

# PARKSIDE PRESS

February

Allouez Parkside Village

2012

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## Nutrition Nook – February, 2012

Cereal isn't just for breakfast  
anymore.....

A breakthrough from one of Europe's top nutrition labs has shown that cereal isn't just for breakfast. Joe Vinson, Ph.D. of University of Scranton, has demonstrated that most breakfast cereals, anything from Fiber One to Froot Loops, have a surprise calorie-blocking power. Cereals are an excellent source of antioxidants called polyphenols. Polyphenols interfere with carb digestion in a way that "prevents some calories from being absorbed by the body – so they don't count!" Top polyphenol options: Raisin Bran, corn cereals and any variety with dried fruit or chocolate. There are hints that fiber may enhance polyphenols' calorie-blocking effect.

Just as the song goes...”a spoonful of sugar helps the medicine go down”, a bowlful of cereal is the pig-out prevention! As kids, we learn that a bowlful of cereal is the just-right amount, “so moderation tends to be easier and more automatic with cereal than, say, chips.”

Cereal is also a classic comfort food and yet a fairly light one so it helps us feel psychologically satisfied after only a modest number of calories. On top of that, cereal is often rich in hunger-fighting fiber. “It can be hard to pinpoint what exactly makes us feel satisfied but when you eat cereal, you set yourself up to take in fewer calories overall.”

Another fun food fact about cereal is that by eating cereal before going to bed, may give you more of a slimming sleep! Eating a carb-rich snack like cereal is the best way to stimulate production of serotonin, a hormone that helps us burn more calories while we sleep! Studies have shown that 40% more weight is lost to those that eat a nice dose of carbs before bed than those who opt for protein instead.

Yet still three more “boost your health” reasons to eat cereal.....

- Lower your blood pressure! Enjoy a serving of whole-grain cereal at least once a day, and your risk of ever developing high blood pressure drops by a full 20%.
- A 20-year Harvard study found daily cereal eaters were significantly less likely to develop diabetes than test subjects who skipped cereal.
- In a British analysis, a whole-grain cereal breakfast was linked to better concentration and memory!

So go ahead of have a bowl of Fiber One, Cheerios or even Frosted Flakes because they are **GRRREEEAAT!**



## SPECIAL K Bars

1 cup light corn syrup

1 cup sugar

1 cup peanut butter

7 cups Special K cereal

1 cup chocolate chips

1 cup butterscotch chips

½ cup butter

Melt together corn syrup and sugar.

Turn off heat and add peanut butter.

Stir in cereal

Dump in lightly greased 9x13 inch pan, pressing lightly with buttered fingers or wax paper.

Melt together chocolate chips, butterscotch chips and butter in microwave until completely melted.


Spread over bars and allow to cool.

## Thoughts from Tina and Hannah

February is the month for love and we will be celebrating on Valentines Day so invite a loved one to join you. We have practiced making our doilies and red paper roses so let's make more to decorate our tables. In January there were a few new things; a card game called Spoons, some of us are working on chess, Hannah turned 21, Athos turned 1, and we found out Tina looks OK in bib overalls.

This month we will be offering piano lessons. Tina has beginner piano books and would like to learn a simple song with you. We will have a recital at the end of the month. Let us know if you would like to learn a song.

Tina and Hannah



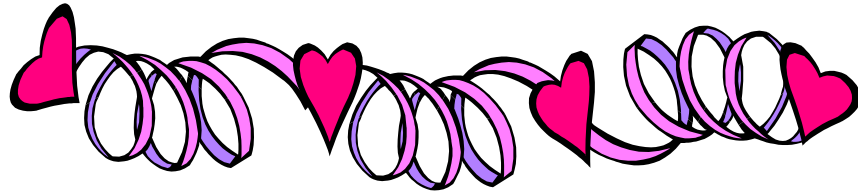
"You are never too old to set another goal or to dream a new dream..."  
- C. S. Lewis

*New Massage Therapist at Allouez Parkside Village*

We have a new massage therapist at APV. Diane Mencheski is a state licensed and nationally certified massage therapist. She comes to us with 3 years of clinical and medical massage experience. She is offering her services on Monday from 4pm through the evening. Services include but are not limited to; chair massages, hand and foot massages, site specific massages or full body relaxation massages. Services range in price from \$5.00 to \$10.00. Please let us know if you have any questions, need any Information, or would like to schedule a service.

...Lorrie, Tina and Hannah





## ***Karen's Korner***

February—the month for “Lovers” (and friends) to find time to stop at the local florist and pick up a bouquet for the “one” you care about. Not a lot of people do that, but enough to make it a custom for some. We need the uplift of an unexpected gift, even if we have to drop a few hints to get it. Who you get it from is more important than the actual gift.

It could be just a hand-written thank you note for something a friend did for you without being asked. It could be a bunch of hand-picked flowers tied with a ribbon for a nice good morning.

If you have a reason to remember someone this special day –do it! You may not get another chance. Just a little thank you or love you so much means so much when its unexpected. Try it, you'll see!



# Jokes of the Month

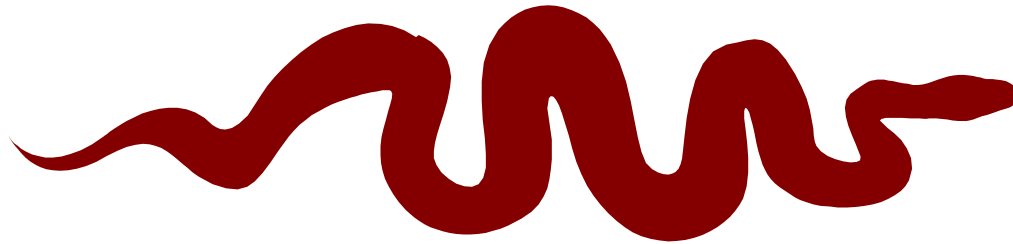
**Q: What did the boy octopus say to the girl octopus?**

**A: Can I hold your hand, hand, hand, hand,  
hand, hand, hand, hand?**



**Q: What did one snake say to the other snake?**

**A: Give me a little hug and a hiss, honey.**



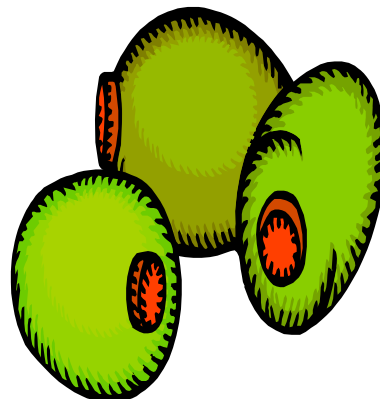
**Knock Knock,**

**Who's there?**

**Olive**

**Olive who?**

**Olive you!**





## Down on the Farm

There is more than enough  
Work for anyone,  
Down on the farm.  
Milking the cows,  
Putting the cans in the cooler,  
Waiting for the milkman.  
A garden so big; carrots,  
Peas, beans, pickles, and corn.  
Get out the canning supplies,  
For days of work ,  
So the food lasts all winter long.  
The days start early at four or five,  
So much to do I could spit in a shoe.  
There is hay to bail,  
Eggs to collect,  
Cow pies to clean up,  
Supper to make ,  
To be in bed by eight.

By Lorraine H.

January 2012

# Love

**Love –English      Amor –Spanish**

**Mitosc –Polish**

**Sevgi –Turkish      Ayattn –Greek**

**Kaerlighed –Danish**

**Amore –Italian      Rakastaa –Finnish**

**Liefde –Dutch**

**Kjaerlighet –Norwegian**

**Upendo –Swahili**

**Liebe –German      Karlek –Swedish**

**Amor –Latin      Amour –French**



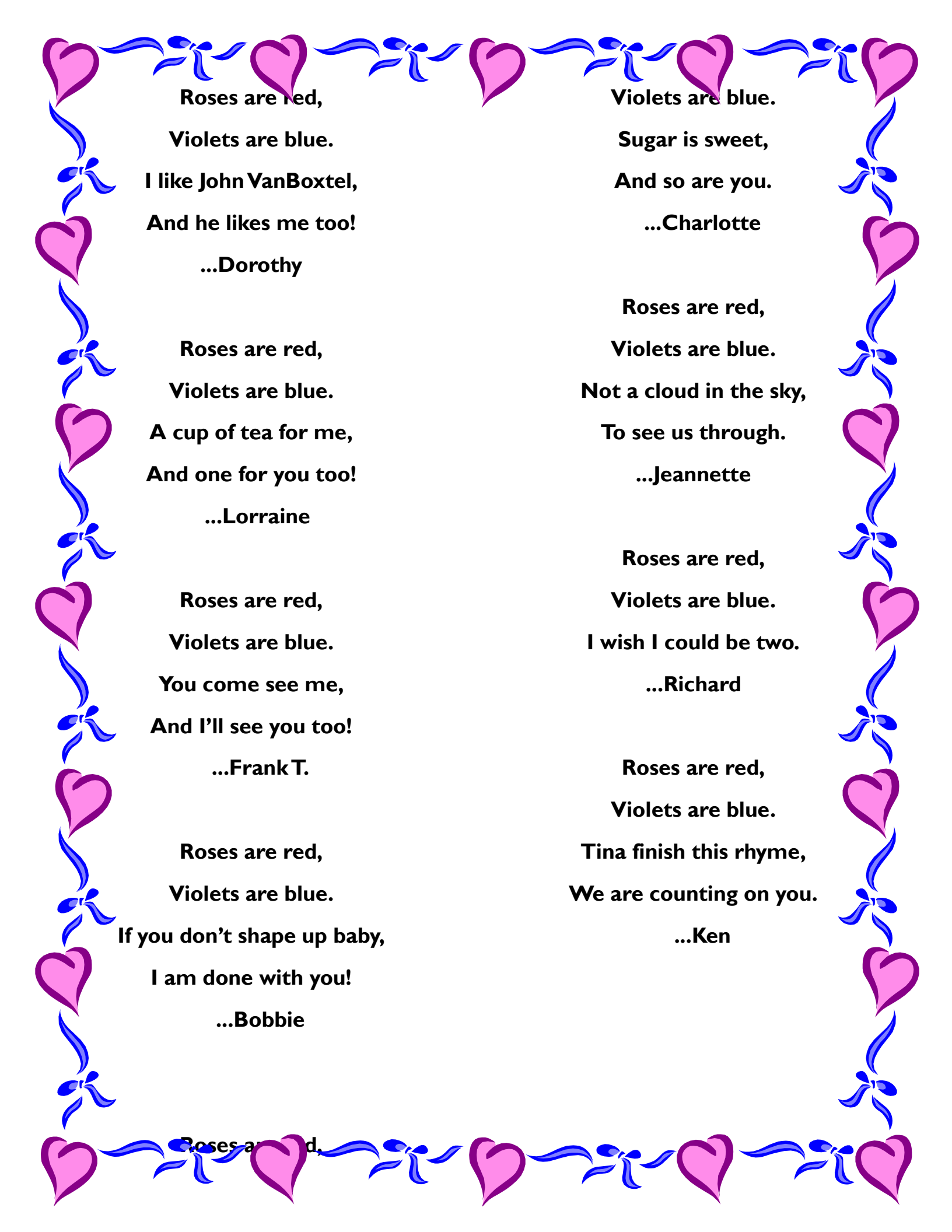
## February Birthdays

Lorraine H. February 2nd

Richard S. February 10th

Joe P. February 19th





Roses are red,  
Violets are blue.  
I like John VanBoxtel,  
And he likes me too!  
...Dorothy

Roses are red,  
Violets are blue.  
A cup of tea for me,  
And one for you too!  
...Lorraine

Roses are red,  
Violets are blue.  
You come see me,  
And I'll see you too!  
...Frank T.

Roses are red,  
Violets are blue.  
If you don't shape up baby,  
I am done with you!  
...Bobbie

Violets are blue.  
Sugar is sweet,  
And so are you.  
...Charlotte

Roses are red,  
Violets are blue.  
Not a cloud in the sky,  
To see us through.  
...Jeannette

Roses are red,  
Violets are blue.  
I wish I could be two.  
...Richard

Roses are red,  
Violets are blue.  
Tina finish this rhyme,  
We are counting on you.  
...Ken

Roses are red,

# Scenes From January 2012.....



♥ I love you so much I could squish you.



If I could give you one thing in life, I would give you the ability to see yourself through my eyes. Only then would you realize how special you are to me. - Unknown



## YOU ARE THE

PEANUT TO MY BUTTER  
TWINKLE IN MY EYE  
SHAKE TO MY BAKE  
BLUE IN MY SKY  
SPRINKLES ON MY SUNDAE  
FLIP TO MY FLOP  
BUMBLE TO MY BEE  
JEWEL ON MY CROWN  
MILK TO MY SHAKE  
SPRING IN MY STEP  
BEAT OF MY HEART  
LOVE OF MY LIFE



I am honey

