March 2021 Newsletter

MID·COUNTY CENTER *Age well!*

WHERE WE'VE BEEN & WHERE WE'RE GOING

Mid-County's March 2020 newsletter highlighted our annual St. Patrick's Day Party and promoted springtime trips. We published winning pinochle and bridge scores and invited new Pickleball players to an orientation.

Then came COVID.

Mid-County closed for 7 months between March 2020 and February 2021. We kept in touch, but we missed each other; we exercised on our own, but gratefully returned in masks for classes and fitness indoors; we mourned those we lost and celebrated the people who mean the most to us.

We persevered. We gained resilience. We kept the faith. We Zoomed!

Where we've been has prepared us for where we're going, individually and as a Center. We'll add activities when it's safe. For now, let's all make the best of it.

We are truly in this together. Thank you.

CONTINUING COVID POLICIES

Even though more and more of us are getting vaccinated every day, we need to continue the COVID policies put in place to keep us safe. Please remember to wear a face mask and keep 6 feet apart. The end is in sight, let's keep it up!

SHAMROCK BINGO

Wednesday, March 17, 2021

9:30 a.m. - 11:30 a.m.

Join us for St. Patrick's Day themed bingo with prizes!

Mid-County Senior Center
302-995-6728 | sencen@midcountyseniorcenter.org
First Regiment Road, Wilmington, DE 19808
midcountyseniorcenter.org | facebook.com/midcountycenter

In-Person & Virtual Activity Schedule

See page 3 for virtual activities

Bingo - Monday, Wednesday and Friday from 9:30 a.m. - 11:30 a.m. - we will not use pennies (≥20 participants). The last game will use quarters.
Bingocize® - Tuesday at 10 a.m. and Friday at 10:45 a.m. (≥20 participants)
Bocce - Tuesday from 9:15 a.m. - 9:45 a.m. (≥8 participants)
Ceramics - Tuesday at 10 a.m. (≥4 participants)
Line Dancing - Tuesday from 10:45 a.m. - 11:45 a.m. (≥15 participants)
Register with instructor Joanne Brady (joebrady1@verizon.net)
Cost: $4.00 per class*
Lunch - Bag suppers / meals can be ordered from Lori to take home (menu on page 7)
Pickleball (experienced) - Monday and Wednesday from 11:00 a.m. - 1:00 p.m., Thursday from 9 a.m. - 11 a.m.
(≥4 per court, ≥8 per hour-long session)
Pickleball (beginner / intermediate) - Friday from 11:00 a.m. - 1:00 p.m.
(≥4 per court, ≥8 per hour-long session)
Register through SignUpGenius for all pickleball sessions:
https://www.signupgenius.com/go/904044fa4a92eaafe3-midcounty
Pool - Weekdays from 8:00 a.m. - 9:00 a.m. (≥4 participants)
Shuffleboard - Thursday from 9:15 a.m. - 9:45 a.m. (≥8 participants)
Strength Training - Monday, Wednesday and Friday from 8:45 a.m. to 9:30 a.m. (session 1) and 9:45 a.m. to 10:30 a.m. (session 2) (≥15 per session)
Register with instructor Deb Franey (dkfraney@gmail.com)
Cost: $18.00 per month*
Trivia & Games - Tuesday and Thursday from 11 a.m. to 11:30 a.m. (≥20 participants)
Played on the big screen (titles: Family Feud, Jeopardy, Mario Kart, Wheel of Fortune)
Walking in Gym - Weekdays from 8:00 a.m. to 8:30 a.m.
Wii Golf- Played in rotation on Tuesdays and Thursdays at approximately 10:30 a.m.
Wii Bowling - Friday from 8 a.m. to 9:00 a.m. (≥4 participants per session)
* *Payments must be in a marked envelope and made by check or with exact cash amount.*

Virtual Programs

STRENGTH TRAINING

Our Strength Training class will stream virtually Monday, Wednesday, and Friday from 8:45 a.m. - 10:30 a.m.
https://us02web.zoom.us/j/82563659909?pwd=Z3RyNXh5VlRhb3kxb3JXVmcwKzZ1Zz09

YOGA

Virtual yoga will be available on Fridays at 9 a.m. - 10 a.m. Register by email with instructor Gale Jones (zumbawithgale@yahoo.com).

CARING AND SHARING GROUP

The Caring and Sharing group will meet virtually on Tuesday, March 9 at 10 a.m.
https://us02web.zoom.us/j/83849738920?pwd=aXg2VVptU3RQS09LR0owMmFYUVpqQT09

HEALTH FOR ALL SMALL GROUP

An interactive opportunity from UD Community Healthcare and Wellness
Monday, March 8 at 1:30 p.m.
https://udel.zoom.us/j/7056153323

WEBINAR ON WILLS & ESTATE PLANNING

From Jaclyn Quinn, Esq., of The Money School
This program will provide an overview of probate and tips for planning or adjusting your will.
Tuesday, March 23 from 11 a.m. - 12 p.m.
To register for this Zoom event, please follow the link below:
https://dcrac.zoom.us/meeting/register/tJMoce-qrDgqHdZ_cbh3I1rXxDKOxd7W87s0

Other News

COMPUTERS FOR LOAN

We still have 1 laptop to loan to members for use at home. If you're without an internet connection and can't afford one, Mid-County may be able to help.

GRAB AND GO LUNCHES / MEALS ON WHEELS

Members must order and pay for meals 1 week in advance. Hot lunches are $2.25 each. Weekend bag suppers are $1 each, but you have to buy all 3 (Friday, Saturday, and Sunday). Pick up time is every weekday between 11:30 a.m. - 12 p.m. Members need to pick up their lunches at the back dock entrance instead of the main entrance.

Daylight Savings Time | **Sunday, March 17, 2021**
Set your clocks one hour forward!

Thank You for Your Donations

In Memory of Helen Kueny:

Mark Hartman

In Memory of Leo & Marie Fritz

Jane Yanaitis

Other Donations:

Barbara Killgore
Cheryl King
Matthew Kueny
Jim McCay
Marion Pollack
Kay Sykes

2020 Additional Annual Appeal Donors

Patricia & Anthony Alberta
Bonnie Episcopo
Joanne Mandziuk

Organizations

ACME Give Back Where It Counts Program
Impact 1890 Foundation

Out of an abundance of caution, we are not accepting any bazaar item donations (clothing, shoes, household items), books, greeting cards, or food at this time. We will let you know when this changes. Thank you for your understanding.

Articles

TWO MASKS ARE BETTER THAN ONE

The CDC recommends double-masking—here's what you need to know

Jamie Ueda, USA Today

As of January 28th, the CDC officially recommends double-masking—wearing a disposable mask underneath a cloth mask or using a cloth mask that has multiple layers of material. This comes after a recent study found that transmission can be reduced by over 95% by doing so.

With the new COVID-19 variants appearing around the world and less knowledge about the new strains, wearing face masks is more important than ever to help slow the spread.

According to Dr. Anthony Fauci, the director of the National Institute of Allergy and Infectious Diseases, wearing two masks is common sense. Fauci told NBC News' TODAY "If you have a physical covering with one layer, you put another layer on, it just makes common sense that it likely would be more effective."

Studies have found that multiple layers of fabric in a mask increase filtration effectiveness from virus particles. Following that logic, by double-masking, a person increases the number of layers of fabric protecting their face, thereby upping the level of filtration.

Another advantage of two masks is that it helps with a snug fit.

One drawback of wearing two masks is that the multiple layers could make it harder to breathe. If you already have trouble breathing wearing one mask, adding another may not be the best option. The CDC notes wearing one mask is better than not wearing any.

March Articles

WOMEN'S HISTORY MONTH: ANNIE JUMP CANNON

American astronomer Annie Jump Cannon was born on December 11, 1863, in Dover, Delaware. Called the "census taker of the sky," Cannon developed a system of classifying stars based on temperature as the main distinguishing feature among the stellar spectra. Her method, widely accepted by 1910, is still used today.

Working from 1915 to 1924, she and her female colleagues at the Harvard College Observatory compiled the *Henry Draper Catalogue*, which contains detailed data on more than 225,000 of the brightest stars visible from the northern hemisphere. In her lifetime, Cannon catalogued 350,000 stars and discovered 300 variable stars, five novae, and one binary star.

Named the William C. Bond Astronomer at Harvard in 1938, she was the first woman to receive an honorary doctorate from Oxford University (1925) and the first to be awarded the Henry Draper Medal of honor from the National Academy of Sciences (1931).

Cannon was also dedicated to the cause of women's suffrage as a member of the National Women's Party; in 1929, the National League of Women Voters listed her as one of the twelve greatest living American women. Each year the American Association of University Women presents the Annie J. Cannon Award for distinguished contributions in the field of astronomy.

Adapted from: https://www.brooklynmuseum.org/eascfa/dinner_party/heritage_floor/annie_jump_cannon

MARCH IS ALSO NATIONAL NUTRITION MONTH

A Few Tips on Eating Right for Older Adults

- Make half your plate fruits and vegetables. Eat a variety of different colored vegetables, including dark-green, red, and orange. Beans, peas, and lentils are also good choices. Fresh, frozen and canned vegetables can all be healthful options. Look for "reduced sodium" or "no-salt-added" on the labels. Add fruit to meals and snacks. Choose fruits that are dried, frozen or canned in water or 100% juice, as well as fresh fruits.

- Switch to fat-free or low-fat milk, yogurt and cheese. Older adults need more calcium and vitamin D to help keep bones healthy. Include three servings of fat-free or low-fat milk, yogurt or cheese each day. If you are lactose intolerant, try lactose-free milk or a calcium-fortified soy beverage.

- Vary your protein choices. Eat a variety of foods from the protein food group each week, such as seafood, nuts, beans, peas, and lentils, as well as lean meat, poultry and eggs. Spread your protein intake throughout the day by including a lean source with meals and snacks. Protein foods are also a source of vitamin B12, which is a nutrient that decreases in absorption as we age or due to some medications.

- Stay Well Hydrated. Drink plenty of fluid throughout the day. Choose unsweetened beverages, like water or milk, in place of sugary drinks.

Adapted from: https://www.eatright.org/food/resources/national-nutrition-month

Articles

STAND BY ME 50+: CREDIT CARD TIPS

A credit card can be a helpful financial tool. Making consistent, on-time payments can boost your credit rating. Some cards offer rewards for purchases or 0% interest rate for a short period of time on balances transferred from other credit cards.
Don't let your credit spending get out of control where monthly payments and accumulated interest can become a problem. Here are some tips to help avoid common problems:

Pay off your balance every month: Avoid paying interest on your credit card purchases by paying the full balance each billing cycle. Resist the temptation to spend more than you can pay and you'll enjoy using a credit card without interest charges.

Charge for needs, not wants: Frivolous spending can lead to debt.
Use your credit card as a temporary loan to yourself, and then pay back the amount as soon as you can to decrease or avoid interest charges.

Never skip a payment: Pay your bill every month, even if the minimum payment is all you can afford. Missing a payment could result in a late fee, penalty interest rates and bring your credit score down. If you are unable to make a payment, call your credit card company and let them know. They will try to work with you.

Use a rewards card: If you're using a credit card for most or all of your purchases, you may want to use a card that offers rewards. Not only can you avoid paying interest, but you'll also earn rewards such as cash, airline miles or retail points.

Stay under 30% of your total credit limit: One way to keep your credit score healthy is to keep your credit utilization ratio under 30%. This credit utilization ratio is the percentage of total available credit that you're using. For example, if the total of your credit card limits is $1,000 you should keep your balance under $300.

Kathleen will be at Mid-County on March 3 at 8 a.m. for coaching. Please call to set up an appointment.

For assistance in reaching your financial goals, call
$tand By Me 50+ for FREE financial coaching:
New Castle County 302-601-3896 I Kent County 302-415-1542
Statewide 302-608-2705

Other News, Part II

AARP TAX-AIDE PROGRAM

Mid-County will NOT be a site for tax preparation this season. For more information about this program, call: 888-687-2277 or email: taxaide@aarp.org

AARP SAFE DRIVER COURSES

AARP is not currently offering in person classes. For more information, please call: 866-227-7441 or visit: aarpdriversafety.org

March 2021 Weekday Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
1 Curry Coconut Chicken Brown Rice Capri Blend Vegetables Pineapple Cup Giant Graham Fish	2 Oven Fried Chicken Mashed Potatoes with Gravy Green Beans Tropical Fruit Cup	3 Turkey with Gravy Sweet Potatoes Nantucket Blend Vegetables Fresh Apple - Cranberry Sauce White Wheat Bread	4 Chicken Salad on Pita Marinated Bean Salad Pear or Apple Yogurt
8 Swedish Meatballs over Egg Noodles California Blend Vegetables 12 Grain Bread Tropical Fruit Cup	9 Fire Braised Chicken Stew Spinach Peach Cobbler Ultimate Grain Honey Bread	10 Pot Roast w. Gravy Roasted Baby Bakers Crinkle Cut Carrots Applesauce Cup Dinner Roll	11 Chicken Supreme with Gravy Sweet Potatoes Peas Fresh Pear Cranberry Sauce
15 Broccoli Stuffed Chicken with Gravy Peas & Pearl Onions Crinkle Cut Carrots Strawberry Waffle Cookie	16 Pork with Gravy Mashed Potatoes Green Beans Fruit Cup Ultimate Grain Bread	17 Ham & Cabbage Mashed Potatoes Wheat Roll Chocolate Chip Cookie	18 Chili w. Mozzarella Cheese Potato Wedges Corn Bread Orange Sour Cream
22 Herbed Baked Chicken Roasted Baby Bakers Italian Beans Chocolate Bread	23 Meatballs in Marinara over Penne Pasta Broccoli Cuts Hot Cinnamon Applesauce Ultimate Grain Bread	24 Chicken & Dumplings Scandinavian Blend Veggies Peach Cup Yogurt Cup	25 Cheese Omelet with sausage Diced Red Potatoes w. Peppers & Onion Orange Blueberry Muffin
29 Salisbury Steak w. Gravy Mashed Potatoes Spinach Pear Cup Cornbread Loaf	30 Stuffed Pepper with Marinara Sauce Mashed Potatoes Cooked Apples 12 Grain Bread	31 Ham with Pineapple Sauce Sweet Potato Broccoli Wheat Roll Sugar Cookie	

March 2021 Weekend Bag Supper Menu

FRIDAY	SATURDAY	SUNDAY
5 Turkey & Swiss on White Wheat Bread with Lettuce & Tomato Red Skin Potato Salad Mixed Fruit Cup Yogurt	6 Ham & Swiss on a Baby Kaiser Roll with Lettuce & Tomato Raisins Yogurt	7 Meatloaf on Potato Bread Potato Salad Diced Peaches Ketchup
12 Chicken Salad On Pita Marinated Bean Salad Pear or Apple Yogurt	13 Turkey & Swiss on White Wheat Bread with Lettuce & Tomato Red Skin Potato Salad Mixed Fruit Cup Yogurt	14 Grilled Chicken Patty on Whole Wheat Hamburger Roll with Lettuce & Tomato Carrot Raisin Pineapple Salad Rice Pudding
19 Grilled Chicken Patty on Whole Wheat Hamburger Roll with Lettuce & Tomato Carrot Raisin Pineapple Salad Rice Pudding	20 Turkey & Swiss on White Wheat Bread with Lettuce & Tomato Red Skin Potato Salad Mixed Fruit Cup Yogurt	21 Chicken Salad On Pita Marinated Bean Salad Pear or Apple Yogurt
26 Meatloaf on Potato Bread Potato Salad Diced Peaches Ketchup	27 Grilled Chicken Patty on Whole Wheat Hamburger Roll with Lettuce & Tomato Carrot Raisin Pineapple Salad Rice Pudding	28 Chicken Salad On Pita Marinated Bean Salad Pear or Apple Yogurt

March Word Search

St. Patrick's Day

G E M D S D N I H C I W G D J
M Y L Y L H V T P N O Y C N X
E O Z I E T A I E B V I R A K
G C H H P D C M N R T S L L A
R M U L R S N I R L B B J E W
M V B U E X A E E O R L T R O
W C S N C R O C M Z C E N I H
W O H X H J T M C K J K G S P
I I T D A V I E I L S P I T G
F N G X U K S G K U O R O B A
W S R A N E F A S P I V Q D W
Z A E M M V K X B X Y F E L Z
J A E P V C J W L U C K A R E
S O N W T P F U Z G M K B I N
B B O L R I P X O Z Y C P M E

1. SHAMROCK
2. LEPRECHAUN
3. IRELAND
4. RAINBOW
5. GOLD
6. CELTIC

7. CLOVER
8. IRISH
9. GREEN
10. LUCK
11. JIG
12. COINS