

Pontiac Senior News

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February 2016

Recipe of the Month

Not Red Spaghetti Sauce

A lovely Italian sausage and vegetable topping to serve over your spaghetti for a change of pace. Add pimento for a dash of color."

Ingredients:

1 1/2 pounds Italian sausage
4 ounces fresh mushroom, sliced
1/2 cup of butter
2 cubes chicken bouillon
1/2 cup sherry
1 1/2 pounds zucchini, sliced
1/2 cup chopped green onion
1 (16 ounce) package spaghetti

Directions:

In large skillet, over medium heat, cook sausage and mushrooms in butter, until sausage is brown. Add bouillon cubes and sherry and stir until bouillon is dissolved. Add zucchini and onion and cook, uncovered, until zucchini is crisp-tender.

While the sauce is cooking, bring a large pot of lightly salted water to a boil. Cook spaghetti in the boiling water, stirring occasionally until cooked through but firm to the bite, about 12 minutes. Drain.

Serve pasta sauce over hot spaghetti.

"When another person makes you suffer, it is because he suffers deeply within himself, and his suffering is spilling over. He does not need punishment; he needs help. That's the message he is sending."



VOTE TUESDAY, MARCH 8

On Tuesday, March 8, 2016 the Pontiac School District will have a sinking fund millage and a non-homestead millage on the ballot. Last day to register to vote is February 8, 2016



"Watch your manner of speech if you wish to develop a peaceful state of mind. Start each day by affirming peaceful, contented and happy attitudes and your days will tend to be pleasant and successful."

"Anyone who stops learning is old, whether at twenty or eighty. Anyone who keeps learning stays young. The greatest thing in life is to keep your mind young."



Oakland Primary Health Services (OPHS)

OPHS - Oakland Primary Health Services and Woodside Dream Center partnership offers Pontiac residents an opportunity for better health. OPHS offers medical and dental services in space provided at the Dream Center, regardless of client's income or insurance status.

The goal is to provide quality, comprehensive primary and preventative medical and dental service to those in Pontiac and surrounding communities whose healthcare needs are not being met. The OPHS center is open Monday through Friday from 8:30a.m. to 4:30 p.m. and is staffed by a doctor, nurse practitioner and nurse assistant.

Services of a licensed social worker and a "navigator" to help the uninsured obtain affordable health care coverage are also available.

Services include prenatal, pediatric, adolescent, adult and geriatric care. Mobile dentistry services are available on Monday during clinic hours. Offering screening and dental X-rays, cleaning and some basic restoration.

First time patients are asked to bring some form of photo identification, an insurance card if they have coverage or proof of income, (pay stubs or W-2) if they are uninsured. Patients should bring all prescriptions, over the counter medications and supplements they take to their first clinic visit.

In addition the Woodside Dream Center satellite center, OPHS operates three teen health centers, one at Pontiac High School, one at Pontiac Middle School and one in Waterford.

Thoughts To Consider To Keep Your Brain Young

- Get moving, walking, biking and swimming raise your heart rate and helps blood flow to your brain.
- Harness the power of food. Food can be one of your most powerful forms of medicine. A healthy whole foods diet that eschews sugar and other processed foods limits animal products can help stave off a host of diseases.
- Sleep soundly. Sleep deprivation raises the risk of obesity, depression, accidents, and brain function decline. Your memory and thinking are negatively affected by not getting enough sleep.
- Take a class. Formal lifetime learning helps prevent dementia and cognitive decline.
- If you smoke, quit. Smoking diminishes your health in just about every way and hastens cognitive decline.
- Take care of your heart. Maintaining a healthy weight and eating healthy could help you keep your brain and heart healthy. Conditions which raise your risk of cardiovascular disease and stroke, obesity, diabetes and high blood pressure also harm your brain.
- Protect your head. Always use your seatbelt and wear a helmet during activities for which helmets are recommended. Take measures to avoid tripping and falling. Head injuries are linked to decline in brain function.
- Take care of your mental health. Depression, anxiety and mood disorders are linked with increased risk of dementia.
- Create community. Staying engaged socially helps your brain stay healthy.
- Challenge yourself. Take up new hobbies, drive a new route to where you are going, adopt a pet, work crossword puzzles, learn to play music and play cards. Activities that encourage your mind to think strategically may benefit your brain.
- Become involved. Having a greater sense of purpose may protect the aging brain and your willingness to share your wisdom and experience can help set a great example for younger generations.

Questions from Pontiac's Past

1. Where was the Corner?
2. Who owned the grocery store on the Corner?
3. Who owned the drug store on the Corner?
4. What was the name of the skating rink on the Corner?
5. What was the name of the night club on the Corner?
6. Who owned the funeral home on the Corner?
7. Who owned the cleaners on the Corner? He owned a real nice 1949 Two Door Cadillac.
8. What was the name of the restaurant next to the cleaners?
9. Who owned the General Store on the Corner?

Beginning Friday February 12, 2016

Dance classes will be offered at the Ruth Peterson Center. Former Arthur Murray and Fred Astaire dance instructor, Armida Castle will teach 2 classes 1st class 5pm, 2nd class at 6pm. Pontiac residents \$3 others \$5 each class.



For more information call
248-758-3282 or 248-499-9634

Merengue, Cha Cha, Samba, Salsa, Social

To reduce the risk of a fall, experts recommend that you:

- Stay physically active to improve balance and coordination — even walking helps.
- Fall-proof your home: Install grab bars in the bathroom, increase lighting, remove tripping hazards such as throw rugs and footstools.
- Ask your health care provider to evaluate your risk of falling and to review your medications because some drugs can make you dizzy or sleepy.
- Get vision and hearing checkups at least once a year.
- Join a falls-prevention class. To find one in your area, contact your local senior center or hospital

Answers: Pontiac's Past

1. Bagley & Wesson Streets
2. Red Allen and Ann
3. Doe Hayden
4. The Hole
5. Mellow Lane
6. Mr. & Mrs. Davis
7. Mr. Jones
8. Blue Note
9. Mr. Cooley

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.

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

<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