

F E B R U A R Y 2 0 2 4

KEYNOTES

SENIOR EDUCATION MINISTRIES, INC



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- ♥ To be a faith-based ministry, dependent on our Lord, Jesus Christ, as He supplies through the gifts of many concerned individuals;
- ♥ To provide educational assistance, information, services, and resource linkage to empower independence for the senior citizen community to enhance their quality of life while fostering learning and fellowship in a safe non-denominational environment.
- ♥ To invest in the history evidenced in the lives of senior citizens and veterans!



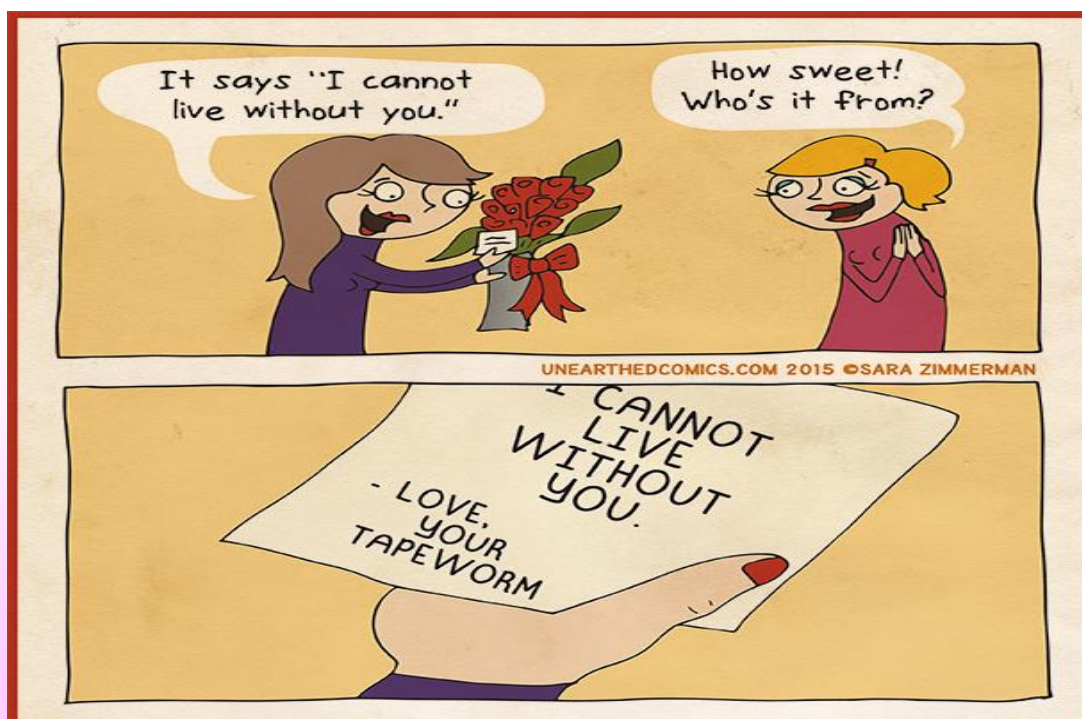
Senior Education Ministries

- Offers monthly, quarterly, & annual educational programs at no charge to its senior citizens, caregivers, or their families
- We do what we do so that Jesus' name may be known to others
- We do things God's way to get His results!
- We Claim the Promise, Walk by Faith and Lets Go Lead



February Safety Tips:

- Practice regular hand washing and use anti-bacterial soap for at least 20 seconds.
- Keep a safe distance of 6 ft from other individuals.
- Clean and disinfect frequently touched surfaces and objects, like tables, countertops, light switches, and doorknobs.
- Cover your coughs and sneezes with a tissue and throw the tissue in the trash.

**Monthly Cartoon!**

Chicken Marsala

Directions

Step 1

Heat 1 tablespoon oil in a large nonstick skillet over medium-high. Sprinkle chicken with 1/2 teaspoon pepper and 1/4 teaspoon salt. Add chicken to pan; cook until done, about 4 minutes per side. Remove chicken from pan (do not wipe out pan).

Step 2

Add remaining 1 tablespoon oil to pan. Add mushrooms and thyme sprigs; cook, stirring occasionally, until mushrooms are browned, about 6 minutes. Sprinkle flour over mixture; cook, stirring constantly, 1 minute.

Step 3

Add stock and wine to pan; bring to a boil. Cook until slightly thickened, 2 to 3 minutes. Remove pan from heat. Stir in butter, remaining 1/4 teaspoon pepper, and remaining 1/4 teaspoon salt. Add chicken to pan, turning to coat. Discard thyme sprigs before serving. Sprinkle with chopped thyme, if desired.



Ingredients

- Boneless skinless chicken breasts
- Salt and pepper
- All-purpose flour
- Unsalted chicken broth
- Dry marsala wine
- Unsalted butter
- Olive oil
- Cremini mushrooms
- Garlic
- Fresh thyme, oregano and parsley
- Heavy cream
- Cornstarch

CHICKEN MARSALA

Nutrition Facts

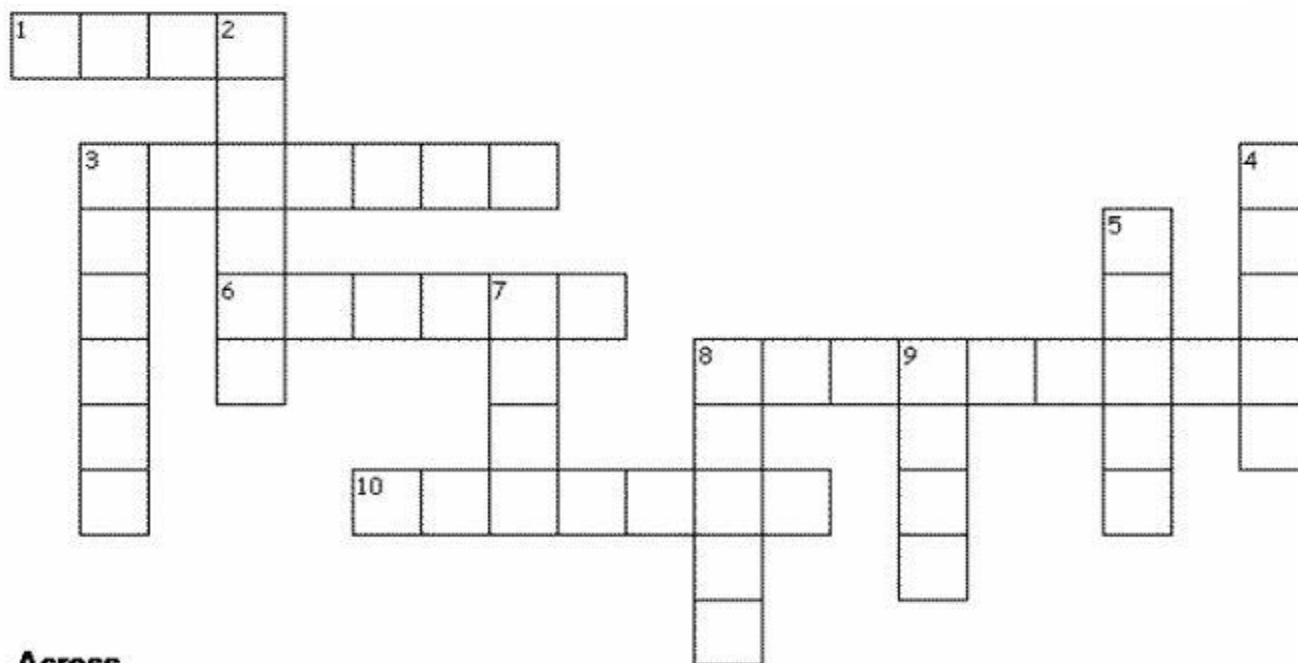
Serving Size: 1 Meal (369g)
Servings Per Container: 1

Amount Per Serving	
Calories 410	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 125mg	42%
Sodium 1170mg	49%
Total Carbohydrate 27g	9%
Dietary Fiber 5g	20%
Sugars 10g	
Protein 44g	
Vitamin A 0%	Vitamin C 2%
Calcium 2%	Iron 6%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

INGREDIENTS: MARSALA CHICKEN (CHICKEN, MARSALA WINE, MUSHROOMS, COOKED CHICKEN MEAT, SEA SALT, SUGAR, CHICKEN FAT, POTATO FLOUR, ONION, POWDER, YEAST EXTRACT, FLAVOR (CHICKEN BROTH, SALT, FLAVORING), DRIED CARROT JUICE, SPICES, TURMERIC, EXTRACTIVES OF CELERY, AND GARLIC POWDER, KOSHER SALT, GRANULATED GARLIC, BLACK PEPPER, BASIL, THYME, OREGANO, RED PEPPER FLAKES), STEAMED BROCCOLI (BROCCOLI, GARLIC SALT, BLACK PEPPER)

MANUFACTURED BY: THE BALANCED CHEF

Be My Valentine Crossword



Across

1. _____ and kisses.
3. They smell pretty.
6. On Valentine's Day you should hug and _____ with your loved ones.
8. Special treat loved by all.
10. Wrap it up and tie it with a bow.

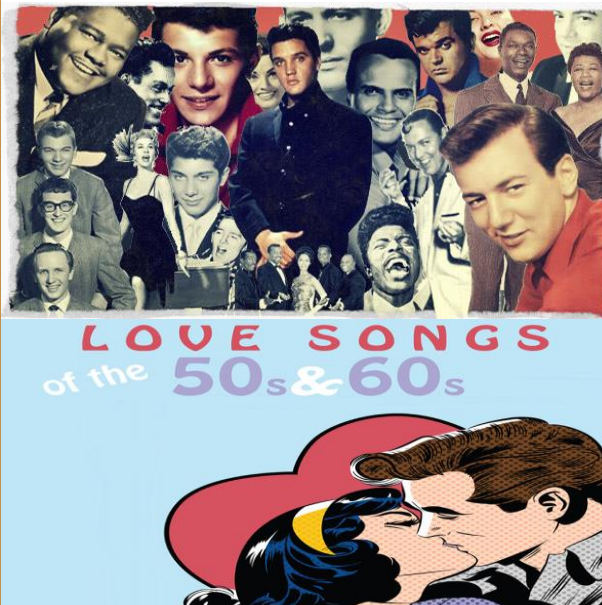
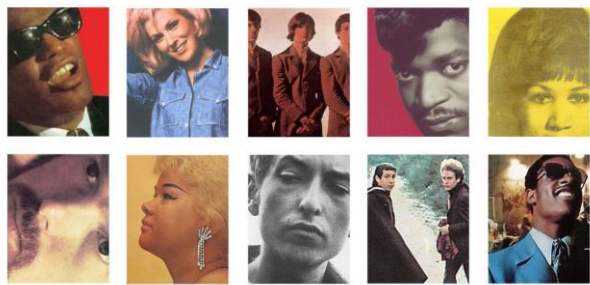
Down

2. Another word for kiss.
3. My best _____.
4. Delicate, red flowers (with thorns).
5. Valentine's Day shape.
7. I _____ you.
8. Sugary treat.
9. Sign it and give it to a friend.



candy, card, chocolate, cuddle,
flowers, friend, heart, hugs, love,
present, roses, smooch

Remember The Times:



Why do

Fools

Fall in love?

1950s v.s 1960s

Music Edition

- Come and Go With Me -
The Dell Vikings became the
First major group with
both black and white performers
and their love song was a
HIT!

Do you remember the first time you
heard your favorite love song?

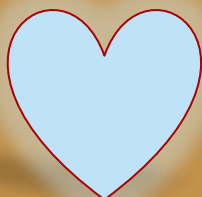
Remember THE TIMES

Artist Made Music About

Real,

Unconditional,

Love





Brandon Zettl Army

Brandon followed family tradition of both his grandfathers by enlisting in the US Army. He wanted to see the world while serving a greater purpose. The experience changed his life forever. After basic training at Fort Benning, Georgia, Brandon went to Washington, DC, where he spent three years with The Old Guard, the oldest active-duty Army infantry unit serving our nation since 1784. As the official ceremonial unit protecting Washington, DC, in time of national emergency, Brandon served in honor parades, funeral teams, ceremonies, and events throughout the metropolitan area.

He was deployed to Djibouti and Ethiopia, where he provided protection for engineers while also training local armies to fight a civil war. After a brief stint back in DC, where he met his soon-to-be bride, Danielle, an Air Force Radiology Technologist, Brandon went to Vicenza, Italy, with the 173rd Airborne Infantry as team leader and then squad leader.

Two deployments took him to Afghanistan protecting innocent people, working with police agencies, securing land, ensuring valid elections, and getting injured on several occasions. After returning to Fort Campbell, KY, Brandon's injuries began to develop from previous combat encounters. His

His health deteriorated to where he went to Warrior Transition Unit (WTU) before being medically retired in 2013.

In 2005, Brandon married Danielle while he was stationed in Italy and Danielle was still stationed in MD. Two years later, she moved to Italy with their infant son after serving 4 years and being honorably discharged from the military. Today, they have 3 children which keep them both very busy. Besides spending quality time with family and their three dogs, Brandon is interested in muscle cars, hot rods, motorcycles, hunting, and his top interest, fishing.



1.



2.



3.



4.



5.



6.



7.



8.



CROCHET: Beginners Addition

How To Start A Crochet Steps:

Step 1: Make a Slip Knot.

Step 2: Tighten the Loop

Step 3: How to Hold the Thread

Step 4: Begin the Chain

Step 5: Finish the Chain

Step 6: Begin the First Row

Step 7: Crocheting the Chained Row

Step 8: Finish



Life Hack #1:
Use the tab on
your soda can to
keep your straw
stable.



did you know?

The hole in the tab of a soda can is designed to be spun around and used as a straw holder.



Life Hack #2:

You can use emptied
Pringle chip containers to
store spaghetti pasta! This
will help you avoid wasting
leftover noodles and save
them for another day.



Which Life Hack Did YOU Enjoy The Most?

WALK

YOUR WAY TO BETTER HEALTH

ANATOMY OF WALKING

- BOOSTS ENDORPHIN**
EASING STRESS, TENSION, ANGER, FATIGUE, AND CONFUSION IN TEN MINUTES
- LIMITS SICKNESS**
BY HALVING ODDS OF CATCHING A COLD
- WORKS ARM & SHOULDER MUSCLES**
- BUILDS BONE MASS**
REDUCING RISK OF OSTEOPOROSIS
- STRENGTHENS LEGS**
INCLUDING QUADRICEPS, HIP FLEXORS, AND HAMSTRINGS
- BURNS MORE FAT**
THAN JOGGING
- REDUCES GLAUCOMA RISK**
- HALVES ALZHEIMER'S DISEASE RISK**
OVER BY FIVE YEARS
- IMPROVES BLOOD PRESSURE**
BY FIVE POINTS
- ENGAGES AB MUSCLES**
- LIMITS COLON CANCER**
BY 31% FOR WOMEN
- IMPROVES BALANCE**
PREVENTING FALLS

COMPREHENSIVE
Prosthetics & Orthotics

ONLY 30 MINUTES A DAY,
5 TIMES A WEEK CAN MAKE YOU
HEALTHIER AND HAPPIER.



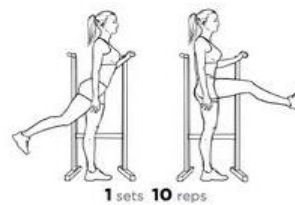
TIPS FOR BEGINNING MEDITATION



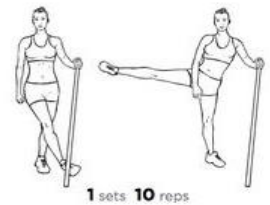
www.stansberryresearch.com

Older Adults Mobility & Strength Workout

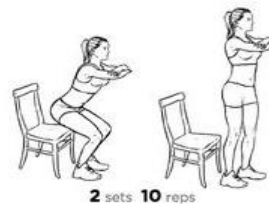
Forward Leg Hip Swings



Side Leg / Hip Swings



Chair Squat



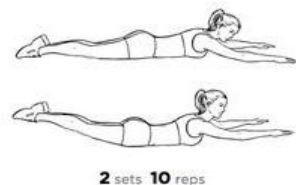
Modified / Knee Push-up



Bodyweight Walking Lunge

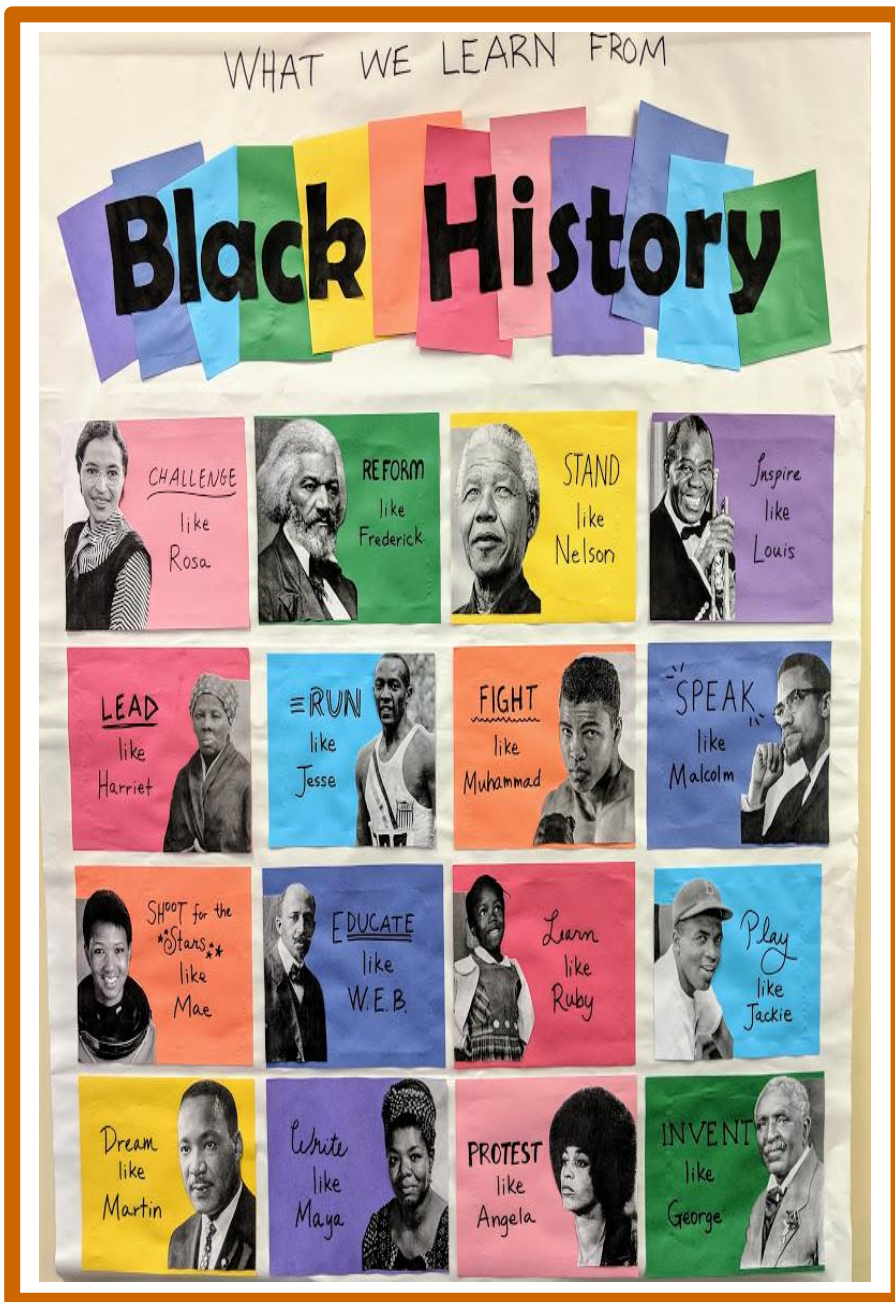


Superman / Extended Arms & Leg Lift



/ 2

WorkoutLabs.cc



celebrate
black history
month

Did you know?

Franklin McCain, a Celanese employee for 35 years, was a member of the **Greensboro Four**.

McCain and his friends staged the first sit-in protest at the Woolworth's lunch counter in Greensboro, North Carolina. Their actions had an immediate and lasting impact, changing segregationist policies.

Follow the Dallas Channel on ONE: #CelaneseBHM

Exhibit highlights African-American innovation

INVENTIONS BY AFRICAN AMERICANS



TRAFFIC LIGHT
Garrett Morgan
Nov. 20, 1923



FIRE EXTINGUISHER
T. Marshall
Oct. 26, 1872



IRONING BOARD
Sarah Boone
Dec. 30, 1887



REFRIGERATOR
J. Standard
June 14, 1891



ALMANAC
Benjamin Banneker
1791



CELLULAR PHONE
Henry T. Sampson
July 6, 1971

OTHER INVENTIONS BY AFRICAN AMERICANS

ELEVATOR
Alexander Miles
Oct. 11, 1867

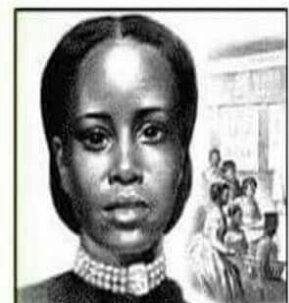
LAWN MOWER
L. A. Burr
May 19, 1889

STREET SWEEPER
Charles B. Brooks
March 17, 1890

AIR CONDITIONING UNIT
Frederick M. Jones
July 12, 1949

ELECTRIC MICROPHONE
Dr. James E. West
1962

Caroline Still Wiley Anderson, born in 1848. Graduated from Oberlin, the only Black woman in class, later taught at Howard University. 1878 became Philadelphia's first Black Doctor





INDIANA

Speaker Pending-Program may cancel if no Speaker

Lunch: Cobblestone Crossings Health Campus on 2/14/24 in Clay County, Indiana (Staunton)

Dr T Kyle Stoops MD

Lunch: Cobblestone Crossings Health Campus on 2/21/24 in Clinton.

Orthopedics

CARDIOPULMONARY REHAB by special request

Lunch: ProMedica / Heartland in Greencastle on 2/26/24.

Heart/Lungs

Dr T Kyle Stoops MD

Lunch: Cobblestone Crossings Health Campus on 2/1/24 in Rockville.

Orthopedics

No program in Shelburn due to holidays until March 2024.

Dr. Alan Reyes MD

Lunch: Majestic Care on 2/28/24 in Terre Haute General Surgery

Dr. Bradley Vo MD

Lunch: Good Samaritan Hospital on 2/7/24 in Vincennes.

Topic: Minimally invasive Robot Assisted Surgery General Surgeon

Speaker: Dr. Paul Ormston DO

Lunch: Sycamore Manor on 2/23/24 in West Terre Haute.

Family Practice

Reminder: If schools are closed due to weather, the Dine with a Doc program is cancelled. Stay safe!!!!

FEBRUARY 2024



ILLINOIS

SBLHS Doctor TBA

Lunch: Sarah Bush Lincoln on 2/20/24 in Casey.

Kaye Dent J.D.

Lunch: Carriage Crossing on 2/7/24 in Champaign. Doctor of Jurisprudence

Megan Schaeffer LCSW/LCPC

Sheri Oakley RN

Lunch: Heritage Woods on 2/16/24 in Charleston Grant A wish and Windows to Heaven programs

Marsha Griffin (Community Outreach Liaison)

By special request

Lunch: SBLHS on 2/8/24 in Effingham. Office of the Illinois Attorney General

Marsha Griffin (Community Outreach Liaison)

By special request

Lunch: Aperion Care-Bridgeport on 2/2/24 in Lawrenceville.

Office of the Illinois Attorney General

Marsha Griffin (Community Outreach Liaison)

By special request

Lunch: Paris Healthcare on 2/9/24 in Marshall. Office of the Illinois Attorney General

Marsha Griffin (Community Outreach Liaison)

By special request

Lunch: Villas of Holly Brook-Newton in Newton on 2/13/24.

Office of the Illinois Attorney General

Dr. Ericka Yeley DVM

Lunch: Villas of Holly Brook-Marshall in Paris on 2/14/24.

Veterinarian

Dawn Sexton D.Min., SW

Megan Schaeffer LCSW/LCPC

Lunch: Shelbyville Health and Rehab on 2/12/24 in Shelbyville.

Grant A wish and Windows to Heaven programs

Program cancelled 2/6/24 in Sullivan.

Denise Bloemer RD

Kaci Helfrich APRN

Lunch: Arcola Health and Rehab on 2/22/24 in Tuscola. Registered Dietitian and Advanced Practice Nurse



We are looking for Individuals, Group or Business Supporters to invest in the history evidenced in the lives of our senior citizens and veterans. We need your financial support to cover our day to day operational expenses. For just \$1 a day you can help to assure that Senior Education Ministries continues to serve our seniors and veterans. Can we count on you? KEY SUPPORTER- 1X tax deductible donation of \$365 (\$1/day) Here are the benefits to being a KEY SUPPORTER!!!

- ❖ Your name or BUSINESS NAME will receive placement on Senior Education Ministries website partnership page
- ❖ Your name or BUSINESS NAME will receive placement on 2024 plaque of Key Supporters in Ministry program hall
- ❖ You will have the satisfaction knowing that you are a key supporter of the educational programs for seniors/ veterans

INDIVIDUALS

Anonymous Donor- Encino, CA
 Dan and Janet Kleptz-Terre Haute, IN
 Dr. Janie Myers, D.O.
 Dr. Linda Ruholl PhD-Effingham, IL
 Dr. Marcia Favali-Terre Haute, IN
 Dr. Roland Kohr MD-Terre Haute, IN
 Frank Hoxworth Terre Haute, IN
 Harriet Vaught-Brazil, IN
 Jessica Becker-Terre Haute, IN
 Macie Snyder-Charleston, SC
 Rev. Budd and Lori Aplin-Terre Haute, IN
 Rev. Charles Keys-Paris, IL
 Rev. Kyle Andrews-Terre Haute, IN
 Stephen Prophater-Mount Gilead, NC

BUSINESSES

Blackhawk Community Church-Pimento, IN
 Carriage Crossing-Champaign, IL
 Health Alliance-Medicare-Arcola and Champaign, IL
 Horizon Health Hospital Paris, IL
 HSHS Medical Group-Effingham, IL
 Lawrence County Memorial Hospital-Lawrenceville, IL
 Modesitt Law Office- Terry Modesitt-Terre Haute, IN
 ProRehab-IL/IN
 Sarah Bush Lincoln Health System -Charleston, IL
 Union Health-Terre Haute, IN



Please prayerfully consider becoming a KEY SUPPORTER or making a tax-deductible donation

Senior Education Ministries

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Email: loriaplin@gmail.com

senioreducationministries@yahoo.com

www.senioreducationministries.org

www.dinewithadoc.com





Proud Sponsor of Senior Education Ministries' Mingle with the Mayor



Mayor Brandon Sakbun

Please join us every month for relaxed gatherings with Terre Haute Mayor, Brandon Sakbun. Each month various topics will be covered with opportunities to ask questions and voice concerns. Gatherings will be held at the Grand Traverse Pie Company where free pie and coffee will be served courtesy of Majestic Care.

Grand Traverse Pie Company
75 N. 3rd St., Terre Haute, 47807

Please join us from 3 to 4 p.m. on the following dates:

- February 13
- March 12
- April 9
- May 14
- June 11
- July 9
- August 13
- September 10
- October 8
- November 12
- December 10

*All dates and times are subject to change due to the Mayor's schedule.
For more information, please contact Robin Collins at 812.201.0866.*

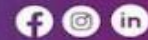
Majestic Care of Terre Haute
3150 N. 7th Street
Terre Haute, IN 47804
Phone | 812.466.5217

Majestic Care of Deming Park
3300 Poplar Street
Terre Haute, IN 47803
Phone | 812.235.6281



**Majestic
Care**

MajesticCare.com



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