

The Resident Newsletter

Winter 2015



Calendar of Events:

Sunday, February 1st

Super Bowl Sunday

Saturday, February 14th

Valentine's Day

Sunday, March 8th

Daylight Savings

Tuesday, March 17th

St. Patrick's Day

Sunday, March 29th

Open House

Sunday, May 10th

Mother's Day Plant Sale

Meet the Cooks



Louann Strothman, our weekday cook and Maryann Bova and Donna Cerino, our weekend cooks recently joined our community. Together they bring a plethora of delectable family recipes for our residents to enjoy. Please let them know if you would like to share one of your own family recipes and they will be happy to prepare it for everyone.

Mother's Day Plant Sale

Mark your calendars! May 10th is our first fundraiser for the residence. Mother's Day plant sale to take place in the back parking lot.



Volunteers Needed



In addition to needing volunteers to help with our Mother's Day Plant Sale, we are always looking for volunteers to assist around the community. We need help with recreation, gardening, painting and cooking. Not only do these efforts help to keep our community affordable and beautiful but our residents delight in seeing their loved ones helping around their home. For volunteer opportunities call Ann Marie at 201-225-0707.

Open House

Don't forget to tell your friends – we will be having an Open House March 29th from 11:00 to 2:00 PM. Coffee and dessert will be served.



River Edge Bus Now Stopping at the Paramus Park Mall & New Milford Senior Center

Starting February the River Edge Bus will be going to the Paramus Park Mall every Tuesday. Drop off at 1:30 and picking up at 3:30. The bus will also be dropping off at the New Milford Senior Center every Tuesday morning at 8:30 AM. Please let Gina or Ann Marie know the day before if you want to go.



Sunday Family Meals

We at The Senior Residence would very much like every family to "break bread" with our residents. Families are welcome to join us for Sunday dinner once a month. Please contact Ann Marie at 201-225-0707 or email her at apedulla@stpetersresidence.org to schedule your Sunday Family Meal!

Daylight Savings Time

March 8th is daylight savings time. Don't forget to turn your clocks ahead one hour!

Saint Patrick's Day Word Search

V G D H V C T Z K Q W P V A R
X Z L U S I F O S Y O C Q D Q
Y C E Q B P A N O T B N B R Z
L E P E H L A H O Q N J V A K
N L R U K K I F S E I X C C O
A T E J E C G N E I A M I L I
N I C S X O I R P Y R R T U D
F C H M L N G R V R T I N A S
A A A D J S I H E A H E I N N
N T U X Z M D F P M W P A V L
N D N E G E L W N B I U S U P
N T J W W K L Q U C H L Y U P
J B Q A P F Z O K U N Q O J X
I W I N B I R E L A N D G S Y
J D C K C O R M A H S Y B Z X



CELTIC
IRELAND
LEPRECHAUN
POTOFGOLD
SHAMROCK

DUBLIN
IRISH
LIMERICK
RAINBOW
SNAKES

GREEN
LEGEND
PATRICK
SAINT



Hearty Ham & Navy Bean Soup



Ingredients

3 cups dried navy beans
1 can diced tomatoes
1 large onion, chopped
1 meaty ham hock or 1 cup diced cooked ham
2 cups chicken broth
2 ½ cups water
Salt and pepper to taste
Minced fresh parsley

Directions

1. Rinse and sort beans. Place beans in a Dutch oven or soup kettle; add water to cover by 2 inches. Bring to a boil. Boil for 2 minutes. Remove from the heat, cover and let stand for 1 to 4 hours or until beans are soft.
2. Drain and rinse beans, discarding liquid. Place in a large Dutch oven or soup kettle. Add the tomatoes with juice, onion, ham hock, broth, water, salt and pepper. Bring to a boil. Reduce heat; cover and simmer until beans are tender about 1 ½ hours.
3. Add more water if necessary. Remove ham hock and let stand until cool enough to handle. Remove meat from bone, discard bone. Cut meat into bite sized pieces, set aside. (For thicker soup, cool slightly, then puree beans in a food processor or blender and return to pan). Return ham to soup and heat through. Garnish with parsley.

Nutritional Facts

Diabetic Exchanges: One serving (prepared with lean ham and no added salt) equals 2-1/2 starch, 1 lean meat, 1 vegetable; also, 265 calories, 373 mg sodium, 10 mg cholesterol, 41 gm carbohydrate, 19 gm protein, 3 gm fat.



Fabulous Fiber

...helps us in so many ways – its numerous health benefits are proven and well documented. Fiber is only found in plant products, so if a food comes from an animal, it does not have fiber. That means if you are consuming most of your calories from meat, chicken, fish, cheese, milk, bacon, and fats in all their varieties, you are not getting any fiber.

Fiber is the part of food that your body cannot absorb, it passes through the body intact. There are 2 kinds - soluble (dissolves in water) and insoluble.

Soluble fiber holds water and forms gels, which slows the rate food leaves the stomach. This is good, because while eating less, you will still feel satisfied. This delay also slows sugars entering the blood stream, thus lowering the glycemic effect. Forming gel also binds cholesterol and “escorts” it out of the body. Foods that contain high amounts of soluble fiber include oats, barley, legumes (beans and peas), apples, carrots, and citrus fruits.

Insoluble fiber promotes movement (think of your intestines, not the dance floor), which speeds food through the gut. Once nutrients are absorbed, what remains is “toxic” waste and needs to move through the intestines. Insoluble fiber acts like a Roto Rooter, clearing waste out so it doesn’t sit in the gut too long. The best source of insoluble fiber is found in the bran layer of cereals and grains.

What happens if you don’t get enough fiber? Well, you may be familiar with some of these modern health concerns: overweight, diabetes, higher blood cholesterol levels, increased problems with constipation, hemorrhoids, and diverticular (small pouches in intestines) diseases. You need 25-30 grams of fiber a day, which really is quite a bit. Here are some tips to increase fiber in your diet:

- Eat more whole grains – at least HALF of all breads, grains, cereals you consume should be whole grain. Foods such as bran, cereals, oatmeal, 100% whole wheat bread, and brown rice. Substitute whole grain flour for half or more of white flour.
- Fill up on fruit – eat a fruit at every meal, remember the more unprocessed, the better
- Take in more legumes, at least 3 times a week. Your body will adjust to the side effect of gas, it will go away in a couple of weeks, meanwhile, stock up on Bean-o.
- Enjoy many more vegetables – add them to soups, sauces and snacks.
- Make your snacks count – try vegetable sticks, whole fruits, and whole grain products.