairs, parking lot re-pavement, and AC overhaul.

I know many of you have already voted so I hope you will remind others to vote in this important election.

Mayor Deirdre Waterman

The Pontiac Public Library



The Pontiac Library's main source of funding is the millage which is up for renewal on the August 2nd ballot. If passed this millage would provide funding from January 1, 2017 - December 31, 2026. The millage is 1 mill which equals \$1 per \$1,000 of taxable property value. For example a home valued at \$70,000 would incur tax of \$70 each year to support the library millage through property taxes. This is not an additional tax but a renewal of a millage that has been in place since 2006.

If the millage does not pass the library will lose its funding and will close. The Pontiac Library has been open for 92 years.

August babies

Happy Birthday!



"Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend.

Spread love everywhere you go. Let no one ever come to you without leaving happier"
Mother Teresa



Ernestine Shepherd is in better shape than many of us will ever be. She's now 80 years old and is an accomplished body builder, trainer, and model. Let's add role model to her resume, too.

What started as a family tragedy spurred a change in Ernestine, veering her

towards living a more health-conscious life. After her sister passed away, Ernestine dedicated her life to wellness, fitness, and happiness...all at age 56.

Today, at age 80, her discipline and hard work continues. Ernestine said "I am 80 years young and I thank God for bringing me this far. I'm still determined, I'm still dedicated and I'm still disciplined to be fit!" she said in a recent Facebook post.

Her recent book, The "Ageless" Journey of Ernestine Shepherd, is truly a testament to her hard work and dedication to helping others. Good luck keeping up with her work out classes or 10-mile run at 3 am. Run, Ernestine, run!

"Doubt is a pain too lonely to know that faith is his twin brother."

When Loving Hurts

Human beings are, by design, interdependent. Most people have dozens, if not hundreds, of relationships with their families, friends, co-workers, neighbors and community members. Our lives revolve around relationships. Yet maintaining healthy relationships can be challenging.

If you are in a close relationship and you are feeling anxious more often than not or find that you are doing things to please the other person that are not in your own best interest, such as helping out financially at the risk of your own economic health, or attending to another's emotional and physical needs while not prioritizing your own, you may be in a codependent relationship.

Excessive caretaking, controlling behavior, blaming, or being preoccupied with other people are symptoms of codependent relationship include:

- Having difficulty identifying your feelings
- Feeling anxious or worried about the relationship
- Feeling you have to "walk on eggshells" so that you don't anger or offend the other person
- Putting others' needs ahead of your own when the other are able or should be able to care for themselves
- Having low self-esteem and not feeling worthy of being valued in relationships
- Fearing others will leave you or end the relationship
- Staying in relationships that are harmful, emotionally, physically or both
- Having an exaggerated sense of responsibility for the actions of others

All relationships, to some extent, are codependent. We are talking about degrees here. Adult relationships should buoy and strengthen you, not sap your energy and other resources.

If you feel you are powerless to change unhealthy relationship patterns, consider seeking counseling. There is a slew of information on healthy communication, setting boundaries, and other tools that can help you create sounder ways of interacting with others. If you are in a partnership and are feeling unhappy with your relationship, consider couple's therapy. Make time for yourself and your own passions and hobbies outside of your main relationships. Derive your sense of self from within, rather than from others' opinions about you.

Here are some parting thoughts. The Golden Rule for how to behave in an airline emergency is, you should always put on your own oxygen mask before assisting another. You have to save your own life before you can help anyone else. Lifeguards who perform ocean rescues always enter the water with a floatation device. When they reach the drowning person, they push the floatation device to him or her. They never allow the drowning person to grab them. The reason for this is a drowning person will take them down too. This is a great metaphor for relationships. Know when your loving someone will not save him or her and may put you in danger.



On Saturday, July 23 and Sunday July 24, the City of Pontiac, extended the hours of the Senior Centers to be utilized as Cooling Stations based on the National Weather Service issuing a Heat Advisory. **Mayor Waterman said "the centers will be available to any citizen in the city for relief from the excessive heat"**.

The following are some common basic tips of how to deal with excessive heat:

- Check on family, friends and neighbors who do not have air conditioning
- Never leave children or pets alone in closed vehicles
- Drink plenty of water
- Wear loose-fitting, lightweight and light-colored clothes that cover as much skin as possible
- Protect your face and head by wearing a wide-brimmed hat. Wear sunscreen

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	Last Day June 8, 2016	Summer Break
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

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
 \$1.00 for ever X over 3X
 Long sleeve Sweatshirt available
 check for price
Contact:
 Edward Benson 248-978-6172

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

<u>Activity</u>	<u>Day</u>	<u>Time</u>
Exercise Video	Daily every hour	9AM - 5PM
Bingo	Monday & Thursday	1PM - 3PM
Movie Day	Monday	
Pinochle	Monday	11:30AM - 3PM
M.O.W. (Lunch)	Daily (\$2.50)	12PM - 1PM
Billiards (Pool)	Daily	9AM - 5PM
Computer Lab	Daily	9AM - 5PM
Hustle Dance Class-beginners	Thursday	11AM - 12PM
Hustle Dance Class	Thursday	5PM - 7PM
Chair Fitness	Monday, Wednesday, Friday	11AM - 12PM
Craft / Art Class	Daily	10AM - 2PM
Sewing Class	Tuesday	10AM - 2PM
Graphic Class	Wednesday	10AM - 2PM