Due to coronavirus (COVID-19) concerns, the Dick Eardley Senior Center remains closed until further notice. If you have any questions during this time, please call us at 208-608-7580.

November

Happy Thanksgiving!

In 1705, a town in Connecticut postponed its Thanksgiving celebrations for a week because there wasn’t enough molasses available to make pumpkin pie.

Most of the U.S. will “fall back” by one hour this month, exiting Daylight Saving Time. This year, Standard Time returns at 2 a.m. on Sunday, Nov. 1. Be sure to adjust your clock before you go to bed!

On Nov. 21, 1980, between 83-90 million American viewers tuned in to the fourth episode of the 1980-81 season of the primetime TV hit “Dallas” to find out who shot J.R. Ewing. It earned the highest rating of any television episode in U.S. history. The record was broken in February 1983 when the final episode of M*A*S*H aired.

Samuel Langhorne Clemens, who published under the pen name Mark Twain, was born Nov. 30, 1835 in Florida, Missouri.

A DAY TO THANK VETERANS FOR THEIR SACRIFICES

According to the U.S. Department of Defense, “Veterans Day honors all of those who have served the country in war or peace—dead or alive—although it’s largely intended to thank living veterans for their sacrifices.” The 2020 Idaho Veterans Day Parade, a popular way to observe the holiday in Boise, has been postponed to 2021, but there are other ways to honor veterans by showing gratitude this month.

Here are some ideas: Ask a veteran about his or her service, fly the American flag at home, teach the young people in your life about the sacrifices veterans make on behalf of all Americans, or write a letter to a veteran.

We are collecting letters for veterans this month. You can mail your letter or postcard to us at Dick Eardley Senior Center Attn: Veteran 690 Robbins Road Boise ID 83702

We will bundle and deliver letters to the Boise VA during the month of November. Jake Faulkner at the Boise VA’s Voluntary Service office said veterans always appreciate a message that’s from the heart. Share a personal story of how veteran service has affected your life. It could be a memory of a specific event, or the connection you have with a veteran.

LET’S TALK ABOUT DIET, EXERCISE, AND DIABETES

November is National Diabetes Month and a good time to take stock of our health, whether we have been diagnosed with type 2 diabetes or are working to avoid it.

Type 2 diabetes is a disease that affects the way our bodies metabolize sugar. According to the Mayo Clinic, there is no cure for type 2 diabetes but it can be managed by self-care, including losing weight, eating well and exercising. Diet and exercise are common themes in most “lifestyle diseases.” We asked two of our Senior Center instructors, Jill Boyer and Barbara Smith, to answer some questions about those topics.
DIABETES continued from page 1

Q  Why is exercise important for people age 60+?
Jill  There are countless studies that prove the important health benefits associated with exercise, and it becomes more important as we age. These benefits will help you maintain your independence as you age. The 5 primary benefits are:
   1. Prevents disease, particularly heart disease and diabetes
   2. Improves mental health. Exercise produces endorphins, the feel-good hormone
   3. Improves cognitive function and lowers the risk of dementia
   4. Provides social engagement
   5. Decreases the risk of falls

Q  How often do I need to exercise to benefit from it?
Jill  American Heart Association studies have proven that just 30 minutes of activity each day produces health benefits. This can be done at one time or broken down into “blocks” if that makes it more manageable. For instance, 3 separate periods of 10-minute exercises will also produce results.

Q  What are some exercises I can do from home?
Jill  The most common exercise is walking. A brisk walk outdoors will increase blood oxygen levels as well as strengthen the heart, but indoors will work as well. Or, sit in a solid dining room chair, come to a standing position, sit back down and repeat. This strengthens the leg muscles and helps foster our sense of independence.

Balance is important, so try standing on one foot. Stand near a counter and use it to help you balance. Hold on to the counter, lift one foot, then see if you can raise your hands a few inches. Repeat on the other side. Maintain range of motion by doing high knee lifts, again using something solid for balance. Try turning your head from side to side. Can you get your chin to your shoulder?

There are many free videos available on the internet that can guide you through home exercises, or you can find videos on the Dick Eardley Senior Center site.

Q  I don't have gym equipment at home. Do I need it?
Jill  A gym is not necessary to make these improvements in our health. Gyms can be intimidating to some people! Sometimes it is helpful to have a “workout buddy” to go on a walk with us, or just to keep us accountable. Some people exercise better without someone watching. It is just important that you find the style that works best for you and commit to better and lasting health today!

Q  What are some foods that can aid in preventing type 2 diabetes and why are they beneficial?

Barb  Eat more plants! Plant-based foods such as fruits, vegetables, whole grains and beans are naturally low in fat and high in fiber. When we eat high-fat foods, it causes fat particles to build up in our cells which interferes with insulin’s ability to move glucose out of our bloodstream. So instead of powering our cells, the glucose circulates in our bloodstream and can lead to diabetes.

Q  I have been diagnosed with type 2 diabetes. Will it always be a problem for me?
Barb  There is good news! In a 2003 study funded by the NIH, the Physicians Committee for Responsible Medicine determined that a plant-based diet controlled blood sugar three times more effectively than a traditional diabetes diet that limited calories and carbohydrates. Within weeks on a plant-based diet, participants saw dramatic health improvements. They lost weight, insulin sensitivity improved, and HbA1c levels dropped.

Q  Is all sugar bad for people with type 2 diabetes?
Barb  Since sugar causes a spike in insulin levels, people with type 2 diabetes should be careful about their sugar intake. Fiber can help counteract a spike in glucose, so instead of drinking fruit juice, eat the whole fruit. According to Registered Dietitian Lauren Simmons, “Having sugary treats in moderation is okay, and pairing treats with your meals will help keep your blood sugars more level than having a treat on an empty stomach.” (See this month’s Apple Crisp recipe on page 4!)

Q  Are all carbs, such as pasta and bread, bad?
Barb  No! The glycemic index (GI) identifies foods that raise blood sugar. Instead of white potatoes, try sweet potatoes. Instead of instant oats, try rolled or steel-cut. Instead of white bread, try a multi-grain bread. Look for higher fiber content and less processing, and when cooking pastas, al dente is the way to go. The faster your body can digest carbohydrates, the more quickly they are converted to sugar, making them higher on the GI.

Q  Are there foods that are beneficial for people age 60+?
Barb  Yes! Aim for 40 grams of fiber per day. Fiber is only found in plants, so load up your plate with fruits, vegetables, whole grains and beans. Not only does a low fat, high fiber plant-based diet help prevent diabetes, it can help reduce your risk for cancer and heart disease.

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Jill Boyer has a B.S. in Kinesiology with an emphasis in Exercise Science and is a certified instructor for Active Living Everyday.

Barbara Smith is a certified Food For Life Instructor through the Physicians Committee for Responsible Medicine and the owner of Eat 4 Health LLC.
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**Apple Crisp**

Choose a tart variety of apple, such as Pippin or Granny Smith, for an especially tasty dessert.

**Ingredients**
- 4 green apples, peeled and cored
- 3 tbsp lemon juice
- 1 tbsp sugar
- 1 tsp cinnamon
- 1 1/2 cups quick-cooking oats
- 3/4 cup finely chopped walnuts
- 1/3 cup maple syrup
- 1 tsp vanilla extract
- 1/4 tsp salt

**Directions**

1. Preheat oven to 350°F.
2. Slice apples thinly and spread in a 9x9" baking dish. Sprinkle with lemon juice, sugar, and cinnamon.
3. Combine oats, walnuts, maple syrup, vanilla, and salt in a bowl.
4. Stir to mix, then spread evenly over apples.
5. Bake until apples are tender when pierced with a knife, about 35 minutes. Let stand 5-10 minutes before serving.

**Nutrition facts per serving (1/9 of crisp)**

- Calories: 182
- Fat: 7.3 g; Saturated Fat: 0.8 g
- Calories from Fat: 36.2%
- Fiber: 2.9 g; Protein: 3.8 g

**Source:** Healthy Eating for Life for Children by Amy Lanou, PhD; recipe by Jennifer Raymond, MS, RD

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**DID YOU KNOW?**

**FACTS ABOUT ORAL HEALTH**

*By Delta Dental of Idaho*

- Dental disease is almost 100% preventable.
- Good oral health goes hand in hand with good overall health.
- About 120 diseases, including diabetes, can be detected in the mouth.

Find the right plan for you! Call Delta Dental at 1-855-703-3582.

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**Sudoku**

Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9.

```
6   3   1   4   8
3   7   2   4   1
2   7   1   5   2
8   3   7   4   5
1   6   3   2
```

Answers to this month’s puzzle are available upon request at curbside lunch through the month of November.

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Can you find a mistake in this month’s issue of the Dick Eardley Senior Center Newsletter? Despite our best efforts to be error-free, it is possible that we overlooked something. If you can find an error, point it out to us and receive a mini candy bar at the front desk (upon our reopening). It’s our way of saying thanks for your interest!

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**Summers Funeral Homes** has been serving the Treasure Valley since 1911. For more information call 208-922-7865 or email boise@summersfuneral.com
HOLIDAY MEAL AND CLOSURES
Our friends in the Meals on Wheels kitchen are planning a special holiday meal for pickup on Thursday, Nov. 19 that will include some classic Thanksgiving favorites—turkey with mashed potatoes and gravy, green beans, cranberry sauce, wheat roll and a holiday dessert.

The kitchen will be closed and no meals will be served on Nov. 11 (Veterans Day, curbside library is also closed) and on Nov. 26 and 27 (Thanksgiving).

DON’T FORGET TO SEND US A SELFIE!
Have you taken a "selfie" yet? You have until Monday, Nov. 16 to send us a picture of yourself with a one or two-word caption describing what you’re doing. Email to seniorcenter@cityofboise.org and we’ll print it in the December newsletter. Show us your best shot!

SOCIAL PROGRAMS ARE GROWING
PHONE BUDDIES: Local seniors are meeting new friends by phone, and there’s plenty of room for more. If you would like to join this peer-to-peer program and chat once or twice a week, give us a call at 208-608-7580.

PEN PALS: Here’s an opportunity to keep letter-writing from becoming a thing of the past. Students studying social work at Boise State University are exchanging letters with local seniors. If you are interested in a student Pen Pal, give us a call at 208-608-7580.

HIGHWAY 61: We have partnered with Highway61 to offer you real-time conversation groups, including Aging Alone Support Group, Trivia, French Culture, Entrepreneurs Circle, Opera, Classic Movies and more! This online audio chat program gives seniors an opportunity to connect with other seniors across the nation and is gaining in popularity with over 50 different senior communities participating. You will need access to the internet and a smartphone or a computer with working speakers and microphone. If you’d like to participate, go online to https://seniorcommunities.highway61.co/welcome-boise/ for step-by-step instructions. The code to join is 125645.

FOOD FOR LIFE CLASSES FREE ONLINE
Our monthly Food for Life classes are now available live via Zoom. Instructor Barbara Smith shares information and recipes to help you cook and eat for optimal health. Register for free at 208-608-7580.

- **Healthy Weight** - Nov. 20, 11 a.m.-12 pm.
  Featured recipe: Corn Salsa with Greens

- **Healthy Holiday Snacks** - Dec. 18, 11 a.m.-12 p.m.
  Featured recipe: Crispy Phyllo Bites
Dick Eardley Senior Center
690 Robbins Road
Boise, ID 83702

Phone: 208-608-7580
Hours: Monday-Friday 8 a.m.-5 p.m.
Website: seniorcenter.cityofboise.org

NEW CURBSIDE LUNCH PICK-UP LOCATION

Starting Nov. 2, curbside lunch will be offered at the pull-through driveway located on the Robbins Road side of the Senior Center building so that people can remain in their vehicles. Those who walk or ride a bus can walk up to the Robbins Road entrance. Please use caution and watch for pedestrians as you enter and exit the pull-through. Library service will continue. Those who call ahead for books and puzzles can pick up their order along with their lunch. Those who want to browse a selection can park in the parking lot and walk up to the main entrance.

BIRTHDAY CORNER

Happy birthday to everyone who celebrated an October birthday!
• Doyle Riblett
• Frank Fosella
• Norma Klepacki
• Audrey Fornstrom
• Linda Latham
• Ginger Scott-Johnson

Celebrate your special day with us on the last Wednesday of every month. Cake is served with all curbside meals. Are you celebrating a birthday this month? Give us a call by Nov. 15 so we can add your name to next month’s newsletter, 208-608-7580.