

THE GOLDEN CHRONICLE



Happy Holidays from all of us

www.fultoncountycoa.com

Happy Holidays

From all of us

*Doug, Lisa, Rusty, Anne, Brenda,
Tracy, Ann, Helen, Judy, Linda, Kelley,
Mandy, Kathy, Mona
Doug K, Dan P, Dan S, Mike, Scott,*



Fulton County Council on Aging



CLOSED



Monday, December 23, 2024

Tuesday, December 24, 2024

Wednesday, December 25, 2024

Wednesday, January 1, 2025



Hope everyone has a safe, heathy & happy
Holiday Season!

Fulton County

Wellness Center

Still serving the community,

If you have not been to the Wellness Center in a while go check it out to see all the different programs they offer. And with all the great holiday food in our future, we could all use a little more movement in our lives, I know I do.







1. **How many towns in America are named Christmas?**
2. According to the Bible, what did the three wise men bring Baby Jesus?
3. Who were Baby Jesus' first visitors?
4. What are people expected to do under the mistletoe?
5. True or False: Santa Claus is based on a real person.
6. What does mistletoe mean in German?
7. How did Mary and Joseph travel to Jesus' birthplace?
8. Which New York City theater do the Rockettes perform at?
9. Who wrote the classic story "A Christmas Carol?"
- 10 In total, how many gifts were given in the "Twelve Days of Christmas"?
- 11 In what year did Christmas (December 25) officially become a national holiday?
- 12 Who wrote the famous poem "Twas the Night Before Christmas?"
- 13 What beverage company has used Santa Claus in its Christmas marketing since 1931?
- 14 What year did the film *It's a Wonderful Life* come out?
- 15 What real-life department store does *Miracle on 34th Street* take place at?
- 16 In the original *Frosty the Snowman* animated movie, what's the first thing Frosty says when he comes to life?
- 17 What actor played the Grinch in the 2000 live-action movie Dr. Seuss' *How the Grinch Stole Christmas*?
- 18 What's the title of the movie about a train that carries kids to the North Pole?
- 19 How many reindeer does Santa Claus have?
- 20 Where was Jesus born?

Still time to sign up



**LIFE LINE
SCREENING.**
The Power of Prevention



You're invited to a Life Line Screening event!

Where: Fulton County Council on Aging
625 Pontiac Street
Rochester, IN 46975

When: December 5, 2024

Life Line Screening is the nation's leader in **Stroke and Cardiovascular Disease Risk** Screenings.

Trusted by over 10 million customers.

Screenings are simple and painless. Get peace of mind or early detection.

Who should attend:

Anyone over the **age of 40**

Special Member Pricing for \$159

- ♥ Carotid Artery Disease Screening
- ♥ Atrial Fibrillation Screening
- ♥ Abdominal Aortic Aneurysm Screening
- ♥ Peripheral Artery Disease Screening
- ♥ Plus a **FREE** Hypertension Screening

4 ways to book your appointment...

Call 888-814-0466 and use
promo code HSCA001

Visit  [LLSA.SOCIAL/HSCA](https://llsa.social/hscas)



Text the word "circle"
to 216-279-1607

These tests cannot detect all risk factors for all conditions, such as and including the presence of coronary artery disease. Those with abnormal results should discuss possible next steps with their family healthcare provider and ensure they understand the risk and benefits of any additional testing or procedures.



Ricotta Puffs

Total Time Prep: 20 Min. Bake: 15 Min.

★★★★☆

Test Kitchen Approved

Roasted red peppers and ricotta cheese give these pasty puffs delicious flavor, while parsley and oregano add a little spark. —Maria Regakis, Somerville, Massachusetts

Ingredients

- 1 package (17-1/4 ounces) frozen puff pastry, thawed
- 1/2 cup ricotta cheese (cream cheese works too)
- 1/2 cup roasted sweet red peppers, drained and chopped
- 3 tablespoons grated Romano or Parmesan cheese, divided
- 1 tablespoon minced fresh parsley
- 1 teaspoon dried oregano, crushed (I use basil)
- 1/2 teaspoon pepper
- 1 teaspoon 2% milk

Directions

- 1 Preheat oven to 400°. On a lightly floured surface, unfold puff pastry. Cut each sheet into nine squares. Mix ricotta cheese, red peppers, 2 tablespoons Romano cheese, parsley, oregano and pepper.
- 2 Brush pastry edges with milk; place 2 rounded teaspoonfuls of cheese mixture in center of each square. Fold edges of pastry over filling, forming a rectangle; seal edges with a fork. Cut slits in pastry; brush with milk. Sprinkle with remaining Romano cheese.



Bacon Parmesan Popovers

Total Time Prep: 10 Min. Bake: 30 Min.

★★★★☆

Test Kitchen Approved

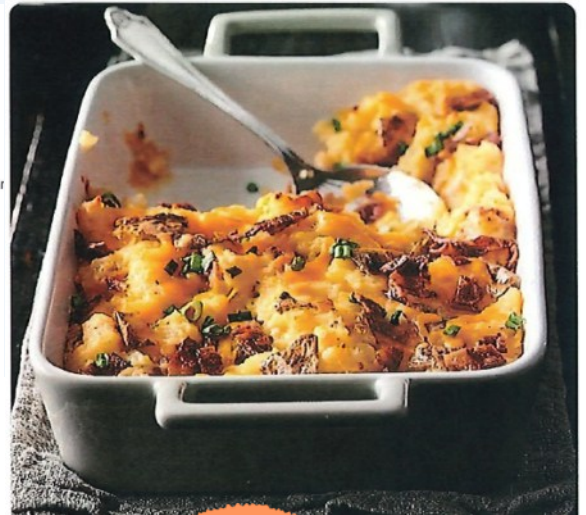
This recipe proves that simple ingredients often result in the best-tasting dishes. These popovers are a nice change from ordinary toast or muffins. —Donna Gaston, Coplay, Pennsylvania

Ingredients

- 2 large eggs, room temperature
- 1 cup 2% milk
- 1 cup all-purpose flour
- 2 tablespoons grated Parmesan cheese
- 1/4 teaspoon salt
- 3 bacon strips, diced

Directions

- 1 In a large bowl, beat eggs and milk. Combine flour, cheese and salt; add to egg mixture and mix well. Cover and let stand at room temperature for 45 minutes.
- 2 Preheat oven to 450°. In a large skillet, cook bacon over medium heat until crisp. Using a slotted spoon, remove to paper towels to drain. Grease cups of a nonstick popover pan well with bacon drippings. Stir bacon into batter; fill prepared cups two-thirds full.
- 3 Bake 15 minutes. Reduce heat to 350° (do not open oven door). Bake until deep golden brown, about 15 minutes longer (do not underbake).
- 4 Run a table knife or small metal spatula around edges of cups to loosen if necessary. Immediately remove popovers from pan; prick with a small sharp knife to allow steam to escape. Serve immediately.



1 Preheat oven to 375°. In a large bowl, combine 1/2 cup milk, 1/2 cup salt and 1/2 cup butter.

until tender. Cool slightly.

2 In a small saucepan, melt 1/2 cup butter; stir until 1-1/2 cups cheese; stir until melted.

3 When potatoes are cool enough to handle, place in a large bowl. Cut 2 potato skins into 1/2-inch cubes.

4 Mash pulp with remaining 1/2 cup butter, 1/2 cup milk, 1/2 cup salt and 1/2 cup green onion. Sprinkle with remaining cheese.

5 Bake until heated through.

Twice-Baked Potato Casserole

Total Time Prep: 1-1/2 Hours Bake: 30 Min.

★★★★☆

Test Kitchen Approved

Our reviewers all agree: This twice-baked potato casserole is a real hit! They love that it can be made in advance and tastes exactly like twice-baked potatoes (but with a fraction of the effort).

Ingredients

4 large baking potatoes (about 3-1/4 pounds)

2 tablespoons olive oil

1/4 teaspoon salt, divided

1/4 teaspoon pepper, divided

1/4 cup butter, cubed

1/3 cup heavy whipping cream

1/4 cup sour cream

2 cups shredded cheddar cheese, divided

2 strips bacon, cooked and crumbled, divided

2 green onions, sliced, divided

Additional sour cream, optional

Preheat oven to 350°. Scrub potatoes; pierce several times with a fork. Brush with oil; sprinkle with 1/2 teaspoon salt and 1/4 teaspoon pepper. Place in a foil-lined 15x10x1-in. baking pan; bake 1 to 1-1/4 hours or until tender.

Heat butter over medium heat. Whisk in whipping cream and 1/4 cup sour cream. Add cheese and melt. Remove from heat; cover to keep warm.

When potatoes are done, cut each potato lengthwise in half. Scoop out pulp and place in a large bowl. Cut potato skins into 1-in. pieces; save remaining skins for another use.

Stir in cheese mixture, half the bacon and 2 cups cheddar. Transfer to a greased 1-1/2-qt. baking dish. Top with the cut-up potato skins. Bake until golden and lightly browned, 30-35 minutes. Sprinkle with remaining green onion. If desired, top with additional sour cream.



Sausage Stuffing

Total Time Prep: 20 Min. Bake: 40 Min.

★★★★☆

Test Kitchen Approved

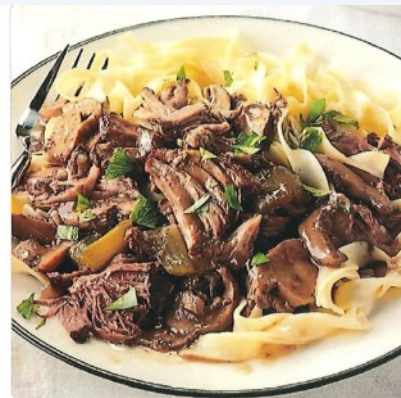
The best sausage stuffing recipe evokes nostalgia for time spent with loved ones at the holiday table. Pair it with turkey for Thanksgiving, or eat it as an all-in-one meal any time of the year.

Ingredients

- 1 pound bulk pork sausage (I use sage or hot sausage)
- 2 cups chopped celery
- 1 cup chopped onion
- 1 cup 2% milk
- 7 cups coarse dry bread cubes
- 2 large eggs
- 2 tablespoons minced fresh parsley
- 1/2 teaspoon salt or salt to taste
- 1/4 teaspoon pepper

Directions

- 1 Preheat oven to 350°. In a large skillet over medium heat, cook and crumble sausage until no longer pink, 6-7 minutes. Drain sausage, reserving 2 teaspoons drippings; set sausage aside. In same skillet, cook and stir celery and onion in reserved drippings over medium heat until celery is tender-crisp and onions are translucent, 3-4 minutes.
- 2 Meanwhile, in a small saucepan, heat milk over medium heat until bubbles form around side of pan. In a large bowl, combine sausage, celery mixture, milk, bread cubes, eggs, parsley, salt and pepper.
- 3 Transfer to a greased 2-qt. baking dish. Cover and bake until lightly browned, about 40 minutes. If desired, sprinkle with additional parsley just before serving.



Festive Slow-Cooked Beef Tips

Total Time Prep: 45 Min. Cook: 6 Hours

★★★★★ **Contest Winner**

Test Kitchen Approved

We once owned an organic greenhouse and produce business. Weekends were hectic, so I made no-fuss meals like yummy beef tips to fortify us at day's end. —Sue Gronholz, Beaver Dam, Wisconsin

Ingredients

- 1 boneless beef chuck roast (about 2 pounds), cut into 2-inch pieces
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 2 tablespoons canola oil (I like olive oil)
- 1 medium onion, coarsely chopped
- 1 celery rib, coarsely chopped
- 6 garlic cloves, halved
- 2 cups beef broth
- 1-1/2 cups dry red wine (add extra broth if you don't use wine)
- 1 fresh rosemary sprig
- 1 bay leaf
- 2 cans (4 ounces each) sliced mushrooms
- 2 tablespoons cornstarch
- 1 tablespoon balsamic vinegar
- Hot cooked egg noodles

Directions

- 1 Sprinkle beef with salt and pepper. In a large skillet, heat oil over medium-high heat. Brown beef in batches. Remove with a slotted spoon to a 3- or 4-qt. slow cooker.
- 2 In same pan, add onion and celery; cook and stir until tender, 6-8 minutes. Add garlic; cook 1 minute longer. Add broth, wine, rosemary and bay leaf. Bring to a boil; cook until liquid is reduced to about 2 cups, 8-10 minutes.
- 3 Pour over beef in slow cooker; stir in mushrooms. Cook, covered, on low until meat is tender, 6-8 hours. Remove rosemary and bay leaf.
- 4 In a small bowl, mix cornstarch, water and vinegar until smooth; gradually stir into beef mixture. Serve with noodles.





Christmas

Name: _____

Word Search

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

Word list:

ANGEL

CHRISTMAS

EGGNOG

ELVES

FAMILY

FROSTY

FRUITCAKE

GIFT

GREETINGS

MANGER

NATIVITY

PRESENTS

REINDEER

SLEIGH

SNOWMAN

SPIRIT

STAR

STOCKING

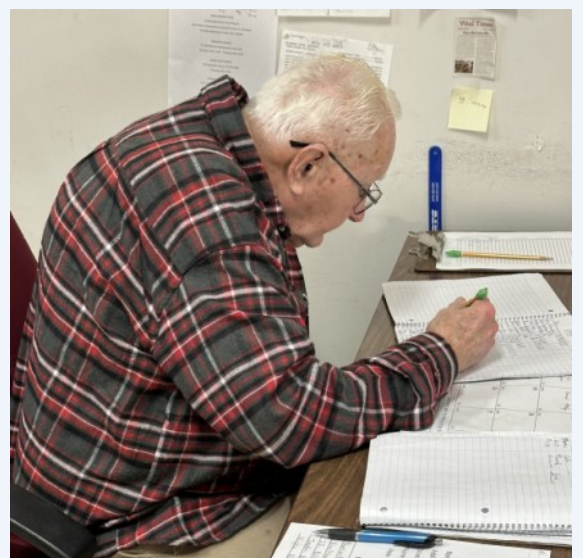
TIDINGS

WREATH

GREETINGS
 ELF
 SLEIGH
 LIGHTS
 FIREWOOD
 CAROLS
 RUDOLPH
 TINSEL
 BLIZZARD
 ORNAMENT
 SNOWBALL
 NUTCRACKER
 GARLAND
 GINGERBREAD
 DECORATE



1. Two (Christmas, Michigan and Christmas, Florida)
2. Gold, frankincense and myrrh
3. Shepherds
4. Kiss
5. True. The legend of Santa Claus can be traced back hundreds of years to a monk named St. Nicholas.
6. Holy berry
7. On a donkey
8. Radio City Music Hall
9. Charles Dickens
- 10 - 364
- 11 In 1870, under President Ulysses S. Grant
- 12 Clement Clarke Moore
- 13 Coca-Cola
- 14 1946
- 15 Macy's
- 16 "Happy birthday!"
- 17 Jim Carrey
- 18 *The Polar Express*
- 19 Nine (Dasher, Dancer, Prancer, Vixen, Comet, Cupid, Donner, Blitzen and Rudolph)
- 20 Bethlehem





- 12/01 Laura Snipes
- 12/03 Peggy Van Meter
- 12/06 Lois Wonders
- 12/11 Dona Lowe
- 12/12 Barbara Ball
- 12/12 Jeannie Cloud
- 12/19 Herbert Corn
- 12/20 Christine Haussman
- 12/21 John Gough *
- 12/26 Debra Dierdorf
- 12/28 Evelyn Rensberger



**AmeriCorps
Seniors**

R.S.V.P.

Anne King 574-223-3716
rsvpanne84@yahoo.com



VOLUNTEER

Why Volunteer?

Here are some positive effects of volunteering:

- ✓ Improves your physical & mental health
- ✓ Enhances your social skills
- ✓ Nurtures new & existing friendships
- ✓ Provides you with a sense of purpose
- ✓ Improves existing and/or teaches new skills
- ✓ Reduces anxiety and stress
- ✓ Lifts your self-esteem

If you have been thinking about volunteering, it is never too late to start! There are many opportunities to volunteer and make a difference in our community. From helping at food pantries to answering phones to calling Bingo, we can find something for you!

“Volunteers do not necessarily have the time, they just have the heart.”



December 2024

Check out these exciting trip opportunities!

Alaskan Cruise = June 17-29, 2025 = Sail Holland America Cruise Lines, with stops in Fairbanks, Denali, Whittier, Glacier Bay, Skagway, Juneau, Ketchikan, & Vancouver. Call for pricing = flyers available...Wait list only

Albuquerque Balloon Fiesta, New Mexico = October 3-8, 2025 = Trip includes roundtrip airfare, 8 meals, attend the Mass Ascension of Balloons, visit the Indian Pueblo Cultural Center with Native American Dance performance, Old Town Albuquerque guided tour, Evening Balloon Glow, Pecos National Historic Park, and tour of Santa Fe, including San Miguel Mission and Loretto Chapel = Call for pricing = flyers available

Trips can fill up quickly, so if you are interested, be sure to sign up and pay your deposit to hold your seat!

We are planning some exciting additional trips for 2025 = stay tuned for more details in upcoming newsletters!



Wishing all of my RSVP Volunteers a very

Merry Christmas and a Happy and Healthy New Year!!!

Retired & Senior Volunteer Program (RSVP) is a program designed for individuals age 55 or better who have a desire to volunteer in their community. If you would like to join RSVP, please contact Anne King @ 574-223-3716. It's free and easy to join, and you can utilize your existing skill set or learn new ones, and make friends in the process. Call today!



Fulton County Community
Resource Center
625 Pontiac Street
Rochester, In. 46975
www.fultoncountycoa.com

Non-Profit Organization
U.S. Postage
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Rochester, In.
Permit # 161

TO;



www.fultoncountycoa.com



Important Numbers

Community Center

574-223-6953

Transpo

574-223-4213

R.S.V.P.

574-223-3716

Kitchen

574-223-8170

Fax

574-223-4962

Food Pantry

574-223-4802

Energy Assistance

574-223-7649

November – March



2024 MEMBER



RATES:

IN TOWN - \$2.00 PER TRIP

IN COUNTY - \$4.00 PER TRIP

SENIORS - DONATION ONLY

