

# Pontiac Senior News

Volume 102, Issue 102

September 2015

## Recipe of the Month

Make your own sun dried tomatoes



### Part 1

1. Wash and dry tomatoes. If you are using cherry tomatoes, cut them in half. For other larger tomatoes, cut them into quarters.
2. Remove the seeds of the larger tomatoes. This is not necessary but removing the seeds will speed up the drying process.
3. Sprinkle the tomatoes with your choice of seasonings. Fresh herbs are a popular choice. Basil is often used to flavor sun dried tomatoes. Toss the tomatoes so they are well coated with the herbs.

### Part 2

**Sun drying** usually takes place during the summer months when days are sunny, hot, and long.

1. Find an area that has full sunlight for the majority of the day. Choose a really hot day. For optimal results, the temperature should be over 90 °F (32 °C) with humidity less than 60 percent
2. Set up a screen for laying out the tomatoes. You can use a screen made for drying purposes or an old window or door screen that has been scrubbed clean. Set the screen up on a table, and raise the screen by placing small boards or bricks at the corners. This will allow air to circulate around the drying tomatoes.
3. Place the tomatoes on the screen, skin side down. Arrange them so there is space between the tomatoes; you do not want them touching. Proper drying requires adequate air flow for each individual piece of tomato

4. Cover the tomatoes with cheesecloth. Place boards or bricks around the screen, then place the cheesecloth over this. The cheesecloth should cover the tomatoes but not touch them. Hold the cheesecloth in place by placing more bricks on top of the bottom bricks. The cheesecloth will help keep bugs off and birds out, as well as falling debris from trees.

5. Check on the tomatoes every so often. They can take anywhere from 1 day of full sun to 2 weeks to properly dry. Make sure to take them in at night. After the sun goes down, humidity levels tend to rise and you do not want your tomatoes to absorb any moisture (which would basically undo any drying that has already occurred).

6. The tomatoes are completely sun dried when they have a leathery texture and are not sticky. They should feel dry but not cold to the touch. Do not over dry them so they become brittle. The finished product will be much darker than the original.

### Oven drying

1. Preheat the oven to 150 °F (66 °C). Drying tomatoes in the oven requires the lowest setting on your oven. If it is above 150 degrees, leave the oven door open slightly to reduce the heat.
2. Arrange the cut tomatoes on a baking sheet so they are not touching one another. They will have to be turned and tossed periodically through the drying process since there is no air circulation with a baking sheet.
3. Arrange Heat the tomatoes in the oven until they have a leathery texture but are not sticky. This may take 6 to 12 hours.

Store the dried tomatoes in a plastic bag or glass jar. Pack them loosely and rid the container of as much air as possible. Keep the dried tomatoes in a cool, dark, dry place. If you have put your dried tomatoes in an air-tight container, you can also store them in the refrigerator or freezer.

### **What if I forget to update my beneficiaries?**

Did you know that a beneficiary designation will override your will or estate plan? If you have a bank account, brokerage or retirement account, annuity or life insurance policy, you probably filled out a beneficiary designation form and forgot about it. Over the years things change, death, marriage, divorce, children, grandchildren or change of heart.

That's where things can get a bit sticky. Not updating those forms could force future generations to pay too much in taxes, not receive their rightful inheritance or others receiving an inheritance not intended for them.

Contact your financial professional immediately if you experience a life-changing event, such as a marriage, divorce, birth or death of a loved one.

Did you know that if you name a beneficiary that is now deceased and there is no secondary designation, by default the next of kin to the deceased beneficiary will inherit your money or property?

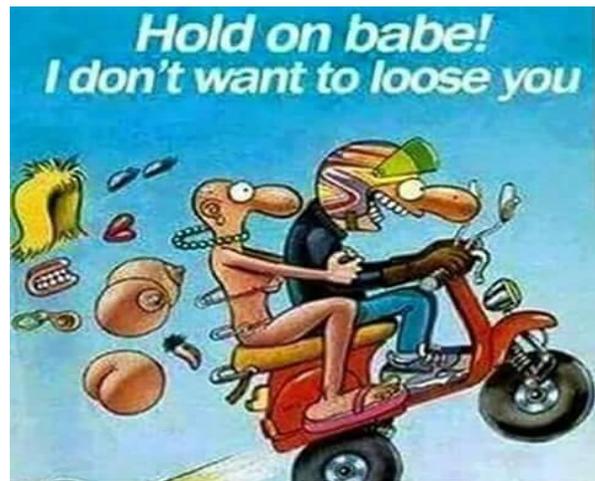
If you do not have a financial advisor contact Marcella A. Evans at 248-641-1000 ext. 2621

### **Upcoming classes at the Bowens Senior Center:**

There will be 2 six week classes to bring Diabetes awareness. The classes is mainly for people with Type 2 diabetes but anyone can attend. There is a \$15.00 charge that will be refunded upon class completion.

Diabetes Path - Thurs 10/1 - 11/15, 1pm - 3:30pm. Participants will learn techniques to deal with symptoms, meal planning and healthy eating, appropriate use of medication and how to work with health care providers.

A Matter of Balance Oct 29 10am - 12pm. This class is designed to reduce the fear of falling and increase the activity levels of older adults who have concerns about falling. Participants will learn how to view falls as controllable, set realistic goals for increasing activity, reduce fall risk in their environment and increase balance with exercise.



Flu shots will be offered at the both centers if we can get at least twenty (20) people per center to sign up in advance. There will be a sign up sheet. Dates to be determined for October 2015.

### **For a better night's sleep...**

Dust furniture, vacuum carpets, change and launder the linens regularly. Proper caring for your mattress can help you get a better and healthier night's sleep. Rotate your mattress and box spring on a regular basis. Rotate the box spring every 6 months and the mattress every three months. Vacuum you mattress on a regular basis. Use a mattress pad or cover to protect against allergens, bedbugs and stains.

### **Today's Tip**

#### **Make Your Own Carpet Deodorizer**

No need to buy expensive carpet deodorizers containing artificial fragrances and ingredients. Simply mix 1 cup of baking soda with 1 cup of cornstarch, then add 15 drops of essential oil of your choice. Sprinkle on the carpet, leave for 10-20 minutes, then vacuum. Store leftover mixture in a glass jar or airtight container.

### **Happy**



### **LABOR DAY**

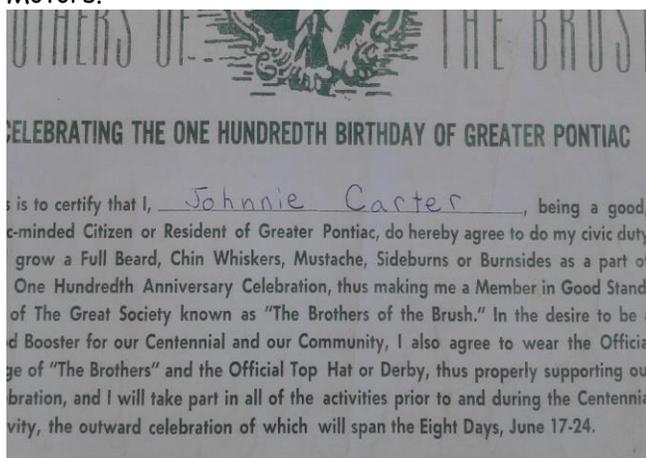
## Senior Spotlight of the Month

Submitted by Mr. Johnnie Carter



This photo bring back memories of Mr. Johnnie Carter along with his brother and two other friends. All were members of an order of busy-faced men celebrating Pontiac's centennial in 1961. The Greater Pontiac Brothers of the Brush was a social group organized during the city centennial celebration during the week of June 17 - 24 in 1961. The membership guidelines were simple, members had to do their civic duty and grow a full beard, chin whiskers, mustache, sideburns or burnsidies as part of the celebration. To top it off they had to wear a top hat or derby hat to look like the people back in the days of 1861. Carter said that he let his brother talk him into it.

Mr. Carter said that he didn't dance, play cards and was on the quiet side, so it was something to do. He didn't do much more than go to work at Pontiac Motors.



## September Babies



Monthly birthday celebrations coming to the Bowens Center. During dance class starting in September all birthdays for the month will be celebrated every 3<sup>rd</sup> Monday for Monday's class and the last Wednesday of the month for Wednesday's class. If you have any question contact Gainell Teasley.

These recommended guidelines apply to healthy senior (65 years of age and older) who have no specific disease or additional risk factors. They're recommendations only. Be sure to talk with your own physician to discuss your personal health guidelines in-depth.

### Women's health guidelines

Blood pressure - at least every 1 - 2 years

Cholesterol - At least every 5 years

Immunizations - Tetanus-diphtheria every 10 years

Influenza annually, Pneumococcal, once at age 65

Clinical breast exam - Health care provider, annually, self-exam monthly

Mammography - Annually

Pelvic exam/PAP smear - Every 1 - 3 years

Colon Cancer - Annual stool blood test and flexible sigmoidoscopy every 5 years or colonoscopy ever 10 years

Diabetes screening - Every 3 years or per health care provider

Eye exam - Every 1 -2 years as indicated

Hearing exam - Every 1 -2 years as indicated

### Men's health guidelines (65 and older)

Blood pressure - at least every 1 - 2 years

Cholesterol - At least every 5 years

Immunizations - Tetanus-diphtheria every 10 years

Influenza annually, Pneumococcal, once at age 65

Prostate cancer screening - Discuss with provider the benefits and limitations of screening PSA and digital rectal exam

Testicular exam - As part of routine exam

Colon Cancer - Annual stool blood test and flexible sigmoidoscopy every 5 years or colonoscopy ever 10 years

Diabetes screening - Every 3 years or per health care provider

Eye exam - Every 1 -2 years as indicated

Hearing exam - Every 1 -2 years as indicated

## Removing Pet Stains from Carpets and Rugs

Accidents happen. And when they happen, not only can the carpet get saturated with urine, but it usually soaks through the carpet to the pad underneath, making it especially challenging.



Accidents can happen, especially with young puppies and kittens.

When puppy or kitty makes a fresh puddle on the carpet, lay cotton rags or paper towels on top of the urine and blot up as much as possible. Next, pour plain water directly on the soiled area and soak up the liquid again, blotting with additional paper towels. Repeat the process if necessary until the moisture absorbed into the towels is no longer yellow.

To discourage repeated offenses, you will need to remove the urine stain and scent from the carpet. Pour white distilled vinegar on the spot. Then, sprinkle baking soda on top. The mixture will bubble and fizz as the baking soda absorbs the urine. Place a basket or plate upside down over the treated spot and allow it to set undisturbed for at least one day. After a day or two, vacuum up the baking soda and hopefully the stain and odors will have vanished. Stubborn pet stains may require a specialized pet formula enzyme-based cleaner.

### Baking Soda/Vinegar/Peroxide Method

For tough urine stains, try this method, as recommended by [CarpetColorSolutions.com](http://CarpetColorSolutions.com):

1. Place paper towels on the mess and tread on it to absorb as much liquid as possible.
2. Mix a solution of 50% white vinegar and 50% water and pour liberally on the stain and work the solution in with a brush to ensure it penetrates the carpet fibers below. Blot the area again using the paper towel method above. The vinegar will neutralize the ammonia in the urine. If you own a wet/dry vac, use that to remove excess moisture. Let dry.

If the stain is older and dry, repeat the above steps, adding a few drops of liquid dish soap to the white vinegar and water. When the area has dried or nearly dry, sprinkle the area with a handful of baking soda.

3. Then, mix 1/2 cup of 3% hydrogen peroxide with a teaspoon of the dish soap. Using gloves, slowly pour the hydrogen peroxide and dish soap solution over the baking powder (use only as much as needed). Work the dissolving baking soda well into the carpet, first with your fingers and then with a brush. Allow the area to dry completely and then vacuum thoroughly.

**Important:** Only use 3% hydrogen peroxide and test your carpet for color fastness in an area that won't show.

### Further Considerations:

Avoid using cleaners containing ammonia in areas where pets frequent indoors. Ammonia has a scent similar to urine, and pets may urinate in the area where it was used.

Tea tree oil can be toxic to cats, thus should never be applied directly to their skin. When cleaning cat bedding, lavender essential oil, diluted in a spray solution, is a safer choice.

# 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 (resuming 9/14/2015)	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 <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
Maintain your Brain	4 <sup>th</sup> Monday of each Month	1PM - 3PM

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

LA AMISTAD  
Weekly meetings  
Ruth Peterson Senior Center

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
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

Ruth Peterson  
990 Joslyn Rd-Pontiac  
248 758-3282

**Upcoming Events**  
Senior's Fun Night  
6:00P-8:30P-(Free) must be 50 & up

Bowens Senior Center  
52 Bagley St-Pontiac  
248 758-3240



# Fun for Seniors

Come enjoy a night with other seniors  
Bring a Friend, Neighbor or Family member  
Something for everyone

Billiards (Pool)  
Chess  
Checkers  
Movies & Popcorn  
Pinochle-Biz Whiz-500  
Line Dancing



Friday, September 11 - Ruth Peterson Center (Black/White) wear something black or white, or black and white.

Friday, September 25 - Bowens Center (Western Attire) jeans, cowboy boots, cowboy hats, jean skirts, etc.

Friday, October 9 - Ruth Peterson Center (70's Attire) afro's., afro puffs, long hair, bell-bottoms, miniskirts, hot pants, platform shoes. Etc.

Friday, October 30 - Bowens Center (Halloween masquerade party) dress as your favorite character, villain, hero, ghost, witch, etc.

The Halloween party will close out our senior fun night for the year.

**Please bring a dish to share** Note: If you do not bring a dish there will be a \$3.00 donation to replace paper goods and to go toward our big end of summer party.