

# Living Well

## Program News – January 2022

### Living Well Program Notes

Merry Christmas and Happy NEW YEAR to all! I hope that you are enjoying your holidays and are able to meet with friends and family.

To start off the new year, let me start by saying that my office has moved and I am officially back at the Mechanicville Senior Center at 178 N. Main Street right by the library. My phone number remains the same. 518-652-2713. All meetings, events, activities will now be only at the Senior Center.

If you need assistance please be sure to call to schedule an appointment. I am busy running programming, going to meetings, and may not always be available without an appointment.

We now have a mask mandate at the Senior Center, until further notice. So please remember to always bring a mask, if you forget we have extras for you. Masks must be properly worn at all times, while in the building, unless you are eating. We want to keep you safe and continue to be able to run programming.

Be sure to sign in when you come into the building so we can track who is in the building each day.

### Focus Groups

I am sure that you all have a lot of questions about the Senior Center and any changes in the works. The Senior Center is space for you to have a place to go to meet new people, just relax and to enjoy a variety of activities. It is my goal to try to bring new and innovative programming and fun activities to the center while keeping those programs that you love in place.

I will need your input to do this. I would welcome your opinions and ideas. To that end I am holding three Focus Groups on three different days. Please be sure to attend one of them; they will all be the same. I just want to give everyone an opportunity to come to one of these meetings. It will be a structured time to look at current programming, explore new ideas and have you participate with your recommendations.

I cannot stress enough the importance of attending ONE of these sessions. I am counting on you to come to help facilitate changes, share your ideas and make recommendations. The sessions will be on January 14<sup>th</sup> at 1pm. , January 18<sup>th</sup> at 1pm, January 24<sup>th</sup> at 10a.m. all at the Senior Center. Please sign -up by calling 518-664-7877 so we can prepare for the meeting.

This meeting is for members and non-members alike. I look forward to seeing you and hearing your thoughts and ideas.

### **Senior Center Usage**

I am frequently asked about membership at the senior center. **ANYONE** can use the Senior Center! You **DO NOT NEED TO BE A MEMBER** to use the facilities, go to the senior lunch or to attend classes. The center is for those 50 and older.

If you want to become a member, you can speak to the board of members about details of membership.

Come and hang out in the lobby, have a coffee and read some of the current magazines. Look at books, work on our community puzzle table. **ALL** are welcome! If you are tired of being stuck at home, see all that the senior center has to offer. Keep watching the newsletter for more information.

### **Cooking from the Pantry Class**

The cooking class this month will be on Friday January 21<sup>st</sup> at 1pm. We have a guest this month Leah from Sage College our dietetics intern will be leading this class on Salmon. She will be making a flavorful dish called Salmon Rice Bowl out of canned salmon. She will talk about fish and the health benefits, and other suggestions of how to use canned salmon. Come and try a sample and learn some new uses for canned salmon. Please sign up so we are sure to have enough for all.



### **Free Medical Items**

As always if you are in need of medical items please reach out to me and I can let you know what I have. If you want to donate items that you are no longer using let me know as well.

### **Life Hacks**

Hang a magazine rack or a file rack on the inside of your cabinet door to hold foil, plastic wrap, and such, freeing up some extra drawer space.

### **Kitchen Short-Cuts**

Want to peel potatoes so much easier? Put potatoes in boiling water for 30 seconds. Use tongs and place them in cold water for 30 seconds. Potatoes will now be so easy to peel.

Add ½ Tablespoon baking soda to onions to help them brown. They will brown faster and won't burn as easily.

### **Movement to Music Class**

The Movement to Music class is becoming quite popular. You need to move those joints and stretch those muscles. It helps with balance, flexibility and over-all wellness. The movements are gentle and low-impact and adaptable to your ability. We sit on chairs and use a stretch band. Try it out or come and watch and see if it is for you. The music is upbeat and fun!

Our next class is January 25<sup>th</sup> at 1pm. We will be holding these classes every other week through the spring. Please sign up.

### **Tea Talks**

Our Tea Talks have returned. We will have Leah Freundlich from Sage College come and talk to us about Sustainability. Do you know how your food choices impact the environment? Learn about how to make purchase choices that will impact the environment for the next generation – your children and grandchildren. There is so much we need to learn about how to take better care of our world. Join us for some education and conversation on how you can do your part.

Our next Tea Talk will be on January 10<sup>th</sup> at 10 am. Sign-ups appreciated.



### **Dietetics Intern**

We have a new dietetics intern from Sage College here daily, through the end of January. If you would like to meet with Leah. Please call me to set up an appointment. She can meet you at the Senior Center. She can answer questions on dietary issues and help you make healthier choices. She cannot address specific medical conditions, but she can discuss your general dietary concerns, overall wellness, nutrition, weight loss and more.

### **Dietary Drop – In Topics**

Leah our dietetics intern is only available until the end of this month. She will have a drop-in time on Tuesday mornings from 10-12pm in the Senior Center to talk about a variety of topics. Feel free to stop in any time during the time period to ask your dietary questions or listen to what she has to say on these topics:

January 4<sup>th</sup> – Low sodium

January 11<sup>th</sup> – My Plate, Wellness, Nutrition

January 18<sup>th</sup> – Fiber

January 25<sup>th</sup> – Healthy Snack Choices.

She will have a handout for you and can answer your questions on these and other topics.



### **Daily Lunch at the Senior Center**

Did you know that you can arrange to have a nice hot lunch at the Senior Center, Monday-Friday at noon? The Congregate Dining has been renamed to **GATHER AND DINE**. Mazzone Catering is now handling the food preparations. All you need to do is reserve a spot the day before by calling Eileen at the Senior Center at 518-664-7877. If you are unable to keep your reservation, be sure to cancel the day before.

If you are going to a class, or activity why not stay and have a meal as well. You can invite a friend or maybe make a new one. Don't eat alone, come and socialize at Gather and Dine! The first time you have

lunch you will be asked to fill out a form for Office for the Aging. This form needs to be completed yearly. The monthly menu is posted at the Senior Center. Lunches are actually **free**, there is a suggested \$2. donation.

Lunches are for those 60 and older. Anyone younger accompanying you can, purchase a meal for an \$8. Fee. Ask Eileen at the Senior Center for details. I hope you will come out and try it!

If you need meals delivered to home because you cannot get out to come to the Senior Center for lunch you can contact Office for the Aging. These meals are delivered daily you can choose 1 or 2 meals, and specify which days. Pre-frozen weekend meals are available as well. Office for the Aging can be reached at 518-884-4100 if you have any questions or wish to sign up.



### **Crafted By Me Class**

If you have an idea for a craft please call me and we can discuss a future craft class. We are meeting on January 13 at 10am to do a very low-key craft, it is more an activity really than a craft. An activity to help you plan your 2022 goals. Think of it as first steps in the New Year and a way to reassess your goals. Please call to sign up.

### **Therapy Dogs Returning Soon!!!**

You know you missed them, and plans are in the works to get the Therapy Dog visits

up and running again. Sometimes we all need a little love from our furry friends. Keep an eye on the newsletter for more information.

### **Just Say Yes to Fruits and Vegetables Class**

We will take a break from this class this month and return to it in February.

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### **Adult Coloring**

We have moved the coloring class! I want to thank the library for hosting us every week! We will now have coloring at the senior center starting at 10 am every Wednesday. (Please note the change in the time). We will meet in the kitchenette room at the Senior Center. I have all the supplies, pencils and books. Try it out, it is very relaxing and uses your creativity. Share in some conversation, relax, make some new friends, and free coffee on the cart!



### **Biography Book**

A sure-fire way to build community is to get to know one another better. We have a biography book in the lobby. Inside are blank sheets which I ask each of you to fill one out. There are some general questions to answer about yourself so we can all get to know each other better. Complete and add to the binder. Read the bios from each other that are in the book, you may have more in

common than you realize. If you have a small picture add that to the bio.

I hope that you enjoy getting to know one another better.



### **Volunteering - ENGAGE Program**

We are looking for volunteers. There is a volunteer form that you can fill out at the office at the Senior Center to let us know what you might be interested in. Right now we are gathering information on your interests for a file that we can reach out to you as assistance is required. So ask for your form and return it at your convenience. Thank you for considering to volunteer!

Come for an info meeting on Volunteering on Jan. 20 at 10am.

### **Tech Support**

Isly is available to help with your technology questions. You can set up a one-to-one appointment with her on Monday afternoons between 1-3pm. She can meet with you for assistance with your phones, tablets or computers. Just call my number to set up an appointment at 518-652-2713.

### **Illness**

Please do your part to help keep others safe. If you are not feeling well please stay home as a precaution to keep others healthy.

### **Martin Luther King Jr Day**

The Senior Center is closed on January 17<sup>th</sup> in observance of Martin Luther King Jr Day

### **Weather Closings**

We are well into winter now. If the weather is bad please call first if you are thinking about coming out to a program. Classes may be cancelled because of bad weather and the center may also be closed.



### **Boosters**

IF you need help signing up for a booster shot we can help. Boosters are available at most pharmacies like Walgreens and CVS. Also at Hannaford and Price Chopper pharmacies. Many of you are told that you must sign up online. We can help you sign up for a booster. Just ask for Isly or Estheisy and we can get you set up with an appointment. You can use the Flex bus to take you if it is Clifton Park.!

### **FOOD Pantry**

In need of the food pantry, call 518-664-8322 ext 1012. Let a message to order a box for pick up on Thursdays.

*Courage is tiny pieces of fear all glued together*

- Terri Guillemets

