

Senior Connection

The Ogden Senior Citizens' Newsletter



July
2019

At the OSC, We're all about active!

The Ogden Senior Center is located at 200 S. Union Street, Spencerport, NY 14559

Phone: (585) 352-3250

Mon/Wed/Fri – Senior Nutrition Program, 9:00am to 3:00pm.
Lunch is served at noon.

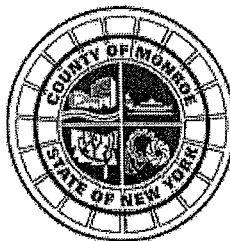
Tues/Thurs – Cards & Bring Your Own Lunch, 11:30am to 2:00pm.

Nutrition Program Center Coordinator: Valerie Collins

President Tues/Thurs Seniors: Nona Lucas

Support Staff: Nicole Fogg, Marta Fortuber, Dick Blodgett

SAHARO Liaison: Carmen Zipeto



What's happening at the Ogden Senior Center?

JULY BIRTHDAYS

Our birthday celebration will be on July 19th at 11:30am.

Join us for cake!

2nd Richard Blodgett

29th Doris Fosberg

27th Amato Venditti



July Trips

Nick's Sea Breeze Inn

Tuesday, July 9th @ 11:00 am



Sam Patch Boat Cruise

Thursday, July 25th @ 11:00 am

Advance sign up required for both events.

Farmers Market Coupon Books

Distribution is the week of July 15th, on Mon., Wed., and Fri. from 9:00 am to 3:00 pm

SAHARO'S CORNER

Tuesday, July 9th the Erie Canal Bridge closes for long-term repairs.

Please use the alternate bridges including: the Gillett Road Bridge or the Martha Street Bridge.

The Village of Spencerport businesses and services are OPEN!

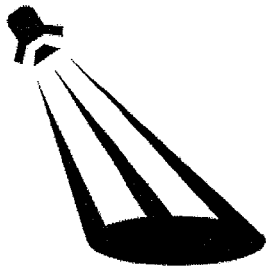
Please remember...

- ❖ Children may be present at OSC functions only for specific multi-generational events and by pre-arrangement. This applies to all senior nutrition programs and all senior programs sponsored by the Town of Ogden.
- ❖ No totes, purses, bags, or containers should be left on the floor, especially under the tables. They can be a tripping hazard. Thanks!
- ❖ Suggested contribution for the OSC Senior Nutrition Program lunch M-W-F is now **\$3.50**. No one 60 and over is ever denied due to inability or unwillingness to contribute. Voluntary donation is now \$2 for one-way and MMS transportation.
- ❖ Coffee is **50 cents** per cup.
- ❖ As a reminder, only whole fruit with the skin intact (apples, oranges, bananas, etc.) and baked goods (sliced bread, cookies, cupcakes) may be taken home from lunch. This is a MCOFA rule, and there are no exceptions. You may not take home milk, ice cream, or sherbet, even in a sealed container. Second services must be eaten at the Center, at the same sitting as the regular meal.
- ❖ Lunches will be served as described on the MCOFA menu. No exceptions will be made. We adhere to a first come, first served policy. You must be signed in by 12:00 to be served. You may call ahead to reserve a lunch.
- ❖ We can accept only sealed, dated packages of cookies and snacks to be served with coffee.

Ecumenical Food Shelf – We're proud to be one of the many drop-off points in the community for the collection of non-perishable food items for the Ecumenical Food Shelf. We accept contributions M-W-F from 9-3 and the food basket is just inside the reception area door.

Project Council Representatives: Luba Balycz and Del Linke.

Please talk with them and share your ideas for improving and growing our Center. We all welcome your input.



SENIOR SPOTLIGHT

An opportunity to get to know each other better!

Senior: Nita (Nita is short for Juanita and her middle name is Mae)

Where were you born? Strong Memorial Hospital. At the time, Nita was the shortest full-term baby on record! She was only 16" long!

Where else have you lived? Nita was raised in Summerville, Irondequoit. For 20 years, she spent winters in Sun City Center, Florida. This year will be the first year she'll spend a winter here in New York! Let's hope it's a mild winter!

Tell us about your family: Nita has 5 children, 12 grandchildren, and 14 great grandkids!

What did you do for work? She worked for 20 years for a doctor at Genesee Hospital. Nita also volunteered as an EMT for Spencerport. She has been a clown since 1993! Nita's clown name is, "Dipsey Doodle" and she also belongs to a professional clown organization.

Where have you traveled? She used to travel to Brockville, Canada every summer to visit her grandparents.

What are your hobbies and interests? Clowning was her biggest interest.

What do you enjoy about the Ogden Senior Center? The people!

Any words of wisdom for your fellow seniors? Nita loves children and stated "Always give them a smile!"

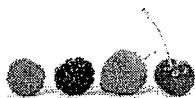
MONTHLY WIT & WISDOM



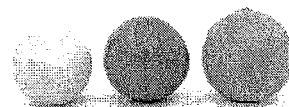
"And so, my fellow Americans: ask not what your country can do for you – ask what you can do for your country."

~John F. Kennedy

***Have a great month from all of us at the
Ogden Senior Center!***



DIETITIAN'S DESK NEWSLETTER



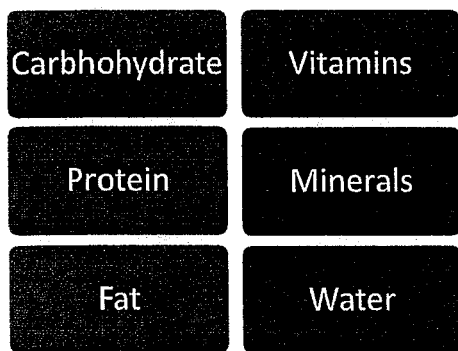
JULY 2019 EDITION

Nutrient Density

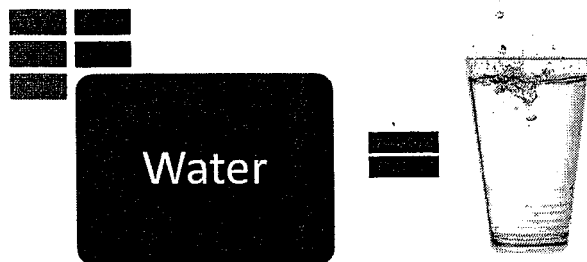
To talk about nutrient density, first we need to know what food is made of. Whenever we eat or drink, our bodies obtain valuable nutrients. These include **carbohydrate, protein, and fat**. Our body uses these three for energy, which determines a food's calories.

Food also contain **vitamins, minerals**. These include things like vitamin C, calcium and magnesium. We need an adequate amount of all of these to function and be healthy. Foods also have **water**. While sometimes forgotten, this is very important to our bodies.

There are other important components in food that are useful to know, such as fiber, sugar, cholesterol. These are sometimes lumped within the umbrella of one of the main six categories below. Sugar and fiber, for example, are considered carbohydrate.



With this in mind, we can imagine that all food and drink has varying amounts of these six components. A glass of water, for examples, will basically just be water without the other five.

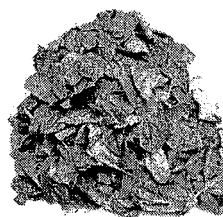


Dense vs. Empty:

Nutrient density is generally defined as the relative amount of essential nutrients a food contains (like vitamins and minerals) as compared to the food's calories.

If a food is packed with nutrition, but does not have a lot of calories, **we say it is nutrient dense**. In the opposite case, we would say it is not nutrient dense or "**empty calories**."

Higher density: Fruits and vegetables, whole grains, low-fat or fat-free milk products, seafood, lean meats, eggs, peas, beans, and nuts. Examples below:



3 cups raw spinach

- 23 calories
- Good source of 12 vitamins, minerals and fiber
- 3.1 fl oz of water

1 cup broccoli

- 31 calories
- Good source of 6 vitamins, minerals and fiber
- 3.0 fl oz of water



Lower density: Sugar sweetened beverages, candy, cakes, pastries, pies, deep fried foods, sugary condiments, many dessert foods. Examples below:

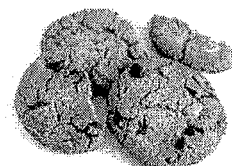


12 fl oz can soda






- 150 calories
- 10 tsp of sugar
- 11.2 fl oz water
- No other nutrients

3 cookies

- 160 calories
- 3 tsp of sugar
- High in saturated fat
- No other nutrients



JULY 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9:00 Cards 10:00 1:1 with Eldersource Manager, Hollie Freece	2 11:30 Cards and BYO Lunch	3 9:00 Cards ARC 10:00 Fit & Flexible -Free! 11:00 Site Council Meeting BINGO (Pending # of participants) 1:00 Mahjong	4 <i>Closed</i> <i>for</i> <i>Holiday</i>	5 <i>Closed</i> <i>for</i> <i>Holiday</i>	6 
8 9:00 Cards 11:00 Butterfly Creations with Kathy 12:45 Sundae Monday! 	9 11:00 Crafts with Luba 3 FOR \$5 11:00 Nick's Seabreeze Inn Lunch Trip 11:30 Cards and BYO Lunch	10 9:00 Cards ARC 10:00 Fit & Flexible -Free! BINGO (Pending # of participants) 1:00 Mahjong	11 10:00 Project Council 11:30 Cards and BYO Lunch	12 9:00 Cards 9:30 Fit & Flexible - \$\$ 11:00 Therapy Dog  1:00 Euchre	13
15 9:00 Cards 10:00 1:1 with Eldersource Manager, Hollie Freece	16 9:15 Breakfast Buddies at Yanni's! (120 Pixley Road in Gates)	17 9:00 Cards ARC 10:00 Fit & Flexible - Free! 11:00 Visit with Gay 11:30 July Birthday Party! BINGO (Pending # of participants) 1:00 Mahjong	18 11:30 Cards and BYO Lunch	19 9:00 Cards 9:30 Fit & Flexible - \$\$ 1:00 Euchre	20
22 9:00 Cards 	23 11:30 Cards and BYO Lunch	24 9:00 Cards ARC 10:00 Fit & Flexible - Free! BINGO (Pending # of participants) 1:00 Mahjong	25 11:30 Cards and BYO Lunch 11:00 Erie Canal Boat Cruise! 	26 9:00 Cards 9:30 Fit & Flexible - \$\$ 1:00 Euchre 4:30 Fish Fry Friday at Pinewood Country Club (1189 Ogden Parma Town Line Road)	27
29 9:00 Cards	30 11:30 Cards and BYO Lunch	31 9:00 Cards ARC 10:00 Fit & Flexible - Free! 11:00 Disaster Preparedness Training BINGO (Pending # of participants) 1:00 Mahjong			