

# Pontiac Senior News

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June 2015

## Recipe of the Month Enchiladas

### Ingredients

4 cups shredded deli rotisserie chicken  
9 slices bacon, crisply cooked and crumbled  
1 packet (1 oz.) ranch dressing & seasoning mix  
1 pouch (8 oz.) Old El Paso™ roasted tomato Mexican cooking sauce  
2 cups shredded Mexican blend cheese (8 oz.)  
20 Old El Paso flour tortillas for soft tacos & fajitas (6 inch)

### Sauce

2 tablespoons olive oil,  $\frac{1}{2}$  cup chopped onion  
1 can (4.5 oz.) Old El Paso™ chopped green chiles  
2 tablespoons Gold Medal™ all-purpose flour  
2 cups Progresso™ chicken broth (from 32-oz carton)  
1 cup sour cream

Garnishes as desired, chopped fresh cilantro, Chopped fresh tomatoes, Chopped red onion

### Directions

Heat oven to 375°F. Lightly grease 13x9-inch (3-quart) baking dish and 8-inch square (2-quart) baking dish.

In large bowl, mix chicken, half of the crumbled bacon, 1 tablespoon of the ranch dressing & seasoning mix, the cooking sauce, and 1 cup of the cheese; mix well. Divide mixture among tortillas, and roll up, placing seam side down in baking dishes. Set aside. If you want to freeze the smaller baking dish of enchiladas at this point, cover the baking dish with foil, and label before placing in the freezer. Use within 1 month.

In 10-inch skillet, heat oil over medium-high heat. Cook onion in oil until softened. Add chilies, and cook until most of the liquid from chilies evaporates. Stir in flour. Slowly add chicken broth, stirring constantly to prevent lumps

Once broth is incorporated, cook another minute or until slightly thickened. Stir in sour cream and remaining ranch dressing & seasoning mix, and simmer 1 minute. Remove from heat, and pour over enchiladas. If baking both baking dishes, pour the sauce over both; otherwise, pour all of it into the 13x9-inch dish. (To make just enough for the smaller pan of enchiladas later, divide the recipe for the sauce in half, ratios in the tips section below). Top with remaining cheese and bacon.

Bake about 20 minutes until cheese is melted and sauce is bubbling. Cool 5 minutes before serving with garnishes.



Welcome Spring and Hello senior residents!

As a part of my comprehensive plan for recreational space redevelopment, I am proud to report the improvements recently accomplished at the Ruth Peterson Community Center. The enhancements included painting, Wi-Fi, new lighting fixtures, parking lot repairs, an outdoor beautification plan, additional activities, a walking class and a video workshop. Future plans include the completion of indoor painting, kitchen upgrades, restroom renovations, an outdoor walking group, a garden class exchange and nutrition and healthy cooking classes. Future plans for the Bowen Center include security modifications and restroom renovations. DPW will complete repairs and renovations according to the priority list of items that we completed in our meetings with senior residents. We can all share great pride in our recent accomplishments at the Ruth Peterson Community Center and our future plans for the coming year.

I am also pleased to report an update of the recent City Council passage of the senior center resolution regarding rental fees, which exempts organizations from the current fee structure who offer educational and civic awareness opportunities.

This resolution is currently under the review of the State Treasury Department and I look forward to reporting the final outcome of this his topic in my next message.

I am wishing everyone a warm and wonderful summer. I'm excited and looking forward to sharing all the good news about our wonderful City in each message!

Sincerely,

Mayor Deirdre Waterman



**What: Meals on Wheels - summer picnic**

**Where: Bowen Center**

**When: Tuesday, June 23, 2015**

**Time: 10am-1pm**

**Seniors monitor your medication.** More than 27% of teens mistakenly believe that misusing and abusing prescription drugs is safer than using street drugs. Most commonly abused prescription drugs:

**Pain Medication-** Vicodin, OxyContin, Darvon, Dilaudid, Dwemerol, Lomotil,

**Anti-Anxiety & Sleep Medication-** Nembutal, Valium, Xanax,

**Stimulants -** Dexedrine, Ritalin, Adderall, Concerta

**Getting older can bring senior health challenges. By being aware of common chronic conditions, you can take steps to stave off diseases as you age.**

People in America can expect to live longer than ever before. Once you make it to 65 the data suggest that you can live another 19.2 years, on average. You need to be physically active, eat a healthy diet and also make healthy lifestyle choices like quitting smoking and losing weight, to avoid senior health risks. You must learn how to live better with any chronic diseases. Then you can be among the 76 percent of people over 65 who say their health is good or excellent.

## **Ways to lower your cholesterol (LDL-bad cholesterol, HDL-good cholesterol)**

1. Both onion and garlic has been found to be effective in reducing cholesterol.
2. Red yeast rice taken in pill form can reduce LDL cholesterol by 10% to 30%.
3. Soluble fibers found in laxatives like Metamucil block the absorption of cholesterol in the blood. The powder will semi-solidify like jell-o that doesn't set all the way. As it makes its way through your stomach and intestines the jelly like substance picks up cholesterol, keeping it from getting absorbed.
4. Eating tofu and other soy products in moderation reduces LDL cholesterol. Eating about 10 ounces of tofu or 2 ½ cups of soymilk a day can reduce bad cholesterol by 5% to 6%.
5. The plant version of cholesterol called phytosterols, improves your cholesterol levels by substituting the cholesterol in your body. Try a phytosterol spread, similar to butter or margarine. You can also take phytosterols like a vitamin or add them to your diet through foods like fruits and vegetables, nuts, and whole grain like oatmeal.
6. A daily glass of red wine isn't going to do anything for your LDL, however, it has been found to increase levels of HDL cholesterol. You can compare HDL to Liquid Drano. It actually cleans out your arteries. This does not mean you can grab a bottle of wine and go to town.
7. The bitter white rind on oranges contains pectin, a fiber that can also lower LDL cholesterol by 7% to 10%.
8. Our cholesterol metabolism occurs at night, that why most cholesterol medication are taken at bedtime. Losing sleep or getting too much sleep both disrupt your body's process of the fats and sugars you ate throughout the day.
9. Indian Gooseberry has as much vitamin C as two oranges. It is an antioxidant that helps your cardiovascular system.

## Senior Spotlight

### Loving Massage, LLC

(Proprietor - Carrie L. Hendricks-Flowers)

Loving Massage is a sole proprietorship that is dedicated to providing service to clients in need of therapeutic care and relaxation. With that in mind, it is the desire of the proprietor (the therapist) to always give respect and loving-kindness to everyone.

Carrie L. Hendricks-Flowers is a trained and licensed myomassologist (not a masseuse). Myomassology employs several different techniques and modalities such as Shiatsu, Effleurage, Petrissage, Tapotement, Friction, Reflexology, and Cranial Sacral. In essence through meditation and massage, clients are stimulated for healing of the mind-body and spirit.

The emphasis is placed on rendering healing for muscles, tissues and ligaments through energy. The benefits of massage are (1) Stress reduction, (2) relief of pain and stiffness (3) Stimulates energy, (4) Increase circulation, (5) Decrease inflammation, (6) Releases toxins and (7) rejuvenate immune system.

Loving Massage is independent and renders at least (3) varied techniques during each massage session whether on the chair or on the table. As opposed to having to pay different prices for different types of massage, as is the case with the franchises, Loving Massage's price is one dollar per minute (\$1.00). incorporating at least three (3) techniques as stated above.

Loving Massage is located in the Bowens Center at 52 Bagley Street, Pontiac, MI 48341. It is operated by a senior mostly for seniors. The days of operation are Mondays and Friday from 11am - 1pm. Hours on those days can be extended upon request.

Carrie feels that she is blessed to be trained by one of the nation's top schools (Irene's Myomassology Institute), and blessed to be at the Bowens Center. Carrie is passionate about being a blessing to others.

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To All June Babies

# happy birthday



## ART FISH FUN

Saturday, June 13, 2015

11am-4pm

Beaudette Park, Pontiac MI

Art in the Park & "Fish with the Commish"

### Festival Schedule

11am-12pm Park clean up

12pm-4pm Art & Environmental activities, face painting, live owls & eagles exhibit & MORE

12:30pm-3:30pm Barbeque lunch

2pm-4pm Fishing with Oakland County Water Resources Commissioner Jim Nash  
(Bait and a limited number of poles provided)

### Foot Doctor Schedule - Bowen Center

These dates are tentative and are subject to change.

August 4, 2015

October 6, 2015

December 8, 2015

**Help wanted** - Get paid working for your family. It can be your family member or friend. Working for seniors 60 or older or people 18 older on disability. Professional Home Care Services Group Inc. Contact Mr. graves 313-221-4875

### The Casino Explorer Club Bus-call 248-369-6564

**The Casino Explorer Club Bus**  
"Travel to the hottest casinos in Michigan!"  
**Call (248) 369-6564 Today!**  
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Join The Casino Explorer Club to visit some of Michigan's most exciting Casino and Resorts. Sit back and relax in the comfort of your VIP seat as you are whisked off to the hottest casinos in the state.

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\$39 Advanced Purchase  
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# 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	Will resume in September	
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 <sup>ST</sup> & 3 <sup>rd</sup> 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 3<sup>rd</sup> 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

Tee	Sweatshirts	Jackets
S - XL \$6.00	S - XL \$10.50	S - XL \$35.50
XXL - \$7.00	XXL - \$12.50	XXL - \$38.00
XXX - \$7.00	XXX - \$12.50	XXX - \$40.00

## Ruth Peterson Senior Center

990 Joslyn, Pontiac, MI 248-758-3282

Activity	Day	Time
Exercise Video	Daily every hour	9AM - 5PM
Zumba	Monday	10AM -11AM
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

# The Man Up Unity Picnic - Celebrating Father's Day

Calling all men, uncles, grandfathers, and young men, single moms with young men. To come out to the Park for a day of "Family Fun" as we celebrate and continue to encourage all men.

BBQ  
Health Tent  
Music-Hit Squad Entertainment  
Softball Game  
Basketball Tournament  
Bouncers - Q.T.M.C.

We want all families to come out, bring your chairs, coolers and just have a great time.

If you would like to be a part of this event and be a vendor or sponsor, please contact Derek Wynn at (248) 361-4082.

Current looking for volunteers for this event. If you would like to be a volunteer please call 313-701-0370 or email us at "manupunited@gmail.com. Thank you for making our community a better place.

United Men In Action is brought to you by: QTMC, Ascend Foundation, PMR, The Pontiac Press, and HIT Squad Entertainment.

**UNITED MEN IN ACTION PRESENTS:**

**ManUp Unity Picnic**

**Beaudette Park, Pontiac**  
(a.k.a The Mill Dam)

**June 20, 2015**

**United Men In Action (UMIA) is a collections of companies, organizations, and foundations geared towards the uplift and revitalization of the communities within Oakland County. UMIA aims to be the catalyst to bring forth peaceful change, education, community awareness, volunteerism, mentoring and family support.**