

# Living Well

## Program News – December 2021

### Living Well Program Notes

It is hard to believe it is December already and the holidays are just around the corner.

I hope that you will be able to enjoy the season with family and friends. For those of you who are not able to get together with family and friends gather some of your neighbors for some time together.

Please note that our offices will be closed December 24<sup>th</sup> 27<sup>th</sup> and December 30<sup>th</sup>, 31<sup>st</sup> for the holidays.

It is so important to call to sign-up for all the programs and activities. With weather issues and illness, sometimes classes may be cancelled. I will only call those who have signed up. So please call to sign-up and leave the best number to reach you at.

Also, **if you feel ill in any way PLEASE stay home** as a precaution. We want to keep everyone safe and healthy. Thank you!

### Cell Phones

Cell phones are so important these days for safety and emergency situations. There is a government program for free cell phones for those whose income is \$16,389 or less for a household of 1 or \$22,221 or less for a household of 2. We can help you fill out the application. We also have interns who can help you set up your phones or teach you how to use them.

For those of you who aren't eligible for this program, Christmas is coming and maybe a track phone which is reloadable is a gift that you want. There is also are flip phones available which are easier to use and available at most Walgreens and Rite Aids. There are track phone or plans available for \$15 and \$20 a month.



### Booster Shots

Booster shots are approved and available for Seniors. Be sure to get your booster as soon as you are able. Boosters are available at your Doctor's office and most pharmacies.

### Movement to Music

We had a lot of fun with this new class led by Estheisy. Movement is so important for our overall health and mobility. I hope that you will join us on Tuesday December 7<sup>th</sup> at the Community Center from 1-2pm for some gentle movement and uplifting music!

### Just Say Yes to Fruits and Vegetables

Kristyn Bopp will join us again with another educational class on how to increase our intake of Fruits and Vegetables. As always

she will demonstrate a recipe and teach us new tips and tricks in preparing the produce.

Please sign up for this class so we are sure to have enough of the fresh produce goody bags that she brings.

This class will be held at the Mechanicville Library on Friday December 10<sup>th</sup> at 11 am.



### **Kitchen Short-Cuts**

Many recipes call for 1-2 tablespoons of tomato paste. The rest can sit unused in the refrigerator and go bad. I put the rest of the paste in a baggie or small container in the freezer to use another time.

If you use fresh spinach it too can often go bad. Throw the bag in the freezer to add to soups and smoothies. It won't clump together and you can use what you want and save the rest.

### **Life Hacks**

When you don't have a funnel handy for dry items like spices, flours etc. use an envelope. Cut the corner off to the size you need and cut the top or the envelope. Open up for an easy funnel hack.

Do you have small items that get lost in the dishwasher? Use a small laundry bag for items like lids and small containers, scrapers that you want to wash.

### **Adult Coloring**

Adult Coloring continues every Wednesday at the Library at 11 am. All the needed supplies are there so just come in and be creative. We have a nice time chatting and relaxing while coloring.

### **National Poinsettia Day**

On December 12<sup>th</sup> we recognize the Poinsettia, the holiday heralding plant, on National Poinsettia Day! They are exported from Mexico. Historically the Aztecs used them to make red dye. The Aztec name for this plant means "Star Flower". They have become associated with the holiday season.

Did you know that there are hundreds of varieties and colors? They are a perennial flower however it can be challenging to get it to bloom again the following year. Enjoy this festive flower this holiday season.



### **FLEX Bus**

The Flex bus is a great way to connect with friends and get out together to the mall or to eat or any activities on the planned route. There are reloadable Navigator cards available for purchase at Price Chopper. There is a \$2. Charge for your first card and then you can load with money to pay for the

bus with a swipe of a card. **DO NOT PUNCH A HOLE** in the navigator card to put on a keychain as it will ruin the card and you will lose funds loaded on the card.

You asked for it and now the Flex bus will go to the HALFMOON DINER!! Gather your friends and go for a ride and a meal!

At a \$1.50 per ride it is a great deal!

### **Holiday Party**

The holidays are a great time to get together and enjoy some seasonal fun and socializing together. So let's get together on December 17<sup>th</sup> from 1-2:30pm for some holiday activities and some free give-aways. We will make our own hot cocoa mix, play some festive games, listen to seasonal music and enjoy some refreshments. Sign up with Karin at 518-652-2713. I hope you will join us.



### **Food Pantry**

The food pantry is here for those that need food. Call the food line at 518-664-8322 ext 1012 to order a food box for pick-up. Food pantry will be every Thursday this month except for the last week of the month. That week it will be on Wednesday December 29.

### **Cooking from the Food Pantry**

Come and get your JUST DESSERTS!

This month we are going to make a couple of holiday desserts featuring chocolate. Simple yet delicious!

We will meet at the Mechanicville Community Center on December 21<sup>st</sup> from 1-2 pm. Please sign up so I will have enough for all to sample.



### **Free Medical Equipment**

I have a shower chair, a compact walker with wheels and canes. If you need other equipment call me as I may be able to locate it for you.

### **Tech Help**

On December 6<sup>th</sup> from 1-2:30pm we will have an open house time to meet with Isly our intern who can answer questions and assist you with your tech devices. This will be at the Community Center, you can sign up for a specific time or just drop in. Be sure to bring your device with you. We will have Tech Topics time start up again in the new year. Here is your chance to ask your questions and get some personalized assistance.



**Medicare Open Enrollment**

Open enrollment ends December 7<sup>th</sup>. But did you know that if you need or want to change your insurance company you can do so once per year if you have EPIC (Elderly Pharmaceutical Insurance Coverage) EPIC is easy to apply for just call me for an application. Karin Drosdick 518-652-2713

**Mask Reminder**

We want you to stay safe and healthy. Just a reminder that masks are required in both the library and the Community Center for all programming regardless of vaccination status. Please wear an appropriate mask and wear it properly covering nose and mouth.

This is for everyone’s safety, thank you for your understanding.

**In Other News...**

I will be moving my office to the Mechanicville Senior Center the first of the year. The Senior Center is located at 178 No. Main Street right next to the library. My phone number will remain the same and it is 518-652-2713. You can also reach me by email at:

[kdrosdick@mechanicvilleacsc.org](mailto:kdrosdick@mechanicvilleacsc.org)

Stay tuned for more information and new programs and activities in the new year!

**Dates to Remember**

Tech Topics-----Dec 6<sup>th</sup> CC  
Movement to Music -----Dec. 7<sup>th</sup> CC  
Just Say Yes Fruits/Veg-----Dec. 10<sup>th</sup> Libr  
Holiday Party -----Dec 17<sup>th</sup> CC  
Cooking / Pantry-----Dec 21<sup>st</sup> CC

CC----Community Center  
Libr---Mechanicville Library

**Happy Holidays to ALL!!!**

*The Christmas season is the perfect time to reflect on our blessings and seek out ways to make life better for those around us.*

*-Terri Marshall*

