

Winter is Upon Us!!!

January 2016

Happy 2016! It seems like last week we were ushering in Fall. Now, as I write this, we are more than half way through January and expecting our first snowstorm in a couple of days. My mom always says that as we get older the time flies even faster; I guess she's right (as usual). I have to admit, I was looking forward to winter. I love sitting by a fire wrapped up in a cozy blanket. Although I'm not a fan of shoveling, and who is, I do love a little fresh snow on the ground (before it gets all dirty and messy).

We've kept ourselves busy at the center. In October, we were honored to have June Molof, Donna Scanlon and Barbara Plasker from Office for the Aging visit our center for our yearly "Speak Out" event. They like to check in with our members

to provide information and updates and to learn about any concerns or issues our members may have. As an added bonus, County Executive Ed Day also stopped by to speak with us. We took a picture of them with our members and staff and were excited to see it the next month in Rivertown Magazine! Later in the month we attended Oktoberfest at Platzl Brauhaus. What a fun time we had! They provided great entertainment and delicious food. We finished the month with a trip to Conklin Orchards which is a favorite stop during the fall. We like to browse in their store checking out all of the baked goods and treats. It wouldn't be Fall without a delicious bag of cider doughnuts to take home.

November was a busy

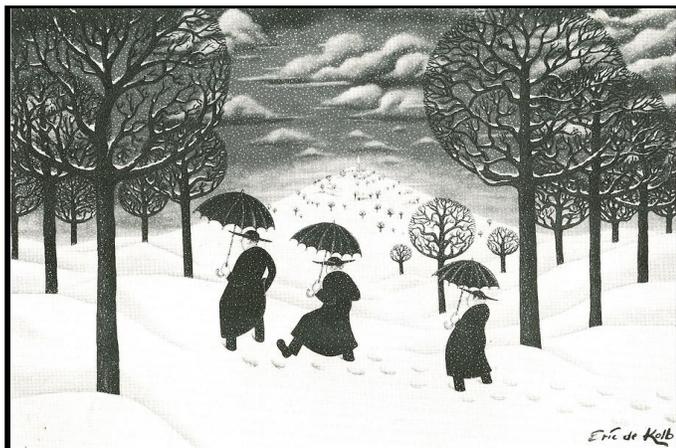
month with four interesting Alert & Alive presentations. We learned about wine (no tasting unfortunately), learned how to build a terrarium, learned how to turn our dreams into reality and learned all about houseplants. We celebrated Thanksgiving with a wonderful meal and dessert sharing table. Sadly though, we also had to say goodbye to Charles Avent, a 25 year employee of Meals on Wheels, who passed away unexpectedly. Charles worked at our center three days a week and spent the other two at the Nyack center. It is still hard to believe we won't hear that booming voice or hearty laugh again. We miss him and hope that there is an endless supply of scratch-off tickets for him in Heaven!

December always seems to pass by in a blur. We went to IHOP for breakfast then saw a Christmas themed movie, "Love the Coopers" at the Regal theater. We had an always-popular Pizza Party which is a guaranteed crowd pleaser. This year our Christmas party was catered by Caesar's Grill. The food was delicious and plentiful. Mary Taylor entertained and got us all into the holiday spirit. It's always such a fun and festive day.

Until next time, I wish you a happy, healthy and joyful New Year. I'm off to dig my snow shovels out of the shed!

Michele

Michele Agosto
Manager



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“Gone, But Never To Be Forgotten”

By Jo-Ann Thomas

On Veteran’s Day, November 11, 2015, Meals on Wheels had a great loss when Charles Avent a devoted and caring employee of their staff entered into eternal life. He went into Good Samaritan Hospital for an operation where he died suddenly of a heart attack the day before his scheduled surgery. When the staff and the members of Meals on Wheels in North Rockland heard about this tragedy the following day, they were heartbroken.

Charlie, as we all called him, not only fulfilled all his duties and obligations at the center but always found time to join us members in our daily activities playing Rummikub, the card game “Trash”, etc. Charlie had a way to make your day with his laughter and great smile. He did many favors for our members unknown to others without giving it a second thought.

I know all will agree with me and say a silent prayer that he is now in God’s hands in heaven and he will be in our hearts forever.

May he rest in peace.

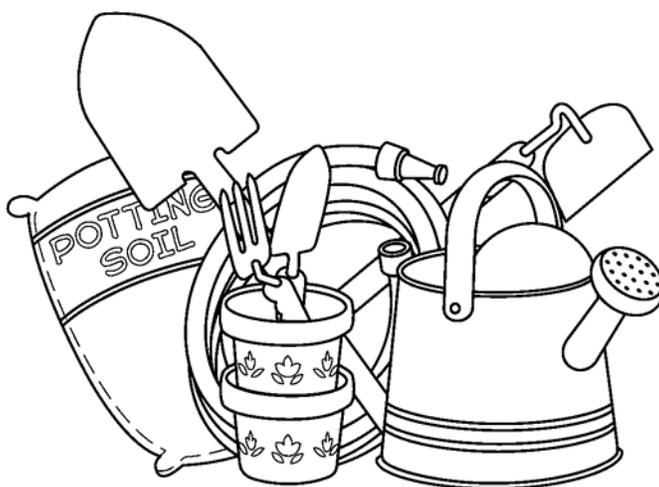
Rita's Vegetable Garden

By Rita DiCarlo (submitted 10/9/15)

I was an avid gardener all my life. My father taught me how to plant. My mother taught my father because Grandpa Basico was a professional in agriculture. At the age of eight, I would water my Dad's tomato and pepper plants.

So when I was married and moved to our apartment with a back yard, I used every available spot for roses and vegetables. I raised four children and they all love to grow things to please the eye and food to eat.

At age 93, I was reduced in 2015 to having two tomato plants, four string bean plants and one green squash plant. To date, I have enough tomatoes for salad for two months. My four string beans produce enough for a handful every other day for lunch. My squash plant is like an octopus and has spread up into my hedge plant. I picked two squash today, one was over 40 inches long and weighed five pounds. The other was 54 inches long and weighed eight pounds.



Murphy and the Priest

Murphy showed up at Mass one Sunday and the priest almost fell down when he saw him. He'd never been to church in his life.

After Mass, the priest caught up with him and said, "Murphy, I am so glad ye decided to come to Mass. What made ye come?"

Murphy said, "I got to be honest with ye Father. A while back, I misplaced me hat and I really, really love that hat. I know that McGlynn had a hat just like mine and I knew he came to church every Sunday. I also knew that he had to take off his hat during Mass and figured he would leave it in the back of church. So, I was going to leave after Communion and steal McGlynn's hat."

The priest said, "Well, Murphy, I notice that ye didn't steal McGlynn's hat. What changed your mind?"

Murphy replied' "Well, after I heard your sermon on the 10 Commandments, I decided that I didn't need to steal McGlynn's hat after all."

With a tear in his eye the priest gave Murphy a big smile and said, "After I talked about 'Thou shalt Not Steal' ye decided ye would rather do without your hat than burn in Hell?"

Murphy slowly shook his head. "No, Father, after ye talked about 'Thou Shalt Not Commit Adultery,'" I remembered where I left me hat."



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There's nothing like a delicious cup of hot soup on a cold winter day! Barbara and our members made this wonderful chicken soup recently. It was awesome and, as my dad would say, hit the spot! It's a healthy, satisfying and easy way to keep the chill away.

Easy Chicken Noodle Soup

Ingredients:

- 1 Tablespoon olive or vegetable oil
- 2 cloves garlic, finely chopped
- 8 medium green onions, sliced (1/2 cup)
- 2 medium carrots, chopped (1 up)
- 2 cups cubed cooked chicken (we used the Perdue pre-cooked cut up kind in a bag)
- 2 cups uncooked egg noodles (4 oz.)
- 1 Tablespoon chopped fresh parsley or 1 teaspoon parsley flakes
- ¼ Teaspoon pepper
- 1 dried bay leaf
- 5 ¼ cups chicken broth (from two 32-oz containers)

Directions:

1. In 3-quart saucepan, heat oil over medium heat. Add garlic, onions and carrots; cook 4 minutes, stirring occasionally.
2. Stir in remaining ingredients. Heat to boiling; reduce heat. Cover; simmer about 10 minutes, stirring occasionally, until carrots and noodles are tender. Remove bay leaf.



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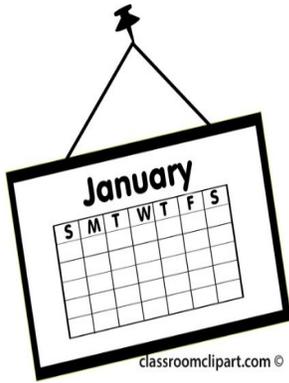
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This Month in History

- 1 – Albany replaces New York City as the capital of New York. (1797)
- 2-- The construction of the Brooklyn Bridge begins. (1870)
- 3 – Marvin C. Stone patents the drinking straw. (1888)
- 4 – The first successful appendectomy is performed in the US. (1885)
- 5 – The Boston Red Sox sell Babe Ruth to the New York Yankees in what is later known as the Bambino Curse. (1920)
- 6 – Samuel Morse first successfully tested the electrical telegraph. (1838)
- 7 – George Gershwin completes his famous classical piece, Rhapsody in Blue. (1924)
- 8 – Elvis Presley is born. (1935)
- 11 – Grand Canyon National Monument is created. (1908)
- 11 – First use of insulin to treat diabetes in a human patient. (1922)
- 13 – The Mickey Mouse comic strip starts. (1930)
- 14 – Marilyn Monroe weds Joe DiMaggio. (1954)
- 15 – The first Superbowl is played. (1967)
- 18 – The first X-Ray machine is demonstrated. (1896)
- 19 – Lucy gives birth on “I Love Lucy”. (1953)
- 20 – Martin Luther King, Jr. Day was celebrated as a federal holiday for the first time. (1986)
- 23 – Madeleine Albright becomes the first female US Secretary of State. (1997)
- 24 – The Eskimo Pie is invented. (1922)
- 27 – The first television broadcast is demonstrated. (1926)
- 31 – Ham the Chimp travels into outer space. (1961)

8 Scientifically-Backed Ways to Beat the Winter Blues

By Brigitt Hauck

If you're starting to feel like nothing but a very full, very strong pot of coffee will get you out of bed, join the club. Holiday bills are high, temperatures are low, and the days are way too short. Here, scientifically proven ways to lift your spirits and ease the mid-winter doldrums.

- 1. Make your environment brighter.** When your body is craving more daylight, sitting next to an artificial light—also called a light box—for 30 minutes per day can be as effective as antidepressant medication. Opening blinds and curtains, trimming back tree branches, and sitting closer to windows can also help provide an extra dose of sunshine.
- 2. Eat smarter.** Certain foods, like chocolate, can help to enhance your mood and relieve anxiety. Other foods, like candy and carbohydrates provide temporary feelings of euphoria, but could ultimately increase feelings of anxiety and depression.
- 3. Simulate dawn.** People with Seasonal Affective Disorder (SAD), a form of depression that usually begins in late fall or early winter and fades as the weather improves, may feel depressed, irritable, lethargic, and have trouble waking up in the morning—especially when it's still dark out. Studies show that a dawn simulator, a device that causes the lights in your bedroom to gradually brighten over a set period of time, can serve as an antidepressant and make it easier to get out of bed.
- 4. Exercise.** A 2005 study from Harvard University suggests walking fast for about 35 minutes a day five times a week or 60 minutes a day three times a week improved symptoms of mild to moderate depression. Exercising under bright lights may be even better for seasonal depression: A preliminary study found that exercise under bright light improved general mental health, social functioning, depressive symptoms, and vitality, while exercise in ordinary light improved vitality only. Try these mood boosting workouts.
- 5. Turn on the tunes.** In a 2013 study, researchers showed that listening to upbeat or cheery music significantly improved participant's mood in both the short and long term.
- 6. Plan a vacation.** Longing for sunnier days at the beach? Research shows that the simple act of planning a vacation causes a significant increase in overall happiness.
- 7. Help others.** Ladling out soup at the local shelter or volunteering your time can improve mental health and life satisfaction.
- 8. Get outside.** Talking yourself into taking a walk when the temperatures plummet isn't easy, but the benefits are big: Spending time outside (even when it's chilly!) can improve focus, reduce symptoms of SAD, and lower stress levels.