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Inside This Issue . . .

Types of Ice Cream	Pg 1
Key Vitamins	Pg 2
What's Going On	Pg 3-4
Programs for August.....	Pg 5
Nut. Ed, Exercise, Recipe	Pg 6-7
Humor, Riddle, Answer Key	Pg 8-9
Healthy Eating.....	Pg 10
Continued Types of Ice Cream....	Pg 11



Types of Ice Cream & What Makes Them Unique

Custard Base

French-style custard base ice cream is known for its high percentage of egg yolks and cream. Custard ice creams have a rich flavor and super smooth texture. According to the U.S. guidelines, products labeled as 'ice cream' are required to contain at least 10% milkfat and 20% milk solids. Custard bases offer lots of versatility since you can change up the flavor by adding chocolate, coffee, fruits, nuts, alcohol, and more! The possibilities are endless. Since eggs are added to the base, the custard needs to be heated to kill any potentially harmful bacteria in the eggs. This takes time and a little practice to learn how to properly temper the eggs and cook the base. As a word of caution, make sure the base is *completely* cooled before adding it to the ice cream machine to churn. If the base is too warm, it will have a hard time coming down to the correct temperature and the texture will be incorrect.

Philadelphia Style

Philadelphia style ice cream is a great ice cream base for beginners. This is because Philadelphia style ice cream is made without eggs. Meaning, the ice cream doesn't necessarily have to be heated/cooked (because there are no eggs) before churning. Since eggs add additional fat and color to the ice cream, Philadelphia style is usually lighter in both appearance and taste compared to custard ice cream. The absence of eggs also means recipe creators need to think through how to make Philadelphia style ice cream smooth and creamy. This can be achieved through stabilizers (like cornstarch or xanthan gum). This style works well in a couple of different ways. If you're making fruit-based ice cream, this style can keep things nice and light. Or, if you're adding in rich, dense mix-ins (like brownies or fudge) you could opt to contrast it with a lighter ice cream base like this.

Frozen Yogurt

You may have guessed that frozen yogurt is made using yogurt as the base. Although, be aware that oftentimes whole milk or cream is added in to help with the richness and smooth texture. While frozen yogurt isn't necessarily always healthier than custard or Philadelphia-style ice cream, it provides a unique flavor profile.

..continued on pg 11

Key Vitamins & Minerals for Older Adults

Explore the following vitamins and minerals recommended for older adults.

Vitamin A. *Food Sources:* Vitamin A can be found in products such as eggs and milk. It can also be found in vegetables and fruits, like carrots and mangoes.

Vitamin B1 (Thiamin). *Food Sources:* You can find vitamin B1 in meat – especially pork – and fish. It's also in whole grains and some fortified breads, cereals, and pastas.

Vitamin B2 (Riboflavin). *Food Sources:* You can find vitamin B2 in eggs and organ meat, such as liver and kidneys, and lean meat. You can also find it in green vegetables, like asparagus and broccoli.

Vitamin B3 (Niacin). *Food Sources:* Vitamin B3 can be found in some types of nuts, legumes, and grains. It can also be found in poultry, beef, and fish.

Vitamin B6. *Food Sources:* Vitamin B6 is found in a wide variety of foods. The richest sources of vitamin B6 include fish, beef liver, potatoes and other starchy vegetables, and fruit (other than citrus).

Vitamin B12. *Food Sources:* You can get this vitamin from meat, fish, poultry, milk, and fortified breakfast cereals. Some people over age 50 have trouble absorbing the vitamin B12 found naturally in foods. They may need to take vitamin B12 supplements and eat foods fortified with this vitamin.

Vitamin C. *Food Sources:* Fruits and vegetables are some of the best sources of vitamin C. Citrus fruits, tomatoes, and potatoes can be a large source of vitamin C.

Calcium. *Food Sources:* Calcium is a mineral that is important for strong bones and teeth, so there are special recommendations for older people who are at risk for bone loss. You can get calcium from milk and other dairy, some forms of tofu, dark-green leafy vegetables, soybeans, canned sardines and salmon with bones, and calcium-fortified foods.

Vitamin D. *Food Sources:* You can get vitamin D from fatty fish, fish liver oils, fortified milk and milk products, and fortified cereals.

Vitamin E. *Food Sources:* Vitamin E can be found in nuts like peanuts and almonds and can be found in vegetable oils, too. It can also be found in green vegetables, like broccoli and spinach.

Folate. *Food Sources:* Folate can be found in vegetables and fruit, such as broccoli, brussel sprouts, spinach, and oranges. It can also be found in nuts, beans, and peas.

Vitamin K. *Food Sources:* Vitamin K can be found in many foods including green leafy vegetables, like spinach and kale and in some fruits, such as blueberries and figs. It can also be found in cheese, eggs, and different meats.

Magnesium. *Food Sources:* This mineral, generally, is found in foods containing dietary fiber, such as green leafy vegetables, whole grains, legumes, and nuts and seeds. Breakfast cereals and other fortified foods often have added magnesium. Magnesium is also present in tap, mineral, or bottled drinking water.

Potassium. *Food Sources:* Many different fruits, vegetables, meats, and dairy foods contain potassium. Foods high in potassium include dried apricots, lentils, and potatoes. Adults get a lot of their potassium from milk, coffee, tea, and other nonalcoholic beverages.

Sodium. *Food Sources:* Preparing your own meals at home without using a lot of processed foods or salt will allow you to control how much sodium you get.



nia.nih.gov

Wilber Czech Brewery



A huge thank you to the
Wilber Czech Brewery Company
for presenting their project in July.

This will be a great addition to the
community!



Czech Days Parade Info



Do you enjoy the Czech Days Parade but don't want to go out in the heat?

Problem solved!

Newschannel Nebraska will broadcast the Sunday parade at 2pm.

Dish Network channel 30. Download the NCN app on streaming devices, select the South. On Antenna channel 21.2. Zito channel 72, Spectrum 98 or 715. Also, You can watch on their website.

<https://www.newschannelnebraska.com/>

Czech Days Weekend Meals

August 4, 5, 6, 7

Hotel Wilber

Serving Friday, Saturday, and Sunday from 11 a.m. to 2 p.m. and 4 p.m. to 7 p.m. Hotel Wilber offers roast duck, pork and Polish Sausage dinners served with dumplings, kraut, rye bread, kolache, applesauce, and soft drinks. Lighter lunches are available as well as kids meal items.

Lutheran Church

Serving Saturday from 11 a.m. to 2 p.m. and 4 p.m. to 7 p.m. and Sunday from 11 a.m. to 2 p.m. Duck and country style pork dinners, wiener lunch plates. Dinners include kraut, dumplings, apple rings, rye bread, dessert, and a drink.

T.J. Sokol

Serving Saturday and Sunday from 11 a.m. to 2 p.m. and from 4 p.m. to 7 p.m. The Sokols offer pork sandwiches, Polish sausage, hot dogs, kraut, hamburgers, cheeseburgers, kolache, and beverages.

St. Wenceslaus Catholic Church

Serving Sunday breakfast from 7:15 a.m. until 11:15 a.m. Kolache stand downtown 1/2 block west of the bandstand.

Methodist Church

Friday and Saturday 4:30 to 6:30 p.m., Saturday and Sunday 11 a.m. to 2 p.m. "Czech Buffet" includes wood-fired pork, jaternice, sauerkraut, dumplings, and Czech desserts.

American Legion Post 101

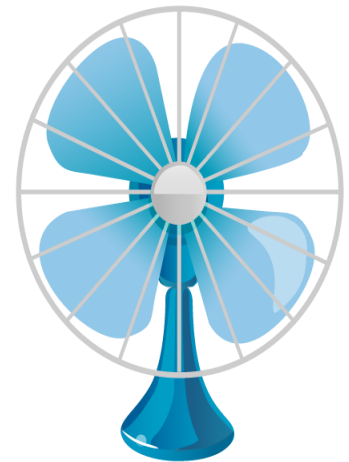
Burger Stand located just south of the bandstand.

Opens Thursday at 3 p.m. and Friday, Saturday and Sunday at 10 a.m.

Serving hamburgers, cheeseburgers, Polish dogs, hot dogs, kraut, iced tea, pop, bottled water and Schwan's ice cream treats.

Legion Park Building Located 310 W. Legion Memorial Drive.

Breakfast buffet 9 a.m. – noon Saturday and Sunday



Hot Summer Months Are Approaching Us!

Those in the LIHEAP program are eligible for a fan.

Fan Program from June 1st—
August 31st

Please contact SCAS to receive a fan if you are in need.



Join us for some Summer fun!

August

Yesterday's Lady out of Beatrice —
Presenting the history of the swimsuit
"Back to the Beach"

August 17 @ 2:00 Dessert with
presentation — Wilber SCAS backroom

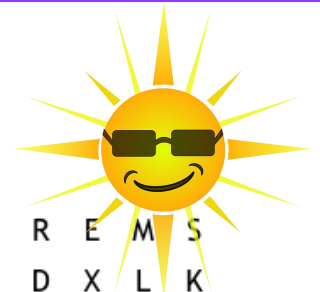
August 25 @ 11:30 Meal with
presentation — Western at SCAS

RSVP to SCAS 402-821-3330





Summer Holidays



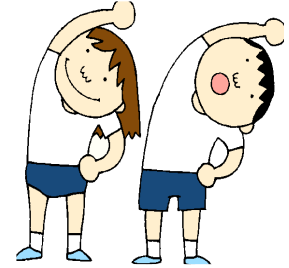
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hot	zoo	swimming	water park	rubber ring
canoe	caravan	fun	rock pool	jellyfish
crab	shell	sand	sea	boat
beach ball	spade	bucket	flipflops	swimsuits
cases	aeroplane	drinks	icecream	picnic
beach	summer			

Endurance

Endurance activities, often referred to as aerobic, increase your breathing and heart rates. These activities help keep you healthy, improve your fitness, and help you perform the tasks you need to do every day. Endurance exercises improve the health of your heart, lungs, and circulatory system. They also can delay or prevent many diseases that are common in older adults such as diabetes, colon and breast cancers, heart disease, and others. Physical activities that build endurance include:

- Brisk walking or jogging
- Yard work (mowing, raking)
- Dancing
- Swimming
- Biking
- Climbing stairs or hills



Increase your endurance or “staying power” to help keep up with your grandchildren during a trip to the park, dance to your favorite songs at a family wedding, and rake the yard and bag up leaves. Build up to at least 150 minutes of activity a week that makes you breathe hard. Try to be active throughout your day to reach this goal and avoid sitting for long periods of time.

go4life.nia.nih.gov

Recipe of the Month

Easy Crockpot Crack Chicken Sandwiches

Ingredients:

- 1.5 lbs boneless chicken breast
- 8 oz cream cheese
- 1 cup shredded cheddar cheese
- 1 packet ranch seasoning
- 1 tsp garlic powder
- 1/4 cup chicken broth or water
- 6+ slices of cooked bacon
- 6 hoagie rolls
- chopped lettuce for topping
- ranch dressing for topping



Directions:

Add the chicken, cream cheese, shredded cheddar, packet of ranch, garlic powder and chicken broth to a greased slow cooker and cook on LOW for 5-7 hours or HIGH for 3-4 hours, or until the chicken shreds easily with a fork.

Toast the hoagie rolls in a 450 degree oven for a few minutes, and then scoop on the chicken and top with crispy bacon and lettuce; drizzle with ranch dressing.

Pinterest.com

Funny Stories and Tales from Travel Agents

1. I had someone ask for an aisle seat so that their hair wouldn't get messed up by being near the window.

2. A client called in inquiring about a package to Hawaii. After going over all the cost information, she asked, "Would it be cheaper to fly to California and then take the train to Hawaii?"

3. A man called, furious about a Florida package we did. I asked what was wrong with the vacation in Orlando. He said he was expecting an ocean-view room. I tried to explain that is not possible, since Orlando is in the middle of the state. He replied, "Don't lie to me. I looked on the map and Florida is a very thin state."

4. I got a call from a man who asked, "Is it possible to see England from Canada?" I said, "No." He said, "But they look so close on the map."

5. Another man called and asked if he could rent a car in Dallas. When I pulled up the reservation, I noticed he had a 1-hour layover in Dallas. When I asked him why he wanted to rent a car, he said, "I heard Dallas was a big airport, and I need a car to drive between the gates to save time."

6. A nice lady just called. She needed to know how it was possible that her flight from Detroit left at 8:20am and got into Chicago at 8:33am. I tried to explain that Michigan was an hour ahead of Illinois, but she could not understand the concept of time zones. Finally I told her the plane went very fast, and she bought that!

7. A woman called and asked, "Do airlines put your physical description on your bag so they know whose luggage belongs to who?" I said, "No, why do you ask?" She replied, "Well, when I checked in with the airline, they put a tag on my luggage that said FAT, and I'm overweight, is there any connection?" After putting her on hold for a minute while "I looked into it," (I was actually laughing) I came back and explained that the city code for Fresno is FAT, and that the airline was just putting a destination tag on her luggage.

8. I just got off the phone with a man who asked, "How do I know which plane to get on?" I asked him what exactly he meant, to which he replied, "I was told my flight number is 823, but none of these darn planes have numbers on them."

9. "A woman called and said, "I need to fly to Pepsi-cola on one of those computer planes." I asked if she meant to fly to Pensacola on a commuter plane. She said, "Yeah, whatever."



10. A woman called to make reservations. "I want to go from Chicago to Hippopotamus, New York." The agent was at a loss for words. Finally, the agent asked, "Are you sure that's the name of the town?" "Yes, what flights do you have?" replied the customer. After some searching, the agent came back with, "I'm sorry, ma'am, I've looked up every airport code in the country and can't find a Hippopotamus anywhere." The customer retorted, "Oh don't be silly. Everyone knows where it is. Check your map!" The agent scoured a map of the state of New York and finally offered, "You don't mean Buffalo, do you?" "That's it! I knew it was a big animal."



Announcements

DeWitt Senior Center Schedule

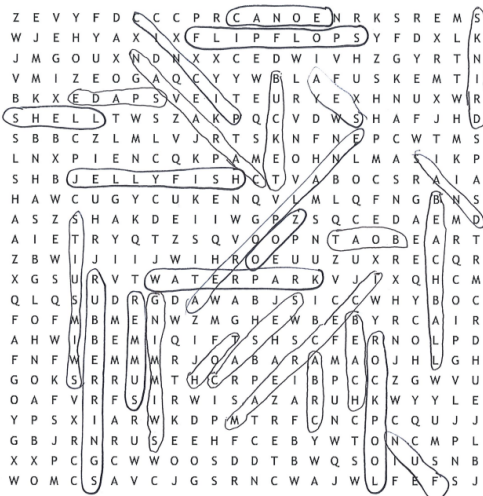
Tuesdays & Thursdays — Tai Chi from 9:00 am—10:00am, Quilting from 1:00 pm— 5:00 pm

EVERY Wednesday — Congregate Meals, Program, Cards & Games @ 12:00pm

Monday/Wednesday/Friday — Water Aerobics @ DeWitt Swimming Pool from 5:00 pm— 6:00 pm
\$2 / session

Memorial Bricks for sale — \$15 / piece. *Contact Melissa if you are interested! 402-239-1015*

Answers to the Puzzle



Common Food-Drug Interactions

You've probably heard the warnings not to drink grapefruit juice with cholesterol medication. However, that isn't the only combination of food and drugs to avoid. Grapefruit juice can interact with numerous other medications, both prescription and over-the-counter. And many other foods commonly interact with drugs, too. Listed are five foods that commonly interact with medications.

Grapefruit Juice

Grapefruit juice has the ability to interact with medications in various ways.

One way is by increasing the absorption of certain drugs – as is the case with some cholesterol-lowering statins. If you're taking statins, you don't have to completely avoid grapefruit juice; just take your medication two hours or more before or after drinking.

Grapefruit juice can also cause the body to metabolize drugs abnormally, resulting in lower or higher than normal blood levels of the drug. Many medications are affected in this way, including antihistamines, blood pressure drugs, thyroid replacement drugs, birth control; stomach acid-blocking drugs, and the cough suppressant dextromethorphan. It's best to avoid or significantly reduce intake of grapefruit juice when taking these medications.



Green Leafy Vegetables

Blood-thinning drugs such as Coumadin® (warfarin) interfere with vitamin K-dependent clotting factors. Eating too much green leafy vegetables, which are high in vitamin K, can decrease the ability of blood-thinners to prevent clotting. But you don't have to give up greens altogether. Problems arise from significantly and suddenly increasing or decreasing intake, as it can alter the effectiveness of the medicine. So eat your greens in consistent amounts.

Natural Black Licorice (Glycyrrhiza)

Glycyrrhiza – a natural ingredient used to make black licorice – can deplete the body of potassium while causing an increased retention of sodium. When the body is depleted of potassium, it can affect the effectiveness of the medication digoxin, a medication used to treat heart failure- Thus, resulting in the heart not beating properly.

Glycyrrhiza can also decrease the effectiveness of high blood pressure medicines. And people taking Coumadin® (warfarin) should be careful that glycyrrhiza can break down the drug, resulting in an increase in the body's clotting mechanism.

Excessive amounts of natural licorice should be avoided when taking all of these medications. However, artificially-flavored black licorice doesn't contain glycyrrhiza and has no effect on these medications.



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A Pioneering Area Agency on Aging

Gelato

Gelato is an Italian style ice cream that is classified by its low milkfat content, usually 4-9%. Typically, gelato is made only with milk. Despite the lack of cream in gelato, it's still denser than American-style ice cream. That's because less air is incorporated during the churning process. To make gelato at home with an ice cream machine can be a little tough since it's hard to control the amount of air incorporated in the gelato with a small, at-home machine. However, you can still achieve the taste by making a recipe only using milk. There are many flavor varieties of gelato, so be sure to play around with this if you're making gelato at home.



Sorbet

Technically, sorbet would not be classified as ice cream since there is no milkfat present. However, I'm including it in this list to teach you how it varies from ice cream. Sorbet is a churned mixture of sugar, water, and either fruit juice, wine, or liqueur. Sometimes you'll even find sorbets made from herbs or vegetables. Savory sorbets are usually served as a first course or a palate refresher in between courses. Sweet sorbets, on the other hand, are typically served as dessert. If you're creating your own sorbet recipe, you'll have to play around with the ratio of sugar, water, and fruit depending on the level of sweetness you prefer. Too much sugar will result in a soft and syrupy sorbet, while too little sugar makes the sorbet hard and grainy. In addition to the core ingredients, pasteurized egg whites can be added during the churning process to hinder ice crystals and improve the texture.

Sherbet

Sherbet is the Americanized version of sorbet. In addition to the sugar and fruit juice, sherbet contains milk that's added to the mixture prior to churning.

homebodyeats.com

