

# What's Going On?

Issue 2

July 2020

## Your Monthly Fun to Know Resident Info!



### VCAA FREE NUTRITION COUNSELING

Speak with a Registered Dietitian over the phone.

#### Topics Include:

- How to Create Meals with Limited/Donated Food Items
- Eating Healthy on a Budget
- Controlling Diabetes
- Controlling High Blood Pressure
- Lowering Cholesterol
- Additional Individual Nutrition Questions/Concerns

To speak with a Ventura County Area Agency on Aging Registered Dietitian, call (805) 406-8332 or (805) 340-3084 or email [dietitian.realfood@ventura.org](mailto:dietitian.realfood@ventura.org).



### National Days

July 4th	Independence Day
July 6th	Fried Chicken Day
July 11th	7-11 Day
July 27th	Love is Kind Day
July 31st	Avocado Day

What's Your Favorite Day?

**"Beauty is not in the face; beauty is a light in the heart."**

**~ Kahlil Gibran**

Please stay safe, wear masks, stay 6 ft. distance apart from each other, Use sanitizer/hand washing and continue to encourage your neighbors. We ALL need to be a "broken record" on this! Our communities depend on it.

### Simple recipe Ingredients

- 1 pound ground beef
- 4 cups water
- 1 can (14-1/2 ounces) diced tomatoes, undrained
- 3 medium carrots, sliced
- 2 medium potatoes, peeled and cubed
- 1 medium onion, chopped
- 1/2 cup chopped celery
- 4 teaspoons beef bouillon granules
- 1-1/2 teaspoons salt
- 1/4 teaspoon pepper
- 1/4 teaspoon dried oregano
- 1 cup cut fresh or frozen green beans

### Cooking Directions

- In a large saucepan, brown beef; drain. Add the next 10 ingredients; bring to a boil.
- Reduce heat; cover and simmer for 15 minutes or until potatoes and carrots are tender. Add green beans. Cover and simmer 15 minutes longer or until the beans are tender.



**Welcome to Mr. C's Corner**, to our new way of existing as residents of Many Mansions, myself included. Now that we have the pandemic of Covid-19 Virus affecting all of our lives it has changed the way we function, live, think, and need to do things. We need to take the time for better understanding of each other.

This **Newsletter Column** might give you some **interesting educational ways, a helping hand**, to look at how to do things differently now; in handling new situations, looking at opportunities, smiling, thinking in new creative ways, and even ways to handle stress easier in this new shut down way of stressful living we have been forced into.

**LET US START WITH SOME YOUNG HUMOR FIRST:**

A little girl asked her Mom to help her open up a closed bottle of vitamins, with a child proof cap on it. When her Mom did it, the little girl then asked her Mom, "How does it know you aren't a child?"

**AND NOW, HOW ABOUT SOME HELPFUL KITCHEN TIPS:**

- Q. Would you like to keep your coffee fresh longer?  
A. Empty the bag into a GLASS Container, with an airtight lid on it- to keep air from ruining your coffee.
- Q. Does soggy Celery make you upset?  
A. Then wrap it in FOIL to keep it from going soggy and to stay crispy.
- Q. Have too much Avocado left over and do not want it to spoil so fast?  
A. Sprinkle Lemon Juice on it to keep it fresh and place in a cool dry place lightly wrapped.
- Q. Do your leftover Bananas get you down when they start turning Brown?  
A. Place Plastic Wrap on the bunch to cover the stems tightly (Each or together.) This will help keep the air from entering and ripening them too fast.
- Q. Have you ever found yourself with no Bread Box, for your extra Bread?  
A. Well, all you need to do is place the extra Bread into a large good paper bag (Mark the bag) and close it tightly - to keep your Bread fresher. - (It works)



**LOOK FOR NEW TIPS IN FUTURE Newsletter Columns:** Do you really know why & how to wash your face & hands? Ways to Boost your Immunity. - What foods fight infections? - Protecting yourself against **SCAMS** - Better ways to protect your vehicle - *And many more topics to come .....*



**"RESIDENT SPOTLIGHT"**

**Judy Berry- Hillcrest Villas**



Hello all, my name is Judy Berry. I live at Hillcrest Villas. I was born in Southern California in the late 50s. I am the youngest of four children. My parents were humble people who lived with severe poverty and the depression. I was a "Daddy's Girl "until the day he died when I was twenty-five. Events that molded me in the early days of my childhood were the assassination of John F Kennedy in 1963, the assassination of Martin Luther King in 1968, the Vietnam War, the draft, Woodstock &....HIPPIES. The Psychedelic Era had arrived. The Only thing was, I was only 12. I dropped out of school at the age of 16. I read a book called " Hey Beatnik " written by "The Farm". So I put together a VW van and headed to the "THE FARM", the largest hippie community in the world. A thousand Hippies living self-sufficiently on 1,700 acres in Summertown, Tennessee. I got married in 1978, "Farm Style" and had my son at the Farm in 1979. We had the best midwives in the country. Another book written and well received internationally from The Farm was " Spiritual Midwifery."

I left The Farm in June of 1979. I had three children in three years, worked as a Cardiac and Respiratory Technician for 17 years. I was diagnosed with Lupus in 1994 and thus began my struggles. I was introduced to Many Mansions through my Mental Health office and in 2014 I was handed the keys to my new home. I will never lose sight of the gratitude I have for Many Mansions. My life has meaning, I'm in a safe place, I could go on and on. I now work 15 hrs. a week, still have lupus and go to all the workshops Many Mansions provides. I enjoy gardening, walking and crafting.