

California Grey Bears

2710 Chanticleer Ave
Santa Cruz CA 95065

Current Resident or:

Non-Profit Org
US Postage Paid
Santa Cruz CA
Permit No 119

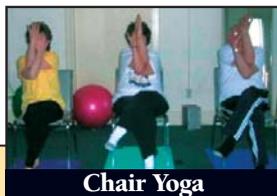
Your generosity helps Grey Bears deliver nutritious bags of groceries to 4,000 seniors every week. Please mail your financial gift today, or donate online at greybears.org/support-us.
We thank you!

Recycling Resources

Grey Bears Chanticleer recycling center is open every day, 7:30 - 3:45, including computers, TVs, e-waste, appliances, metal and more, with no drop fees and someone always here to help you. Our Buena Vista recycling center is open Mon-Sat, 7:30 - 3:30.

Ongoing Classes

All classes held at Grey Bears. Contact the office for details or to sign up, 831-479-1055 or info@greybears.org



Chair Yoga

Chair Yoga, Fridays: 9:30am - 10:30am
Cooking Class with Chef Tom: 4th Sat. monthly, 10am-noon (next class July 28)
Exercise Class with Brian: Wednesdays, 10am-10:30am
Intro to Computers classes return the week of Sept 10
Open Computer Lab: Monday-Friday, 10am-2pm
Spanish for Beginners: Wednesdays, 10:30am-11:30am (returns July 11)
Conversational Spanish: Wednesdays, 9am-10am (returns July 11)

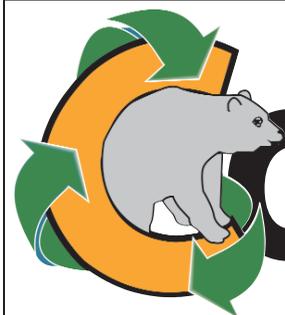


◀ **Taiko Drumming for Seniors:** Wednesdays, 6pm-7pm
◀ **Taiko Drumming for Children:** summer series, Saturdays 1-2pm
For more information on classes contact the office for details and to sign up.

Connect With Us

California Grey Bears, 2710 Chanticleer Avenue, Santa Cruz CA 95065
PH: 831.479.1055 ■ FAX: 831.479.8465 ■ www.greybears.org ■ Follow us on Facebook

Have a story to share? Email us at info@greybears.org



California Grey Bears

Supporting Seniors - Recycling Resources

Summer 2012 Newsletter

Dear Friends



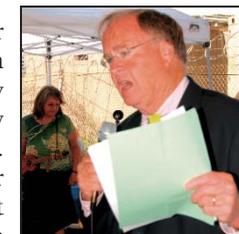
WELCOME SUMMER! Foggy mornings, breezy afternoons... our natural air conditioning. Warm up your mid-summer morning at our Country Pancake Breakfast on Saturday, July 14, 8am - 10:30am. Yes, there will be pancakes hot off the griddle with syrup. Plus our chefs will add your choice of eggs, hashbrowns, bacon, fresh fruit, juice and coffee. All for just \$5 a plate, kids 5-under free and it all goes to support Grey Bears. Stick around for the Thrift & Electronics Store's 1/2-Off Sale the same day.

Thrift Store 1/2-Off Summer Sale on Saturday, July 14

Choose from clothing, jewelry, art, furniture, housewares, books, music, medical equipment and more - and it's all 1/2-off on Saturday, July 14 from 10am - 3pm. If you're in need of a computer, audio/video gear or appliances, they're also 1/2-off in our newly relocated Computer, Electronics & Appliance Store. And remember, we always love your donated office, household and electronic items.



...
If you made it to our volunteer recognition and membership party on May 23 you know how much fun it was. Congressman Sam Farr spoke about President Obama's commitment to Medicare and the the Affordable Care Act (ACA). Under ACA seniors now have more affordable access to health services and prescription drugs.



Preventive benefits with no cost-sharing requirement include mammograms, certain colonoscopies, prostate cancer screenings, depression screenings, obesity screenings and counseling, diabetes screenings and screenings for heart disease. If the ACA is overturned this week by the Supreme Court, older adults and people with disabilities may see their health care costs rise and their access to needed services diminish.

UPCOMING EVENTS

Members please note!

No bag delivery July 5-6 due to warehouse floor renovation

July 14: Grey Bears Pancake Breakfast, 8am-10:30am

July 14: Thrift & Electronics Stores 1/2-Off Sale, 10am-3pm

Aug 10: S.C.R.A.P. 20th Anniversary Mixer, 4-7pm

Aug 21: National Senior Citizen's Day

Sep 25: Annual Harvest Picnic, Harvey West Park, 11:30am

Dec 2: 39th Annual Holiday Dinner at the SC Civic Auditorium, 11:30am

Eating Healthy by Sandi Rechenmacher

“When in Rome, do as the Romans.”



THIS PAST WEEKEND I visited The City of Roses, Portland, where I witnessed my niece graduate from Portland State University in the largest graduation in Oregon's history. The three-day weekend included many meals and for these I planned ahead so that I could embrace 'Rome' without losing sight of my focus on healthy life-styling.

Since I left early to get to the airport, I packed some oranges, bananas, apples and a couple slices of hearty walnut-cranberry bread. Also threw in a small sack of nuts and dried fruit mix. The following are other carry along ideas that I've included at other times.

- applesauce or fruit cups
 - carrots, bell peppers, sliced cucumbers
 - rice cakes, rye crackers
 - bean dips, hummus, tomato or olive spread
 - Luna Bars, low-fat granola bars, trail mix, or muesli
 - water, small soy milk, almond milk, or juice cartons (except on air travel)
- I was headed to a friend's house, yet wanted to arrive with something under my belt and a gift of a fresh pineapple. Most supermarkets now-a-days have 'natural fast food counters' a.k.a. salad

bars. If I am staying at a hotel, this is the time for me to replenish my munchies and purchase options for other meals that I will be eating over the next day or two.

Note: Before I left home, I'd Googled 'natural food stores in Portland, OR' and jotted down addresses. I also Googled 'happy cow Portland, OR,' which gave me the names, addresses, and hours of vegan and vegetarian restaurants in the area.

Remember a few healthy eating tips when eating out. Order like a Queen/King and ask for what you want! Most chefs are able and willing to serve any combination of items that you see listed. Since I tend towards plant-based meals, I asked for the vegetables to go along with the red beans and rice (that were listed with the

Crawfish Etouffe) ... and a slice of New Orleans cornbread, please!

■ When ordering a salad, always ask for the dressing on the side. This way you control the amount of oil you eat, or don't eat.

■ Fried foods are synonymous with 'trans fats/plastic fats.' Look for steamed or broiled options.

■ All animal foods contain saturated fats. If you are a meat eater, you might consider a menu item in

which the meat component is reduced, being but one of the ingredients, a condiment for flavoring.

■ Opt for a tomato or marinara sauce over the 'creamy' sauces (another source of saturated fats).

■ If you are lured by the baskets of

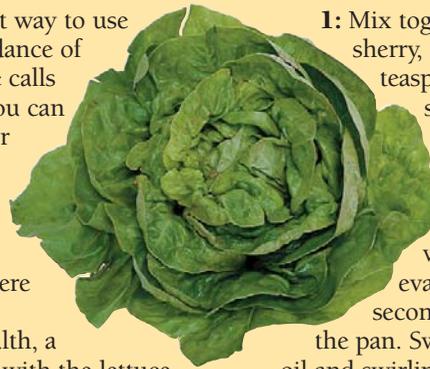
bread or chips brought to the table by your waiter from the get go, you might think next time to eat an apple and/or two carrots before you get to the restaurant!

Order colorful food. If your plate is full

of colors you are most likely eating a variety of foods that are in season, nutrient-rich and health enhancing. Remember this concept when ordering any meal: breakfast, lunch, dinner, snack or dessert.

Stir-Fried Lettuce With Seared Tofu and Red Pepper

Stir-frying is a great way to use up your overabundance of lettuce. This recipe calls for romaine, but you can try it with whatever you have on hand, as long as it's sturdy enough to stand up to some heat. In China, where lettuce symbolizes prosperity and wealth, a simpler dish made with the lettuce only is served at New Year's.



- 2 tablespoons Shao Hsing rice wine or dry sherry
- 1 tablespoon chicken broth, vegetable broth or water
- 1 tablespoon soy sauce
- 2 tablespoons peanut oil, rice bran oil or canola oil
- 12 ounces firm tofu, drained on paper towels and cut into dominoes or diced
- 2 teaspoons minced ginger
- 2 garlic cloves, minced
- 1 red bell pepper, cut in 2-inch-long julienne
- 1 pound romaine lettuce (1 generous head or 2 hearts), cut crosswise into 1-inch-wide pieces. Salt to taste
- 2 tablespoons chopped cilantro

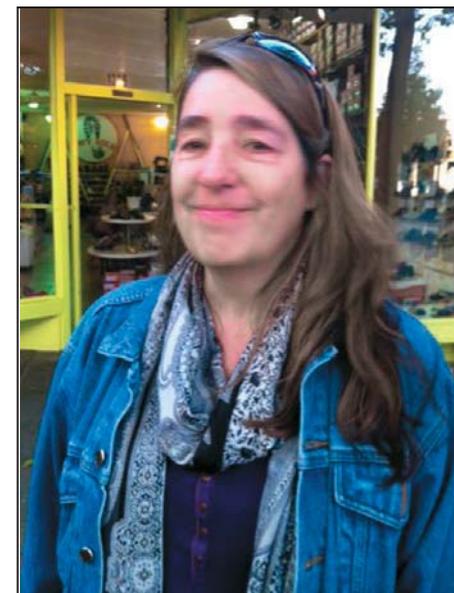
1: Mix together the rice wine or sherry, the broth or water and 2 teaspoons of the soy sauce and set aside.

2: Heat a 14-inch flat-bottomed wok or 12-inch steel skillet over high heat until a drop of water evaporates within a second or two when added to the pan. Swirl in 1 tablespoon of the oil and swirling the pan, then add the tofu and stir-fry until golden brown.

3: Swirl in the remaining oil and add the ginger, garlic and stir-fry for no more than 10 seconds. Add the red pepper and stir-fry for 1 minute, then add the lettuce and sprinkle on the salt. Stir-fry for 1 minute, until the lettuce has begun to wilt. Add the rice wine mixture, cook 15 to 30 seconds, until the lettuce is bright and crisp tender, stir in the cilantro and remove from the heat. Serve with rice or noodles.

Yield: 4 servings. Advance preparation: This is a last-minute dish, but you can have all of your ingredients ready to go hours ahead of time. Keep the ingredients in the refrigerator.

— by Martha Rose Shulman, NY Times



Volunteer Spotlight

Our June 2012 Volunteer of the Month, Jeannette Shaw, says volunteering and giving of her time at Grey Bears is fulfilling. “Grey Bears is an amazing organization that helps others in so many ways through all of their programs.”

Born in Burlington, Vermont, Jeannette moved to Santa Cruz with her son in the 1980's. After a long work career, she volunteered for a Santa Cruz Cancer Benefit when her son told her about Grey Bears.

“Grey Bears has always been on the forefront of reusing and recycling to help others, which is what I really liked,” she says. An opportunity came up for her to help in the kitchen as a lunch prep cook for six weeks in November 2011, and soon after Jeannette began helping on the line with the Brown Bag program.

Grey Bears always needs volunteer drivers and help in the thrift store, composting, recycling and more. To learn more visit greypears.org or call 831-479-1055.