



# WALLA WALLA SENIOR CENTER

THE CENTER AT THE PARK

Serving Seniors since 1971

APRIL 2024

## *The Bottom Line*

### Walla Walla Senior Center Current Hours/Operations:

Please see our website for  
further updates at  
[wallawallaseniorcenter.org](http://wallawallaseniorcenter.org)

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- **CENTER OPENING HOURS**

8am-3pm

Monday through Thursday.

- **CONGREGATE DINING**

11:30am - 1pm

See menu for serving days  
(pg. 8).

- **SENIOR-TO-GO-MEALS  
VIA DRIVE-THRU**

10:30am - 11:30am Tuesdays  
ONLY. You may pick up 1 hot  
and 2 frozen meals.

- **MEALS ON WHEELS**

(509) 527-3775 ext 1.

- **VOICECARE EMERGENCY  
RESPONSE BUTTONS**

By appt, call (509) 527-3775  
ext 2. See ad on last page.

- **ADULT DAY CENTER -  
RESPIRE CARE**

(509) 527-3775 ext 3. See  
page 12 for more info.

### **Practical Energy Saving Tips**

● Pg.  
5

*These habits could save you \$*

### **Almond Milk vs Oat Milk Which is Healthier?**

● Pg.  
10

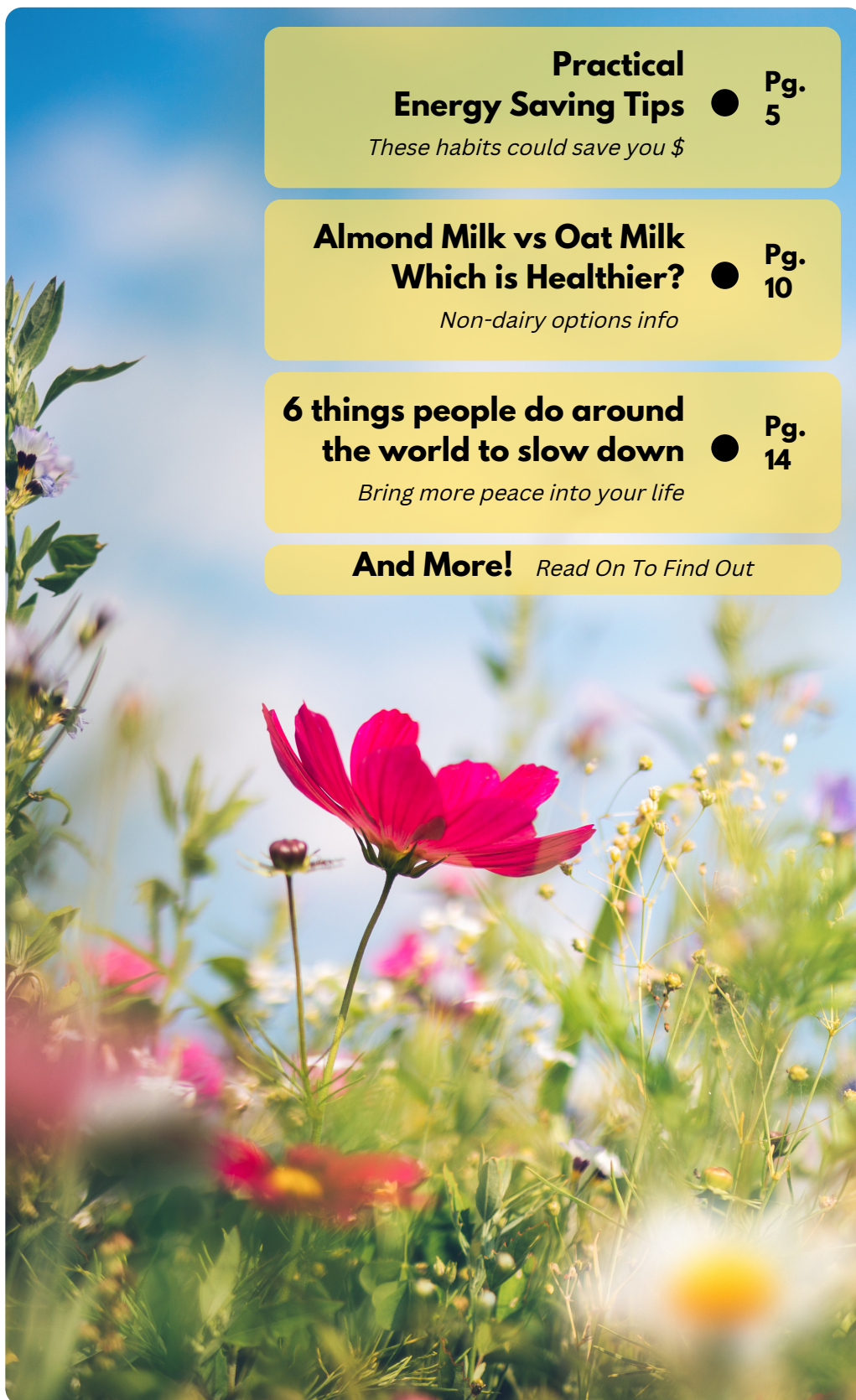
*Non-dairy options info*

### **6 things people do around the world to slow down**

● Pg.  
14

*Bring more peace into your life*

**And More!** *Read On To Find Out*



# ANNOUNCEMENTS

## SEEKING BOARD OF DIRECTORS APPLICATIONS



We are now accepting applications to join the Walla Walla Senior Center Board of Directors. This is a great opportunity to get involved with your community and be a part of an important cause. You do not need to be a Senior Center participant to apply - everyone is welcome!

For more information about commitment and expectations or if you are interested, stop by our Center at 720 Sprague St.

### APRIL 2024

## PROGRAM SCHEDULE

Visit our website for more!



Music



Education



Fitness



Community



Art



## **M.E.L.T FITNESS CLASS (\$40/MONTH OR \$12 PER CLASS)**

**WEDNESDAYS, APRIL 3RD, 10TH, 17TH, 24TH; 6-7PM, IN THE DINING ROOM AT THE SENIOR CENTER**

Sign up for this gentle fitness class and feel your body relieve its aches and pains. Learn how to rehydrate connective tissue and balance the nervous system using soft rollers and rubber balls. MELT helps reduce inflammation, ease chronic neck and lower back pain, improve alignment, and strengthen muscles. Participants must be able to get down onto the floor and back up since the majority of the class is on the ground. Participants can use the help of the instructor or chairs.

*\*You must sign up on the [Walla Walla Parks & Rec website](https://www.wallawallaparksandrec.org/).*

*Please call 527-4527 for questions.\**

## WALLA WALLA SENIOR CENTER, INC.

720 Sprague St.  
Walla Walla, WA 99362  
(509) 527-3775  
Fax: (509) 527-3776  
[wallawallaseniorcenter.org](https://www.wallawallaseniorcenter.org)

### EXECUTIVE DIRECTOR

Brian Berry

### BOARD OF TRUSTEES

#### PRESIDENT

Sarah Zessin

#### PAST PRESIDENT

Elizabeth McCaw

#### SECRETARY

(vacant)

#### TREASURER

Charlton Winchester (Skip)

#### MEMBERS

Louise Boyer

Ron Wheeler

Merrikay Locati

Maria Scafariello

Shirley Azeltine

Brad Riordan

Jan Alexander

Tina Baumann

## WALLA WALLA SENIOR CENTER MISSION STATEMENT

Our mission is to empower our community members, specifically older adults, to live healthy and happy lives by fostering intergenerational connections, building community, and combating social isolation and hunger.

*Southeast Washington Aging and Long Term Care Council of Governments is a funding agency. The Walla Walla Senior Center does not discriminate in admission, access to, treatment or employment in its programs on the grounds of race, color, religion, national origin, sex, gender identity or expression, sexual orientation, age, marital status, pregnancy, status as a parent, economic status, political affiliation, expunged juvenile record, mental or physical disability, military service or veteran status, family medical history or genetic information, and/or any other characteristic or status protected by national, federal, state or local law.*

**OLD TIME MUSIC MUSICIANS (\$3 AT THE DOOR)****APRIL 2ND AND 16TH, 6:30-8:30PM IN THE DINING ROOM**

Do you miss the music from the good ole days? Join the Old Time Music Musicians at the Senior Center and be taken back in time with the music that you love. We hope to see you there!

**COLORFUL CREATIONS (FREE)****APRIL 1ST, 1:15PM IN THE DINING ROOM**

Please join the Joyful Seniors Club and Wildones Crafts for a free, fun, easy craft class! This is a great class for beginners. We will be painting a faux stained glass picture frame. All supplies will be provided. Please sign up by stopping by the front desk or by calling 509-527-3775.

**COFFEE SOCIAL (FREE) WITH VETERANS HOME RESIDENTS****APRIL 16TH, 9:30AM IN THE DINING ROOM**

Join us Tuesday morning, April 16th, from 9:30-10:30am for a coffee social with our community of Senior Center participants and Walla Walla Veterans Home residents. This is a great opportunity to chat with others, share stories, and get your day started with a nice hot cup of coffee. Open to the community! Coffee and treats will be provided.

**MIND MATTERS: MENTAL HEALTH IN OLDER ADULTS (FREE)****APRIL 18TH, 1-2PM IN THE MAXSON ROOM**

Blue Mountain Health Cooperative is leading this session on mental health in older adults. Learn about what impacts mental health, how to improve your mental health, and where to get resources in Walla Walla. This session will feature an interactive Jeopardy game to make the learning even more fun! Please sign up by stopping by the front desk or by calling 509-527-3775.

**PRESERVING MEMORIES (FREE)****APRIL 23RD, 1-3PM IN THE MAXSON ROOM**

Join archivist Trevor Sandgathe and learn how to organize, store, and share your personal records and collections. From print photographs to emails, sports memorabilia to historical artifacts, we'll talk about how to get the most out of your memories and preserve them for future generations. Lecture followed by time for questions/consultations.

**LIL' TYKES MUSIC TIME (\$40 FULL SESSION/\$15 DROP-IN)****EVERY THURSDAY FROM APRIL 18 TO MAY 9TH, TWO SESSIONS AVAILABLE: 9-9:30AM OR 5:15-6PM IN THE MAXSON ROOM**

Explore the beat with your littlest love through rhymes, singing games, and instrumental music. This 45-minute class is perfect for parents or caregivers (including grandparents!) and children age 1-4 years old. If you would like to bring a water bottle that would be great, but there is nothing else needed. You must sign up on the [Walla Walla Parks and Rec](#) page.



# Every week

At the Walla Walla Senior Center...

## BRIDGE!

**TUESDAYS AND THURSDAYS AT 1PM**



## CARD GROUPS

## PINOCHLE!

**MONDAYS AT 1PM - EXPERIENCED PLAYERS**  
**WEDNESDAYS AT 1PM - LEARNERS\***

*\*Sign up for the learners group by  
Tuesday at the front desk\**

**NEW! LEARN TO PLAY PINOCHLE!**

## GAME AREA

At the East end of the dining room. Choose from games supplied by the Center, or bring your own!

**MONDAY-THURSDAY, 8AM-3PM**



## GAMES WITH FRED

Fred hosts a game event in which he brings different games to play and to teach.

**CALL FRED AT 509.676.8103 FOR HIS  
WEEKLY GAME SCHEDULE**

## ALZHEIMER'S ASSOCIATION®

### VOLUNTEER OPPORTUNITY WITH THE ALZHEIMER'S ASSOCIATION

Caregiver Support Group Facilitator - Walla Walla  
An Alzheimer's Association Caregiver Support Group is an open gathering of people with common problems, needs and interests who come together to share their feelings, thoughts and experiences in a safe environment. The facilitator encourages participants to provide assistance and emotional support to one another, presents Association materials, keeps records and interacts with Chapter staff.

For full descriptions visit [www.alzwa.org/volunteer](http://www.alzwa.org/volunteer)  
For more information contact Community Outreach Manager Alexis Bonoff at (509) 321-4579 or at [albonoff@alz.org](mailto:albonoff@alz.org)

### Memory Café Open!

We are very excited to announce that the Walla Walla Memory Café is now open!  
At a Memory Café, persons living with Alzheimer's or other dementias and their loved ones enjoy socializing in a relaxed café setting. There is no set agenda. Families and friends meet and socialize in an environment that is accepting and non-judgmental.  
The Memory Café will meet the 2<sup>nd</sup> Monday of the month  
10am – 12pm



Hot Mama's Espresso  
1447 W Pine St, Walla Walla, WA 99362  
Facilitator Kay Lehmann (509)520-1046  
Or Julie Hooey (509)412-2371

**Alzheimer's Association - 24/7 Helpline**  
**800.272.3900**

## Walla Walla Senior Center - SALON

### Haircut

- Women - \$30 / Men - \$18
- Cut, shampoo, and blow dry - \$35-\$40

### Perm

- Starts at \$65

### Nails

- Basic (cut and file) - \$10
- Manicure - \$20
- Foot care (soak, cut, and file) - \$18

**\*Prices are for ages 60 and over.**  
**Schedule your appointment by calling**  
**(509) 240-6034**





## PRACTICAL ENERGY SAVING TIPS

Get the most from your hard-earned energy dollars. Most of these tips will cost you nothing except a change in lifestyle habits. Whether it's hot or cold outside, there are things you can do to pay less each month.

## ENSURE PROPER AIRFLOW

Insulate ducts, change furnace filters and make sure vents and ducts flow freely.

## ADJUST THERMOSTATS

Set your thermostat to your personal comfort zone and when you are away from home, reduce the temperature by 5-8 degrees Fahrenheit. For homes with elderly people or children, warmer temperatures are recommended.

## INSTALL A PROGRAMMABLE SETBACK THERMOSTAT

This can be a good investment in homes heated and cooled with central forced-air systems. Taking the time to program to match your personal habits will save money.

## CONSERVE WATER, WHILE SAVING MONEY AND ENERGY

Turn down your water heater to 120° F to reduce your heating bills, install low-flow showerheads and replace faucet washers, and take quick showers instead of baths.

## WHEN DOING LAUNDRY...

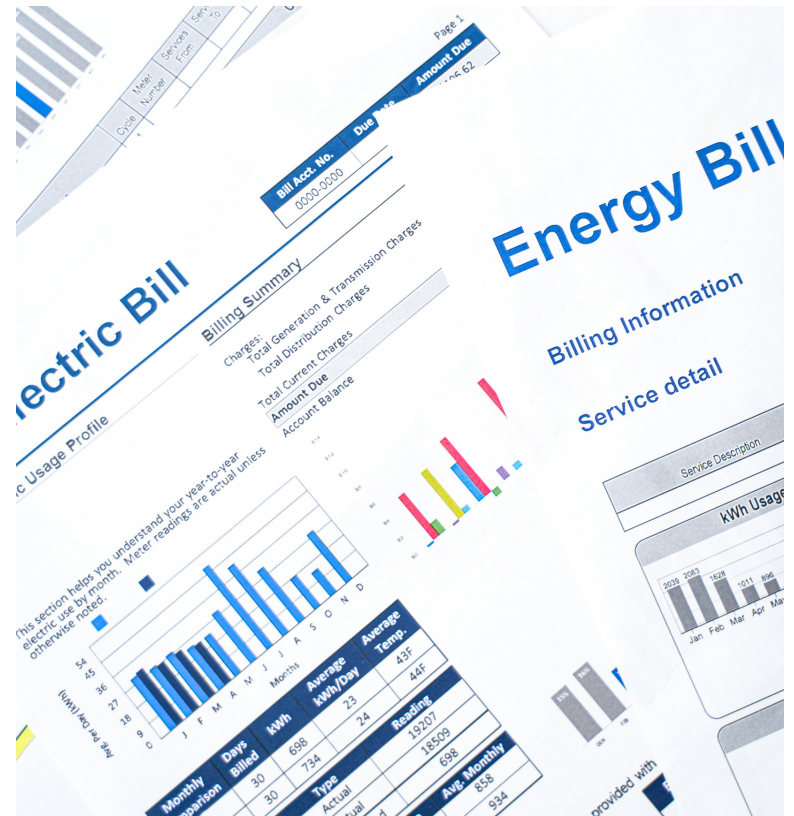
Use cold water in your wash and rinse cycles. And, always run full loads of laundry instead of washing a few pieces of clothing at a time.

## CHECK YOUR DISHWASHER'S SETTING

Some dishwashers offer a water-saving setting or an energy-saving drying option. Check to see if your dishwasher has these options and start using yours today!

## USE YOUR DRAPES

Close drapes on hot summer days to keep the heat outside. On winter days leave them open to absorb sunlight. Always close drapes at night to keep your home's heat inside.



*Tips via Cascade Natural Gas Corporation.  
For more energy savings tips, contact your local provider.*

# Don't drink enough water?

## Foods to hit your daily hydration goals

Article via [today.com](https://www.today.com)

*These are the top foods for hydration to add to your diet — including one superfood that contains 97% water!*

Everyone knows drinking water is important for our health, but an alarming 75% of Americans are chronically dehydrated. Whether you forget to drink or don't enjoy water, making an effort to consume enough fluids is a must for maintaining a healthy body. But if drinking enough water is a daily struggle, there is good news: The foods you eat also factor into overall hydration.

There is a rule of thumb in the nutrition world that fluids should make up 80% of your water intake and the remaining 20% should come from food. Luckily, the 16 top hydrating foods are delicious, full of other nutrients, and will help you meet your daily fruit and veggie intake. As an added bonus, we're shouting out the one hydrating food that soars above the rest that's almost 97% water.

### Why is hydration important?

About 60% of the body is made up of water. "(Water) helps maintain blood volume, serves as a medium for joint lubrication, circulates nutrients and beneficial cells and compounds, and is vital to kidney filtration," says Carolyn Williams, RD, author of "Meals That Heal" and co-host of the podcast "Happy Eating." Water is also necessary for proper brain function, skin elasticity and maintaining a normal internal temperature, according to Elizabeth Shaw, RDN, author, and owner of Shaw Simple Swaps.

Dehydration commonly occurs when you don't take in enough water on a daily basis. Although it sounds insignificant, mild dehydration causes changes in the body that affect blood pressure, mood, and urine output. "As dehydration worsens, so does the severity and extent of effects," says Williams. Severe dehydration may lead to cardiac arrest and can be life threatening.

### How can I stay hydrated?

The most obvious way to boost hydration is to drink more water. "Think about the daily habits

you're already doing (like brushing your teeth), and use these moments as a reminder to drink an extra cup of water," says Shaw. She also adds that if you don't like plain water, consider adding a splash of citrus or 100% fruit juice to entice you to drink more.

"Diet also contributes to daily water intake, particularly fruits, vegetables and dairy products," says Williams. She mentions that skim milk is more than 90% water, so drinking it contributes to hydration. "And even foods like beans, pasta, seafood and chicken breast contain 60% water," says Williams. In other words, eating a well-balanced diet with plenty of fresh foods help your meet your daily water goals.

### How much water should a person drink every day?

"This varies depending on a person's individual health needs as well as their age, activity level, and gender," says Shaw. "The Institutes of Medicine recommend about 13 cups of fluid each day for men and 9 cups for women," she adds. However, these recommendations aren't one-size-fits-all, since you may need more water in hot and humid conditions or if you're engaging in prolonged exercise.

These easiest way to assess hydration status is to monitor the color of urine. "The goal is for the color to be that of pale lemonade," says Williams. That color indicates proper hydration, while a darker color, like apple cider vinegar, means you likely need to drink more water.

### TOP 16 HYDRATING FOODS

#### 1. Cucumber

Many fruit and vegetables are more than 90% water, but one tops the charts. Cucumbers are 97% water and a refreshing way to add more hydration to your diet. For double the hydration, make a spa water with cucumbers, fresh herbs, like mint, and a squeeze of lemon or lime juice.

#### 2. Watermelon

"Containing nearly 91% water, watermelon is an excellent option to hydrate (especially when it's in

season in the warm summer months), says Shaw. It's also a good source of lycopene, an antioxidant that has been linked to heart health.

### 3. Lettuce

You may think that crispy green lettuce has little nutritional value, but it's actually over 90% water. So go ahead and top your burrito bowl with tons of lettuce to up your hydration game.

### 4. Spinach

Good news — the base for your healthy salad is not only packed with vitamin C and iron, but it can also keep you hydrated. Made up of over 90% water, spinach is a great addition to salad, soups, casseroles and smoothies.

### 5. Raspberries

"I eat raspberries several times a week," says Williams. "Not only are they hydrating, but they're loaded with antioxidant compounds and a good source of fiber," she adds.

### 6. Oranges

There's a reason oranges are served as a halftime snack at kids sporting activities — they are juicy and water-rich. And there are tons of varieties, like Cara Cara, Sumo, mandarin, navel, blood orange, and clementine.

### 7. Celery

"Celery boasts over 95% water and is packed with vitamins and minerals that promote healthy blood pressure and digestion," says Vandana Sheth, registered dietitian nutritionist and author of "My Indian Table: Quick & Tasty Vegetarian Recipes." Use it as a vehicle for dipping or add it to soups and stews.

### 8. Cantaloupe

This sweet orange melon is 90% water and packed with potassium, an electrolyte lost through perspiration. Add some cantaloupe to your sweaty summer activities to maximize hydration.

### 9. Cabbage

Cabbage in all its forms — red, green, Brussels sprouts — is a crisp vegetable that is more than 90% water. Eating cruciferous veggies, like cabbage, has been linked to lower cancer risk.

### 10. Zucchini

Zucchini is more than 90% water and a good

source of folate, a vitamin that's important in early pregnancy. Use it as a low-calorie pasta substitute or slice it thinly and bake it into crispy chips.

### 11. Apples

An apple a day keeps dehydration away. Over 80% of the fruit is water, and it's also a good source of fiber. Snack on apple slices with nut butter in between meals to keep you full.

### 12. Grapes

Popping some grapes into your mouth increases your daily fluid intake. Not to mention that grapes contain resveratrol, a plant compound that is good for your heart.

### 13. Pears

Not only are pears a fiber powerhouse — one pear has 25% the daily value — they are full of moisture. Slice pears into your smoothie, salad or oatmeal for some additional hydration.

### 14. Carrots

Carrots are known for their vitamin A, a nutrient that plays a major role in eye health. But they are also almost 90% water.

### 15. Pineapple

It's probably no surprise that this juicy tropical fruit is hydrating. Pineapple is also an excellent source of vitamin C to keep your immune system strong. To jazz up your water, add a slice of pineapple for a sweet taste without added sugar.

### 16. Strawberries

These ruby red berries are 90% water and rich in inflammation-fighting antioxidants. Add more of them to your life in sweet and savory dishes, like desserts and salads.





| Senior Round Table Menu   |  |  |  |  | APRIL 2024 |  | Walla Walla Senior Center |  |  |
|---|--|--|--|--|------------|--|---------------------------|--|--|
| MONDAY  |  | TUESDAY  |  | WEDNESDAY  |            | THURSDAY   |                           | FRIDAY   |  |
| 1 TUNA CASSEROLE<br>VEGETABLE<br>3 BEAN SALAD<br>FRUIT<br>DIRT CAKE PUDDING |  | 2 CHICKEN FRIED BEEF STEAK<br>MASHED POTATOES<br>BREAD<br>COOKIE, FRUIT<br>MOW: VEGETABLE<br>IN HOUSE: SALAD BAR |  | 3 HAMBURGER WITH BUN<br>LETTUCE, TOMATO, ONION<br>VEGETABLE<br>POTATOES<br>CAKE<br>IN HOUSE: ICE CREAM |            | 4 PORK STEW<br>FRUIT, COOKIE<br>ROLL<br>MOW: VEGETABLE<br>GREEN SALAD<br>IN HOUSE: SALAD BAR |                           | 5<br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br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**Free for persons 60+ years. Donations appreciated.** Under 60 years \$7 charge. **Hours: Mon-Thur 11:30-1:00.** Substitutions may occasionally occur. Milk served with all meals. Vegetarian option daily. \*Be advised that our food may have come into contact or contain peanuts, tree nuts, soy, milk, eggs, wheat, shellfish or fish.



## NUTRITION PROGRAM MEALS-ON-WHEELS MEALS IN CONGREGATE SETTINGS

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**Jane Kaminsky**  
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# Veggie-Loaded Sloppy Joes

Recipe & photo via [eatright.org](https://eatright.org)

## Ingredients: (serves 6)

- Vegetable oil cooking spray
- 1 pound extra-lean ground beef
- 1 small green bell pepper, diced
- 1 small red bell pepper, diced
- 1 small onion, diced
- 1 tablespoon white vinegar
- ¾ cup ketchup
- 2 tablespoons prepared mustard
- 6 whole-grain or mixed-grain sandwich buns
- 1 sweet onion, thinly or thickly sliced (optional)

## Directions:

*Before you begin: Wash your hands.*

1. Spray a medium skillet with the cooking spray.
2. Combine the ground beef, diced peppers and onion in the skillet. Cook on medium heat until the beef is thoroughly cooked, 8 to 10 minutes.
3. Mix the vinegar, ketchup and mustard together, and add to the beef mixture; simmer 10 to 15 minutes.
4. Scoop one portion onto each sandwich bun. Top with a slice of sweet onion (optional).

## Food Trivia

Sloppy Joes were once called "loose meat" sandwiches; the word "sloppy" was coined rather appropriately because the filling is messy and tends to drip off the bun. The term "Sloppy Joe" was also used to describe any cheap restaurant or lunch counter serving cheap food quick!

## Nutrition Information

Beef is a good source of iron, and the vitamin C in peppers (and tomato products) enhances absorption of iron.

Serving size: ¾ cup meat + 1 sandwich bun.

Calories: 270; Total fat: 6g; Saturated fat: 2g; Cholesterol 47mg; Sodium: 650mg; Total carbohydrate: 33g; Dietary fiber: 2g; Protein: 21g



# What's healthier, almond milk vs oat milk? A registered dietitian answers once and for all

*Almond milk and oat milk are two of the most popular non-dairy milks out there. If you're trying to get as much nutrition in your diet as possible, which should you choose?*

The plant-based milk (or, as some call it, mylk) section of the grocery store has become nearly as overloaded and confusing as the fragrance section at Sephora. There are a lot of great options, so you may find yourself wondering: Is almond milk vs. oat milk healthier?

While there's a wide selection of nut, seed and grain milk options, almond and oat milk are undoubtedly the two most popular varieties. Whether you're ditching dairy milks to be more environmentally conscious or sidestepping an allergy, each of these two non-dairy choices offers its own unique combination of taste, nutrients and richness.

Now, picking the one that's right for you, your meals and your drinks is where things get tricky. Let's break down the differences between almond and oat milk, and why they're the standouts they are. (We're looking at low-fat oat milk and almond milk in the original flavor.)

## **Pros and cons of oat milk**

Oat milk looks a lot more like cow's milk than any other plant milk. It's opaque, and while it's not quite bright white, it's close. And when you pour it over a bowl of cereal or into a cup of coffee, it behaves like you expect milk to, lightening the color and adding body. The flavor of oat milk is neutral, pleasant and creamy. It froths well, which is why it's become popular at coffee shops.

Looking at the nutritional profile of oat milk, it's higher in calories than many other plant milks on the market, coming in between 45 and 140 calories per serving. At its most basic (and least caloric), oat milk can be made from just oats, water and a little salt, which some brands tout on the front of their package. The "extra creamy" and "barista" varieties are higher in calories because they generally contain more oil to produce better

frothing ability.

You might choose oat milk over almond and other plant milks for recipes where you're replacing cow's milk because it mimics it best, whether you're baking or making a cream sauce. Oat milk may also be your best option if you have tree-nut allergies.

## **Pros and cons of almond milk**

Almond milk has been a key player in the non-dairy space since the late '90s. Its meteoric growth was due in part to its popularity with Seventh Day Adventists, who follow a mostly plant-based diet.

Most almond milks come in at around 30 calories, making it a top choice for consumers focused on low-calorie options. But there are some upscale almond milks on the market that contain a higher percentage of almonds, boosting both the calories, protein and — some say — flavor.

Nuts in general are low in carbohydrates, and almonds are no exception. That means that unless almonds are blended with a grain, like oats, the carbohydrates will be very low (about 1 to 3 grams per serving), making almond milk a smart choice for people with diabetes and other folks who follow a low-carb diet.

## **Is oat milk or almond milk better for weight loss?**

If you're looking for the lowest-calorie plant milk to blend into smoothies or top your morning cereal, almond milk is the clear winner. According to Kristie Leigh, RDN, director of Health & Scientific Affairs at Danone North America, the maker of Silk almond milk and oat milk. "Almond milk generally has the lowest calories per serving of all the plant-based milk alternatives, making it a great lower calorie choice. We find that many consumers use almond milk for everyday recipes like smoothies and in cereal, while they prefer oat milk in their coffee," she says.

If you use plant milk several times a day in various ways, from your morning coffee to post-workout smoothie to afternoon tea, using almond milk may



help you trim your daily calorie intake, which could help maintain your weight. But there are also new options in the oat milk sector that contain less oil, are unsweetened and nutritionally more in line with almond milk. So make sure to read the labels at the grocery store!

### **Is oat milk or almond milk healthier?**

While many people can't drink it due to its lactose content or because of a dairy allergy, dairy milk is certainly rich in nutrients. Cow's milk contains calcium, vitamin D (which helps you absorb calcium), vitamin A and protein. Plant milks on their own do not contain much of these nutrients, so many brands choose to fortify their products to provide similar benefits.

Most almond milks are fortified with calcium, vitamin D and vitamin A. Some brands of oat milk also fortify their drinks with vitamin B12 because it's a nutrient that is hard for vegans to get enough of in their diets.

In terms of which plant milk has the most health benefits, it really depends on what's most important to you.

Both almond and oat milk start with a base that's created by soaking the main ingredient in water, then blending and straining it. This produces a fairly thin base for almond milk, while it creates a thicker and naturally sweeter mixture for oat milk. This is why some almond milks contain the ingredient gellan gum to help thicken it and improve its mouthfeel.

Almonds are naturally rich in vitamin E, with one serving of the tree nut providing 50% of the daily value for the vitamin. Vitamin E is an important antioxidant vitamin that helps protect the skin from UV damage and may even help reduce wrinkles. So if you're looking for some beauty perks, stock your fridge with almond milk, which offers 25% of your requirement in one 8-ounce serving.

If, like many of us, you're looking to pump up the protein and fiber in your meals to maintain a healthy weight and feel satisfied, oat milk may be the milk alternative to add to your cart, as it contains more of each macronutrient. Whichever milk you decide to start your day with, you can feel good knowing that you're ticking some nutrition benefits off your list for the day.



*Article by Frances Largeman-Roth, RDN, via [today.com](https://www.today.com)*



# Adult Day Center & Family Support

(509) 527-3775 ext 3  
adc@wallawallaseniorcenter.org  
[www.adc.org](http://www.adc.org)

Alex Sanchez,  
Program Manager



## What's happening in the Spring & Summer at the Adult Day Center?

It seems like Spring has finally decided to show itself! With the warmer weather, we have the ability and option of being outdoors whenever possible here at the Adult Day Center. Join us!



Some of the things our participants enjoy during better weather months include: walks around the park, bird watching and feeding, gardening in our Senior Center garden beds, and relaxing on our patio. Some of the garden spices are used by our very own Senior Center nutrition program!



Chives are one plant that's already growing this year!



Fishing at the pond! Seniors are now welcome and able to fish at our **Jefferson Park pond**. Grab your fishing gear and join us! Volunteers for this activity will be wanted soon!

New activities we'd like to incorporate this year include: more outdoor activities (i.e. scavenger hunts), outdoor picnics, and outdoor games.

All outdoor activities are done with the company of Adult Day Center staff and/or volunteers. Oh the fun that the sunshine brings!

*The Adult Day Center is located at the Center at the Park in Walla Walla. Our facility serves adults who have memory challenges, physical disabilities, and socialization needs. We provide a safe and stimulating environment. Call or email us!*





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# 6 things people do around the world to slow down

By Carl Honoré via [ideas.ted.com](https://www.ted.com/ideas)



*Is living too fast turning your life into a blur? How can you slow down to see things clearly and savor them more? One way is to take inspiration from calming rituals and traditions found across the world. If you've already mastered the Spanish siesta — aka the midday nap — what other practices can you build into your life?*

## 1. Shinrin yoku

Eco-therapy. Green time. Wilderness cure. Whatever name you hang on it, spending time in nature is a wonderful way to slow down. It makes you calmer, happier and less stressed. It boosts memory, creativity and concentration. It can also deepen friendships.

In Japan, spending time in nature is called shinrin yoku (“forest bathing”) — and Japanese doctors prescribe it to their patients. I prescribe it to myself. My favorite way to reset is to stroll around the park near my home in London. Shinrin yoku is easy to do: Just head to the nearest green space and start walking, picnicking, camping, gardening.

## 2. Fika

The Swedish word fika translates as “coffee and cake break,” yet it means so much more than that.

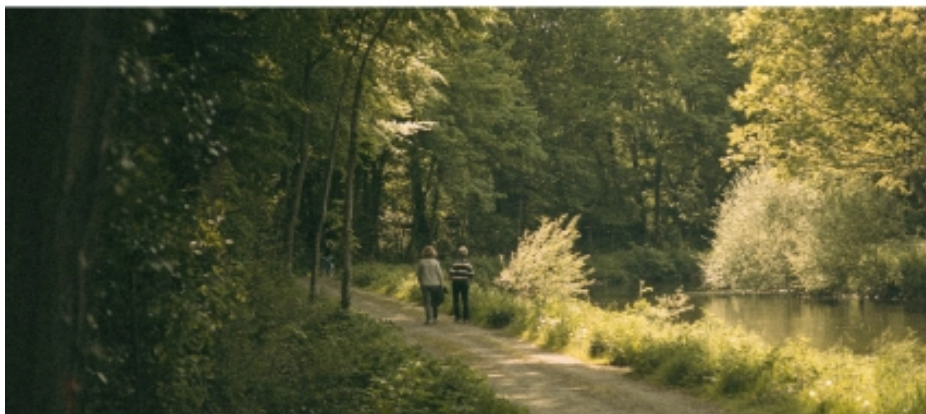
Fika is a mindset: slowing down, being present, savoring the moment.

Forget slurping a latte while walking down the street and using your phone. When you fika, you put away the screens and sit down somewhere cozy. You sip your coffee (or your drink of choice). You nibble on a delicious cake or cookie. And you enjoy a proper chat with someone.

You can fika anytime, anywhere. Do it with a friend over homemade muffins in your own kitchen. Or head to a coffee shop to shoot the breeze over pastries with a colleague. Fika is so uplifting that regular fika breaks are written into some job contracts in Sweden.

## 3. Slow Radio

A rich soundscape can transport you anywhere and offer refuge from the frenzy of modern life. That's why I love Slow Radio on the BBC. I listen to elephants wallowing in Zimbabwe, birds singing in Buenos Aires or a small boat navigating down the Thames River in London. The sounds are deep, immersive and soothing. Slow Radio is free online.



Just slip on some headphones, hit “play” and let a symphony of slowness wash over you.

#### 4. Ubuntu

One of my favorite proverbs is: “If you want to go fast, go alone. If you want to go far, go together.” It’s a reminder that a slower life is built on strong relationships. That spirit is captured by the word ubuntu, which means “I am because we are” in the Zulu and Xhosa languages of southern Africa.

You channel ubuntu by being kind, generous and compassionate. Being of service. Building community. I practice ubuntu by committing random acts of kindness. Like bantering with the cashier at the supermarket. Or helping a vulnerable person cross the road.

#### 5. Dolce far niente

In a world terrified of wasting time, doing nothing feels like a crime or a sin. I’m here to say: It is neither! Because idleness is an art form. It offers sweet relief from the daily grind and the relentless pressure to achieve, and Italians call it il dolce far niente.

Trust me: Once you get over the guilt, doing nothing is actually very easy. Put down tools, turn off your phone, stop striving and then ... sink into the moment. Lie in the grass or gaze out the window and let your mind wander. Pretty soon you’ll be singing the praises of living more by doing less.

#### 6. Indian head massage

Massaging the head has been a tool of Ayurvedic medicine for thousands of years. And no wonder. Whatever your view on chakras, a good head massage has been shown to relieve stress and headaches as well as kickstart the lymphatic system. It can leave you feeling relaxed and better able to concentrate.

A head massage from an expert is the ultimate luxury. But you can also go the DIY route. Place three fingers at the point where your neck joins your head just behind the ear. Then rub your fingers back and forth. Within 30 seconds, you’ll feel a warm, slow glow.

***What do you like to do to slow down?***

## Black and Gold Steeler Salsa

*By Anonymous*

### FROM OUR SENIOR CENTER COOKBOOK... (P. 97)

- 1 1/4 c. black beans
- 1 1/2 c. yellow corn, thawed
- 1/2 c. red bell pepper, finely chopped
- 1 jalapeno pepper, minced
- 1/2 c. balsamic vinegar
- 1/3 c. virgin olive oil
- 1/2 tsp. Dijon mustard
- salt and pepper to taste

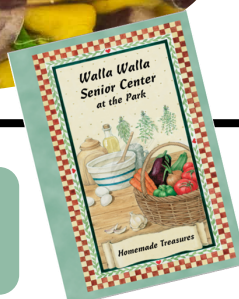
Combine all ingredients and let marinate at least one hour before serving. Serve with black and yellow tortilla chips.



#### Walla Walla Senior Center Cookbook

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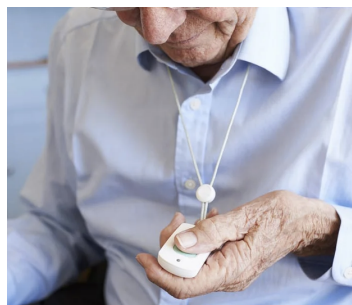
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*Brain teaser answer: Your right elbow*

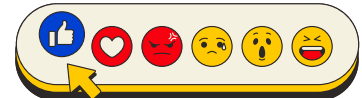
## MONTHLY BRAIN TEASER

What can you hold in your left hand but not in your right?

*See the bottom left side of this page for the answer. No cheating!*

*Riddles via parade.com*

## SWITCH TO THE DIGITAL NEWSLETTER



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an email at  
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### The Orange

At lunchtime I bought a huge orange  
The size of it made us all laugh.  
I peeled it and shared it with Robert and Dave  
They got quarters and I had a half.  
And that orange, it made me so happy,  
As ordinary things often do  
Just lately. The shopping. A walk in the park.  
This is peace and contentment. It's new.  
The rest of the day was quite easy.  
I did all the jobs on my list  
And enjoyed them and had some time over.  
I love you. I'm glad I exist.

- Wendy Cope

