

Golden Years

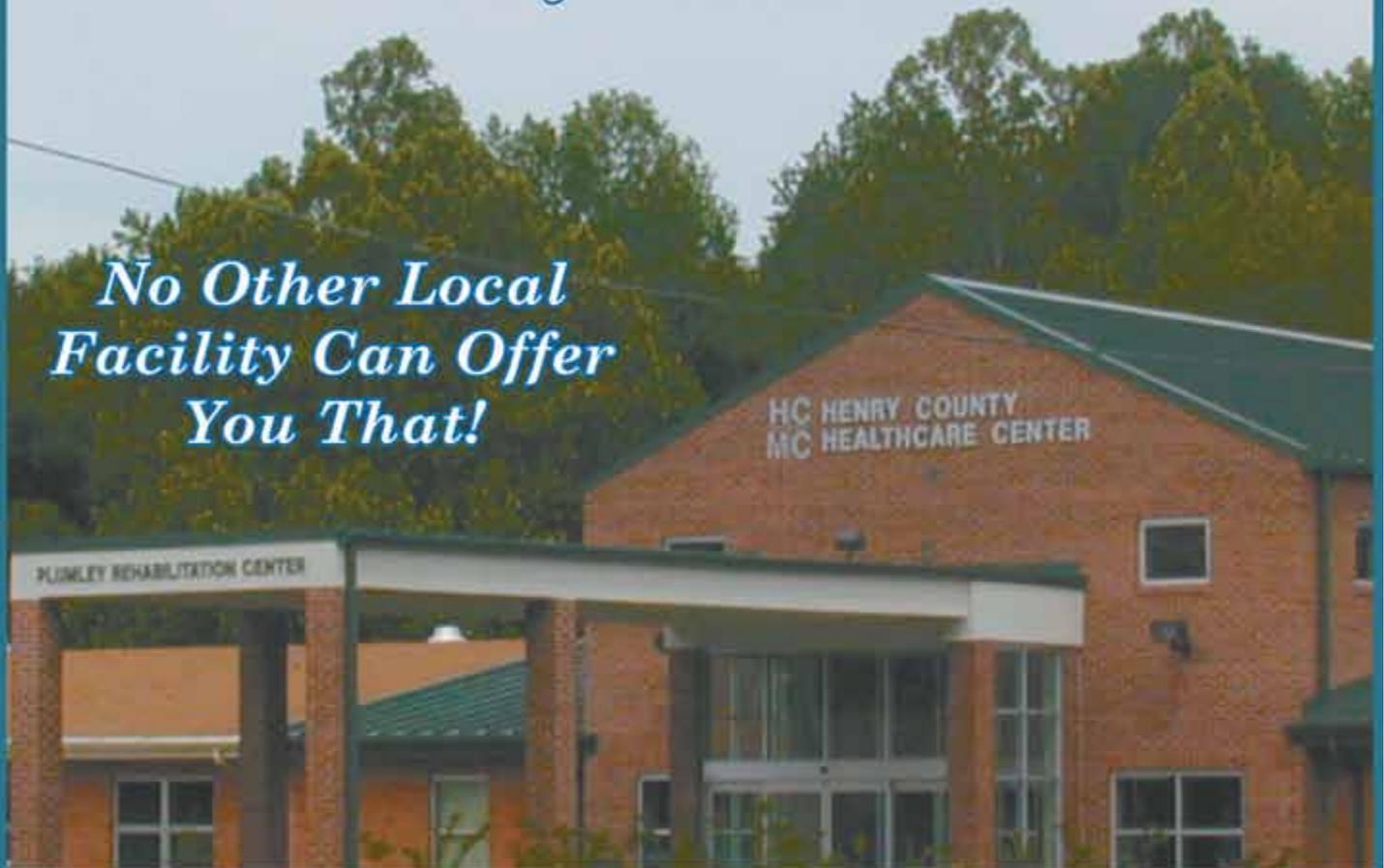
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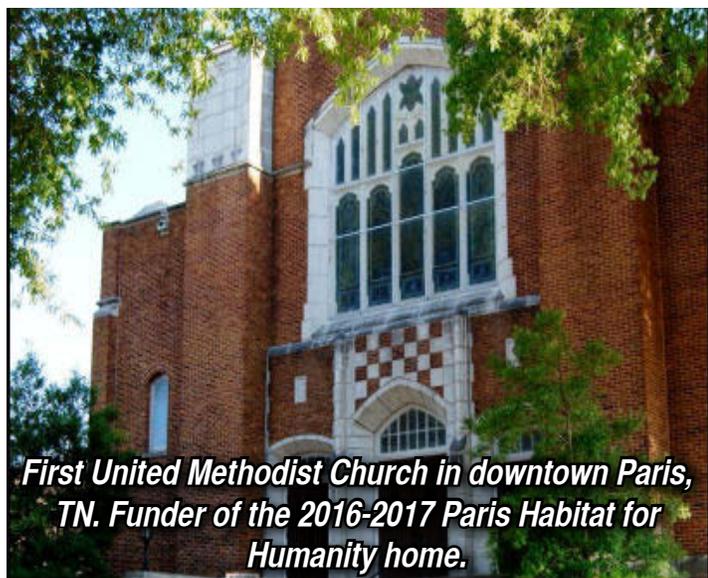
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Golden Years

Retiree & Senior Citizen Magazine

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Golden Years

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Paris First United Methodist Church builds its second Habitat home

written by: Jennifer Wheatley

“At Habitat for Humanity, we build. We build because we believe that everyone, everywhere, should have a healthy, affordable place to call home. More than building homes, we build communities, we build hope and we build the opportunity for families to help themselves.” That’s

a quote from the Habitat for Humanity website. Known by many because of former US President Jimmy Carter’s volunteer work, Habitat has become a well-respected international non-profit by improving the lives of almost 7 million people in 1400 US communities and

70 countries with its incredibly simple mission.

Habitat has been active in Paris since 1996 and the new home under construction for Mary Jane Webb on Routon Street in West Paris is the 15th to be built. A West Paris native, Ms. Webb was no longer able to live in her family home following her mother’s death. A 40-year-old healthcare worker, Webb will share her home with her daughter, 15-year-old Courtney, and her sister, Kayla, for whom Webb cares because of her wheelchair and disability. Webb says the whole family is “very happy and blessed” as they look forward to moving into their new home in 2017.

Webb says she was praying ardently for a vehicle with a lift

device for her sister when she learned that she would be receiving a home. She asked herself “How could this be me?” and has been overwhelmed by the support of the local Habitat board and the support she and her family have received.

Hank Rendleman, chair of the local Habitat for Humanity Board of Directors, says the organization spends about six months fundraising and then another six months on construction, raising the approximately \$40,000 required for each home before the building begins.

Some Habitat organizations build homes near one another to create new neighborhoods, but Paris’ group has spread the homes throughout the community.



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"More than building homes, we build communities, we build hope and we build the opportunity for families to help themselves."

Photography by: Stephanie Priddy



Webb's home is the second to be built with the support of First United Methodist Church, located in downtown Paris, which funded 50% of this construction and 100% of the previous one. The Reverend Dr. Rob Martin, pastor at FUMC, said the church participates with Habitat projects because "We want to provide the stability of a place to call yours." He emphasized that "everyone appreciates a place to call home."

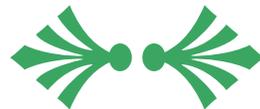
Habitat homeowners are required to contribute hours of "sweat equity" into their new residence, typically 500 hours, and volunteers from FUMC plan to help Ms. Webb meet that goal by contributing up to 150 hours on her behalf. Some homeowners also

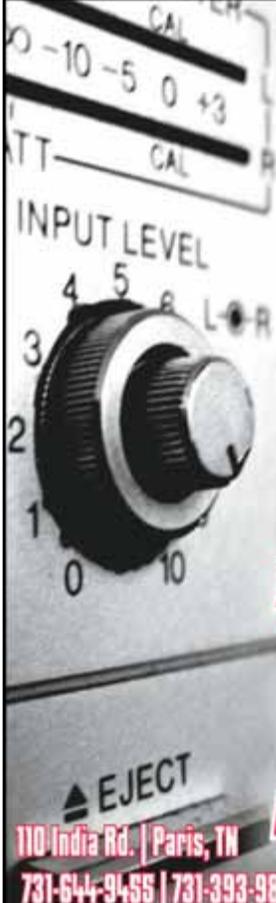
meet the hours criteria by taking classes on home maintenance or financial management.

Homeowners repay Habitat for the homes through a monthly, income based payment that does not include interest, creating revenue for more projects.

Joining Rendleman on the local Habitat board are Charlie Cuthbertson, Dr. Robert Whitfield, Jim Nelson, Penny Lancaster, Kent Sistler, Bill Williams, Ken Kizer, Reggie Caldwell and Dr. Jim Robertston. Dr. Martin summed up why so many people are passionate about their work with Habitat for Humanity: "These are our friends, our folks who live here."

Donations to assist with Habitat for Humanity homes can be made to the board or through FUMC. Call 731.642.4764 for more information.





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A New Wrinkle

submitted by: Henry County Medical Center

If you are caring for elderly parents, you are not alone. More than 43 million people in the U.S. care for someone 50 or older, and nearly 15 million care for someone who has Alzheimer's or dementia.

Caring for an aging parent can be a richly rewarding yet stressful, emotional

experience. The key to minimizing the stress and anxiety (for yourself, your parents and your siblings) is open, respectful communication — early and often.

AARP recommends that adult children talk to their parents about “developing contingency plans for adapting to aging-

induced changes” long before parents begin to experience mental or physical impairments.

Contingency plans spell out parents' preferences, such as end-of-life wishes and where they might like to live if they can no longer safely care for themselves. These plans should also

cover legal matters, including a power of attorney for financial and healthcare decisions.

It's not always easy to discuss these topics with your parents. They may struggle with giving up control and dealing with the losses that come with aging. Your siblings may have

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different ideas and expectations than you do about what is best for your parents and who should do what. Family meetings will help you clarify goals and expectations and work out conflicts. A trained facilitator can help if your family is struggling.

Resources

Don't feel you have to reinvent the wheel. You can find a wealth of information, tools and resources online to help you navigate the challenges of caring for your parents. These resources can be a significant lifeline; use them freely and often. Here are a few to get you started.

National Alliance for Caregiving:
caregiving.org

Eldercare Locator:
eldercare.gov

Next Step in Care:
nextstepincare.org

AARP: aarp.org

Caring.com

Caregiver Action Network
caregiveraction.org

Your local Agency on Aging n4a.org

Caring for the caregiver

Don't forget to take care of yourself. Being a caregiver can be exhausting. Make your own health a priority. Get enough sleep, eat a healthy diet and get regular exercise. Make time for friends and pleasurable activities. Take breaks and don't be afraid to ask for help.



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Do One Thing:

Start the conversation. If you have not yet discussed your parents' plans, preferences and wishes, broach the topic now in a collaborative spirit. It will take more than one conversation, but you have to start somewhere. Need help? Download "Guide to Having Touchy Conversations Over the Holidays" from A Place for Mom or Prepare to Care: A Planning Guide for Families by AARP.

Henry County Medical Center has several opportunities to help caregivers with their aging parents. If your parent is dealing with dementia or Alzheimer's disease, the geriatric unit at HCMC Lake Haven Behavioral Center may be available to help. Lake Haven Behavioral Center is dedicated to serving the mental health needs of adults and geriatric clients. HCMC Lake Haven Behavioral Center recently opened a new 10- bed unit

designed to meet the specific needs of the geriatric population. Previously, both geriatric and adult patients were located on the same unit, but with the opening of the new unit, patients can now be separated and cared for based on their specific needs.

Respite care provides time off for family members who care for someone who is ill, injured or frail. Henry County Healthcare Center offers respite care with the objective to provide caregivers with planned temporary, intermittent, substitute care, allowing for relief from the daily responsibilities of caring for the care recipient. Respite care is essential for all caregivers, whether they work in

a caregiving facility or at home with family members or close friends.

Henry County Healthcare Center offers to house and care for a family member for a day, a weekend or when the caregiver takes a vacation. The 136-bed facility provides skilled and intermediate care, with a patient-focused staff. The primary goal is to ensure maximum independence and quality of life for each individual regardless if the stay is for a few days, a week, or for the rest of his or her life.

If you would like more information about HCMC Lake Haven Behavioral Unit, call them today at 731-644-8420. If you would like to learn more about respite care at HCMC, give them a call at 731-642-5700.

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Find and circle all of the Winter related words that are hidden in the grid.



The remaining letters spell a Japanese proverb.

- | | |
|-----------------------|--------------------|
| Black Ice | Season |
| Blizzard | Skates |
| Boots | Ski Doo |
| Carnival | Ski Pants |
| Christmas | Skiing |
| Cold | Sled |
| Egg Nog | Sleet |
| Fireplace | Slippery |
| Firewood | Snow Castle |
| Fog | Snow Plow |
| Freeze | Snow Shovel |
| Frost | Snow Tires |
| Gloves | Snowball |
| Hail | Snowboard |
| Headband | Snowflake |
| Hibernation | Snowman |
| Hockey | Snowshoes |
| Holidays | Solstice |
| Ice Fishing | Soup |
| Icicles | Stew |
| Knit Cap | Storm |
| Long Underwear | Sweatshirt |
| Mittens | Toboggan |
| Olympics | Vacation |
| Parka | Wind Chill |
| Scarf | Wool Socks |

See solution on page 22



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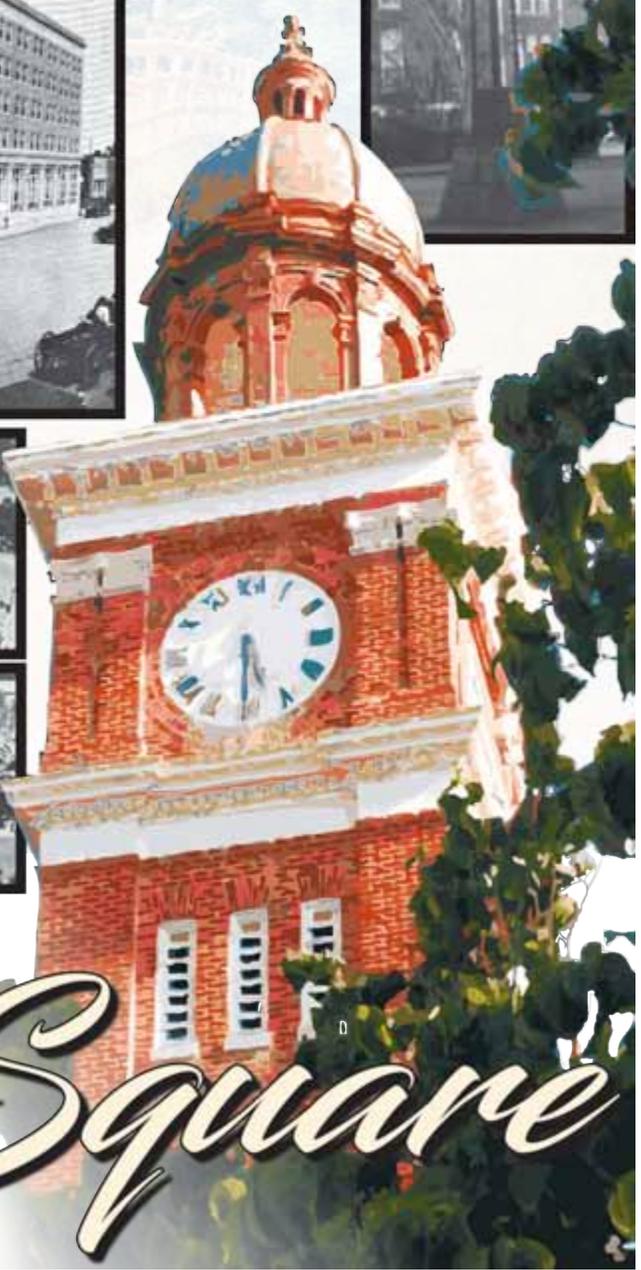
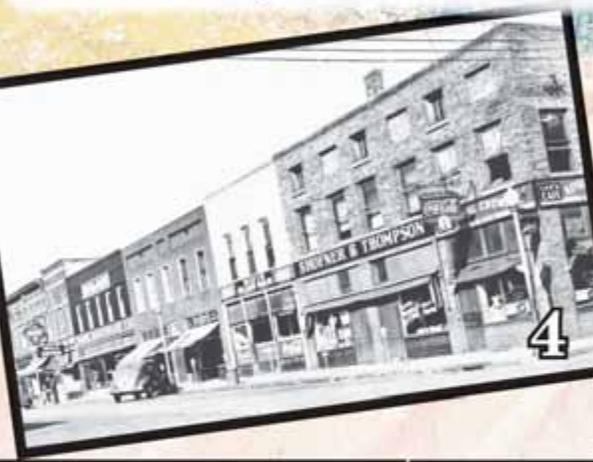
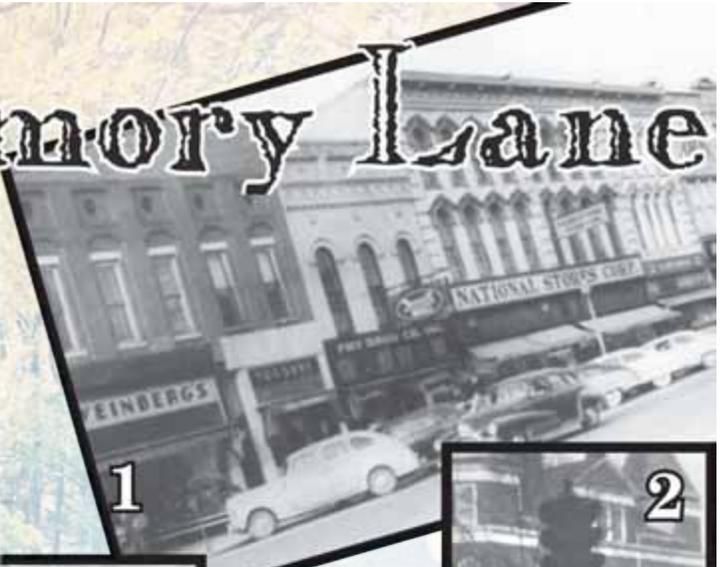
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Down Memory Lane

- 1. Washington Street, ~ 1950s
- 2. Intersection of S. Market and Wood Streets. Traffic lights were in the center of the crossing. ~ 1940s
- 3. Commercial Bank, ~1920s
- 4. East Washington Street, ~ 1940s
- 5-8. Aerial views of downtown Paris decorated in celebration of the city's centennial year in 1923.



ON THE
Court Square

Miss Kitty



DEAR MISS KITTY,

I am a 68-year-old divorced female dating a slightly older gentleman, who, unfortunately, suffers from some of the physical "challenges" which occur in many men his age. I know this only because of an overheard conversation. I have seen the ads

on television and I know there are cures! Lots of them! I was raised in a generation that simply did not discuss these things, so I have NEVER mentioned this. We go to dinner and to activities together, but all our dates end with a very chaste kiss and hug at the door. I know we are

older, but we are not dead, and I want more! I want us to travel together, spend evenings at home and grow to be intimately close, maybe even marry. Unfortunately, I fear we never will. How do I approach this subject? Should I just be looking for another boyfriend? *Shy and Needy*

Dear S and N, Kitty is crying kitty tears and wiping them away with her little paws! How sad! Honey, you have to make a decision, because I see two possibilities here. The first is that you really love this man and need to tell him that you want to know all of him and be his

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support as he seeks medical solutions for his “challenges”. The other idea that went zinging in my brain is that you are looking for a reason to end this relationship. Are you bored? Has the cat nip gone stale? Are you finding fault because you do not want to continue?

This gentleman deserves the truth. Tell him you want more or tell him you want to move on.

Got a question? Need some advice? Ask Miss Kitty! Send your questions to peddlerads@gmail.com and look for your answer in the Golden Years!



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Frosty's Fodder



Corn Sausage Chowder

6 servings

- 1 lb. bulk pork sausage
- 1 cup coarsely chopped onion
- 4 cups peeled potatoes cut in 1/2-inch cubes
- 2 cups water
- 1 teaspoon salt
- 1/2 teaspoon dried marjoram, crushed
- 1/8 teaspoon freshly ground pepper
- 1 17 - ounce can cream-style corn
- 1 17 - ounce can whole-kernel corn, drained
- 1 12 - ounce can evaporated milk

In a Dutch oven or kettle, cook the pork sausage and onion until the sausage is brown and the onion is tender. Drain mixture on paper towels. Return sausage mixture to Dutch oven. Stir in potatoes, water, salt, marjoram, and

pepper. Bring to boiling; reduce heat. Simmer, uncovered, about 15 minutes or until potato is just tender. Add the cream-style corn, whole-kernel corn, and the evaporated milk. Heat through.



Fried Zucchini

4-6 servings

- 2 1/2 cups grated zucchini
- 1 egg, beaten
- 2 tablespoons butter melted
- 1 cup seasoned bread crumbs
- 1/4 cup minced onion
- 1 teaspoon Old Bay Seasoning (may add more)
- 1/4 cup all-purpose flour
- 1/2 cup vegetable oil (for frying)

In a large bowl, combine zucchini, egg, butter or margarine. Stir in seasoned bread crumbs, minced onion and seasonings. Mix well. Shape mixture

into patties (see Note). Dredge in flour. In a medium skillet, heat oil over medium-high heat until hot. Fry patties until golden brown on both sides. **Note: For easier handling and forming into patties, flour your hands and then lightly roll mixture into a ball and pat gently into patties.**

Apple Cake

12 servings

- 3 cups flour
- 2 cups sugar
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 3 large eggs, beaten
- 1 cup vegetable oil
- 2 teaspoons vanilla
- 3 cups finely chopped apples
- 1/2 cup apple juice
- 1 cup chopped walnuts

Glaze topping

- 1 cup brown sugar
 - 1/4 cup butter
 - 1/3 cup whipping cream
- In a large bowl combine flour, sugar, soda and salt. Make a well in the center and set aside. In a medium bowl combine eggs, oil, apple juice and vanilla. Stir in apples and nuts. Add



the egg mixture to dry ingredients, just until moistened. Spread batter in a greased and floured 9 x 13-inch pan. Bake at 350F for 45-50 minutes. In a small saucepan combine the brown sugar, butter and cream. Cook and stir till bubbly and all of the sugar is dissolved. Cool slightly. Drizzle warm sauce over cake, when it has cooled for 5 minutes, so it can seep into the cake, keeping it moist.

Ginger Tea

serves 1 cup

- 2 cups milk
- 1 1/2 teaspoons loose black tea leaves
- 2 tablespoons sugar
- 1 inch piece fresh ginger

Combine the milk, tea and sugar in a small saucepan and bring to a boil. Wash a thumb-sized piece of fresh



ginger. Pound until flat - juice should begin to ooze. Add the ginger to the milk-tea mixture when it begins to boil. Reduce the heat, letting it all simmer for 2-3 minutes.

Porkchops and Gravy

6 servings

1/2 cup all-purpose flour

1 1/2 teaspoons dry mustard

1/2 teaspoon salt

1/2 teaspoon garlic powder

6 lean boneless pork chops (1 in. thick)

1 (10 3/4 ounce) can condensed chicken broth

2 tablespoons vegetable oil

Combine 1st four ingredients in a shallow dish. Dredge chops in flour mixture and set aside. Combine what is left of the flour mixture w/ the chicken broth and pour



into your crock pot. Pour oil into a large skillet and cook the chops in hot oil until browned on both sides. Place chops in crock pot and cook covered on High for about 2 to 5 hours or until tender. Serve w/ hot rice and/ or mashed potatoes.

Note: If the gravy becomes too thick just add a little water. If you accidentally add too much water then add a little more flour. Season w/ salt and pepper to your taste.



Molasses Cookies

makes 42 cookies

3/4 cup shortening

1 cup packed brown sugar

1/2 cup white sugar (reserved for coating raw dough balls)

1 large egg

1/2 cup molasses

2 1/2 cups all-purpose flour

1/2 teaspoon salt (see Note)

2 teaspoons baking soda

1 teaspoon ground cinnamon

1 teaspoon ground ginger

1 teaspoon allspice

1 teaspoon nutmeg

Cream together shortening and brown sugar. Stir in egg and molasses and mix well. Fold in dry ingredients and stir. Cover and chill till firm (1-2 hours). Pre-heat oven to 350F. Roll dough into small balls and roll in white sugar. Place on lightly greased cookie sheet. Bake at 350F for 9-10 minutes. Leave on sheet one minute until set.

Note: Between 1/2 teaspoon to 1 teaspoon may be used depending upon taste.



Crock-pot Chicken with Black Beans & Cream Cheese

4 servings

4-5 boneless chicken breasts

1 (15 1/2 oz.) can black beans

1 (15 oz.) can corn

1 (15 oz.) jar salsa, any kind

1 (8 oz.) package cream cheese

Take 4-5 frozen, yes, frozen, boneless chicken breasts put into crock pot. Add 1 can of black beans, drained, 1 jar of salsa, 1 can of corn drained. Keep in crock pot on high for

about 4-5 hours or until chicken is cooked. Add 1 package of cream cheese and let sit for about 1/2 hour.



Queso Blanco Dip

4-8 servings

1 lb. land o' lakes white American cheese

2 (4 oz.) cans diced green chilies, undrained

1/2-1 cup heavy cream, to taste

Simmer all on the stove in a saucepan until smooth.



Dreamsicle Margarita

1 servings

1 1/2 ounces tequila

1 oz. triple sec

3 oz. orange soda

1/4 cup frozen orange juice concentrate

1/2 cup vanilla ice cream

1 1/4 cups crushed ice

Process all ingredients in a blender until smooth.

SUDOKU

See solution on page 22

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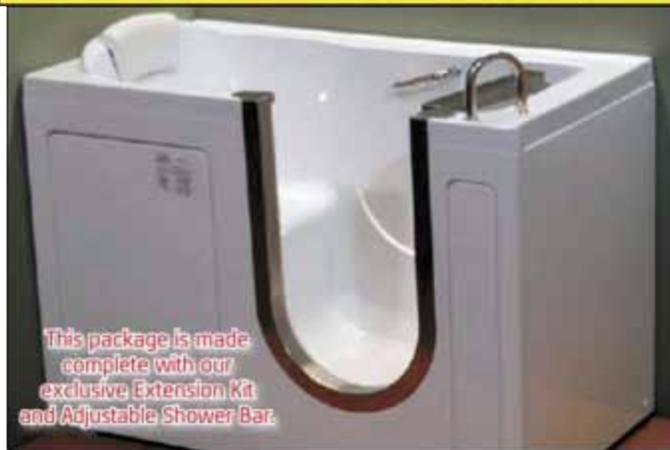
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New Year – New You

written by John Wambles with submissions from Deb Snow, Henry County Office on Aging

Statistics show that the average person can gain two to six pounds during the holiday eating season. Now that the holidays are over, it's time to get back to the basics. A quick internet search and information provided by Deb Snow from the Office on Aging in Henry County will jump start your better

eating habits for the new year.

According to the American Heart Association – heart disease is the number one cause of death among U. S. adults aged 65 and older. Heart disease might sound scary, but you can reduce the risk by making healthy lifestyle and food choices.

The amount of fat that should be eaten should be limited to less than 35% of your total calories for the day. Try to avoid saturated fat. Saturated fats are the fats that are solid at room temperature. Try limiting saturated fat by eating cuts of meat with loin or round in their name. Controlling how much

meat we eat during a meal, also helps too. Two to three ounces of meat is approximately the size of a deck of cards.

Remove the skin off of chicken or turkey before eating is another good way to cut your saturated fats. How you prepare your meats can also

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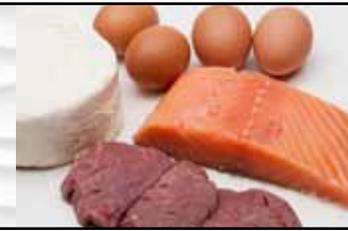
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make a big difference. Baking, broiling, roasting, stewing or stir-frying lean meats, fish or poultry are highly recommend forms of preparation.

Try increasing heart healthy fats by eating salad dressings made with olive, walnut or pecan oil. Try adding walnuts to your cereal, salads and muffins. Include fish in your diet, at least once a week, to add healthy fats. You also need to be concerned about the fat content in dairy foods. Consume only low-fat milk, yogurt and cheeses.

Start thinking Super Foods. The Spirit of Women website

describes a super food as a food source promoting health and wellness and packed with higher nutrients per calorie as compared to other foods. Super foods are rich in minerals, vitamins, antioxidants and other nutrients. Super foods can fall into many different categories such as vegetables, proteins, fruits and grains. One thing all of these foods have in common is that they are unprocessed – they are “real.”

Here are 10 super foods that you can easily fit into your diet starting with your next trip to the grocery store:

Blueberries: rich in fiber, vitamin C and antioxidants (same goes for purple grapes, cranberries, boysenberries, raspberries, strawberries, currants, blackberries and cherries).

Oats: always look for the word “whole” as the first ingredient (also think wheat germ, flaxseed, brown rice, barley, wheat, rye, quinoa, yellow corn and couscous).

Omega 3: lowers heart disease and helps arthritis (found in eggs, salmon, herring, sardines, mackerel, flaxseed and walnuts).

Raw Cacao – unprocessed dark chocolate, filled with iron, magnesium and fiber, also abundant in antioxidants.

Red wine: rich in antioxidants and high levels of resveratrol.

Soy: lowers cholesterol (tofu, soy milk, edamame, not soy powder or sauce).

Spinach: great source of fiber and calcium (also try kale, collards, mustard greens, turnip greens, bok choy, romaine, and orange bell peppers)

Sweet potatoes: high in fiber, lower glycemic index than white potatoes.

Tea: black tea and green tea have strong antioxidants. (brewed is better than instant).

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Tomatoes:

great source of fiber, beta-carotene and vitamin C (also good are red watermelon, pink grapefruit, red-fleshed papaya and strawberry guava).

Other super foods that are easily found at your local grocery store and should be part of your weekly diet are apples, all kinds of beans, broccoli, brussels sprouts, garlic, hummus, olive oil, oranges, natural peanut butter, pumpkin and pumpkin seeds, skinless turkey and yogurt.

Don't just make your health and eating right a new year's resolution, make it a new way of life. It is the one thing you can start doing today that isn't a selfish act or imposing on others but it is totally good for you. The benefits of fewer doctor's visits, feeling better, a better attitude and living longer with your family will only enhance your overall efforts. It's a new year – how 'bout a new you?!

	Approximate calories used (burned) by a 154-pound man*	
MODERATE physical activities:	In 1 hour	In 30 minutes
Hiking	370	185
Light gardening/ yard work	330	165
Dancing	330	165
Golf (walking and carrying clubs)	330	165
Bicycling (less than 10 mph)	290	145
Walking (3.5 mph)	280	140
Weight training (general light workout)	220	110
Stretching	180	90
VIGOROUS physical activities:	In 1 hour	In 30 minutes
Running/ jogging (5 mph)	590	295
Bicycling (more than 10 mph)	590	295
Swimming (slow freestyle laps)	510	255
Aerobics	480	240
Walking (4.5 mph)	460	230
Heavy yard work (chopping wood)	440	220
Weight lifting (vigorous effort)	440	220
Basketball (vigorous)	440	220

** A 154-pound man who is 5' 10" will use up (burn) about the number of calories listed doing each activity above. Those who weigh more will use more calories; those who weigh less will use fewer calories. The calorie values listed include both calories used by the activity and the calories used for normal body functioning during the activity time.*

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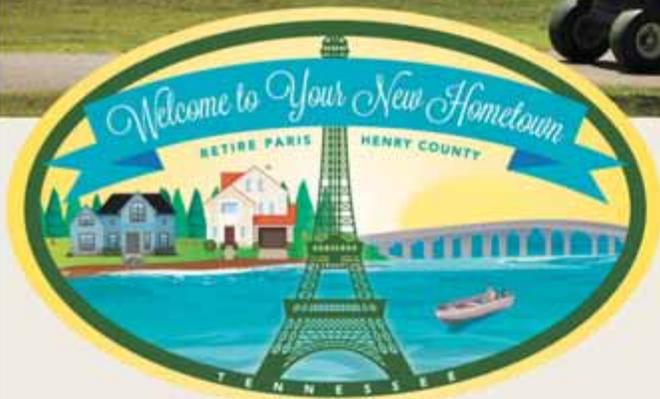
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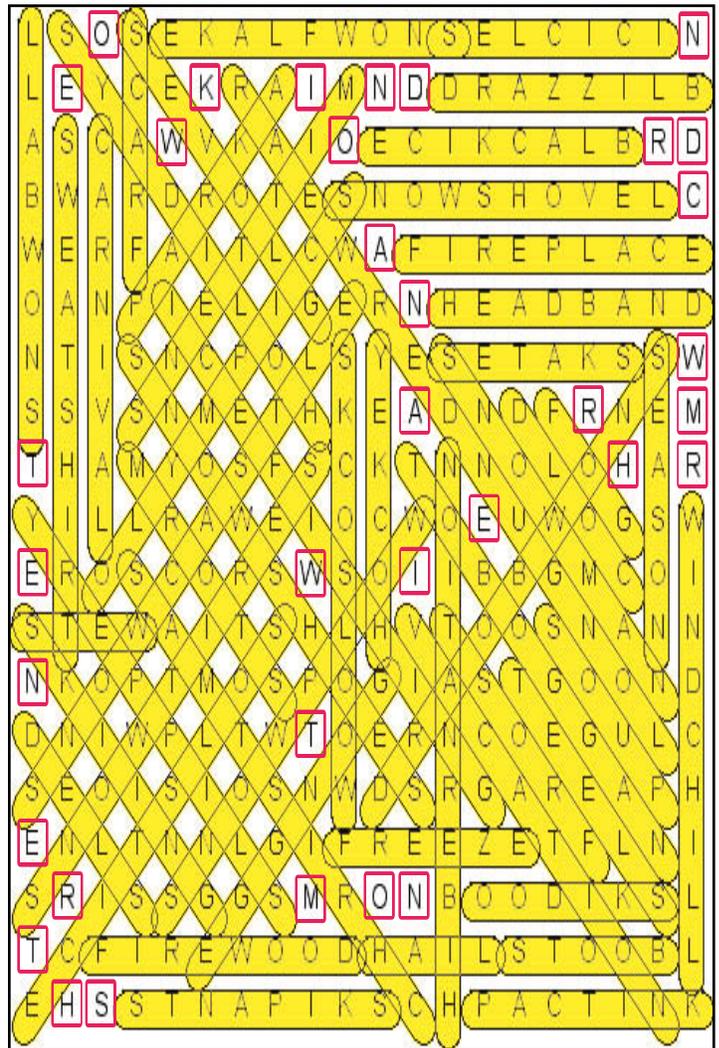
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6	2	5	7	4	3	8	1	9



The hidden sentence is:
**ONE KIND WORD CAN WARM
 THREE WINTER MONTHS.**

Crossword is on page 8
 Sudoku is on page 17



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Apple Computer, Inc. incorporates & starts shipping its first "Apple II" computers in June.



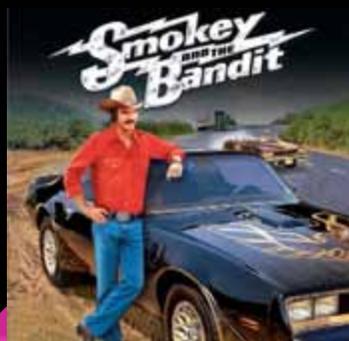
Bette Davis is 1st woman to receive American Film Institute's Life Achievement Award.



Elvis Presley sings in Indianapolis at the last performance of his career.



Rings of Uranus discovered by astronomers James L. Elliot, Edward W. Dunham, & Jessica Mink.



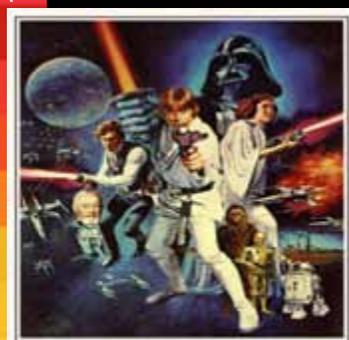
"Smokey and the Bandit" & Star Wars Episode IV: A New Hope premiere.



Muhammad Ali beats Earnie Shavers in 15 for heavyweight boxing title in September.



"Saturday Night Fever" starring John Travolta, premieres in NYC.



"Star Wars" Episode IV: A New Hope premieres.



Jay Leno first appears on Tonight Show.

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