

Pullman Senior Citizens Association

Your Newsletter!! October 2020

UPDATE!! UPDATE!! UPDATE!!

Member to Member Outreach Program

**What is faster than a speeding bullet...? More powerful than a locomotive...?
Our wonderful members!! (Sorry, Superman!)**

The Member to Member Outreach program has been met with roaring enthusiasm. Thanks to your generous contributions, as of Monday Sept. 14th we have received over \$600 which will enable us to re-enroll at this time, SEVEN of our deserving members, and put a little something aside for future enrollments. If you know of other senior citizens who would benefit from inclusion in our Association under this program, please contact a board member.

We will continue to accept donations into the new year. Your support can go to a person of your choosing, or be an unspecified gesture of caring for someone in our community. A welcoming note of explanation will be placed in each recipients newsletter. All those who donate will be acknowledged in our newsletter unless you choose to remain anonymous. Contact Millie Flood at 865-604-8040 with any questions. Special thanks to our donors:

John and Liz Hobbs

Pete and Jolie Haug

Dr. Betty K. Adams

Lee Banerberger

Susie Hardy Gormsen

Valda Steele

Kim Marsh

Rick and Marlene Stephens

Dorothy "Dot" Lisk

Robert Ackerman

Your Association is operating without a City of Pullman Staff Coordinator at this time.

Millie Flood—(865) 604-8040

Vicki Ruddick—(509) 595-2640

Have volunteered to be direct contacts that members can call with questions.



Message from the Association Board:

The Board of the Pullman Senior Citizens Association met on Sept. 14, 2020. We had great attendance with 10 members present, nine were members of the Board.

Recreation Director Kurt Dahman started us out with a complete tour of the new Pullman Senior Center facility. It is beautiful!

The large open exercise rooms will allow for our classes and activities to take place without having to move furniture.

The Center will still be closed until conditions regarding Covid-19 significantly improve, but the carpeted walking track is open five days a week, 8am to 5pm.

The Board continues to plan and prepare for the day we can all meet and greet. We are working on some ideas for decorations that will suit the new location, procedures for keeping members updated at future COA lunches, and updating our Bylaws.

Next meeting: Oct. 12, at 10:00 am. at the new Senior Center. **All are welcome!**

Hello from

Pullman Parks, Facilities & Recreation.

Following the recent increase of COVID-19 cases in Whitman County, the Senior Center will continue to be closed until conditions improve. We will continue to communicate and provide updates to our participants via email, Pullman Parks & Recreation website www.pullmanparksandrec.com, and the City of Pullman Facebook, and Instagram pages. If you have questions, feel free to contact the Pullman Parks & Recreation Office at 509-338-3227 or recreation@pullman-wa.gov.

Thank you for your patience and understanding during these continued unprecedented times.

Be Well, Kurt Dahmen, Recreation Manager

Prospective Slate of Officers for our elections in NOVEMBER:

Co President(s) 2 year term: Pete Haug,

Eileen Macoll

Co Vice President(s) 2 year term: Marlene Stephens

TBD

Treasurer 2 year term: Millie Flood

Secretary 2 year term: Jeré Strang

Board members 3 year term:

Vicki Ruddick, Jodi Lee, JoAnn Ailor, Terry

Buffington & Peggy Flaherty

Ex Officio: Dave Ruddick



OCT. Birthdays!

Happy Birthday Dear...

Marie Cox	Oct. 4
Marvel Kimball	Oct. 6
Betty Millham.....	Oct. 7
Peggy Flaherty.....	Oct. 8
David Mordquist	Oct. 8
Margaret Russell	Oct. 12
Heimlata Vasavada	Oct. 14
Carol Whitman	Oct. 15
Terry Buffington	Oct. 19
Nadine Schneider.....	Oct. 20
Ruth Cox.....	Oct. 21
Debbie Fallon-Spooner.....	Oct. 21
Miriam Rehwaldt.....	Oct. 22
Thursa Herrett.....	Oct. 23
Phyllis Baladez.....	Oct. 26
Dennis Griner	Oct. 27
Alice Kramer.....	Oct. 28
Helen Peru	Oct. 30
Rex Davis.....	Oct. 31



STAYING WELL

As seniors we are in a particularly high-risk group for the Covid-19 virus. Our immune response generally declines with increasing age. Poor nutrition can contribute to our risk factors for getting sick.

Harvard Medical news reports that one-third of seniors have nutrient deficiencies. Factors that may contribute to these deficiencies are:

- ◆ Diminished appetite due to other health issues, loneliness, and depression.
- ◆ Reduced nutrient absorption caused by medications.
- ◆ Lower interest in cooking for one person or because dental problems.
- ◆ A general multivitamin and mineral supplement may be helpful. But too many supplements can sometimes be harmful or even suppress your immune system.

Remember that vitamin pills are not a substitute for good eating and all the benefits of healthful foods.



Local Favorites: Loving Legumes!

Get to know GARBANZO beans!!!



We are fortunate to live here in the Palouse region which just so happens to be the chickpea/garbanzo bean capital of the WORLD. Garbanzo beans are a great source of inexpensive protein.

All legumes deliver high levels of immune boosting nutrients, such as potassium, magnesium, zinc, B vitamins and iron. One serving of garbanzo beans contains three times the folate (an essential B vitamin) of kale, and as much potassium as a banana. Just one half cup of cooked “garbs” (garbanzo beans) contains half the USDA daily recommended amount of fiber, is easily digested, and is gluten free.

These nutritional gems are available year round in cans at our local grocery stores...**But, cooked from scratch at home they really shine.** Garbanzos are easy to cook, and are ready to go in far less time than their beany brothers.

So, here is an easy, no fuss method to enjoy our local bounty:

- 1. Rinse in cold water. No need to soak.*
- 2. Toss them in your slow-cooker, and cover with about three inches of water.*
- 3. Add salt, garlic, chicken base, chili powder, taco seasoning, or whatever else strikes your fancy for seasoning. But not lemon or other citrus. Save that for later.*
- 4. Set cooker to HIGH and walk away for about three hours.*
- 5. Enjoy your efforts! They are great cold in salads, or hot in soups and casseroles.*

The skins will “pop” a bit when they are done, but taste to be sure. They should be smooth and creamy on the inside. Do not eat undercooked chickpeas or other legumes!

Cook’s Note:

I usually pour in boiling water to begin with. This takes about one hour off the cook time.

And BTW...chickpeas are neither peas nor beans. But their own branch of the delicious family tree in the world of LEGUMES.

Council on Aging October Meal Program

What could be better than a warm and comforting home cooked meal? A meal that is cooked by someone else!!COA is ready to serve! No shopping or dishes to do. This month the menu is chock full of our Fall favorites. Meals can be picked up at the Pullman Recreation Center, 190 SE Crestview St. Bldg B, lower level or, **delivered** to your home.

Here is what we have for OCTOBER.

TUES., October 6

Homemade Pizza

Green Salad

Sliced Peaches

Ice Cream Sundae

TUES., October 13

Cobb Salad

Fresh Fruit

Roll and Vanilla Pudding

TUES., October 20

Shepard's Pie

Cabbage Salad

Fruit and Dessert

TUES., October 27

Meatloaf and Roasted Red Potatoes

Cooked Carrots

Green Salad and Dessert

FRI. , October 2 Birthday Party!

Cube Steak w/ Brown Gravy

Sautéed Mushrooms

Rice Pilaf and Cooked Carrots

Birthday Dessert

FRI., October 9

Spanish Meatballs and Rice

Green Salad

Fruit and Dessert

FRI., October 16

Biscuits and Gravy

Sausage

Scrambled Eggs and Fruit

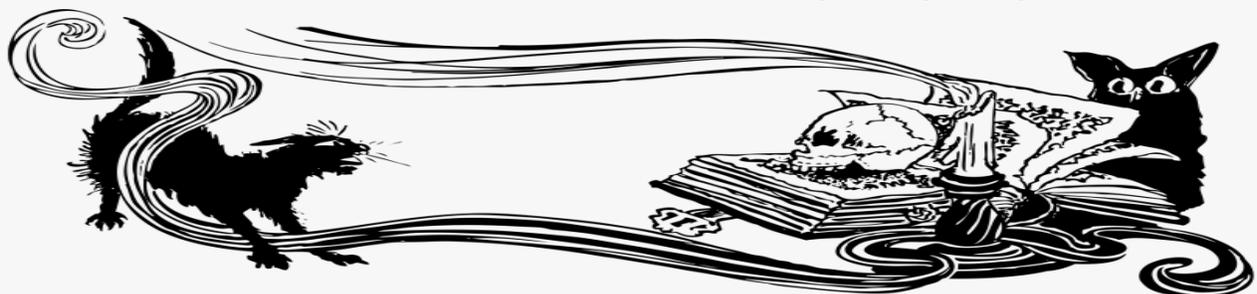
FRI., October 23

Vegetable Beef Stew

Green Salad and Sliced Pears

Multi Grain Bread and Dessert

FRI. 30 Spooky Surprise!





Interesting Times

from Petes Pen



A classic Calvin and Hobbes cartoon begins with Calvin stating, “These are interesting times.” His reasons? We don’t trust the government, the legal system, the media, or each other. “We’ve undermined all authority, and with it, the basis for replacing it,” Calvin says gleefully. “It’s like a six-year-old’s dream come true!”

Although we’re sixty-year-olds (mostly older), Calvin’s description mirrors our own “interesting times,” and Calvin wasn’t facing climate change, a pandemic, a pall of smoke, or an election. So, what might we do during the interesting times we inhabit?

For one thing, we can sort out fake news and inform ourselves intelligently about what’s happening. Another thing is that we can pray, something encouraged by all religions. I like to think of prayer as multi-purposed. Sometimes, when we ask God to make things better, we can also ask that He give us the ability to accept His Will, whether or not things get better. Prayer can help us deal with the uncertainty of the unknown.

These troubled (but interesting) times tend to separate us, even without the enforced isolation of the pandemic. They beg for something to bring us together, something that transcends our differences. We’re all part of a humankind that has created many of our own problems. Social distancing precludes much interaction temporarily, but prayer is individual. In addition to praying for ourselves, we can also pray for each other, for those we know, for those we don’t know, and for those whose problems are greater than our own.

Of course, you don’t have to be a believer to pray. Lots of people do it when they hit their thumb with a hammer. It just kind of pops out. And of course we’ll always have prayer in schools as long as there are math tests.

If prayer isn’t your thing, try meditation to escape temporarily from our troubled times. It’s hard to define, but my favorite is from the Oxford English dictionary:

Meditation

That kind of private devotional exercise which consists in the continuous application of the mind to the contemplation of some religious truth, mystery, or object of reverence, in order that the soul may increase in love of God and holiness of life.

Pete Haug-

What's the big deal about Hummus?

Hummus is a “peanut butter” of cooked chickpeas (garbanzos). Hummus has been a popular staple in the Middle East for centuries where it is eaten any time of day as a meal, or a snack, usually scooped up or spread on flatbread. It has only recently become very popular here in North America and is the:

“Official Dip of the National Football League.”

You will see it at any Super Bowl party.



Many seniors don't like hummus. I never understood why until I tasted the store-bought stuff. YUCK! Store-bought hummus includes the traditional ingredients of sesame paste (*tahini*) and olive oil. These are very assertive flavors and if you did not grow up with them, you may not like them. I always make hummus from chickpeas I cook from scratch. It is so easy!! My hummus features the natural sweet and creamy flavor of the chickpeas by themselves!

So, how do I make hummus? Here is a no-fuss recipe to try:

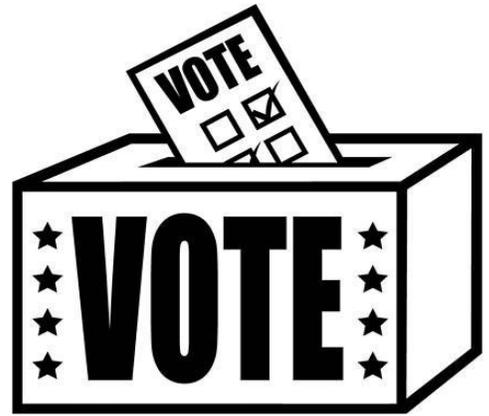
1. Take a cup or so of the cooked chickpeas from the recipe on the previous page, or use one can (16 oz.) from the grocery store)
2. Toss 'em in the food processor with a little bit of the cooking liquid, or liquid from the can, which should be thick and syrupy.
3. Begin processing. Let the machine run. This will take a minute or so.
4. Stop and scrape down the bowl.
5. Now get creative!!! Add salt and pepper to taste, lightly sautéed chopped garlic, roasted red peppers, sunflower seeds, etc. I favor a good shot of lemon juice and a bit of regular salad oil to smooth it all out.
6. Continue to process until silky smooth or leave a bit chunky, your choice.



Eileen Macoll

REMEMBER TO VOTE:

Our Washington State **Vote by Mail (VBM)** system is safe, simple, and secure. It is an efficient and proven process, and nothing has been changed for this election. Unfortunately, there is a lot of misinformation floating around out there.



The card that you received from the Postal Service is generic to many states.

Washington State is sticking with what we know, and know what works.

You do not need to request an “Absentee” Ballot.

Your ballot will automatically arrive with your regular mail on or about the **16th of October**. The envelope will look just like the ballots you have received for General Elections in the past. The deadline to return your ballot is: **November 3, 2020** .



The Post Office does not forward election ballots. To receive your election ballot you must have your current address on file with the County Auditor. Telephone the Whitman County Auditor at 509-397-5284 if you have any concerns about receiving a ballot.

You can help our County Election Officials by getting your ballot returned to them well before the deadline.

Please:

- ◆ Open your ballot as soon as you receive it.
- ◆ Vote your choices by filling in the “bubbles” as usual.
- ◆ Slip the ballot into the security sleeve.
- ◆ Place the ballot with security sleeve in the return envelope.
- ◆ Sign and date the return envelope. Seal the return envelope.
- ◆ **Drop your return envelope in the regular mail as soon as possible.** No stamp or postage is needed.

Due to Covid-19, the locations of ballot drop boxes is subject to change.

So, MAIL your ballot early to avoid any confusion.

Final thoughts....

- ◆ We still need a member to step up to be one of our Co-Vice Presidents.
- ◆ As the Senior Center remains closed, consider calling a friend just to chat, share memories, or fuss about the weather!! It's too easy to get lonely out there.
- ◆ Please notify a Board member if your address has changed. We are trying to keep costs down and we are charged \$\$ by the Post Office for all returned newsletters.
- ◆ Please consider making a donation of any amount to the **MEMBER to MEMBER Out Reach Program**. Contact Millie Flood at 865-604-8040 with any questions.
- ◆ The current Newsletter is entirely generated by your Board Members. Thank you for all your positive feedback and suggestions. We love to hear from you.
- ◆ **Next Month:**
 - * COA menu
 - * Selection of Officers
 - * Message from the Board
 - * Member to Member Program support update
 - * Update on COA meal program and other Association and Senior Center activities
 - * Birthdays in November
 - * Guest column from ????



Newsletter Editorial Staff

Eileen Macoll

Jolie Haug

Pete Haug

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ASSOCIATION
OFFICERS**

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Dave Ruddick (^20)

Vice Presidents

Peter Haug (^20)

Treasurer

Millie Flood (^20)

Secretary

Jere' Strang (^20)

Board Members

Carole Johnson (^20)
Sharon Sharp (^20)
Vicki Ruddick (^21)
Jody Lee (^21)
Eileen Macoll (^22)

Ex-Officio

Marlene Stephens (^20)

Meal Program Sponsored by:
**Council on Aging
for Whitman County**

Suggested Lunch Donation :

Under 60 years of age: \$6.50
60 years of age & older: \$4.25

Meals can be picked up at
the Northside of the Pullman Recreation
Center, 190 SE Crestview St, Bldg B
Senior Center entrance, at
12:00 PM, Tues. and Fri.

*Please call 509-338-3227 so we can let
the cooks know you would like a meal.*

For Meal Home Delivery: call the
Pullman Recreation Center Office at 509-338-3227
before 11:00 am each meal day.