

Pontiac Senior News

Volume 114, Issue 114

October 2016

Recipe of the Month

Lemon Chicken and Snow Pea Noodle Bowls

Ingredients:

1 1/2 pounds boneless chicken breast
2 teaspoons ground coriander
1 (16 ounce) package angel hair pasta
2 tablespoons extra-virgin olive oil
2 cups chicken broth, divided
2 cups snow peas, trimmed
1 tablespoon lemon juice
Salt and ground black pepper to taste
1/2 cup chopped scallions

Directions

Bring a large pot of water to a boil. Add chicken; cook until an internal thermometer inserted into the center reads at least 165 degrees F (74 degrees C), 15 to 20 minutes. Drain and cool until easily handled; cut into cubes.

Mix chicken with coriander in a bowl.

Bring a large pot of lightly salted water to a boil. Cook angel hair, stirring occasionally, until tender yet firm to the bite, 4 to 5 minutes. Drain.

Heat olive oil in a large skillet over medium-high heat. Add half the chicken; cover and cook until lightly browned, about 1 minute. Transfer to a plate. Repeat with remaining chicken.

Combine 1 1/2 cup broth and snow peas in the same skillet; cover and cook until just tender, 3 to 4 minutes. Return chicken to the skillet. Stir in remaining 1/2 cup broth and lemon juice; cover and simmer until flavors combine, 3 to 5 minutes. Season with salt and pepper.

Serve chicken over pasta. Garnish with chopped scallions.

Pontiac's own **Gainell Teasley** honored at Detroit City Council for participating and winning senior dance contest with "The Williams Center Dancers" of Detroit.



Congratulations

LHMS - Legal Hotline for Michigan Senior

You already know about programs like Social Security and Medicare that many seniors rely on, but do you know about the other benefits that many seniors qualify for, including Food Assistance, Medicare Saving Program (MSP), Medicaid, Low Income Subsidy (Part D), and the Energy Assistance Program? Keep in mind you gave into these programs through taxes, now it's your turn to save. Contact the MiCAFE Network at 877-664-2233 or visit www.micafenetwork.org.

Food Assistance Program, which gives you money every month on the Michigan Bridge Card to buy food at grocery stores and farmer's markets. Many people get an average of \$104 each month. That's an average of \$1,248 more a year to buy food.

SNAP - Supplemental Nutrition Assistance Program, benefits are issued via the Michigan Bridge Card so recipients can use them at participating stores and farmer's markets to purchase food. Over 60% of seniors apply and receive the benefit. The purpose of SNAP is to end hunger, improve nutrition, and improve health.

Medicaid - Medicaid is a low-income healthcare program, providing insurance to those who cannot afford coverage. Due to recent Medicaid expansion, the income limit was recently raised in Michigan making more people eligible for health care coverage. Assets are also evaluated to determine eligibility.

LIS - Medicare Extra Help/Low Income Subsidy. Medicare Extra Help assists Medicare beneficiaries in paying their Medicare Part D monthly premium, annual deductible, coinsurance and copayments.

SER - State Emergency Relief includes a crisis intervention program that provides assistances for energy-related expensive such as heating fuel, electricity, and home repairs. Eligibility is based on immediate need (past due/shut off notice, declare need, income and assets).

MSP - Medicare Saving Program pays Medicare Part B premiums. For most seniors, this premium is deducted right out of seniors' Social Security monthly benefits. If eligible for the Medicare Savings Program, this premium is no longer deducted resulting in extra income each month.

Fall Color Tour - Contact Mickie Howard or Victor Stevens for more details. Last day to sign up for the Ruth Peterson Center is Oct 7, 2016.



Why 2016 May Be the Most Important Election of Our Lives

The presidency has a lot of power in our system of government, so every election is important. But when you consider everything that's at stake in this moment in our history, this one has the potential to be truly

pivotal. There is so much more at stake in November than control of the Supreme Court.

Most of Obama's second-term accomplishments were achieved through executive actions, which can be killed with a stroke of the pen.

It's unlikely that a Republican president would actually withdraw from the Iran deal, but we could probably kiss normalization of relations with Cuba goodbye. The same goes for deferred action for Dreamers and the undocumented parents of US citizens—Republican governors are already fighting the latter all the way to the Supreme Court.

Obama's recent package of gun-safety measures would surely vanish. His orders requiring companies that do business with the federal government to pay a minimum wage of \$10.10 per hour and barring them from discriminating on the basis of sexual orientation or gender identity.

And of course there's the Supreme Court. Next year, a president will be sworn in with three octogenarian justices (Ginsburg, Scalia, and Kennedy), and a fourth in his late 70s (Breyer). That means the winner of the 2016 election will likely get the first opportunity to shift the Court's balance of power since George H. Bush replaced Thurgood Marshall with Clarence Thomas 25 years ago.

But it's the climate agreement that really gives the outcome of this election historic significance. Scientists using the latest climate models identified 41 potential "tipping points," where various regions could face rapid climactic destabilization at any time. Experts say that the climate deal, completed at the end of the hottest year on record, represents a make-or-break opportunity to stave off the worst effects of global warming.

Donald Trump thinks climate change is a hoax cooked up by the Chinese in order to make U.S. manufacturing non-competitive. A future Trump administration would potentially be catastrophic for the planet. If we have a president who, unlike the current president, does not accept the overwhelming consensus of the world's scientists, that's going to be a problem for all of us. Hillary Clinton promised that fighting climate change would be at the top of her agenda.



The Bowen's and Ruth Peterson Senior Community Centers will be hosting three (3) flu shot clinics offered by Walgreens.

The Bowen's Senior Community Center 50 Bagley St., scheduled dates:

- September 20, 2016 from 10am - 2pm
- October 11, 2016 from 10am - 2pm

The Ruth Peterson Senior Community Center 990 Joslyn Rd. scheduled date:

- October 20, 2016 from 10am - 2:00pm

For more info call Mickie Howard/Linda Simpson at the Bowen's Center at (248) 758-3238 or Victor Stevens at the Ruth Peterson Center (248) 758-3282

Community Outreach & Education Calendar

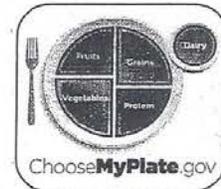
<p>Diabetes Basics Course When: Third Tuesday of every month Time: 9 a.m. - 11 a.m. Where: McLaren Oakland, Floor 4N, Room B 50 North Perry St., Pontiac, MI 48342 Contact: Rochelle Loyer: (248) 338-5128 or rochelle.loyer@mcclaren.org</p>	<p>Red Cross Blood Drive When: Tuesday, December 6, 2016 Time: 9 a.m. - 2:30 p.m. Where: Karmanos Cancer Institute at McLaren Clarkston 5680 Bow Pointe Drive Clarkston, MI 48346 Contact: David Bowman: (248) 906-6327 or david.bowman@mcclaren.org</p>	<p>Waterford Regional Fire Department Open House When: Saturday, October 1, 2016 Time: 10 a.m. - 2 p.m. Where: Waterford Regional Fire Dept. 2495 Crescent Lake Road Waterford, MI 48329 Contact: David Bowman: (248) 906-6327 or david.bowman@mcclaren.org</p>
<p>Stress and Mental Health Awareness When: Tuesday, November 15, 2016 Time: 6 - 7:30 p.m. Where: Karmanos Cancer Institute at McLaren Clarkston 5680 Bow Pointe Drive Clarkston, MI 48346 Contact: David Bowman: (248) 906-6327 or david.bowman@mcclaren.org</p>	<p>Nutrition Basics When: Third Thursday of every month Time: 9 - 11 a.m. Where: McLaren Oakland, Floor 4N, Room B 50 North Perry St., Pontiac, MI 48342 Contact: Rochelle Loyer: (248) 338-5128 or rochelle.loyer@mcclaren.org</p>	

10 tips

Nutrition Education Series

be active adults

10 tips to help adults include physical activity into their lifestyle



Being physically active is important for your health. Adults who are physically active are less likely to develop some chronic diseases than adults who are inactive. Physical activity is any form of exercise or movement of the body that uses energy. People of all ages, shapes, sizes, and abilities can benefit from a physically active lifestyle.

1 start activities slowly and build up over time

If you are just starting physical activity, build up slowly. This will help to prevent injury. After a few weeks, increase how often and how long you are active.



2 get your heart pumping

For health benefits, do at least 2½ hours each week of physical activity that requires moderate effort. A few examples include brisk walking, biking, swimming, and skating. Spread activities over the week, but do them at least 10 minutes at a time.

3 strength-train for healthy muscles and bones

Do strengthening activities twice a week. Activities that build strength include lifting weights, doing push-ups and sit-ups, working with resistance bands, or heavy gardening.



4 make active choices throughout the day

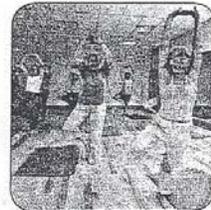
Every little bit of activity can add up and doing something is better than nothing. Take the stairs instead of the elevator, go for a 10-minute walk on your lunch break, or park further away from work and walk.

5 be active your way

Mix it up—there are endless ways to be active. They include walking, biking, dancing, martial arts, gardening, and playing ball. Try out different activities to see what you like best and to add variety.

6 use the buddy system

Activities with friends or family are more enjoyable than doing them alone. Join a walking group, attend fitness classes at a gym, or play with the kids outside. Build a support network—your buddies will encourage you to keep being active.



7 set goals and track your progress

Plan your physical activity ahead of time and keep records. It's a great way to meet your goals. Track your activities with the Physical Activity Tracker on **SuperTracker**.* Use the My Journal feature to record what you enjoyed so you can build a plan that is right for you.

8 add on to your active time

Once you get used to regular physical activity, try to increase your weekly active time. The more time you spend being physically active, the more health benefits you will receive.

9 increase your effort

Add more intense activities once you have been moderately active for a while. You can do this by turning a brisk walk into a jog, swimming or biking faster, playing soccer, and participating in aerobic dance.



10 have fun!

Physical activity shouldn't be a chore. It can help you feel better about yourself and the way you live your life. Choose activities that you enjoy and that fit your lifestyle.

*Find the SuperTracker at <https://www.supertracker.usda.gov>.



Go to www.ChooseMyPlate.gov for more information.

DG TipSheet No. 30
April 2013
Center for Nutrition Policy and Promotion
USDA is an equal opportunity provider and employer.

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KNOW THE BUZZ

The pictures below are examples of where mosquitoes can breed. Get rid of mosquito breeding sites by removing standing water in and around your home, business, or facility. Once a week, empty and scrub, turn over, cover, or throw out items that hold water.

Wheelbarrows



Trash Cans



Bird Baths



Pet Water Dishes



Rain Barrels

Toys



Tire Swings



Kiddie Pools



Empty Cans



For more information on mosquito-borne illnesses, call 877-377-3641 or please visit www.oakgov.com/health.

September 15 through October 15 - Hispanic Heritage Let us all recognize the outstanding contributions of Pontiac's great men, women and children who are of Hispanic heritage.

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
Beginner Hustle Dance	Monday	6PM - 7PM
Golden Opportunity	Tuesday	10AM - 12PM
Bible Study (Women of the Bible)	Thursday	10AM
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>
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