



Open Arms Senior Connection

September 2017 Newsletter

September is National Food Safety Education Month

Older Adults and Food Safety

An adage states, "With age, comes wisdom." Hopefully that wisdom includes lots of good food safety information. Why? As we mature, our bodies change. Older adults become more at-risk for illness and, once ill, it can take them longer to recover.

Knowledge of safe food handling helps older adults stay healthy. Some older adults are homebound and must rely on delivered food. Others have minimal cooking experience. It's important to understand the effect of pathogens and other microorganisms on elderly bodies. Practicing the safeguards necessary to avoid food borne illness is the best way to stay healthy.

As people age, their bodies are less able to combat bacteria. For example, there is a decrease in stomach acid secretion, which is a natural defense against ingested bacteria. And over time, the immune system may become less adept in ridding the body of bacteria. Too, the sense of taste or smell — sometimes affected by medication or illness — may not always sound an alert when meat is spoiled or milk may be sour.

What is Food Borne Illness?

Food borne illness, often called food poisoning, is any illness that is caused by the food you eat. Safe food handling can help reduce your risk of getting sick from food.

What are the Signs of Food Borne Illness?

The signs and symptoms of food borne illness range from upset stomach, diarrhea, fever, vomiting, abdominal cramps, and dehydration, to more severe illness — or even death. Consumers can take simple measures to reduce their risk of food borne illness,

especially in the home. If you experience the symptoms of food borne illness, call your doctor or health care provider.

Guidelines for Safe Food Handling

Experienced or inexperienced, it is just good sense for older cooks to follow up-to-date food safety guidelines.

1. Keep it safe; refrigerate or freeze all perishable food. Check your refrigerator and freezer temperatures with an appliance thermometer. Your refrigerator temperature should be set at 40 °F or below; freezer temperature should be 0 °F or below. Use a refrigerator/freezer thermometer to check the temperatures.
2. Never thaw food at room temperature. Always thaw food in the refrigerator, in cold water, or in a microwave. After thawing in cold water or in the microwave, you must cook the food immediately.
3. Wash hands with warm soapy water before preparing food. Wash hands, utensils, cutting boards, and other work surfaces after contact with raw meat and poultry. This helps prevent cross contamination.
4. Never leave perishable food out of refrigeration for more than two hours. If room temperature is above 90 °F, food should not be left out more than 1 hour. This would include items such as take-out foods, leftovers from a restaurant meal, and meals-on wheels deliveries.
5. Thoroughly cook raw meat, poultry, and fish (see the following chart of safe internal temperatures). Do not partially cook food. Have a constant heat source, and always set the oven at 325 °F or higher when cooking. There is no need to bring food to room temperature before cooking.

https://www.fsis.usda.gov/wps/portal/fsis/topics/food-safety-education/get-answers/food-safety-fact-sheets/at-risk-populations/older-adults-and-food-safety/ct_index

What You Can Do

Learn about safety tips for those at increased risk of foodborne illness. Older adults should always follow the four steps:

Clean: Wash hands and surfaces often

Separate: Separate raw meat and poultry from ready-to-eat foods

Cook: Cook food to the right temperatures

Chill: Chill raw meat and poultry as well as cooked leftovers promptly (within 2 hours)

<https://www.foodsafety.gov/risk/olderadults/index.html>

September is a busy month!

We are looking forward to September and to the weather getting a little cooler. We have many things going on and hope you are able to participate in most or all of them.

We're always glad to see new people join us. Thanks for being so friendly to new faces!

Much of this month will be spent preparing for our 4th Annual Oktoberfest to be held on Saturday, Sept. 30 from 4:00 – 7:00 p.m. This is an important fundraiser for the Open Arms program and this year we'll be doing things a little differently. Instead of being an outdoor event along with a car show, we're making it an Oktoberfest Dinner. While we loved the outdoor aspect of it in the past, it makes the event much less dependent on the weather. We will be serving the same type of food as in the past – bratwurst (hot dogs available), homemade sauerkraut, German and American potato salad, spiced cabbage, and our homemade apple dumplings with ice cream and a beverage. All will be available for adults (\$10) and children (\$5). Tickets are available in advance or at the door. Please plan to join us and tell your family and friends!

Fun facts (and this also give us an excuse to have our Open Arm's Oktoberfest in September): Oktoberfest began on October 12, 1810 with the marriage of Crown Prince Ludwig, who later became King Ludwig I. His marriage to Princess Therese von Sachsen-Hildburghausen was celebrated in Bavaria. On October 17, five days after the marriage, a large fest was held in front of the Sendlinger Tor, one of the gates leading to Munich. Included in the festivities were horse races that

became an Oktoberfest custom lasting until 1938. In 1811 an agricultural fair was added and by 1818 beer pubs were included along with performers. It became a great tourist attraction and a way for visitors to learn about Bavaria and its people.

Today, Munich Oktoberfests are held in September because the weather is milder than that experienced in October. In Munich, the fest lasts for 16 days, beginning on a Saturday in September and always ending on the first Sunday in October. The horseracing ended in 1938, but the other events continued through the years with the exception of war time.

The fest traditionally begins with a parade, starting just before noon. Included are the mayor and other civic leaders, followed by horse-drawn brewer's carts, bands, and townspeople wearing their costumes. More than 7,000,000 people attend the opening ceremonies.

<http://www.delawaresaengerbund.org/Oktoberfest/Origin.htm>

~ Karen & Alice

Special thanks to:

- **All** for your generous donations to the Open Arms jar
- **All** who helped with or furnished food for our August luncheon and birthday celebration.

You won't want to miss:

- **Saturday, Sept. 9th – 8:00 a.m. – 1:00 p.m.** – Community Yard Sale at Arndt's
- **Sept. 12, 14 & 19 - Apple Dumpling Gang (you know who you are!)**
- **Tuesday, Sept. 19th – NOON – special day for LUNCH** (note: this is our lunch of the month for September)
- **Tuesday, Sept. 26th – 10:30 a.m.** – “Sing Along”
- **Thursday, Sept. 28th – 12:30 p.m.** – September Birthday Celebration
- **Looking ahead: Tuesday, October 3rd – 2:45 p.m.** – FLU SHOTS courtesy of Walgreens. Karen will have a sign-up sheet and paperwork for you to fill out ahead of time.



Open Arms Senior Connection
A Ministry of Arndt's Lutheran Church
1851 Arndt Road
Easton, PA 18040

Community



Saturday, September 9th

8:00 a.m. to 1:00 p.m.

on the Arndt's Church grounds

**(Open Arms will have a space, so if you
have items to donate, please bring them
in the week of Sept. 3rd)**



GERMAN DINNER

Saturday, September 30th

4:00 PM – 7:00 PM

Arndt's Lutheran Church


1851 Arndt Rd Easton, PA 18040

Adult \$10 Children \$5

Benefits Open Arms Senior Connection!

September 2017

Arndt's Open Arms Senior Connection

SUN.	MON.	TUESDAY	WED.	THURSDAY	FRI.	SAT.
					1	2
3	4	5 10:00 AM – “Gathering” 10:30 AM – * 1:00 PM – Cards, games, socializing	6	7 10:00 AM – 10:30 AM – Cards, games, socializing 1:00 PM – Cards, games, socializing	8	9 COMMUNITY  8:00 a.m. – 1:00 p.m.
10	11	12 Apple Dumpling making day 10:00 AM – “Gathering” 10:30 AM – Cards, games, socializing	13	14 Apple Dumpling making day 10:00 AM – “Gathering” 10:30 AM – Cards, games, socializing	15	16
17	18	19 Make Apple Dumplings Today (if needed) 10:00 AM – “Gathering” 10:30 AM – Cards, games, socializing NOON – Lunch will be provided (Please note: this is the lunch provided by Open Arms for the month)	20	21 10:00 AM – “Gathering” 10:30 AM – Cards, games, socializing 1:00 PM – Merchandise 	22	23
24	25	26 10:00 AM – “Gathering” 10:30 AM – Cards, games, socializing 1:00 PM – Cards, games, socializing	27	28 10:00 AM – “Gathering” 10:30 AM – Cards, games, Socializing 12:30 PM – September Birthdays celebrated 	29	30 4th Annual Oktoberfest Dinner 4:00 – 7:00

***Optional Worship Service** – an optional worship service with communion is offered the 1st Tuesday of the month
PLEASE BRING A BAG LUNCH unless the calendar says that lunch is provided.
Need transportation? Call Karen at 610-392-2840
Questions? Call Karen at 610-252-2338(home) or Karen at 610-392-2840(cell phone), or the church office at 610-253-3732.