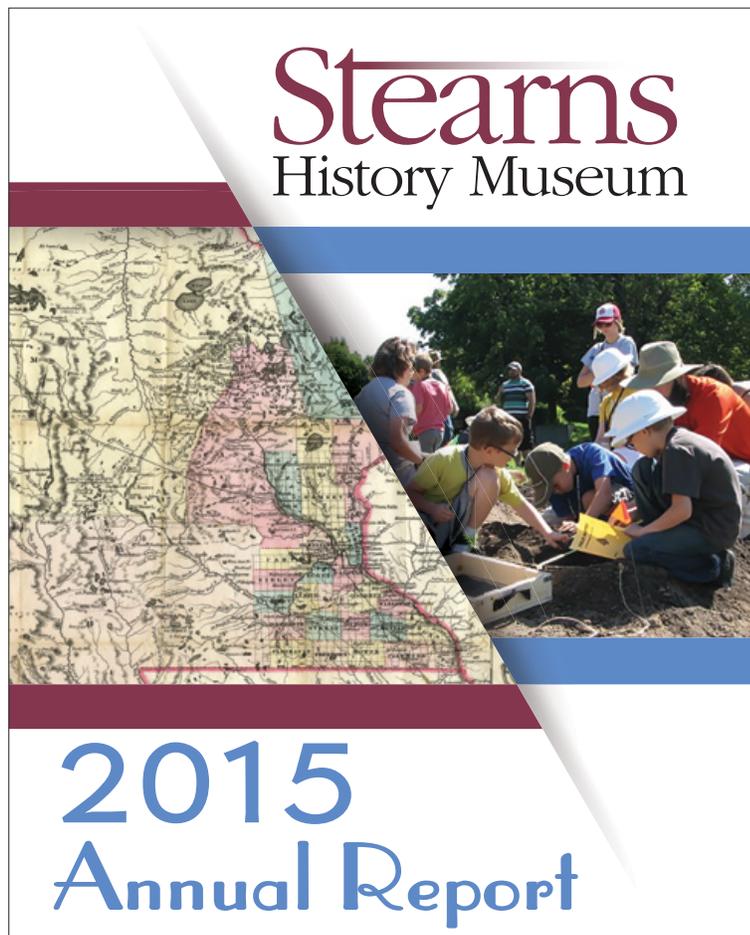


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Drink Up!

Submitted by: Amy Comstock, Ridgeview Place

"Drink plenty of fluids" says any doctor. But does your doctor discuss with you the kinds of fluids that would be best for you? We all know water is super healthy and important to drink, but if you don't like the taste, you're not alone. According to an article in the Wall Street Journal, about 20 percent of Americans dislike the flavor of plain old water. So what is the alternative? One answer is flavored water!

How is it made?

The DIY (do it yourself) process involves using fruits, vegetables, or herbs to "infuse" or "permeate" water by sitting in the water at a minimum of 4 hours. Keeping the water at room temperature can speed up infusion rate. The water can last 3-4 days if refrigerated. Rinds from citrus fruits can cause an undesirable taste, so if using citrus, you may want to cut off the outer layer of the lemon or orange. If you are not the DIY type, many stores with a produce department will allow you to select the fresh fruit and use a machine that speeds up the infusion process to make it while you watch.

Simply adding some fresh fruit to enhance flavor such as lemon, strawberries, or chunks of watermelon are all great to try. Another idea for those soda die hards is to add sparkling water with no sodium to give the taste buds a soda sensation.

Individuals who are on a diabetic diet, low sodium diet or looking to lose those extra pounds, are choosing not to drink their calories, salt and sugar any more, but rather save those calories and carbs to be able to indulge on their favorite foods.

Other ideas to get charge up water includes:

- Freeze clementine slices and use as ice cubes
- Mashing up berries in the bottom of the glass and add sparkling water
- Tear up mint leaves, cucumber and lemon – let sit overnight
- Reserve the water from boiling your veggies and chill overnight for a vitamin-packed blast of flavor.
- Crush some basil leaves, add to water and leave overnight.

Regardless of what you drink, your doctor is right! Always drink plenty of fluids! Just be a little creative and do not be afraid to add some flavor in your life!

How to Stay Connected During a Pandemic

by Jodi Speicher, Good Shepherd Community



People are often described as introverts or extroverts. It has been said that the coronavirus pandemic is an introvert's dream. They are naturally built for social isolation and staying home may be their security blanket. Extroverts like me on the other hand, cringe at the thought of being separated from my family and friends. I long for the day when I can have easy access to them and reach out to give them a big hug in person, especially my granddaughters!

When we get older, loneliness and social isolation can become a big concern. While we may think we're not lonely or that we don't mind being alone, loneliness can negatively affect our physical and mental health. This is especially concerning if you live alone or experience any signs of early mild cognitive impairment or dementia. People with these conditions need social connection to feel safe. Dr. Stephen Cole, PhD said, "Losing a sense of connection and community can change a person's perception of the world." Dr. Cole is the Director of Social Genomes at the University of California. His research is looking at the ways that loneliness affects our mind and body functions. He is developing ways to socially and psychologically fight loneliness.

Research has also shown that people who engage in life with meaningful activities and purpose tend to live longer. Activities like being a caregiver and volunteering usually

are extremely purposeful for many older adults. However, during this pandemic, volunteering has become impossible. This is particularly concerning for those living alone. Retired volunteers are typically busier than when they were working fulltime. To go from filling many hours in the day with meaningful work to being alone may be hard on them. Statistics show that 28% of older adults in the United States live alone.

So how do we stay connected while being socially isolated? How do we find meaning and purpose while living alone? There are a lot of ideas, some may work for you, others may not. Look at this time period as an opportunity to try to learn new things. Things that you may not have had interest in or time for in the past.

- **Technology is an amazing tool** to keep you connected to those you love through email, social media sites like Facebook, Snapchat and Instagram to name a few, and video chats through applications like Zoom, FaceTime, Google Duo and others. Your grandkids are great teachers of technology and they will feel proud to be able to help you learn something new. They can walk you through the steps on the phone until you graduate to using video chats. Once you can see each other, it will be much easier to interact. Then you can teach them new skills by virtually cooking together, reading to each other, or playing games. This is a great time to bond with them over the distance because they are also looking for things to do. Technology has been a saving grace for many people during this pandemic!
- **Keep your mind engaged** with crossword puzzles, jigsaw puzzles, Sudoku, or game applications on your smartphone, tablet or computer. But please be careful of online games, they can open you up to potential online predators and malware without proper security measures in place. Spending time on handiwork like crocheting, knitting, cross-stitch and other crafts also keep your mind engaged and your hands busy. Many people are sewing masks or knitting slippers to donate to non-profits or care centers. This provides an outlet for your creative talents and fulfills a meaningful purpose in helping others during this time of need.
- **Take a class.** Online learning provides a different way to try new things in the privacy of your own home. The YMCA is offering virtual exercise videos during the shutdown. Just look on their website under resources. The Whitney Senior Center is also offering virtual classes to stay connected and healthy on their website. There are countless YouTube videos for learning things like yoga, meditation, stretching, tai chi, healthy diets and cooking, managing chronic conditions, and more. You can take webinars to learn about so many different things, and the beautiful part is that the classes are all free!

There are many things that you can do to combat social isolation and loneliness. Also know that there are many resources available if you need some support. The Central Minnesota Council on Aging Senior LinkAge Line can be reached at 800-333-2433. They are a one-stop shop for all kinds of resources available in our 14-county area. The Communitas Adult Mental Health Initiative is also available in Benson, Stearns, Sherburne, & Wright Counties by calling their crisis line at 800-655-8008. Please don't be afraid to reach out.

The fact is that no one knows how long this pandemic will last. We do know, however, that life as we knew it will change and that we will be much more conscientious about things like disinfecting, hand hygiene, and controlling the spread of infection, especially while out in public. Even when living alone, there are many ways to connect and great resources to help along the way. We just need to use them.

Together, we will get through this.



Starting Your Vegetable Garden from Seed

By Lora Honer

Nothing makes it feel like it is springtime then starting my vegetable gardens seeds. I figured I would share a few of the advantages to starting your own vegetables from seeds and some basic instructions.

One of the advantages of starting your plants from seeds is the sheer number of choices you have. You can select a vegetable, for example, tomato, based on the growing season you want, what you want to use the tomatoes for (meaty tomatoes ideal for slicing and juicy tomatoes perfect for sauces) and hybrid options are available that are hard to find anyway else. I really enjoy picking out the vegetable seeds that I am going to plant and planning my garden. It's easy. Just make a list of all the vegetables that you want in your garden.

Continued on page 2

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RAP	Back Cover

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Article Layouts and Designs



Old Photos, Memories, and Who We Are

by Donna Gorrell

On the occasion of our sixtieth wedding anniversary, Ken and I dug out the boxes of old photographs that had been stored on the top shelf of the living room closet since we had last moved. I use the word old advisedly, because the pictures go back far enough to include him and me as babies. That's pretty far back. There were pictures of us growing up and pictures of our kids growing up. Family groups, school groups, church groups, photographs of weddings, birthdays, anniversaries. They bring back memories and restore acquaintances. They also challenge the memory: Where was that taken? Who is that with you in that photo? Who's that standing next to Lynn?

And, like it or not, they can present fresh insights into oneself and the time. For example, I realized while looking at a couple of group pictures that as a kid I must have had a thing for leather boots. Because one picture shows me, dressed in a choir robe, no less, with a pair of light-colored, laced-up hiking boots sticking out below. Again, in a fifth-grade class picture, I was sitting in the front row, hands folded demurely on my dress-covered lap, with a pair of cowboy boots crossed in front of me. As the girl with the long dark curls, I was always able to find myself easily in those group pictures, but now, I guess, I could look for boots.

I was an eighth grader before my moon let me cut off the curls. So there I was, finally, in the eighth-grade graduation picture, standing at the corner of the back row, with dark short hair. It was still curly—my bane through all my years growing up. Why couldn't I have smooth dark hair like Elizabeth Taylor?

For graduation from Midlothian Public School, all the girls wore corsages on our dresses, while the boys had boutonnières on white shirts. The picture of course was in black and white, but in my mind I can see clearly the color of my dress: gold. And because the fabric was taffeta it really did shimmer like gold. My mother had made it, just as she made all my dresses that weren't hand-me-downs, and she had completed it with great pride. I thought it was beautiful. So then why did they put me in the back row? I'd like to think it wasn't because of boots.

We stood in front of the school, forty-eight graduates and two teachers, Miss Ryan and Mr. Palmer, with "Midlothian Public School" chiseled in stone above the doorway behind us. Looking at those young faces from the past, I am amazed that I can remember so many names. There stand Carl Lundgren and Bobby Bergstrom, those two guys who nearly got me drowned in the swamp down at the end of our street, and Lyle Button, who was almost as funny as his Village Players dad. Seated below them is Rich Marago, who later became my brother-in-law. In a middle row, turned slightly to expose her best side, is Charlotte Zipse, an on-again-off-again friend throughout grade and high school.

Nearby, looking as awkward as ever, is Ellis Flaws, who four years later would chauffeur his date Irene Stubbs plus me and my date Bill Vanderwall to our senior prom at the South Shore Hotel and later to the Palmer House in downtown Chicago—in his Model A Ford. After all these years, I can still see us putting along the Outer Drive, in prom dresses and tuxedos, our faces turned toward the lakefront just in case someone we knew was passing us up on their way to the prom—a real possibility since everybody passed us. Hardly anybody drove Model A's anymore, although Ellis could brag about what it cost him to run the thing. Twenty-five-cents worth of gasoline would get him wherever he wanted to go. But that would be four years in the future.

The date of that eighth-grade photograph was June 1945. The atomic bombs hadn't been dropped yet, hadn't yet changed our world and the way we view warfare and potential enemies, though the war with Germany was over. We young teens had the summer ahead of us before going off to Thornton Township High School.

A version of this article appeared in A Glass Half Full by Donna Gorrell.

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Whitney Senior Center
Wellness Workshops

Living Well with Chronic Conditions
Date: Thurs, Mar 18-April 22 | **Time:** 10:00am-11:00am (telephone/tool kit)
Date: Wed, April 7-May 19 | **Time:** 9:30am-12:00pm (Zoom)

Tai Ji Quan

Date: Tues & Thurs, March 23-June 10 | **Time:** 2:45pm-3:45pm,
Where: in-person at Whitney Senior Center/Zoom

Diabetes Prevention Program
Date: Wed, Apr 7-July 21 | **Time:** 9:00am-10:00am, Zoom
Date: Tues, May 25-Sept 7 | **Time:** 9:00am-10:00am
Where: in-person at Whitney Senior Center

Living Well with Chronic Pain
Date: Tues, Apr 13-May 25 | **Time:** 9:30am-12:00pm (Zoom)

Health Coaches for Hypertension
Date: Mon, Apr 26-June 14 | **Time:** 10:00am-11:30am
Where: in-person at Heritage Hall, Church of St. Joseph
Date: Fri, May 21-July 16 | **Time:** 9:30am-11:00am
Where: in-person at Whitney Senior Center/Zoom

All participants must have audio & visual technology capabilities. This could be a laptop or tablet with a camera and microphone, or a smart phone. For more information call 320-650-3082.

Register at <https://hipaa.jotform.com/whitneysc/WorkshopRegistration>
 For details and registration, call the Whitney Senior Center at 320-650-3082
 or email whitneyseniorcenter@ci.stcloud.mn.us

Cost of Workshops:
Cost Share Contribution

This project is funded in part by the State of MN Department of Human Services Live Well at Home grant and the Older Americans Act through Central MN Council on Aging.



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- Sept 30th – Oct 3 **Scandinavian Norsk Hostfest**
- Oct 15-28 **Blue Ridge Mountains with Charleston & Savannah**
- Nov 4-10 **Branson, Missouri's Ozark Mountain Christmas**
- Nov 16-22 **Iceland's Magical Northern Lights**
- Nov 28-Dec 6 **Tennessee Christmas – Graceland & Dollywood**
- 2022- Jan **Norwegian Cruise Lines – Hawaiian Islands**
- 2022 -Feb 16-Mar 4 . **Sheraton Sand Key Island Florida**
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recipient: 1986.

Photo from Stearns History Museum Collection



Flyer Designs

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Track and Field
Brooke "Tandy" Johnson, Stearns County

Basketball, Track and Field, Soccer
Katie "The" Becker, Coon Rapids

Basketball and Field
Kari A. Skalicky, Albany

Basketball, Track and Field, Soccer
Katie "The" Becker, Coon Rapids

Track and Field, Elite Marathon
Jenna "The" Estle, Fremont

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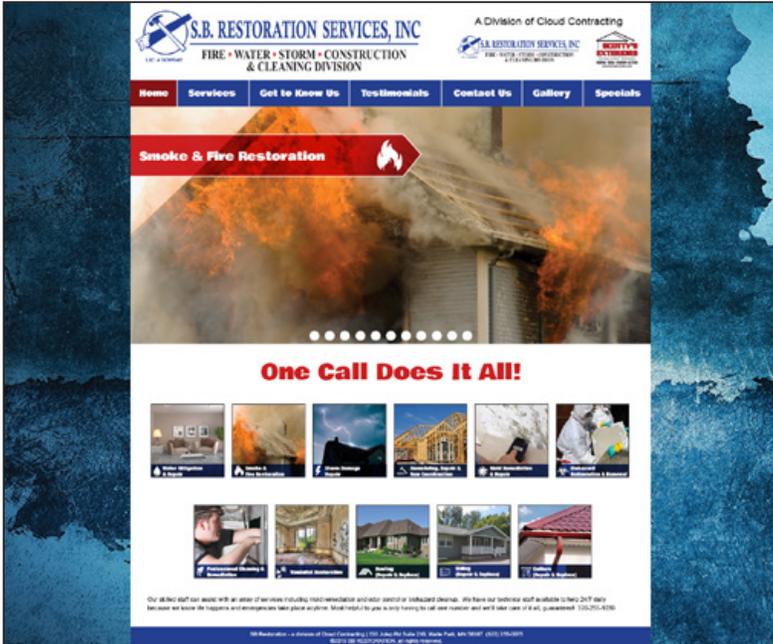
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Website and E-Book



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Seven ways ProcessPro drives success for food and beverage manufacturers

of the Industry

verage industry is complex, fast-paced, and closely regulated by the Food and Drug Administration's Good Manufacturing Practices (cGMP). Food and beverage batch process manufacturers are required to produce consistent, quality products at competitive prices and on demand to their consumers, while being compliant with all government regulations, and managing a healthy bottom line.

market isn't likely to simplify and the pace of change isn't likely to slow down. For instance, according to Food Intelligence, aged food shipments are surging and grocers' preferences for more profitable private label brands are increasing. With any excess capacity to produce both branded and private label products. This can create new challenges for manufacturers, such as inventory control for batch processors.

Market dynamics for ingredients may also become more complicated as changing U.S. demographics influence the food industry. For instance, the U.S. Census Bureau calculates that the average household is now 2.55 people, down from 3.67 from about 65 years ago. Ten percent of household heads is over the age of 65, and a greater proportion of older heads of households may drive packages and serving sizes smaller. In addition, the food needs of aging baby boomers, such as texture modifications that allow for easier swallowing, are on the radar of food manufacturers to ensure that their formulas and recipes stay relevant to changing demographics.

To meet these demands, technology should be the one factor that makes operations efficient and integrated, and scalable. But unfortunately, most software providers have lagged tremendously in creating applications that address the unique needs of batch process food and beverage manufacturers.

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Fill the gap.

Client Referrals

Stearns History Museum

The Stearns History Museum has worked with Lora Honer for the past few years. Her work is exemplary. Projects are completed in a timely manner. She is able to weed through and incorporate when appropriate, a plethora of ideas coming from the Museum's staff. She creates a timely, attractive product that appeals to the target audience of the product.

Lora is mindful of our cost parameters and advises us on what can and can't be done. She has done a wide variety of products for the Museum. Our bi-monthly magazine, membership brochure, graphics for the exhibit gallery are all pieces we have handed her and will continue to do so for the foreseeable future.

Ann Meline
COO, Stearns History Museum



I believe it was in late summer or early fall of 2015 that I first met Lora Honer of Lora Honer Designs. It was then that she met with, for the first of several occasions, the designated committee that was to decide on our new logo for Central Minnesota Council on Aging. As I am the administrative assistant I have worked closely with Lora since that initial introduction.

After listening to our ideas she came back with a variety of designs that she had created. From there she worked with us deciding about the color theme, and size/proportion. Once we made our decision her involvement continued and continues today. She helped design letterhead, envelopes, note cards, and business cards. She was also instrumental in designing a display banner that we use at conferences and expos.

Throughout the time that I have worked with Lora on these various marketing pieces, I have found her a flexible person to work with. Not only does she offer her design expertise but has a way of helping you better understand the ins and outs of the printing world. Lora is always prompt in her communications with us. I would recommend Lora Honer Designs to anyone looking for creativity and excellent customer service.

Sincerely,
Brenda Eldred
Administrative Assistant , Central Minnesota Council on Aging



Client Referrals

Lora is very professional and does a great job at designing and assisting in the publication of The Bright Side of 50. She designs and proofs out all of the ads to our advertisers. She also designs and preps the magazine for print and creates an online version. If you are looking for someone creative in ad design, designing magazines, I highly recommend Lora!

Cleo Nistler
Classic PrintWorks

I have had the privilege of working with Lora on numerous projects for the past couple years. These projects have encompassed everything from a 84 page booklet to signs, flyers, posters, presentations, e-mailers, bi-monthly publication and e-news letters. She is extremely professional, completes projects in a timely manner, very creative and always keeps your budget in mind. She has breathed new life into our past designs. I enjoy working with her on every project we have. You will not be disappointed with Lora as your designer!

Connie Burney
SBN & BuildPerks



Lora has been our publisher/editor of our monthly Builders Club News since 2014. The publication consists of 48-72 pages, including photos, ads and articles. Each month, Lora is responsible for contacting the Advertisers interviewing a business and designing the article, layouts of articles and photos. In addition, she creates ours e-news, brochures and flyers. She has brought new ideas to our attention. Lora is very professional and creative. I highly recommend Lora!

Gail Ketter
Builders Club North

Lora created and designed all of our marketing materials for North Fargo Outback Dance from our logo, to our flyers and our events tickets. She created everything. She even designed our Facebook page and helped us run it. She understands marketing and continuously works with you to help you maximize your marketing budget through printing costs, online marketing options, and other marketing avenues. I highly recommend Lora for any of your design projects!

Mara Rausch
North Fargo Outback Dance





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