



Successful Aging Institute

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**November
2016**

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Class Highlights for November 2016

CLASS NAME : Get a Job at 50+

Date: November 02

Time: 10:00 AM - 11:30 AM

Cost: Free

Location: Willamalane Activity Center

CLASS NAME: Become a Senior Companion

Date: November 03

Time: 10:30 AM—11:30 AM

Cost: Free

Location: Peterson Barn

CLASS NAME: Yoga for a Healthy Back

Date: November 08 – December 06

Time: 7:15 PM—8:30 PM

Cost: \$ 38.00

Location: Eugene Yoga Downtown

CLASS NAME: Gifts from the Kitchen

Date: November 19—November 26

Time: 12:00 PM—3:00 PM

Cost: \$59.00

Location: Pepperberries Ultimate Kitchen Store

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To request this information in an alternate format (Braille, digital, audio or large print), please contact Center for Accessible Resources: (541) 463-5150 (voice); 711 (relay); Building 1, 218; or AccessibleResources@lanecc.edu.

Who are Senior Companions?

Senior Companions are volunteers age 55 and over who make a difference by providing assistance and friendship to adults who have difficulty with daily living tasks, such as shopping or paying bills. Senior Companions help these adults remain independent, socially connected and in their homes so they do not have to move to institutional care.

Common things Companion volunteers do include visiting with the client, transporting them to appointments and to the store, visiting with the client so their caregiver can have a break and, importantly, watching out for the client and paying attention to changes that could impact them.

Senior Companions serve 15 to 40 hours per week helping an average of three to eight adult clients live independently in their own homes.

Volunteers receive pre-service orientation, training from the organization where they serve, a tax-free hourly stipend and receive mileage and meal compensation.

Senior Companions make a qualitative positive difference in the lives they serve.

For more information please visit:

<https://www.lanecc.edu/scp>

Or call:541.463.6260



Turkey Tips:

- The safest way to thaw one out is to put it in the refrigerator about **four days** before cooking it. Yes. Four days. That's how long you have to plan ahead for *just that part*. To be more precise, it's [24 hours in the fridge for every 4-5 lbs. of turkey](#).
- You should never stuff the turkey until immediately before you are ready to place the bird in the oven. This includes having the oven already pre-heated. As soon as the stuffing is in the bird at room temperature, it is an environment that encourages bacterial growth. Stuff the bird, then go straight into the oven with it. It's an easy and important rule to remember.
- Do not overstuff the turkey. The stuffing will naturally expand as it cooks. Just loosely filling the cavity of the turkey will allow the stuffing to cook properly. If there is leftover stuffing, instead of packing it inside the turkey, prepare a small, lightly-greased casserole dish and cook the extra stuffing in it, alongside the bird in the oven.

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If you are basting the turkey in an effort to make the meat juicier, you are probably wasting your time. Basting the turkey has little if any effect upon the moistness of the meat. It will mainly cause the skin to brown up a little more crisply, and may add some extra flavor to the skin. The skin is quite effective at blocking moisture, however, so don't expect any of the juices you baste over the turkey to seep down into the meat.

The moistness of the meat is primarily determined by cooking to the proper temperature. An overcooked turkey is going to be dry... that's just the way it is. You can do some things before roasting that will influence the final outcome more effectively than basting. Brining the turkey -- soaking it overnight in a salty, seasoned liquid -- will add saltiness to the flavor, but it will also cause the turkey to retain more moisture while it roasts, meaning a less-dry turkey.

Alternatively, a light coating of kosher salt on the inside of the turkey's cavities before going in the oven will have a similar effect, helping the bird to retain moisture during roasting.

Finally, a kosher turkey, which has been treated with salt as part of the koshering process, will likewise retain more moisture while cooking due to the salt content.



The downside to basting is that each time you open the oven, heat is escaping, meaning that the time to roast the bird increases, and the oscillating temperature in the oven may lead to a less satisfactory, evenly-cooked turkey. As an alternative to basting, you can apply a light coating of cooking oil to the turkey's skin before it goes in the oven. This will help produce the same sort of nicely crispy skin that basting does, without periodically opening the oven door during roasting

A Thanksgiving Story

A young man named Sam received a parrot as a gift. The parrot had a bad attitude and an even worse vocabulary.

Every word out of the bird's mouth was rude, obnoxious and laced with profanity. Sam tried and tried to change the bird's attitude by consistently saying only polite words, playing soft music and anything else he could think of to 'clean up' the bird's vocabulary. Finally, Sam was fed up and yelled at the parrot. The parrot yelled back. Sam shook the parrot and the parrot got angrier and even more rude. Sam, in desperation, threw up his hand, grabbed the bird and put him in the freezer. For a few minutes the parrot squawked and kicked and screamed.

Then suddenly there was total quiet. Not a peep was heard for over a minute.

Fearing that he'd hurt the parrot, Sam quickly opened the door to the freezer. The parrot calmly stepped out onto Sam's outstretched arm and said "I believe I may have offended you with my rude language and actions. I am sincerely remorseful for my inappropriate transgressions and I fully intend to do everything I can to correct my rude and unforgivable behavior."

Sam was stunned at the change in the bird's attitude.

As he was about to ask the parrot what had made such a dramatic change in his behavior, the bird spoke up very softly,

"May I ask what the Turkey did?"



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We also thank Lane Senior Guide for Publicizing SAI

Thank you, for taking the time to read our newsletter.

We welcome your input at sai-enevs@lanecc.edu