

May 2022

Trinity Acres Senior Housing

3939 S. Calumet Ave Chicago, IL 60653





Malinda Adams	5/10
Stanley Howard	5/13
Lynwood Freeman	5/27
Dolores Smith	5/30

Residing at Trinity Acres since....

O. Hill	since 2020
L. Crump	since 2001
E. Humphrey	since 2010



A HUGE Thank you to all of those who contributed to our weekly Coffee Sip! A special thank you to all of you who have donated and volunteered—Mr. Walton, Ms. Washington, Ms. Smith and Mr. Robinson— you truly came through for us and for that, we are eternally grateful.

Thank you to Chicago Police CAPS unit for hosting our in person Bingo and to Ms. Vanderhurst for hosting our Over-the-phone Bingo. To the University of Chicago's SHARE network who continues to teach us how to maintain happiness and take care of our mental health— thank you for your time, may God bless you for your labor. Dr. Shellie Thompson you always keep our seniors wanting more!

Thank you to Centers for Disability and Elder Law, we appreciate you informing us on End of Life Planning, the information was priceless! To all the residents who are being good neighbors, what you do makes a difference and is very much appreciated! **Thank you!**



Friday, May 13th 12pm-2pm

Join us for a blast from the past! Look at pictures from your younger years. Listen to your favorite songs from young adulthood. We'll even have karaoke.

Submit songs & pictures to Ms. Jones

Refreshments will be served



Floor Captain Meeting

Monday, May 23rd @ 2pm

Floor Captains and assistants
are asked to attend.



Tuesday, May 24th @ 1-3:30pm

Power of Attorney Workshop

CDEL will come out with lawyers to draft your Power of Attorneys, Living Wills and End of Life planning.

Sign up at Ms. Jones' office!

Your family is welcome to come.



Friday, May 27th

Acres Senior Outing

More details coming
soon!



Thursday, May 26th at 11am

What Matters?

Join us as Doctors from University of Chicago Hospital's SHARE network educate us on "What Matters" to you and how to make your wishes known to your doctors, family and friends.

Refreshments will be served



Seniors & Cops Fishing Event

Tuesday, May 17th 9am-12pm
at Wolf Lake

**Chicago Police Department & Trinity Acres
are going fishing!**

Small prizes for the most fish caught and biggest fish!
Fishing polls and bait provided by CPD. This fishing trip will be a catch and release event. Bathrooms are available and ramp access for those with mobility issues.

Transportation will be provided (no ramps).

NO FISHING LICENSE NEEDED!

Please sign up—only 9 slots available!

Feel free to



Contact Us

Property Manager

Jasmine Bottoms

(773) 373-8480

9-5pm

Service Coordinator

Tiffany Jones, MSW

(773) 675-5227

8:30-4:30pm

**It's Better
hearing
month!**



In honor of Better Hearing month, Sam's Club Hearing Aid Center will be offering FREE hearing test to Trinity Acres seniors!

Wednesday, May 11th at 11am

The Hearing Aid center offers free hearing tests, FREE hearing aid cleaning & check, as well as hearing aid batteries & hearing aid care kits.

If you are interested, please sign up at Ms. Jones' office!

Limited slots available!



From
the desk
of...
The Service Coordinator

Trinity Acres Spring

Fundraiser

Ends June 24th!

HELP US RAISE \$\$
WITH OUR FUNDRIVE FUNDRAISER

ITEMS WE ACCEPT AND THE FUNDS WE CAN RAISE WITH THEM

SOFT GOODS



CLOTHING



SHOES



BEDDING / TOWELS



ACCESSORIES - HATS,
MITTENS, SCARVES, TIES,
SOCKS, HANDBAGS,
WALLETS, BACKPACKS,
BAGS, BELTS, JEWELRY

We need weight, please donate!

We are collecting clothing, coats, shoes, belts, bedding, towels, purses, curtains, tablecloths, and pillows our spring fundraiser. NO BOOKS.

This is not a rummage sale!

All donated items will be taken to Savers Thrift store where we will be paid for every pound we donate.

ALL proceeds will go toward resident events.

The Meat Seasoning Guide: What Spices Go with What?

Dry rub is a mixture of dried spices that will also use salt and sometimes sugar. The mixture is then rubbed directly into the meat – hence the name “dry rub”. With a dry rub, you rub and coat every inch of meat and just let it sit without the need of constant mixing and it also seems to soak into the meat faster than liquid marinades.



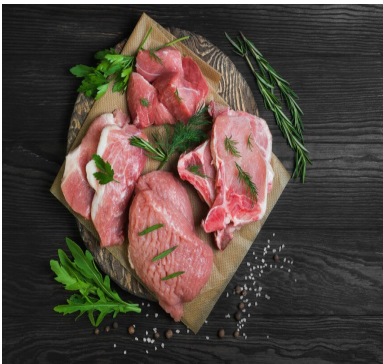
Here are some herbs and spices that pair very well with the different cuts of chicken:

Garlic	Paprika	Onion
Citrus (lemon, lime and orange)	Cilantro	
Rosemary	Thyme	



Here are some flavors that pair nicely with the different cuts of pork:

Juniper berries	Cinnamon	Thyme
Caraway	Ginger	
Garlic	Onion	
Allspice	Mustard	
Rosemary	Sage	



Here are some flavors that pair really well with beef:

Garlic	Onion	Cayenne
Chile powder	Basil	Sage
Cocoa powder	Thyme	Oregano
Yellow mustard		



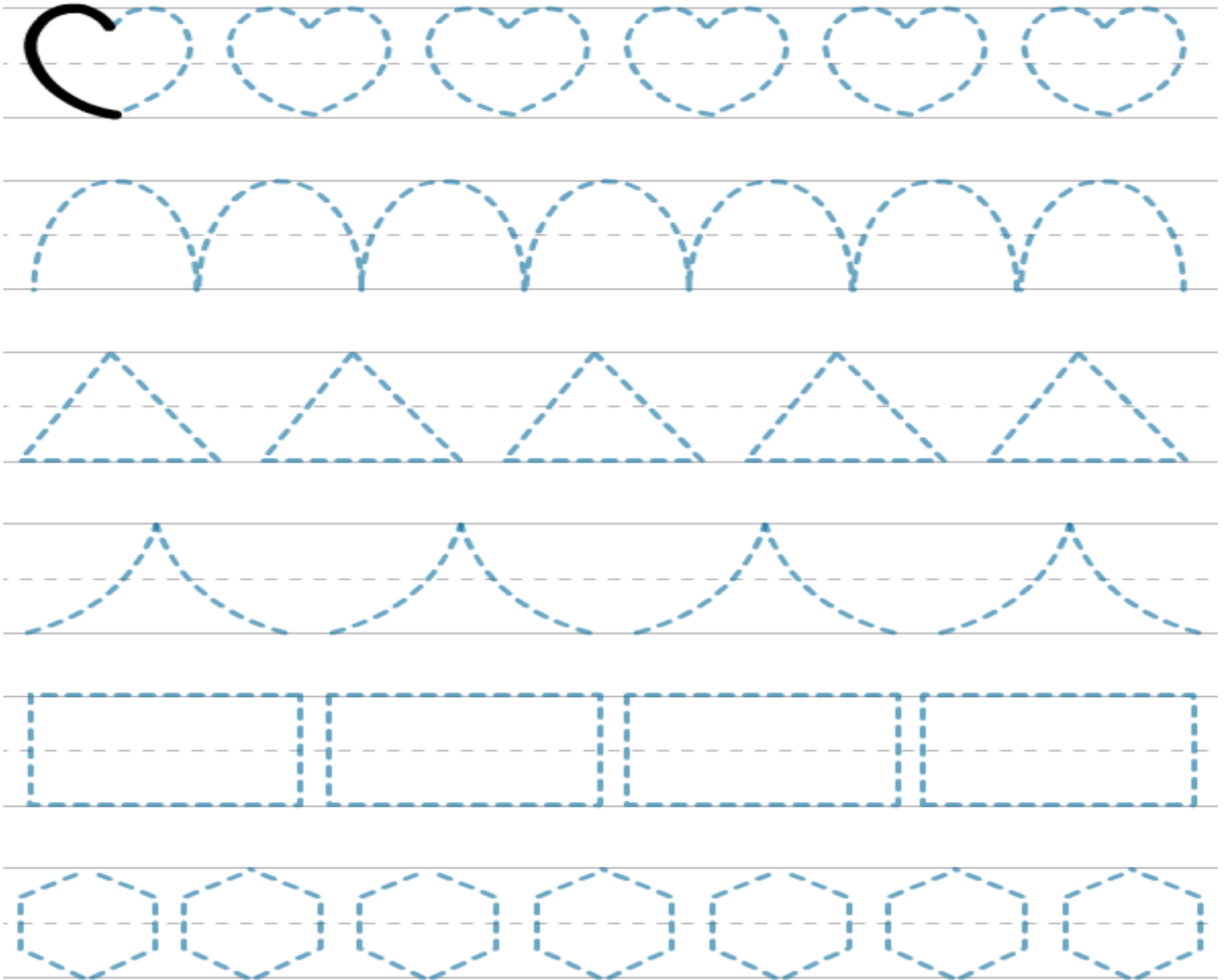
Having said this, there are some flavors that pair well with seafood:

Garlic	Sage	Lemongrass
Anise	Basil	Tarragon
Mint	Oregano	Coriander

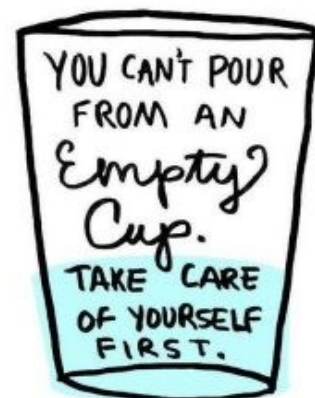
It sharpens aging minds!

Writing by hand is a great tool for baby boomers who want to keep their minds sharp as they get older.

Trace the Pattern.



SOMETIMES
YOU FORGET
YOU'RE AWESOME
SO THIS IS YOUR
REMINDER



How can YOU prevent hearing loss?



Do not insert any object into the ear



Use earplugs and earmuffs in noisy places



In case of any ear problems, consult a doctor immediately



Check if medicines you take can affect your hearing



Have your hearing tested regularly



If advised to do so, use a hearing device as indicated



Don't listen to loud music.



Cover your ears when they are cold.

Ear Care

Keep your ears clean.



Don't shout in your friend's ears.

- ⇒ **Hearing loss is a common problem** caused by noise, aging, disease, and heredity. People with hearing loss may find it hard to have conversations with friends and family. They may also have trouble understanding a doctor's advice, responding to warnings, and hearing doorbells and alarms.
- ⇒ Approximately 1 in 3 people between the ages of 65 and 74 has hearing loss, and nearly half of those older than 75 has difficulty hearing.
- ⇒ Older people who can't hear well may become depressed, or they may withdraw from others because they feel frustrated or embarrassed about not understanding what is being said. **Sometimes, older people are mistakenly thought to be confused, unresponsive, or uncooperative because they don't hear well.**
- ⇒ Hearing problems that are ignored or untreated can get worse. **If you have problems hearing, see your doctor.** Hearing aids, special training, certain medicines, and surgery are some of the treatments that can help.

Top 10 Home Remedies Home Remedy to Remove Earwax





Easy Diabetes-Friendly Meals

Recipe

Ingredients:

- 1 head of cauliflower
- 1 tablespoon cream cheese, softened
- 1/4 cup grated parmesan cheese
- 1/2 teaspoon minced garlic
- 1/8 teaspoon of chicken bullion or 1/2 teaspoon of salt
- 1/8 teaspoon of black pepper
- 1/2 teaspoon chives
- 3 tablespoons butter

Set a pot of water to boil over high heat.

Clean and cut cauliflower into small pieces. Cook in boiling water for about 6 minutes or until well done. Drain well, do not let cool. Pat cooked cauliflower very dry between layers of paper towels.

In a bowl, blend the hot cauliflower with the cream cheese, parmesan, garlic, chicken bullion (or salt) and pepper until almost smooth. (You can also use a blender or food processor to blend).

Garnish with chives & serve hot with butter.

Cauliflower Garlic Mashed Potatoes



Oven Roasted Eggplant

Recipe

Ingredients:

- ◆ 1 eggplant
- ◆ Ground pepper
- ◆ Salt
- ◆ Olive oil
- ◆ Parchment paper/ baking paper (highly recommended)

Rinse the eggplant and cut into THICK slices.

Cut each slice into cubes (if you cut it into small pieces, it will cook to quickly and turn to mush).

Drizzle with olive oil, making sure all cubes are covered.

Sprinkle with salt and pepper then toss very well in a bowl, using a spatula.

Set oven at 450.

Layer baking sheet with parchment/baking paper.

Spread out cubes on tray and bake for 20 minutes. Flip cubes then bake for another 10 minutes until the eggplant is soft and caramelized (golden brown) on the edges.

If you are bothered by the skin, feel free to peel it off (but do not cook it without the skin!).



AT HOME EXERCISES FOR SENIORS

Please consult your physician before starting any new exercise.

1. *Hip to the side **



2. *Foot Circles **



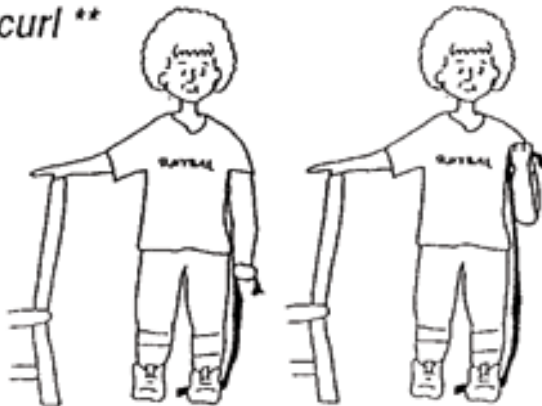
3. *Lift leg backwards **



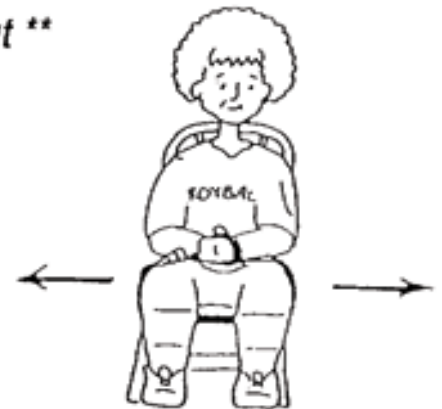
4. *Shoulder blade exercises ***



5. *Arm curl ***



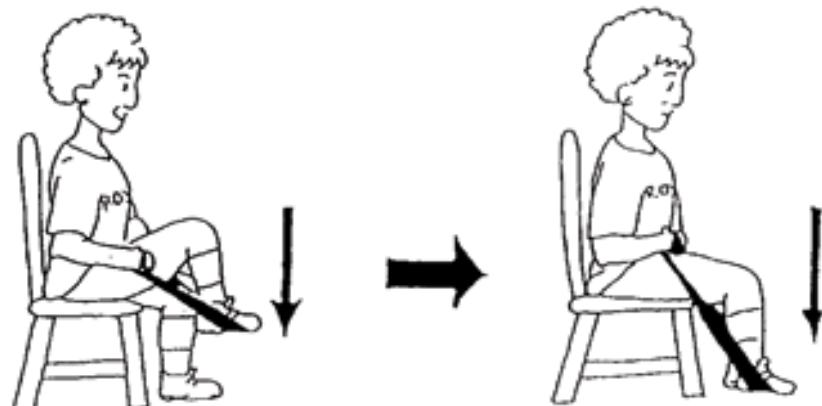
6. *Knees in and out ***



7. *Ankle Pumps ***



8. *Hip extension ***



Thank you to Stay on Your Feet* and Roybal - Boston University** for allowing us to use your diagrams

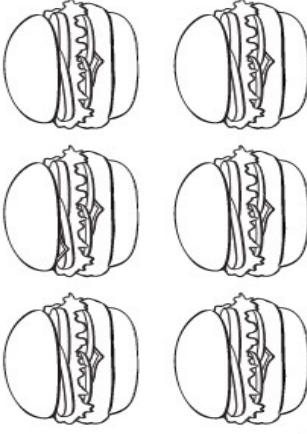
WORD SCRAMBLE

r c e e t s

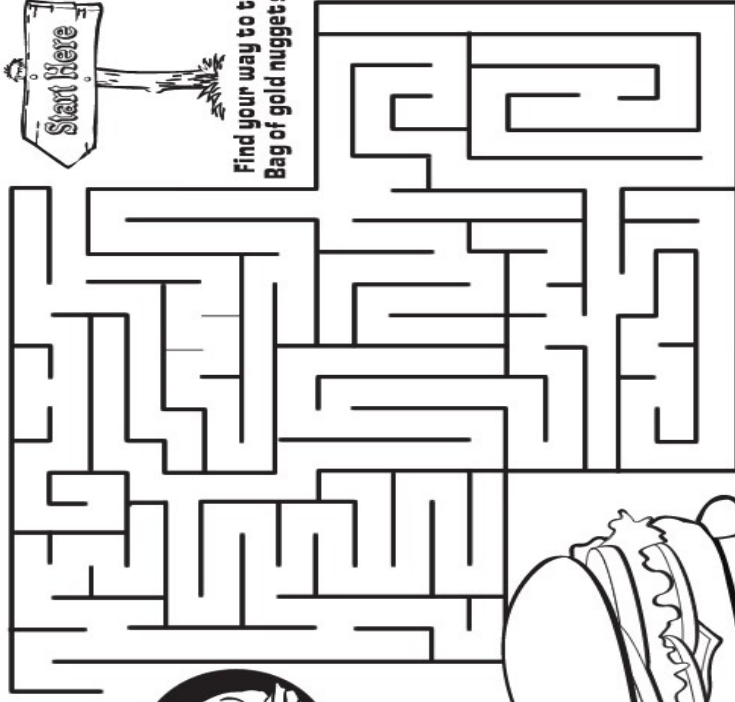
a s u e c

Solve this word scramble!

Which hamburger is different?



Find your way to the
Bag of gold nuggets



BURGER CHAIN

Strike It Rich in Taste!

Tic-Tac-Toe

Word Search

One Two Three Four Five Six Seven Eight Nine Ten

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