



“The Senior Informer” November 2024



Your source of current news and information from The Neal Center,
100 T.R. Harris Drive, Shelby, NC 28150



Something to think about

“Just because some people are fueled by drama doesn’t mean you have to attend the performance”.

-Cheryl Richardson

Did you know?....

Turkey was NOT part of the first Thanksgiving!



On the first Thanksgiving, Pilgrims and the Native Americans consumed freshly killed deer, cornbread, seafood, porridge, and assorted wildfowl, among other foods. However, turkey was not part of the Thanksgiving dinner.



WHAT’S INSIDE?

• Preventing
Plumbing Issues

• Two Types of
Pumpkin Pie

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Monday-Thursday, 8:30am-4:00pm

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“Around the House”

Preventing Holiday Plumbing Issues



As shoppers start preparing for the Christmas season, it's common knowledge that the day after Thanksgiving is declared as “Black Friday”, the heaviest shopping day of the year. Yet, plumbers have dubbed the day after Thanksgiving as “Brown Friday”, the busiest work day for plumbers! Many mistakenly believe that “Brown Friday” is referring to a clogged toilet....but plumbers say differently! According to “Mr. Rooter Plumbing”, a company that operates across North America, there is a 50 percent increase in service calls the day after Thanksgiving. Surprisingly, the most calls aren't for toilets...the issues are clogged sinks and jammed garbage disposals.

James Doyle, president of “Mr. Rooter Plumbing” states: “It's the one day that everybody gets together and makes a big family meal, brings everybody over, and of course, they make more food than anybody can eat and everybody eats more food than they probably should eat. When they're all done, they have to figure out what do they do with the leftovers and the grease and the potato peels and everything else that goes along with all the things that they made that day.”

Yet, there are ways to prevent a plumbing service call during the Thanksgiving holidays:

1. Put Most Food Scraps in the Trash.

First, you want to protect your drains. Your sink kitchen drains and your bathroom drains. In the kitchen, it can be really tempting to just throw your leftovers down the disposal. But especially in an older home, that's not a great idea. Why? Because most disposals aren't equipped to handle that many food scraps. Food scraps can quickly clog and break your drain and disposal.

2. Rinse With Cold Water.

What few food scraps you do put down your kitchen sink drain, you need to use cold water when disposing. Because of the high-fat content in traditional Thanksgiving meals, warm water breaks down the fat as you dispose of it, but then the fat re-congeals further down the pipes leaving you with a big block. Cool water keeps the fat together and breaks it up appropriately as it goes down the disposal and through your drains. Using cold water significantly decreases your need for a drain snake post-Thanksgiving dinner.

3. Compost What You Can.

If you decide to dispose of your food disposal, make sure to pick through everything and remove corn cobs, bones, skins from potatoes, or any vegetable peels. A lot of these

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things work really well in a compost pile, so if you haven't started one—now might be a great time to reduce waste and reuse your scraps in an eco-friendly way.

4. Keep Grease Out of Your Drains.

During meal prep, it's understandable that you'll need to use your sink and disposal a little bit in the kitchen. That being said, you really want to protect your drain because any grease that gets down the drain is a headache waiting to happen. Hot grease easily slides down the drain causing clogs and all sorts of problems down the road. Even if your drain doesn't clog right away, it's only a matter of time before you got an overflowing sink on your hands because you've got grease stuck in your pipes. So, line your sink, and dispose of your fat in an excess tin can that you can throw in the trash.

5. Watch Young Kids.

If you have young guests staying with you this Thanksgiving, or kids of your own, now is also a good time to remind them about drain and toilet safety. Believe it or not, lots of “Brown Friday” calls come in because some kid flushed something they weren't supposed to down the toilet. Having a simple chat beforehand and reminding kids that toilets are only for toilet things can save you a headache and an expensive plumbing bill on “Brown Friday.”

6. Consider a Note for Adults.

Adult guests sometimes needs reminders, too. Make sure that everybody knows that your drains and toilet aren't equipped to handle things like Q-tips, big wads of toilet paper, feminine products, or cotton balls. That's what trash cans are for.

7. Stock Plumbing Supplies.

Now, things happen. Sometimes, someone has an accident or toilets get clogged in the traditional sense, but there's a solution for that—Have plumbing supplies on hand. No one wants to run to the store on Thanksgiving looking for a plunger or a drain snake. So, make sure that you have those things on hand well before you set the table for your Thanksgiving feast.

8. Have your pipes inspected yearly.

Ultimately, one of the best ways to prevent a plumbing emergency is to have your pipes inspected every year by a plumber near you. You should also address any issues with your plumbing or pipes as soon as they arise—plumbing issues can grow from small to large very quickly and can lead to water damage.

Though plumbing problems can be a major headache, these are ways to help prevent them. This saves you frustration, irritation, and inconvenience....as well as money to go shopping with on Black Friday!

Sources: *angi.com, teamrooter.com, familyhandyman.com*

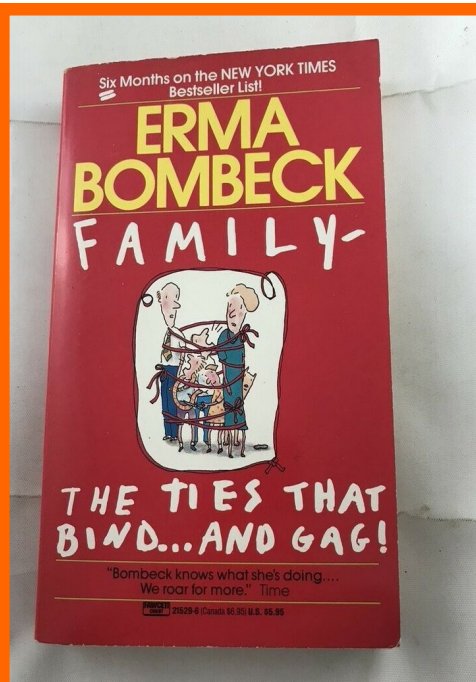
“I’ve Been Reading...”

“Family-The Ties That Bind and Gag”

As the holiday season approaches, the thoughts of getting together with family is very common. While many people love and appreciate their families, there are things our families do that put the love and appreciation into question! If you're familiar with the written works of the late Erma Bombeck, then you'll know that she had a lot to say about her family—the good things, the bad things...and the ugly things!

In Erma's book, “Family-The Ties That Bind and Gag!”, those three areas are told with the greatest humor! She guides us through many family situations which virtually all of us had to deal with at sometime or another in life. For instance, Erma shares her ordeal with gathering the family together at the same time for the annual photo for their family Christmas card. She also tells about her exposure to modern technology as she humorously explains her addiction to a new item available in the 1980's: the VCR! And everyone has a family Christmas story to tell and Erma's no exception! In trying to make Christmas memorable for the family, Erma arranges to have “A Walton's Christmas”, patterned after the famous TV show of a family trying to cope with the Great Depression of the 1930's. And, of course, things don't always go as planned!

A very entertaining book, I found myself laughing out loud at some of the antics Erma shares. It's a book that is hard to put down, once you start reading. Some of the other chapters include “Trust me....I'm your mother!”, “The family that eats together....gets indigestion”, “Mom and Dad!...I'm home!”, and “A child's bathroom is his castle”. It makes a great gift for any Erma Bombeck fan or for anyone who feels that no other family does the off-the-wall things your family does...and if you're one of those people, you'll take a sigh of relief when you finish reading it!



Book Title: “Family-the ties that bind and gag!”

Author: Erma Bombeck

Publisher: Ballentine Books

Number of pages: 267 (paperback);
288 (hardback)

Year of publication: 1987

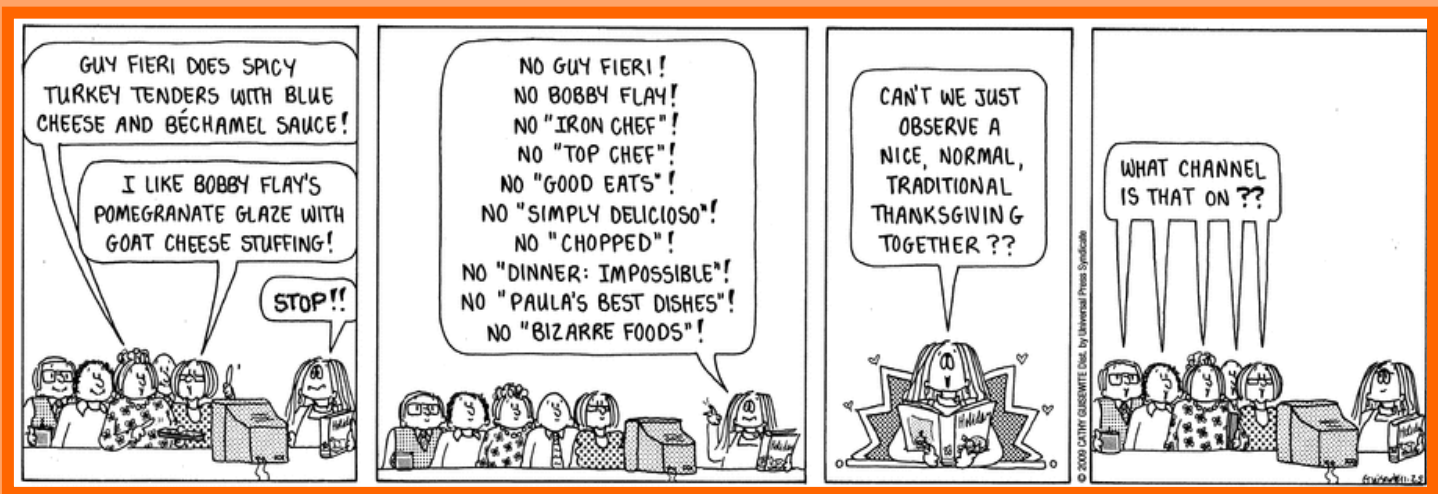
Where available: Amazon, bookstores

ISBN number: 0-449-21529-6

Price: Listed for \$9.99 (paperback);
\$11.99 (hardback)

Laff-A-Little!

“Cathy”
by Cathy Guisewite



Christmas is Coming Soon...

Dear Senior Center guest,
Do you have lightly used Christmas décor that you no longer need? We would LOVE to have your items for our gift shop!!! Christmas items will be accepted during November & sold through December 31, 2024.

We offer 2 options:

- ❖ Donation (tax deductible)
- ❖ Consignment (you get 90% of sale price)



Thank you for supporting the Neal Senior Center.

What Will They Think of Next?

Libby's Pumpkin

In many homes across the country, Thanksgiving always calls for a pumpkin pie for dessert. Although pumpkin pie goes way back in American history, it was not the easiest pie to make. If you were to consult an old cookbook, it would tell you that to prepare a fresh pumpkin for a pie, the pumpkin would be peeled, cut into cubes, and simmered until tender. Then after mashing the cooked pumpkin, you were ready to make a pumpkin pie. Since a fresh pumpkin is so hard to cut, this may explain why the pie was only served at Thanksgiving and no other times of the year...it required too much work to prepare.

However, a food canning company made it so much easier to make a pumpkin pie, that their famous pumpkin pie recipe is still on the can's labels today. The company, Libby, McNeill, & Libby, now known as **Libby's**, developed the first canned pumpkin and continues today. The company started out making canned corned beef in the 1870s using the spare cuts of Chicago's meat packing district and a distinctive trapezoidal can. They quickly expanded into over a hundred different varieties of canned goods, including, in 1899, canned plum pudding. In 1929, Libby's purchased a family-owned canning company, which is around the time when their popular canned pumpkin was first launched.

In the 1950s, Libby's started printing their famous pumpkin pie recipe on the label of their canned pumpkin, and is a recipe that Americans have come to know and love. In 2019, Libby's updated the recipe. This time, the evaporated milk and sugar have been switched out for sweetened condensed milk and no sugar. As many bakers know, the older recipe was very liquid, which made bringing it to the oven an exercise in balance and steady hands (the trick is to pull out the oven rack, place the pie on it and then gently move the whole thing back into the oven). This newer recipe makes a thicker filling that is less prone to spillage. Still, many folks prefer the older recipe, especially at Thanksgiving, which is all about nostalgia for so many Americans. *(Recipes for the traditional pumpkin pie and the updated version are in the "Let's Eat!" section of this newsletter.)*

Sources: The Food Historian, Wikipedia



This is an ad for "Libby's Pumpkin" from 1950.

LET'S SAY "THANKS" TO THOSE WHO DON'T RECEIVE ENOUGH THANKS....
....OUR VETERANS



**The Neal Senior Center is honoring all veterans with a
"Veteran's Drive-Thru Lunch"**

**Thursday, November 7th, 2024
Neal Senior Center (front entrance area)
100 T.R. Harris Drive, Shelby
11:00 to 11:30 AM**

**U.S. Veterans only
Please RSVP with your name and telephone number
to Jane Wright at 704-481-7385
Monday, November 4th, 2024**

Sponsored by:



In Case You Haven't Heard....

**The "Ladies Support" and "Veteran's
Coffee & Chat" will not meet during
November and December. Both groups
will resume Tuesday, January 28,
2025.**

**Holiday
Break**



Have a fabulous Thanksgiving and Christmas break!

Order Your Free At-Home COVID-19 Tests

Every U.S. Household is eligible to order 4 free at-home tests.

COVID-19 testing can help you know if you have COVID-19 so you can decide what to do next, like getting treatment to reduce your risk of severe illness and taking steps to lower your chances of spreading the virus to others.

Testing helps prevent and contain the spread of COVID-19. If you have symptoms or were exposed to someone with suspected or confirmed COVID-19, you should be tested, regardless of your vaccination status.

Your order of COVID tests is completely free – you won't even pay for shipping. You can order your tests through the US Postal Service at <https://special.usps.com/testkits> or by calling **1-800-232-0233** (TTY **1-888-720-7489**)



Just So You'll Know...

The Neal Senior Center will be closed for the Thanksgiving Holidays from Wednesday, November 27 through Friday, November 29. The center will reopen on Monday, December 2.



We thank you!

The Neal Center would like to thank everyone who donated money, food, paper products, and medical equipment from September-October 2024

-Jean Foster

-Double Shoals UMC

-Karen Burton

--Cleveland County NC Ext. and Comm. Association

-Camp's Creek Baptist Church

And a special thanks to all our anonymous donors!

Let’s Eat!

A traditional and an updated Pumpkin Pie

For many, having a pumpkin pie for a Thanksgiving dessert is an absolute must! Here’s the original recipe for the pie that has been on the back of the “Libby’s Pumpkin” label since 1954. Since there’s a newer version of this recipe out there, if you’re a “traditionalist”, save this recipe and keep it in a safe place! (*The history of “Libby’s Pumpkin” is the “What Will They Think of Next?” section of this newsletter.*)

LIBBY’S TRADITIONAL PUMPKIN PIE

- 3/4 cup granulated sugar
 - 1 teaspoon ground cinnamon
 - 1/2 teaspoon salt
 - 1/2 teaspoon ground ginger
 - 1/4 teaspoon ground cloves
- 2 large Eggs
 - 1 can (11 oz.) Evaporated Milk
 - 1 can (15 oz.) Libby’s Pure Pumpkin
 - 1 unbaked 9-inch deep-dish pie shell, (4-cup volume)

Preheat oven to 425 degrees. Mix together sugar, cinnamon, salt, ginger and cloves in small bowl. Beat eggs in large bowl. Stir in pumpkin and the sugar-spice mixture. Gradually stir in evaporated milk. Turn mixture into pie shell. Bake in preheated 425° F oven for 15 minutes. Reduce temperature to 350° F and continue baking for 40 to 50 minutes or until knife inserted near center comes out clean. Cool on wire rack for 2 hours. Serve immediately or refrigerate. If desired, top with whipped cream before serving.

In 2019, Libby’s introduced a newer version of their pie. The differences include using sweetened condensed milk, along with white Karo Syrup, which creates a creamier pie.

LIBBY’S “NEW-FASHIONED” PUMPKIN PIE

- 15 oz. can Libby’s 100% Pure Pumpkin
 - 1 cup Evaporated Milk
 - 14 oz. Sweetened Condensed Milk
 - ½ teaspoon Salt
 - 1-1/2 teaspoon Ground Cinnamon
 - 1/2 tsp. Ginger
- 1/2 tsp. Cloves
 - 2 Tbls. White Karo Syrup (optional)
 - 2 Large Eggs
 - 1 unbaked 9-in. deep-dish pie shell

Preheat oven to 425 degrees. Prepare your own pie crust or a refrigerated pie crust to a 9" pie pan and crimp edges. Keep in refrigerator until ready to fill. Mix the spices and salt into small bowl and set aside. Beat the eggs and set aside. In a large bowl, add the pumpkin, the spice mixture and Karo syrup. Slowly stir in the evaporated milk, followed by the sweetened condensed milk. Stir in the eggs and mix well. Pour into pie shell. Bake for 15 minutes, then reduce temperature to 350°F and bake for another 30-40 minutes or until knife inserted near center comes out clean. Check at 30 minutes to see if the pie is done. Do not overbake! Cover loosely with tented foil or pie crust covers if the crust begins to get too brown. Cool pie completely, then refrigerate. If desired, serve with whipped cream.



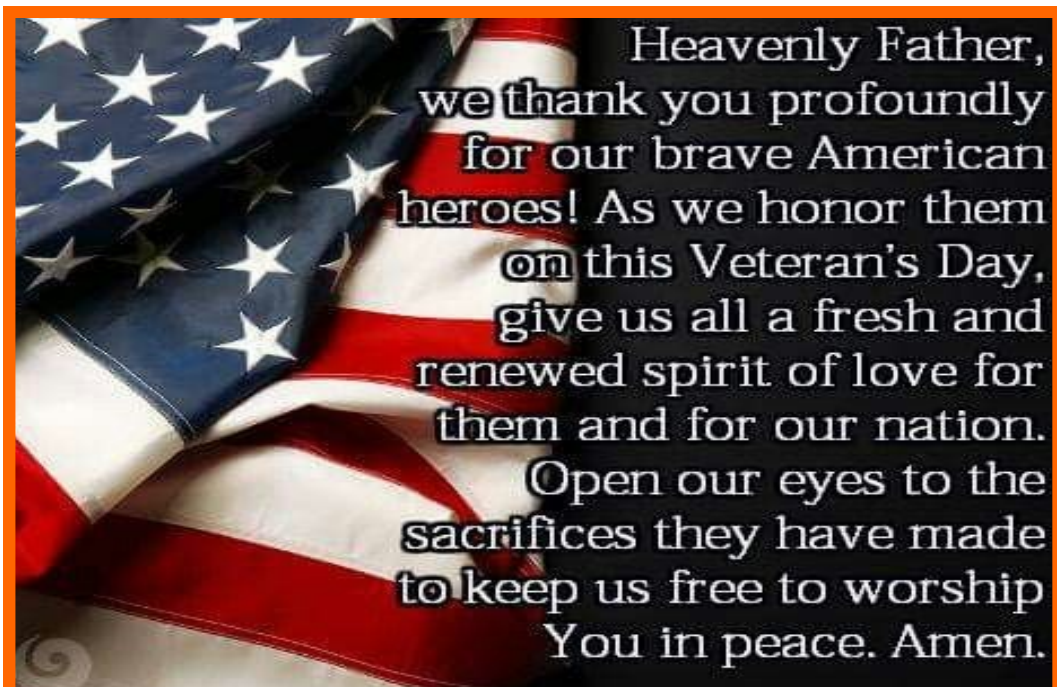
Helpful Hints: -If using a frozen pie shell, don’t thaw it. If using a prepared or homemade one, put it in the pie pan, crimp and then put it in the freezer while mixing the filling. Even better, freeze it for 30 minutes. That simple change that will help the crust hold shape & help it bake flakier.

-A pie shield will prevent an overbrowned pie crust. Check your pie about 25 to 30 minutes in and continue to check, preferably without opening the oven door. When the crust is golden brown, place the shield on the pie.

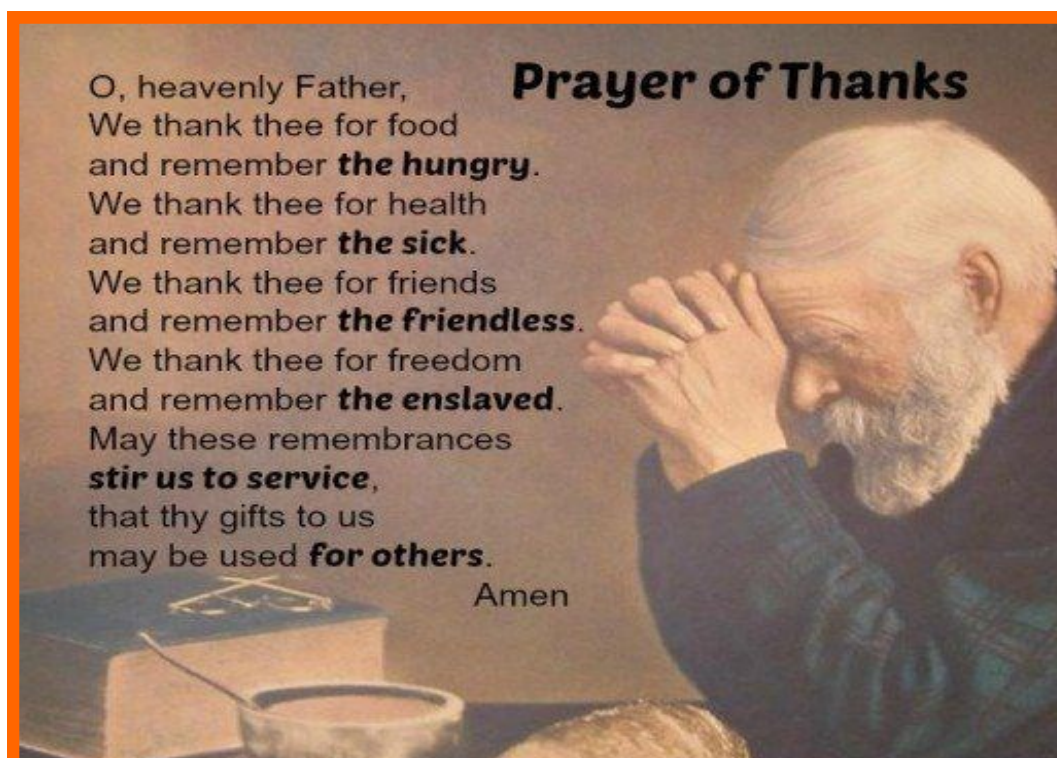
Sources: <https://theviewfromgreatisland.com>

Special prayers for November

A Veteran's Day Prayer



A Thanksgiving Prayer



NOVEMBER 2024 ACTIVITY CALENDAR				
Monday	Tuesday	Wednesday	Thursday	Friday
<div>9:00 Monday Morning Bridge</div> <div>9:00 One-Day Oil Painting (Nov. 18)</div> <div>9:30 Chair Yoga</div> <div>12:00 Beginning Canasta</div> <div>12:30 Monday Afternoon Bridge</div> <div>2:00 Chair Yoga</div> <div>5:00 Monday Night Bingo</div> <div>5:30 Zumba</div>	<div>9:45 Carolina Line Dancers</div> <div>10:00 Acrylic Painting</div> <div>11:00 Tai-Chi</div> <div>12:00 Canasta For Beginners</div> <div>1:00 Chair Volleyball</div>	<div>9:00 The Sewing Circle</div> <div>9:30 Chair Yoga</div> <div>10:00 Carolina Singers (Nov. 6 & 20)</div> <div>11:00 Zumba Gold</div> <div>11:00 Beginner Spanish</div> <div>11:30 Piedmont Rook</div> <div>12:30 Knit Pickers</div> <div>1:00 Packing Out</div> <div>2:00 Chair Yoga</div> <div>2:00 Euchre</div>	<div>9:00 Canasta For Beginners</div> <div>9:30 Chair Volleyball</div> <div>10:00 Daytime Friends (Nov. 14)</div> <div>1:00 Thursday Afternoon Bridge</div> <div>1:00 Mexican Train Dominoes</div>	<div>9:30 Fun Friday Bingo (Nov. 1 & 15)</div> <div>11:00 Zumba Gold</div> <div>(Center closes at 12:00 noon)</div>
<div>PLEASE NOTE: THE CENTER WILL BE CLOSED FOR THANKSGIVING ON WEDNESDAY, NOV. 27, THURSDAY, NOV. 28, AND FRIDAY, NOVEMBER 29. THE CENTER WILL REOPEN ON MONDAY, DECEMBER 2, AT 8:30 AM.</div>				

Laff-A-Little!

“Mother Goose & Grimm”
By Mike Peters

