Hey! You Are What You Eat

Do you actually know what you are putting in your shopping cart?

Sure you try to read the label, but do you really know what you are reading?

If you answered yes, then you need to join Dr. Debbie Ioakim on June 3, when she will teach, “You Are What You Eat” at the Milton Community Center.

“The purpose of this class is to educate those who do not understand the purpose of nutrition on the human body,” said Ioakim regarding the five week class that concludes with a cooking session.

One thing you will not get in this class is medical advice, but you will learn how to read a food label and find the purpose of taking the class.

“How to read a food label is a big part of the class,” said Ioakim. “We also discuss

Getting to know...Marilyn Wells

Maryilyn Wells is the new site manager for the Council on Aging Meal site here at the Milton Community Center.

1. Are you a native of Northwest Florida? If not where are you from and how long have you live here? No. I am originally from Western Massachusetts, from a city called Pittsfield.

2. What is the favorite place you have visited? I absolutely love NAS. There is always something neat to see and definitely something for everyone.

3. What are the three things you will always find in your refrigerator? Caramel sauce, whole milk, and oranges.

4. What is your favorite food or meal? I love chicken cooked all different ways.

5. What hobbies do you have? Quilting, Geocaching, dress sewing, for my grandchildren.

6. What was the last movie you watched and enjoyed? Last movie – Pet Cemetary; Last movie I enjoyed was Cold Pursuit.

7. What invention has had the biggest impact in your lifetime and why? Iphone. Changes the way we do a lot of things. Finger references is great.

8. What historical event in your lifetime stands out in your mind the most? Astronauts landing on the moon.


10. Name one more thing to do that is still on your bucket list? Travel more.
Here are some tips on how to prevent heat exhaustion and the risk of heatstroke from Dr. Edwin Taylor a Primary Care Physician with Santa Rosa Medical Center.

Don’t go outside when the temperature and heat index are high. If possible, stay indoors in air-conditioned areas. If you must go outside, take the following precautions.

• Wear lightweight, light-colored, loose-fitting clothing.
• Protect yourself from the sun by wearing a hat or using an umbrella.
• Use sunscreen with a sun protection factor (SPF) of 50 or higher.
• Drink plenty of water throughout the day. Dehydration and lack of salt contribute to heat-related illnesses. Some sports drinks can help replenish the salt in your body lost through sweating. Drink water or other fluids every 15 to 20 minutes, even if you don’t feel thirsty. If your urine is clear, you are probably drinking enough fluids. Dark-colored urine is a sign that you’re dehydrated.
• Avoid or limit drinks that contain caffeine (such as tea, coffee, and soda) or alcohol.
• Schedule outdoor activities for cooler times of the day — before 10 a.m. and after 6 p.m.
• Take frequent breaks from the heat and outdoor activities.
• Do not stay in your car when it is hot outside. Certain medicines can put you in danger of heatstroke. They affect the way your body reacts to heat. Talk to your doctor about your medications the next time your visit to ensure you do not need to take extra precautions.

Dr. Edwin Taylor is a new primary care physician for Santa Rosa Medical Center at their offices on Avalon Boulevard.
May Birthdays

Happy birthday to the following:

Connie Hall
Robert Andrews
Amy Hancock
Judy Housley
Debbie Simmons
Jacqueline Schmidt
Bebecca Owings
Lowanda Vargo
Angie Leckie
Dan Dangelo
Judith Ingram
Beverly Brooks
Carol Woods
Suzie Martin
June Pinkham
Nancy Wilson
Stephen Dieggenwierth

For the people who haven’t heard
Morgan had to quit so she should take care of her father who needed some one with him more. I talked with her at the end of April and she said her father was doing much better having her there with him and she feels better not worrying so much about him being there alone.

RSVP has been taking applications for that position for the past few weeks and has now selected and hired the new Volunteer Coordinator.

Her name is Maqwisha Thomas, but she goes by her nickname “Kiwi”. Kiwi is very excited to be the new volunteer coordinator for RSVP. A little about her, she is originally from Wichita Kansas. Born into a military family and traveled the world before settling in Florida over 20 years ago. Kiwi is married with three wonderful children.

She will proudly tell everyone that her oldest is in the military and her second one is joining the military this summer. Kiwi helped RSVP over a year ago by designing our web page. She is full of energy and enjoys meeting new people. Kiwi is a devout Christian and a self-proclaimed computer geek.

“I look forward to meeting all the staff, clients, and volunteers,” said Thomas. “I hope to be a big help to all I can for years to come.”

Come by and meet Kiwi, she likes to give everyone a welcoming hug but if your not a hugger she understands just let her know.

Line Dancing

Starting June 3rd
Leaning how to dance a Slide, Shuffle, Soul, or Modern C&W Step
Come out and Enjoys this new class to include lots of fun, music, people and some great exercise

Milton Community Center
Monday from 10-11 A.M.
Class is $5 per session
For more info call 983-5466

May Birthdays

Happy birthday to the following:

Connie Hall
Robert Andrews
Amy Hancock
Judy Housley
Debbie Simmons
Jacqueline Schmidt
Bebecca Owings
Lowanda Vargo
Angie Leckie
Dan Dangelo
Judith Ingram
Beverly Brooks
Carol Woods
Suzie Martin
June Pinkham
Nancy Wilson
Stephen Dieggenwierth
**Broccoli Salad**

**Ingredients:**
- 2 heads of fresh broccoli, cut into florets
- ¾ cup of Greek yogurt
- ¼ cup of mayonnaise
- 1 ½ Tbsp apple cider vinegar
- 1 ½ Tbsp of granulated sugar
- 6 slices of bacon, cooked and crumbled (to reduce fat, I use turkey bacon)
- ¼ cup red onion, chopped
- ½ cup dried cranberries (or raisins)
- ½ cup almonds, chopped (you could use pine nuts, sunflower seeds, pecans or another nut or seed)

**Instructions:**
1. Blanch the broccoli in boiling water for 1 minute, drain and rinse with cold water.
2. In a large bowl, mix together mayonnaise, yogurt, vinegar and sugar. Stir well.
3. Add broccoli, bacon, onion, cranberries and nuts to a large bowl.
4. Refrigerate for at least 1 hour before serving. Toss again to coat before serving.
5. Store in the fridge for up to 2 days.

**Nutritional bonus:**
- This recipe has over 100% DV for Vitamin C, 15% DV for Vitamin A, 10% DV for calcium, 20% DV of Fiber and 10% protein.

**This recipe is courtesy of the Santa Rosa County Extension Office located on Dogwood Drive in Milton.**

---

Dr. Debbie Ioakim is seen wrapping up one of her classes at the Milton Community Center. The five week class, *You Are What You Eat*, is scheduled to start on June 3rd at 10 a.m.
<table>
<thead>
<tr>
<th>Time</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
</tr>
</thead>
<tbody>
<tr>
<td>7am</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8am</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9am</td>
<td>12pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10am</td>
<td>12pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>11am</td>
<td>12pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>12pm</td>
<td>12pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1pm</td>
<td>12pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2pm</td>
<td>12pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3pm</td>
<td>12pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4pm</td>
<td>12pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5pm</td>
<td>12pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6pm</td>
<td>12pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7pm</td>
<td>12pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8pm</td>
<td>12pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9pm</td>
<td>12pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Like us on Facebook: Senior Activities at the Million Community Center
650.983.5466
5629 Downey St, Million, MI
Million Community Center