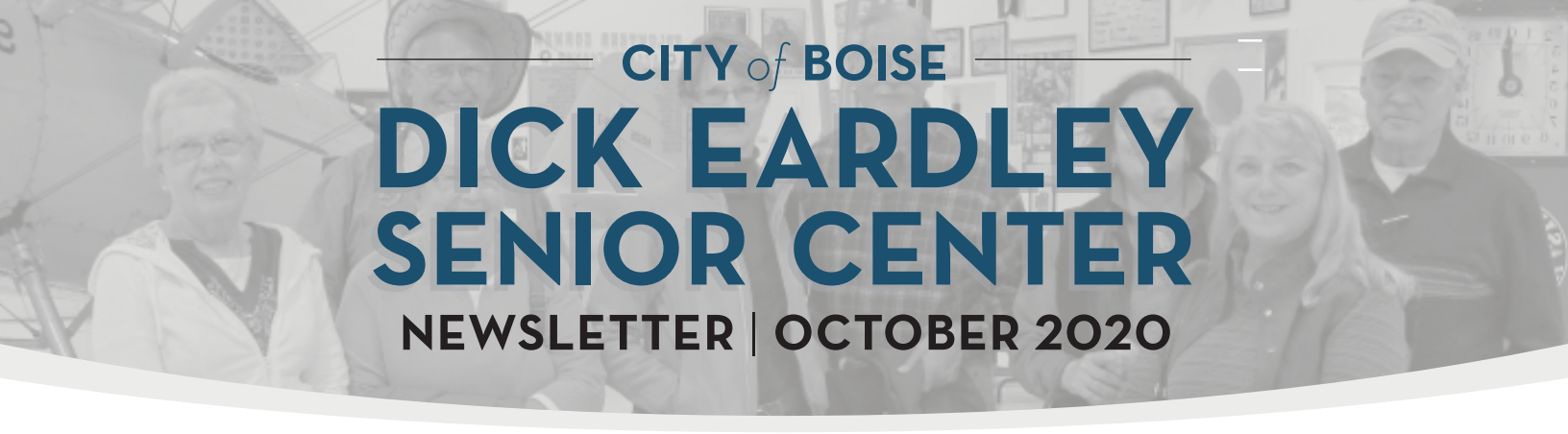

CITY of BOISE

DICK EARDLEY SENIOR CENTER

NEWSLETTER | OCTOBER 2020

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.

October

There will be two **full moons** in October this year. The first one occurs on Oct. 1 and is called the Harvest Moon. The second, on Oct. 31, is the Hunter's Moon. Because it is the second full moon in a month, it is also a "blue moon."

Columbus Day is on Oct. 12 this year. The first recorded observance took place on Oct. 12, 1792, commemorating the 300th anniversary of Columbus' landing in the Americas.

Indigenous Peoples' Day is also celebrated on Oct. 12. It is a holiday that celebrates the cultures of Native Americans and indigenous populations across the U.S.

The origin of our Western holiday known as **Halloween,** celebrated each year on Oct. 31, is found in the ancient Celtic festival, Samhain (pronounced SOW-in). The ancient Celts marked this as one of their four most important festival days of the year. On the eve of Samhain, they believed, spirits of those who have died return to visit earth.

FLU SHOTS WILL BE OFFERED AT DRIVE-UP CLINIC

Flu shots will be available in the Senior Center parking lot during a drive-up clinic on Friday, Oct. 16 from 11 a.m. to 12 p.m. Walgreens Pharmacist Ken Dirk will return to the senior center this year to administer the shots. **Those wishing to have a flu shot must sign up in advance at 208-608-7580** and bring their insurance card(s) to the event.

You can also have your blood pressure checked by Marilyn Fredricks, who normally runs our blood pressure clinic when the center is open. You might want to pick up curbside lunch that day, beginning at 11:30 a.m. You will also have an opportunity to meet the nursing students from Boise State University who are assisting us this semester with phone calls to our participants. Be sure to say hello!

Flu shots, as well as vision and dental screenings, are also available at the Treasure Valley Drive-Through Health Fair on Oct. 10, 8:30 a.m.-12 p.m. at the Ford Idaho Center in Nampa.

LITTLE-KNOWN FACTS ABOUT AMERICA'S PRESIDENTS

As the U.S. presidential election approaches, voters across America are doing their research and weighing their options. Voters today have access to more information than ever before. Included in the abundance of information readily available to us are some tidbits of presidential history worth highlighting.

It is widely known that at age 70, **Donald Trump** was the oldest person to become a first-term president, but did you know that he was born on the day Nat King Cole recorded "The Christmas Song" for the first time?

Bill Clinton is well known to be the only Rhodes Scholar ever elected president. It's a lesser-known fact that despite having one of the most famous of all presidential pets—a cat named "Socks"—he was allergic to cat dander.

John Adams thought the president should be referred to as "His Highness."

James Monroe was the first president to wear pants instead of breeches.

James Monroe

John Quincy Adams was the first president to be photographed.

John Tyler disliked England so much that he refused to cross into Canada for a better view of Niagara Falls.

Andrew Johnson didn't learn to read or write until adulthood.

James Garfield worked his way up

PRESIDENTS continues on page 2

VOTING IN THE NOV. 3 ELECTION

Due to closures related to COVID-19, some polling locations for the Nov. 3 election, including the Dick Eardley Senior Center, have changed. Voters affected by these changes should receive information in the mail about their new polling locations. If you have not received anything in the mail but you believe that the place where you normally go to vote is closed, you can call the Ada County elections office at 208-287-6860 for information.

Whether you plan to vote by absentee ballot or in person, all ballots must be received by 8 p.m. on Nov. 3. For in-person early voting dates and locations, contact the Ada County Elections Office at 208-287-6860.

PRESIDENTS Continued from page 1

from janitor to president of Hiram College.

Grover Cleveland's daughter Ruth is namesake of the Baby Ruth candy bar.

Woodrow Wilson is the only president buried in Washington, D.C.

Warren G. Harding's dog "Laddie Boy" had his own chair at Cabinet meetings.

Gerald Ford worked as a model for a time, even appearing on the cover of Cosmopolitan magazine.

Gerald Ford

Ronald Reagan is credited with saving 77 lives as a lifeguard.

George W. Bush had both the highest and lowest approval ratings in U.S. history.

Facts about each of the U.S.'s 45 presidents can be found at the University of Mary Washington's website: https://www.umw.edu/news/2018/02/19/45-little-known-facts-americas-45-presidents/

TOOTH TRUTHS

CAVITIES

Delta Dental of Idaho article series, featuring Heather Brown, RDH, MPH

Many people think cavities aren't a big deal, or that only children get them. The truth is anyone can get a cavity and they are a big deal. Why? Because a cavity is tooth decay, plain and simple. Tooth decay does more than give you a bad toothache, too, it can affect your overall health by allowing harmful bacteria into your blood stream.

Cavities are holes that form when plaque is allowed to adhere to your tooth surface. Plaque is a sticky haven of bacteria and acid and if it's not removed, the acid erodes the outer enamel of your tooth and just keeps going. The foods you eat, your genes, and your dental hygiene routine all play a role in the creation of plaque. You can't do much about your genes, but you can control what you eat, and you can maintain good oral hygiene.

The bacteria in your mouth love, love, love, sugar! The more you eat, the more they eat and the more acid they produce. Just imagine millions of teeny bacteria teeming over that speck if sticky caramel stuck between your back teeth. There's a pretty picture! Starches are another favorite of bacteria. Starchy foods like potato chips, bread, and French fries stick to your teeth and allow bacteria to feast.

It's not all bad news, though. You don't have to stop eating sweets and starchy foods, but be sure to drink lots of water when you do. This will help wash away the food that gets stuck to your teeth. You still need to brush and floss, though!

Maintaining a good oral hygiene routine is the most important thing you can do to prevent cavities. That means brushing your teeth at least twice a day for a minimum of two minutes each time, and flossing at least once a day.

A proper diet, brushing and flossing is what you can do on your own, but it's important to see your dentist twice a year, too. Cavities start small and usually under the cover of plaque. Your dentist scrapes away the plaque and can detect the beginning stages of any cavities, even help keep them from growing.

Remember, cavities are 100% preventable, but it's up to you.

SOURCES: https://www.healthline.com/find-care/articles/dentists/tooth-cavities#symptoms
https://www.mayoclinic.org/diseases-conditions/cavities/symptoms-causes/syc-20352892

Metro Meals on Wheels
Treasure Valley • Serving Independence

October 2020 Menu

(Substitutions may be necessary without advanced notice.)

Contact:
(208) 321-0031
www.MetroMealsonWheels.net

Mon	Tue	Wed	Thu	Fri
			1 Roast Pork Sweet Potatoes Cascade Blend Veggies Peaches Wheat Bread / Milk	**2** Breaded Chicken with Country Gravy and Mashed Potato Peas Wheat Bread / Milk
5 Ham & Pineapple Sweet Potatoes Capri Blend Veggies Graham Crackers Wheat Bread Milk	**6** Turkey Florentine Broccoli Carrots Pudding Wheat Bread Milk	**7** Cheeseburger Meatloaf Mac & Cheese Green Beans Citrus Salad Wheat Roll Milk	**8** Chicken Broccoli Casserole Country Trio Veggies Green Salad / Dressing Peaches Wheat Roll / Milk	**9** Crunch Tuna Casserole Winter Blend Veggies Stewed Tomatoes Whole Grain Roll Milk
12 BBQ Beef Sandwich Baked Beans Green Beans Mango/Mandarin Oranges Wheat Bun Milk	**13** Salmon Wild Rice Snap Peas Coleslaw Wheat Bread Milk	**14** Beans & Ham Potatoes Brussels Sprouts Cornbread Juice Milk	**15** Chicken Parmesan Wheat Pasta Italian Veggies Juice French Bread Milk	**16** Turkey / Gravy Mashed Potatoes Cranberry Sauce Biscayne Veggies Wheat Roll Milk
19 Chili Baked Potato Green Beans Carrots Juice Wheat Bun Milk	**20** Beef Stew Brussels Sprouts Spiced Apples Cornbread Milk	**21** Lemon Herb Cod Rice Pilaf Mixed Veggies Green Salad / Dressing Wheat Bread Milk	**22** Salisbury Steak / Gravy Mashed Potatoes Beets Pineapple Wheat Roll Milk	**23** Spaghetti with Meat Sauce Italian Blend Veggies Peaches with Berries French Bread Milk
26 Beef Stroganoff Mixed Veggies Peaches Wheat Bread Milk	**27** **Sausage & Rice Skillet** *New!* Broccoli Peaches Pudding Wheat Bread / Milk	**28** Breaded Fish Ranch Beans Peas Coleslaw Wheat Bread Milk	**29** Potato Corn Chowder Carrots Apples with Berries Wheat Roll Milk	**30** **Halloween Meal** BBQ Riblet Cheesy Potatoes Garden Blend Veggies Hoagie Roll Milk Halloween Cake

Baked Potato Soup

A hearty meal on a cool fall day!

Ingredients

4 large baking potatoes

2/3 cup butter

2/3 cup all-purpose flour

6 cups milk

3/4 teaspoon salt

1/2 teaspoon pepper

4 green onions (chopped and divided)

12 slices bacon, cooked, crumbled and divided

1 1/4 cups shredded Cheddar cheese, about 5 ounces, divided

8 ounces sour cream

Directions

Wash potatoes and prick them several times with a fork, bake at 400 degrees for 1 hour or until done. Let cool. Cut potatoes in half lengthwise and then scoop out pulp. Set pulp aside. Discard skins.

Melt butter in a heavy saucepan over low heat; add flour, stirring until smooth. Cook 1 minute, stirring constantly. Gradually add milk, cook over medium heat, stirring constantly, until mixture is thickened and bubbly. Add potato pulp, salt, pepper, 2 tablespoons green onions, 1/2 cup bacon and 1 cup cheese.

Cook soup until thoroughly heated. Stir in sour cream. Add extra milk if necessary for desired thickness. Serve with remaining onion, bacon and cheese.

Yield is 10 cups

Recipe reprinted with permission from food-recipes-free-online.com.

CROSSWORD PUZZLE

ACROSS

1 Post
5 Eyelashes
10 Rom. Furies
11 Astringent
12 Farewell (2 words)
13 Unassuming
15 E. Indian tanning tree
16 Scheme
18 Modernist
19 Civil War commander
20 With joy
21 Bluish-white metal
22 Ant
24 Hundred (pref.)
25 Rear
26 Council for Econ. Advisors (abbr.)
27 Soap plant
30 Wine vessel
34 Dear (Ital.)
35 Song (Ger.)
36 Federal Aviation Admin. (abbr.)
37 Russ. community farm
38 Unadulterated
39 Fever (pref.)
40 Heavenly
42 Roam
44 Heath evergreen
45 "Fra Diavolo" composer
46 Silk substitute
47 Ogle

DOWN

1 Swed. sculptor
2 Venezuelan copper center
3 John, Gaelic
4 Shin (2 words)
5 Stick used in hurling
6 Sacred image
7 Went first
8 Peaceful
9 Off
10 Jap. news agency
12 Oceanic tunicate
14 S.A. toucan
17 Recline
20 Small flute
21 Ardor
23 Prayer beads
24 Principal
26 Axis deer
27 Top
28 First
29 Planetarium
30 Circuit (abbr.)
31 Once (2 words)
32 Pole in Gaelic games
33 Male noble
35 Rom. poet
38 ____ Rivera, CA
39 Gooseberry
41 Nothing
43 Herb of grace

ANSWER TO PREVIOUS PUZZLE

P	L	A	T	A	■	E	T	C	■	S	P	A
H	E	R	O	D	■	A	A	R	■	L	A	D
A	N	I	T	O	■	N	N	E	■	U	L	A
G	A	L	E	N	A	■	T	U	R	G	I	D
■	■	■	■	I	M	P	O	S	E	■	■	■
E	D	E	■	S	I	E	■	A	D	A	G	E
M	Y	R	I	■	A	L	P	■	D	U	E	L
S	E	G	N	O	■	M	A	L	■	S	T	A
■	■	■	S	T	R	A	B	O	■	■	■	■
M	Y	O	P	I	A	■	A	V	A	L	O	N
A	A	A	■	T	Y	E	■	I	D	O	L	A
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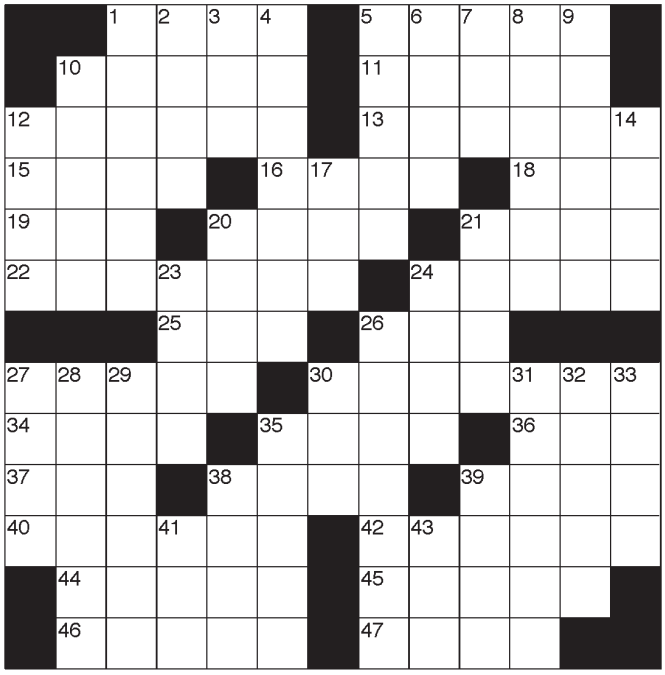

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A38

Thanks to our monthly crossword puzzle sponsor!

"Every Life Leaves A Legacy!"
SUMMERS Funeral Homes

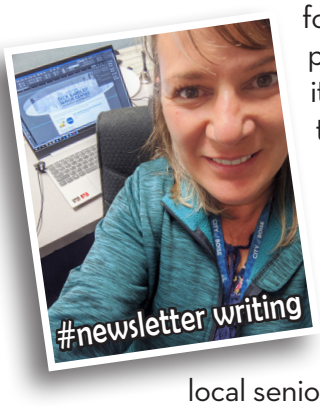
Serving the Treasure Valley since 1911, the staff of Summers Funeral Homes has a long-lasting commitment to serve with understanding and compassion while providing a variety of funeral and cremation services. Summers also offers pre-planning services to give you and your family peace of mind for the future.

For more information call 208-922-7865 or email boise@summersfuneral.com

WE'RE SEARCHING FOR SELFIES, SO SEND US YOUR BEST SHOT!

We're collecting "selfies" for the December newsletter and we want to see yours!

A selfie is a photograph you take of yourself, usually with the camera on a smartphone set in the backward-facing mode. We're searching for selfies that show you participating in an activity along with a one- or two-word description (a hashtag), such as "knitting" or "cooking dinner." We'll print your selfies in the December newsletter so you can see what other local seniors are doing. Maybe you'll see some familiar faces!



You can send us your selfies by email before Nov. 16 to seniorcenter@cityofboise.org
We can't wait to share what you're up to!

NEW SOCIAL PROGRAMS OFF TO A GREAT START

Earlier this summer, we introduced two new social programs aimed at connecting local seniors with their peers in a way that was comfortable for everyone who participates. The Phone Buddies and Pen Pals social programs have attracted quite a few participants, and there's plenty of room for more. Give us a call to learn about these programs or to sign up, 208-608-7580.

RAKE UP BOISE REQUEST DEADLINE IS OCT. 16

There is still time to submit your request to be considered for this year's Rake Up Boise event that takes place on Nov. 14, but you'll need to act fast. The application deadline is Oct. 16. To qualify, you must be age 65 or older, live within city limits of Boise or Garden City, and reside at the stated address. You can sign up online at **https://nwboise.org/rake-up-boise/** or call us at 208-608-7580 and we will help get you signed up.

FREE FABRIC MASKS ARE STILL AVAILABLE

Generous sewists in the community continue to donate homemade fabric masks to the Senior Center to ensure that everyone has access to one. If you would like a new mask to replace an old one or add to your supply, you can pick one up during curbside lunch, Monday through Friday from 11:30 a.m. to 12:30 p.m.

Advertisers lower the Senior Center's cost to print & mail the newsletter. Thanks to **Delta Dental**, **Blair Legacy Companion Care**, **Realtor Joanna Ioli**, and **Wesley Brinkman Financial Services.**

Retiring? Downsizing?
Or thinking about buying or selling your home?

I am your Senior Real Estate Specialist! Contact me today to see how I can help!

Joanna Ioli
Real Estate Professional
Boise Premier Real Estate

208.631.9613
Joanna.BoisePremier@gmail.com

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  You're not alone. Let's review your financial strategy to help make sure your assets and income are protected.
- **Do you have a Long-Term Care plan?**
  Even if your health isn't what it used to be, there are strategies that can help. Let's find the right one for you.
- **Do you wish to leave a gift for generations?**
  Let's find tax-efficient ways to help transfer assets to your loved ones or favorite charity and not the IRS.

I want to help you find the best strategies for your goals and needs.

CALL TODAY!
208.982.8800

"Financial Strategies for Life and Legacy"

Wesley Brinkman
INSURANCE & FINANCIAL SERVICES

Dick Eardley Senior Center
690 Robbins Road
Boise, ID 83702

PARKS AND RECREATION

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

FREE 'POWERFUL TOOLS FOR CAREGIVERS'

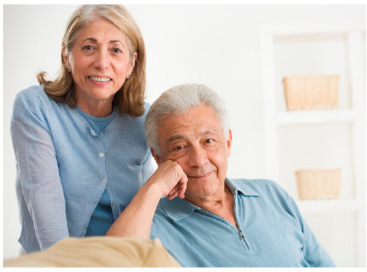
If you are caring for a loved one and haven't taken part in a Powerful Tools for Caregivers class, this is a great opportunity to do so from your own home. You'll get the training you need to attend online.

Are you stressed by caregiving?

Powerful Tools for Caregivers

A 6-part workshop series designed to help family caregivers find balance while caring for a loved one. FREE!

Participants will learn to reduce stress, make tough decisions, navigate family dynamics and connect with resources.



Mondays, October 19-November 23 1:30-3:00 p.m.
IN THE COMFORT OF YOUR OWN HOME

The Zoom format for online learning is the program used. You will need a computer or tablet with internet access to participate. Registration includes a pre-training for Zoom readiness.

Register: 208-947-4283

BIRTHDAY CORNER

Happy birthday to everyone who celebrated a September birthday!

- *Mary Rarick*
- *Sharon Slocum*
- *Diane Dillingham*
- *Cherie Forster*
- *Melinda Baker*

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 Oct. 15*** *so we can add your name to next month's newsletter, 208-608-7580.*