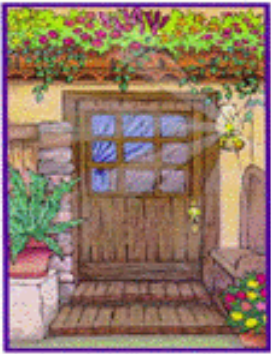


All About Seniors, Inc.

Resource, Referral, and Placement Services

October 2010

Serving our Clients with Compassion and Dignity



**It's All About Quality
It's All About Choices
It's All About Seniors**

**Helping adult clients with
their care and housing
needs.**

Our Dedicated Team:

Jennifer Roney, RN

Amy Landon

Melisa Buschow

Ken Roney

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

How to Make a Scarecrow

Homemade scarecrows can be quite fashionable and eye-catching. Choose bold colors and set up a display with corn stalks and bales of hay. Get creative, get the kids and elders involved, use your imagination and make a scary scarecrow! The more menacing he looks, the more of a conversation piece he will be.

Supplies for Your Homemade Scarecrow

- Long-sleeved shirt, Old pair of pants or jeans - preferably with patches, Old pair of socks or boots, Gardening gloves, Straw hat
- Plenty of baling twine or string
- Safety pins
- A pillowcase or pumpkin for the head
- Fiberfill, newspapers, rags, or straw for stuffing
- Pencil, paint and markers for face
- Stakes (optional)



Assembly

To assemble your scarecrow, firmly tie the ends of the pants and sleeves on the shirt and stuff them with your choice of stuffing. Stuff the socks and gloves and tie on the ends. Fasten the socks (or boots) and gloves to the pants and shirt on the inside with safety pins (or bent paper clips.) Tuck the shirt into the pants.

If you're using a pumpkin for the head, it's best to carve it into a jack-o-lantern to take off some of the weight. It will take some wire to fasten it. A pillowcase works better and is far easier to attach to the body. Use a pencil and draw on the face. Follow up with the paint and markers to give him facial features. Then stuff the pillowcase and fasten it to the body with safety pins.

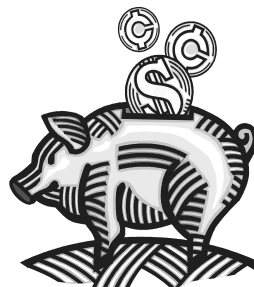
Top off your scarecrow with a hat. A straw hat gives it a classic look. Fasten the hat firmly so it doesn't blow off on windy days.

You can sit your scarecrow on the bales, or prop him up against them. Consider attaching him to some stakes with a hammer and nails to have him in an upright position.

Now, give your scarecrow a name and enjoy. When the season is over, store him in a dry place for next Fall.

Source: <http://www.halloween-website.com/scarecrow.htm>

Direct Deposit - A Safer, Easier Way to Get Your Benefits



Direct deposit is the best way to get your Social Security or SSI payment. It is safer and easier than a check, because your money goes straight to your account on your payment day. Now, signing up is easier than ever. Call Go Direct at 800-333-1795 or visit the website today!

SOLVE THE RIDDLE



A skin I have
More eyes than one
I can be very nice
When I'm done

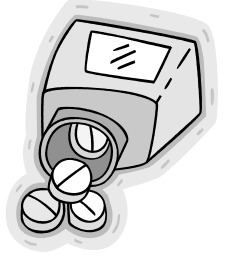
The first two people from each county will receive a \$10.00 Starbucks gift card.

Answer to September riddle: Drum

“Fear less, hope more; Eat less, chew more; Whine less, breathe more; Talk less, say more; Love more, and all good things will be yours” Swedish Proverb

Proper Disposal of Prescription Drugs

Office of National Drug Control Policy



Federal Guidelines:

Do not flush prescription drugs down the toilet or drain unless the label or accompanying patient information specifically instructs you to do so. For information on drugs that should be flushed visit the FDA's website.

To dispose of prescription drugs not labeled to be flushed, you may be able to take advantage of community drug take-back programs or other programs, such as household hazardous waste collection events, that collect drugs at a central location for proper disposal. Call your city or county government's household trash and recycling service and ask if a drug take-back program is available in your community.

If a drug take-back or collection program is not available:

1. Take your prescription drugs out of their original containers.
2. Mix drugs with an undesirable substance, such as cat litter or used coffee grounds.
3. Put the mixture into a disposable container with a lid, such as an empty margarine tub, or into a sealable bag.
4. Conceal or remove any personal information, including Rx number, on the empty containers by covering it with black permanent marker or duct tape, or by scratching it off.
5. Place the sealed container with the mixture, and the empty drug containers, in the trash.

Calabaza, Corn, and Coconut Soup

Ingredients

For soup:

- 2 tablespoons olive oil
- 1 medium onion, coarsely chopped
- 1/4 cup finely chopped fresh cilantro stems
- 2 garlic cloves, coarsely chopped
- 1 (2 1/4-pound) piece calabaza squash or 1 (2 1/2-pound) whole kabocha squash, peeled, seeded, and cut into 1/2-inch pieces (6 cups)
- 4 cups water
- 1 1/4 cups well-stirred canned unsweetened coconut milk (12 ounces)
- 3 ears of corn (fresh or thawed frozen), kernels cut off and reserved for relish (below) and cobs halved crosswise
- 2 teaspoons salt
- 1/4 teaspoon cayenne



For corn relish:

- 4 1/2 teaspoons fresh lime juice
- 1/4 teaspoon salt
- Pinch of sugar
- 2 tablespoons olive oil
- 2 cups corn kernels (see above)
- 2 tablespoons coarsely chopped fresh cilantro
- 1 tablespoon finely chopped shallot



Preparation

Make soup:

Heat oil in a 4- to 5-quart heavy pot over moderately high heat until hot but not smoking, then sauté onion, stirring occasionally, until beginning to soften and edges are browned, about 4 minutes. Add cilantro stems and garlic and cook, stirring occasionally, 3 minutes. Add squash pieces and cook, stirring frequently, 3 minutes. Stir in water, coconut milk, corn cobs, salt, and cayenne and simmer, uncovered, stirring occasionally, until squash is very tender, about 15 minutes.

Prepare corn relish while soup simmers:

Whisk together lime juice, salt, and sugar in a bowl, then add oil and whisk until combined.

Cook corn kernels in a saucepan of boiling salted water until just tender, 2 to 3 minutes. Drain in a sieve, then rinse under cold water to stop cooking. Drain well, then transfer to dressing along with cilantro and shallot and toss well to coat.

Finish soup:

Discard corn cobs, then purée soup in batches in a blender (use caution when blending hot liquids) until smooth, transferring to a 2-quart measure. Divide soup among bowls and gently stir 1/4 cup corn relish into each.

Cooks' notes: · Soup (without corn relish) can be made 2 days ahead and chilled, covered. Reheat before serving.

· Corn relish can be made 1 hour ahead and kept, covered, at room temperature.

Source: <http://www.epicurious.com/recipes/food/views/Calabaza-Corn-and-Coconut-Soup-231483>



How to Un-Shrink a Sweater

Fill your sink with warm water, add a tbsp of hair conditioner. Submerge the sweater and let it soak for half an hour. Then gingerly tease the fibers apart - this can be time consuming and tedious - but it works! Once you have teased out the fibers, gently stretch out the wool in all directions. Finish with a cold water rinse and lay out flat to dry. You should gain a few inches.

Source: <http://www.tiphero.com>

BRAIN FOOD

These foods improve brain function, help you maintain memory and more.

Shellfish: Shellfish contains Vitamin B12, iron, magnesium and potassium which are great for brain function.

Low-fat foods: Psychology Today reports that a diet rich in saturated fatty foods can lead to depression and cancer.

Salmon: Salmon is full of omega-3 fatty acids, which are good for the heart and brain.

Canola oil: Cook with canola oil instead of corn and sunflower oils to up your intake of omega-3s.

Avocado: Avocado is full of the good kinds of fatty acids, and it's also supposed to be good for your hair and nails.

Good carbohydrates: To keep your glucose levels at the right level, eat vitamin-rich, whole grain cereals, toast and crackers when your energy is low.

Eggs: Eggs contain choline, a type of B vitamin that is good for memory and stress management.

Almonds: Almonds are often touted as a good brain food, giving you lots of energy. They also contain choline.

Fruits and vegetables: Fruits and vegetables have many great health benefits, and the brain especially loves green, leafy veggies.

Lean beef: Lean beef and beef liver also contain choline.

Source: <http://www.geriatricnursingcertification.com/100-best-health-foods-for-seniors/>



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Milwaukie, OR 97268



*Why did the Vampire subscribe to the Wall Street Journal?
He heard it had great circulation...*