



# Anchor Center Newsletter

Scott County Health and Human Services

## Stay Warm This Winter

Winter has arrived and the snow has started. If you are on a journey home with your aging loved ones this winter it is important to keep them and yourselves safe, healthy, and warm in the snow. While you might not think much about a light dusting or even a couple inches of snow on the ground, when you are caring for elderly adults, it is critical to keep in mind that these adults are more vulnerable to the cold temperatures and to potentially serious health consequences associated with the snow; therefore, it is important to adjust your efforts accordingly.

Use these tips and share with loved ones to keep yourself and others warm in the snow.

- **Layer carefully.** Wearing multiple layers of clothing is a great way to stay warm and adjust temperatures if you are moving from indoors to out, but it is especially beneficial during the snowy months of the year. Walking through the snow can cause the snow and ice to stick



clothes, eventually melting and causing a lasting chill. Layer a pair of water-resistant pants on top of other garments when you head out so this wet layer can be peeled off when you get inside.

*(Continued on page 2)*

## February 2019

### Special points of interest:

- **Watch Christopher Robin and eat hot buttered popcorn on 2/1.**
- **Birthday Bingo is on 2/16 at 4:15pm.**
- **Scott County offices will be closed on 2/18 in observance for Presidents Day.**
- **Peter from Scott County will be coming to the Anchor Center on 2/22 to discuss important housing topics.**

### Inside this issue:

Job Club Tip of the Month 2

Stay Warm This Winter continued 2

Cheese Stuffed Portabella Mushrooms Recipe 3

February is National Love Your Library Month! continued 3

Contact Info 4

Word Find 4

Calendar 5

## February is National Love Your Library Month!

The entire month of February is dedicated to the people who love whole buildings devoted to the reading, housing, organizing, categorizing, finding, studying and otherwise loving

books. It's National Library Lover's Month!

Libraries provide so much more than a place for us to enjoy great novels or to discover amazing adventures and untold

history. Yes, they help us ace our research papers and provide a quiet space to study, but they do so much more.

For preschoolers, libraries entertain them





# Job Club Tip of the Month



When applying for some jobs, it may be a requirement to work some nights, weekends, and holidays. Make sure to ask when you are interviewing what the hours that they are hiring for and expectations for nights, weekends, and holidays. Businesses have needs to fill certain time slots.



**Meals. Kindness. Comfort.**

**Loaves & Fishes**

Loaves and Fishes is a nonprofit meal program serving hot, nutritious meals to those in need in seven Minnesota counties. We are the largest "open to the public" meal program in the state. Last year we served over a half million nutritious meals, the most ever in our history.

**Church of St. Mark**

350 Atwood St. Shakopee MN

stmarks@loavesandfishesmn.org

Hours: M, Tu & Th 5:30 -6:30



# Stay Warm This Winter continued

(Continued from page 1)

- **Do not get too warm.** You want to be warm but not too warm while outdoors. If you are warm to the point that you begin to sweat, there is increased risk of hypothermia. Remember that seniors are more vulnerable to the cold than you are, so even if you feel relatively comfortable, your senior could be feeling extremely cold despite their sweating.
- **Steer clear of alcohol.** Sipping on your favorite adult beverage may feel warming on the chilliest of days, but the reality is that alcohol actually drops your core body temperature, which makes your body colder even if you are feeling warmer.
- **Warm up your feet and head.** Most of your body heat is lost through your feet and the top of your head. This is why dipping your feet in a pool feels so fantastic on the hottest days of the year. When the snow starts to fall, you can ward off that uncomfortable chill that can make feet hurt when you spend more than a few minutes outside by adding an extra pair of socks and choosing shoes that are water resistant and elevate feet slightly off the ground, such as boots. Be sure to put on hats to cover the top of your head, and if possible, add the hood of a sweatshirt or coat as well.

***“Remember that seniors are more vulnerable to the cold than you are, so even if you feel relatively comfortable, your senior could be feeling extremely cold...”***





# Cheese Stuffed Portabella Mushrooms Recipe

## INGREDIENTS:

- 4 large portabella mushroom caps, stemmed
- 1 Tbsp lemon juice
- 1 Tbsp soy sauce
- 1 tsp olive oil, divided
- 2 cups reduced fat, shredded mozzarella cheese
- 1/2 cup chopped fresh tomato
- 1/2 tsp Italian seasoning
- 1 clove garlic, minced
- 1 Tbsp chopped fresh cilantro

## DIRECTIONS:

1. Preheat oven to 400 F.
2. Using a spoon, scoop out interior of mushroom caps to create "bowls."
3. In a small bowl, combine lemon juice, soy sauce, and half of olive

- oil. Brush both sides of the mushroom caps with mixture. Place onto foil lined baking sheet, and bake until soft, about 10 to 12 minutes.
4. Meanwhile, in a medium-sized bowls, combine mozzarella, tomatoes, Italian seasoning, garlic, and remaining olive oil.
5. Divide cheese mixture evenly amongst the mushroom caps, and bake until cheese is melted, an additional 5 to 7 minutes.



# February is National Love Your Library Month! continued

with theater and hands-on activities exposing them to music, art and their first friendships. Many communities rely on their libraries for meeting space for public forums, socials, fundraisers and classes.

Libraries lend not only books but music and movies. Rotating art displays give local artists exposure to the community. Larger libraries provide preservation services, preserving some of the most treasured books, periodicals and documents for

future generations.

## HOW TO OBSERVE

Continue enjoying your library, but consider volunteering your time, too. If you don't have a library card, it's never too late! Visit your library to get one! Use #NationalLibraryLoversDay to share on social media.



**Anchor Center**  
**Canterbury Road South**  
**Shakopee, MN 55379**  
**(952) 496-8666**  
**Scottcountymn.gov**

The Anchor Center is a community support program that is part of the Adult Mental Health unit of Scott County Health and Human Services. We have a calendar full of events to help and support adults with mental health issues. We welcome you to join us for a drop in or special event. Check the calendar attached to this newsletter to learn more. We look forward to seeing you again or meeting you for the first time!

**Anchor Center Staff:**

**Dave:** 952-496-8563  
**Ann:** 952-496-8626  
**Honor-Ra:** 952-496-8572



# Commonly Misspelled Words Word Search

**Find these words!**

- Accidentally
- All Right
- Battalion
- Broccoli
- Development
- Exceed
- Existence
- Indispensable
- Insistent
- Irresistible
- Irritable
- Judgment
- Millennium
- Recommend
- Repetition
- Separate
- Supersede
- Tyranny
- Weird
- Yield

R	W	T	I	R	U	B	A	T	T	A	L	I	O	N	U
E	E	Y	Z	A	C	C	I	D	E	N	T	A	L	L	Y
X	N	R	M	I	L	L	E	N	N	I	U	M	O	U	N
I	O	A	D	E	S	P	A	R	A	T	E	B	I	E	Y
S	T	N	E	M	P	O	L	E	V	E	D	A	L	L	E
T	I	N	V	T	H	G	I	R	L	L	A	B	O	L	G
E	R	Y	R	E	N	R	R	D	P	L	A	O	B	N	S
N	R	X	B	N	D	G	E	T	I	S	C	I	B	D	E
C	I	J	E	R	E	E	N	P	N	S	T	U	N	L	P
E	T	N	U	A	O	E	S	E	E	S	P	E	O	N	A
Y	A	E	O	D	T	C	P	R	I	T	M	A	A	O	R
I	B	B	X	S	G	S	C	S	E	M	I	O	I	U	A
E	L	F	I	C	I	M	E	O	O	P	Y	T	L	R	T
L	E	S	E	D	E	R	E	C	L	E	U	G	I	T	E
D	N	A	N	H	R	E	E	N	T	I	A	S	I	O	E
I	I	I	A	I	P	R	D	I	T	W	E	I	R	D	N