

All About Seniors, Inc.

Resource, Referral, and Placement Services

July 2011

Serving our Clients with Compassion and Dignity



Helping adult clients with their care and housing needs.

Our Dedicated Team:

Jennifer Roney, RN

Ken Roney

Amy Landon

Melisa B

Shawnie Roney

Bethany Davidson

Hello Everyone...

I was sitting in my car in the drive thru at Starbucks waiting to get my 4 Splenda Black Iced Tea when it came to me that All About Seniors is coming up on its 10 year anniversary. I was thinking even though it feels like we've been on a rollercoaster ride for most of that 10 years with the stresses of running and working our own business... it has been and still is worth it! This dream and reality wouldn't even be possible in some countries...to own your own business and have the freedoms to start a wonderful adventure as our business has been. I feel blessed, grateful and very appreciative to live in this great country!

We as citizens of this great country have different political, religious and moral views. We have had mudslinging, arguing, fighting and even killing one another in the last 235 years. We've had our men and women go off to foreign wars and they have paid the ultimate sacrifice. But...even though we have struggled, and recently with quite a bit of adversity, we always have settled our differences and became united as one great country...**The United States of America.**

God Bless,

Ken Roney

My wife Jennifer and I, and the whole All About Senior's Team want to wish you a

Happy and Safe 4th of July



If you have any suggestions or comments, please contact us at

All About Seniors, Inc.

PO Box 68887

Milwaukie, OR 97268

(503) 659-3815

allaboutsensors1@cs.com
www.allaboutsensorsinc.com

Cool Summer Non-Alcoholic Drinks

Summer Delight Punch

- 6 oz Can frozen lemonade
- 6 oz Can frozen orange juice
- 2 1/2 c Pineapple juice
- 12 oz Can apricot or peach nectar
- 1 ea Bottle ginger ale, (2 litre)
- 1 ea Lemon, sliced



Mix together the lemonade, orange juice, pineapple juice, and nectar and chill. When ready to serve drinks, add the ginger ale. Garnish with lemon slices.

Source: www.garvick.com/annual/4th-july/recipes/drinks.htm

Seniors on the Internet

By Jennifer Martinez

From healthcare to finances to emailing loved ones, the Internet is a safe and convenient way for seniors to save time and stay active. And while computers and the Internet can be daunting at first, it's easy to learn how to use them safely and efficiently.

If you're a senior -- or just needs tips for the grandparents -- the Internet is full of opportunities for seniors to stay informed and stay in touch with family and friends. Getting online makes it easy for you to take care of business -- from using online banking to paying bills -- bypassing the mall or post office to get errands done. And many health care providers have web sites where you can find a doctor, track your benefits, schedule appointments, and even order prescription refills.

But for those who aren't Internet savvy, here are three steps to take to get started and to sidestep pitfalls:

- 1. Learn the basics** Basic computer skills are easy to learn and training resources abound. Many senior centers, community colleges and clubs offer computer classes. The Internet itself has resources -- organizations like SeniorNet and AARP, which are committed to educating and enabling seniors online.
- 2. Secure your computer** Staying safe on the Internet requires awareness and the right tools. High-tech burglars and vandals use viruses and other methods to compromise computers. So, just as you use locks to keep criminals out of your home, you also need to secure your computer. For example, make sure to install anti-virus software. Like a home security system, it blocks intruders while letting friends through. It also automatically detects and removes dangerous viruses.
- 3. Avoid scams** Unfortunately, there are con artists at work on the Internet. For instance, you may receive an email explaining how you're entitled to money from a long lost relative's estate. All you have to do is provide your bank account number to a lawyer in Kenya. Don't respond to these kinds of emails -- delete them. If your instincts tell you something seems too good to be true, it probably is.

Also, never give out your social security number online. In scams known as phishing attacks, criminals impersonate legitimate organizations to elicit personal or financial information. They use fake emails and web sites to masquerade as banks, government agencies, online auction sites and even charities.

These scams arrive unsolicited in your email box -- and that's the first clue they're not legitimate. No reputable company or organization will ever ask for social security numbers or other sensitive information in an unsolicited email.

Phishing emails will direct you to a web site to enter information. While the web site may sport the company's logo and appear completely legitimate, if you look closely at the web address, you'll probably find it doesn't match the organization's actual address. The bottom line: Don't respond to unsolicited emails, and always contact an organization directly before providing any personal information online.

Although the Internet may seem intimidating at first, it's more than worth the time it takes to learn the basics. Before you know it, you'll be surfing like a pro.

Jennifer Martinez is a freelance writer with a specialty in family computer topics.
Source: www.yoursecurityresource.com/articles/seniors_internet/index.html

**Advertise your
business here**

*Please call Ken for more
information about advertising*

503-659-3815

**Pop's
Adult Care Home**

*Lidia Pop
626 NE 155th Ave.
Portland 97230
(503)252-8707*

*We care for residents
with care needs ranging
from minimal to heavy
care.*

Music Aids Alzheimer's in Remembering New Information

ScienceDaily (May 13, 2010) — Researchers from Boston University School of Medicine (BUSM) have shown that patients with Alzheimer's disease (AD) are better able to remember new verbal information when it is provided in the context of music even when compared to healthy, older adults. The findings, which currently appear on-line in *Neuropsychologia*, offer possible applications in treating and caring for patients with AD.

AD, the most common form of dementia, is characterized by a general, progressive decline in cognitive function that typically presents first as impaired episodic memory. The onset and rate of this decline tends to vary across cognitive domains, and some functions may be preferentially spared in patients with AD.

To determine whether music can enhance new learning of information, AD patients and healthy controls were presented with either the words spoken, or the lyrics sung with full musical accompaniment along with the printed lyrics on a computer screen. The participants were presented visually with the lyrics to 40 songs. Twenty of the song lyrics were accompanied by their corresponding sung recording and 20 were accompanied by their spoken recording.

After each presentation, participants were asked to indicate whether or not they were previously familiar with the song they had just heard. The BUSM researchers found accuracy was greater in the sung condition than in the spoken condition for AD patients but not for healthy older controls.

"Our results confirmed our hypothesis that patients with AD performed better on a task of recognition memory for the lyrics of songs when those lyrics were accompanied by a sung recording than when they were accompanied by a spoken recording," said senior author Brandon Ally, PhD, an assistant professor of neurology and director of Neuropsychology Research at the BUSM Center for Translational Cognitive Neuroscience. "However, contrary to our hypothesis, healthy older adults showed no such benefit of music, he added.

These results suggest a fundamental difference in the encoding and retrieval processes for musical versus nonmusical stimuli between patients with AD and healthy older adults. "Music processing encompasses a complex neural network that recruits from all areas of the brain, that are affected at a slower rate in AD compared to the areas of the brain typically associated with memory. Thus, stimuli accompanied by music and a sung recording may create a more robust association at encoding than do stimuli accompanied by only a spoken recording in patients with AD," explained Ally.

According to the researchers understanding the nature of musical processing and memory in patients with AD may allow the development of effective and comprehensive therapies for this increasingly prevalent disease.

This research was supported by National Institute on Aging.

Story Source:

The above story is reprinted (with editorial adaptations by *ScienceDaily* staff) from materials provided by Boston University Medical Center, via EurekAlert!, a service of AAAS.

Apricot Chicken Wings Recipe



Ingredients

- 2 pounds *chicken wings*
- 1 cup *apricot preserves*
- 2 tablespoons *cider vinegar*
- 2 teaspoons *hot pepper sauce*
- 1 teaspoon *chili powder*
- 1 *garlic clove, minced*

Directions

- Cut chicken wings into three sections; discard wing tips. In a small bowl, combine the remaining ingredients; pour 1/2 cup into a large resealable plastic bag; add chicken. Seal bag and turn to coat. Refrigerate for 4 hours or overnight. Cover and refrigerate remaining marinade.
- Drain and discard marinade. Place wings in a greased foil-lined 15-in. x 10-in. x 1-in. baking pan. Bake at 400° for 30-35 minutes or until juices run clear, turning and basting occasionally with remaining marinade. **Yield:** 2 dozen.

Editor's Note: Uncooked chicken wing sections (wingettes) may be substituted for whole chicken wings. Simple-to-make appetizers are the key to easy entertaining. A five-ingredient marinade flavors these juicy and tender chicken wings. —Robin Spires, Tampa, Florida

Nutrition Facts: 1 chicken wing equals 79 calories, 4 g fat (1 g saturated fat), 18 mg cholesterol, 25 mg sodium, 7 g carbohydrate, trace fiber, 4 g protein. **Diabetic Exchanges:** 1 lean meat, 1/2 starch.

Apricot Chicken Wings published in Taste of Home Christmas Annual Annual 2009, p81

Cool Summer Beverage

Mock Pink Lady

- 1 1/2 c Milk
- 2 tb Lemon juice
- 1 tb Grenadine
- 1 tb Sugar, granulated
- 6 Ice cubes



Measure milk, lemon juice, grenadine, sugar and ice cubes into blender. Blend until ice is dissolved. Serve immediately.

www.garvick.com/annual/4th-july/recipes/drinks.htm

Becky Hale's Helping Hands

Are there household responsibilities that you'd rather not do, such as Light Cleaning, Laundry, Paperwork, Grocery Shopping, Watering Plants, and other Chores?

Do you need help with Transportation, Appointments, Errands?
Would you like companionship for Outings, Field Trips, Entertainment, Dining Out?

Then I'm Your Gall!

Compassionate, Responsible, Flexible.
Exceptional References and Reasonable Rates.

Call Becky at 503-963-9170 or email to beckyhale222@yahoo.com

4

Somerset Lodge

Gracious Retirement Living

8330 Cason Road.
Gladstone, Oregon 97027

503-723-7868

Please call to schedule a tour

4th of July History, Trivia and Facts

- The major objection to being ruled by Britain was **taxation without representation**. The colonists had no say in the decisions of English Parliament.
- In May, 1776, after nearly a year of trying to work out their differences with England, the colonies sent delegates to the Second Continental Congress. Finally, in June, admitting that their efforts were hopeless, a committee was formed to compose the formal **Declaration of Independence**. Headed by Thomas Jefferson, the committee also included John Adams, Benjamin Franklin, Philip Livingston and Roger Sherman. On June 28, 1776, Thomas Jefferson presented the first draft of the Declaration to Congress.
- **Betsy Ross**, according to legend, sewed the first American flag in May or June 1776, as commissioned by the Congressional Committee.
- Independence Day was first celebrated in Philadelphia on July 8, 1776.
- The **Liberty Bell** sounded from the tower of Independence Hall on July 8, 1776, summoning citizens to gather for the first public reading of the Declaration of Independence by Colonel John Nixon.
- On June 14, 1777, the Continental Congress, looking to promote national pride and unity, adopted the national flag. "Resolved: that the flag of the United States be thirteen stripes, alternate red and white; that the union be thirteen stars, white in a blue field, representing a new constellation."
- The first public Fourth of July event at the White House occurred in 1804.
- The first Independence Day celebration west of the Mississippi occurred at Independence Creek and was celebrated by Lewis and Clark in 1805.
- On June 24, 1826, **Thomas Jefferson** sent a letter to Roger C. Weightman, declining an invitation to come to Washington, D.C., to help celebrate the 50th anniversary of the Declaration of Independence. It was the last letter that Jefferson, who was gravely ill, ever wrote.
- Both Thomas Jefferson and John Adams, died on Independence Day, July 4, 1826.
- In 1941, Congress declared July 4 a federal legal holiday.
- The 56 signers of the Declaration of Independence did not sign at the same time, nor did they sign on July 4, 1776. The official event occurred on August 2, 1776, when 50 men signed it. Later that year, five more signed separately and one added his name in a later year. Thomas McKean was the last to sign in January, 1777.
- The origin of **Uncle Sam** probably began in 1812, when Samuel Wilson was a meat packer who provided meat to the US Army. The meat shipments were stamped with the initials, U.S. Someone joked that the initials stood for "Uncle Sam". This joke eventually led to the idea of Uncle Sam symbolizing the United States government.



www.holiday-corners.com/fourth-of-july/history-trivia.php





SOLVE THE RIDDLE

I have four wings, but cannot fly, I never laugh and never cry; On the same spot I'm always found, Toiling away with little sound. What am I?

The first two people with the right answer from each County to call us will receive a \$10.00 Starbucks gift card.

Answer to June riddle: Phonebook

Advertise your business here

*Please call Ken for more
Information about
advertising*

503-659-3815

Red, White, and Blueberry Freezee

- 1 c Whipping cream
- 1/2 c Frozen blueberries
- 1 ds Lemon juice
- 1 x Sugar to taste
- Small Strawberries for garnish



Mix together the whipping cream, blueberries, lemon juice, and sugar in a blender. Top with a few strawberries. This refreshing drink is great on a hot day.

All About Seniors, Inc
PO Box 68887
Milwaukie, OR 97268