



PSST!

PerrySeniorServicesTribune

Sept/Oct 2018

Dates to Remember

September

- 18 BINGO 12:30
- 26 Golf Outing Fundraiser

October

- 2 BINGO 12:30
- 3 Flu Shot Clinic
- 11 Cards 12:30
- 23 CPR/AED/First Aid Training 1:00-3:00pm**
- 25 Cards 12:30

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We need your help!

We are seeking ongoing help in the office particularly on Wednesdays and Fridays.

We also need help at the golf outing with registration and various other roles on 9/26. The golf outing is scheduled from 11:00-6:00. You would not need to stay the entire time. We would work with your availability. Lunch and dinner are provided.

Call us at 317.783.9231 or stop by if you're interested.

Card Days are coming back!
Join us for cards on the 2nd and 4th Thursday of the month for card games such as Euchre and Bridge at 12:30

Items for our clients

We have items such as papertowels, toilet paper, and personal hygiene supplies in the office. If you think the clients you transport could use them, please take them. Please take the newspapers such as the Southsider as well.

New Gadgets for Seniors

OnGuard Security Solutions

More than an emergency button. Wellness is a new option to aid with independent living.

It tracks typical activity patterns and will send an alert if it detects something out of the ordinary.

Wellness also makes sure the loved one is up and active during the hours expected.

Alerts are sent when doors are opened at night or the bed is left vacant for a long time.

Wellness also has the ability to control lights, thermostats, and more with voice commands.

It offers peace of mind with 24/7 emergency response for intrusion, fire and medical emergencies.

Call 317.572.5777

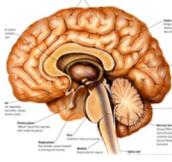
Or visit
Weareonguard.com

What a cool way to be safe!



Ways to Stay Mentally Alert

Take charge of your healthcare. Get to know your doctor and pharmacist so they can help you make decisions not only about medications, but about your lifestyle.



Eat well. Get active. Get moving. No matter how old you are, physical activity is critical. And it doesn't have to be taking a strenuous exercise class. It can be as simple as walking for 10 or 15 minutes a day. If you can do that twice a day – even better!



Stay Engaged. The other key is to stay engaged. There are opportunities in every community for older adults, no matter what age, to stay engaged in life. We know that people who volunteer have better physical health, and often have better mental health, as well. Learning more, learning new things, and staying engaged with people are critical to our overall well-being. Helping others is a great way to help you count your blessings, and realize how useful you can be.

Have fun and laugh a lot. Live longer and live better!



Crockpot Cooking

Crockpots are making a comeback and with good reason. Slow-cooked meals are great for making ahead, reheating and eating leftovers for several days.

A slow-cooker is great for preparing healthy meals and allows stretching meat to provide seasoning for a meal with plenty of vegetables.

Chicken & Pasta Soup

Ingredients

- 3 cans (10 1/2 oz each) chicken broth
- 1 cup water
- 2 cups diced cooked chicken
- 1 can (14.5 ounces) diced tomatoes with juice
- 1 cup chopped onion
- 1/2 cup diced celery
- 1/2 teaspoon dried leaf basil
- 1 teaspoon dried parsley flakes
- dash garlic powder
- 1/2 cup ditali or other small pasta (2 to 3 oz)
- 1 cup frozen peas & carrots or mixed vegetables

- **Prep Time:** 12 minutes

- **Cook Time:** 420 minutes

Yield: Serves 4 to 6

Preparation

Combine the chicken broth, water, chicken, tomatoes, onion, celery, basil, parsley, and garlic powder in crockpot and cook on LOW for 5 to 7 hours, or until the vegetables are tender. Add the rest of the vegetables and the pasta, and continue cooking on LOW for 30 to 60 minutes.