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Solomon Radner
Julie Edgar
Stephanie Crawford
City Manager
Erik Tungate

City of Oak Park Recreation Department

SENIOR SCOOP

February 2026

Kylie Gulliver kgulliver15@icloud.com

February

Welcome to February!! Let's spread love in the community by sending funny Valentines and speaking words of kindness to those around us.

UPCOMING EVENTS:

Beat the Pressure-8 Week Blood Pressure Program:

Wednesday, February 4- Wednesday, March 25

Earn a FREE digital blood pressure cuff! Get your blood pressure taken by retired nurses from the Lambda Chi Chapter of Chi Eta Phi Sorority, Incorporated. Our goal is to raise awareness about the importance of monitoring blood pressure, provide easy and accessible screenings, and offer valuable tips on maintaining a heart-healthy lifestyle. Whether you're looking to track your numbers or learn about more ways to keep your heart in top shape, this program is designed to empower you with knowledge and support. After 8 weeks, go home with a free blood pressure cuff and 'Beat the Pressure!'

Senior Valentines Lunch:

Wednesday, February 11
12-2 pm

Create your own menu! Spread joy, love, and happiness at our next Senior Lunch featuring TRIVIA!

Oak Park Skate Day At Hazel Park Ice Arena:

Sunday, March 1
1-4 pm

FREE!!!

Bundle up and glide into winter fun at Oak Park ice Skating Day! We're taking over the Hazel Park Ice Arena for a cool afternoon of skating, laughter, and community cheer. Whether you're a graceful glider, a first-time skater, or just there for hot cocoa and good company, this day is all about enjoying the season together

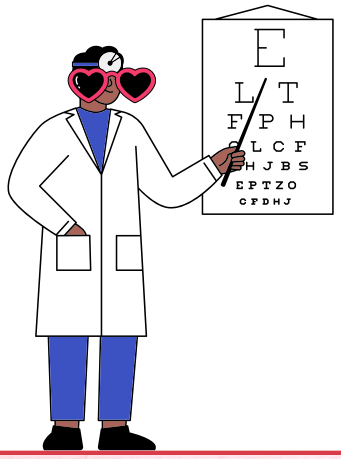
Keeping up with vision

As humans age, eyesight is one of the first things to change. Some older adults may need a prescription lens, some have challenges seeing colors, and some may lose vision entirely. It's important to keep informed about the state of your eyes to prevent any issues from starting or worsening.

Below is a list of tips given by professionals to help keep your eyes healthy as you age

- Visiting an eye doctor regularly
- Wearing sunglasses and hats with rims when going in bright sunlight
- Not smoking
- Maintaining an active lifestyle
- Following a healthy diet
- If you spend a lot of time at the computer or focus on one thing, take a break every 20 minutes to look about 20 feet away for 20 seconds to prevent eye strain.

All information found on NIH-National Institute on Aging



Eye Doctors in Oak Park:

- Rx. Optical
- SVS Vision Optical Centers
- Michigan Contact Lens: Keratoconus
- Henry Ford OptimEyes

Red Wine Risotto with Peas

4 Servings

50 minutes

VALENTINES DAY DINNER FOR TWO



INGREDIENTS

- 3 1/2 cups canned low-salt chicken broth
- 3 tablespoons unsalted butter
- 1 cup finely chopped onion
- 2 garlic cloves, minced
- 1 cup arborio rice, or medium-grain white rice
- 1/2 cup dry red wine
- 1/3 cup frozen peas, defrosted, optional
- 1/4 cup chopped fresh Italian parsley leaves
- 1/2 cup grated Parmesan, plus additional for garnish
- Salt and freshly ground black pepper

DIRECTIONS

1. Bring the broth to a simmer over medium-high heat. Cover the broth and keep it warm over very low heat.
2. Melt the butter in a heavy, large saucepan over medium heat. Add the onion and saute until translucent, about 8 minutes. Stir in the garlic and saute for 30 seconds. Stir in the rice and cook for about 2 minutes until the rice is toasted. Add the wine and stir until it is absorbed, about 1 minute. Add 3/4 cup of hot broth; simmer over medium-low heat until the liquid is absorbed, stirring often, about 6 minutes. Repeat, adding 3/4 cup of hot broth 2 more times, stirring often, about 12 minutes longer. At this point, the risotto can be made 4 hours ahead. Refrigerate the risotto (the rice will still be firm) and remaining broth, uncovered, until cool, then cover and keep them refrigerated until ready to proceed.
3. Bring the remaining broth to a simmer, then cover and keep it warm over very low heat. Stir 3/4 cup of hot broth into the partially cooked risotto over medium heat until the broth is absorbed and the risotto is hot, about 3 minutes. Add the remaining broth and simmer until the rice is just tender and the mixture is creamy, about 5 minutes longer. Stir in the peas and parsley. Add the 1/2 cup of Parmesan. Season to taste, with salt and pepper. Spoon the risotto into bowls. Sprinkle additional cheese over and serve.

The Benefits of Pets



Looking for a pet?

Royal Oak Animal shelter

1515 N Edgeworth Ave, Royal Oak, MI 48067

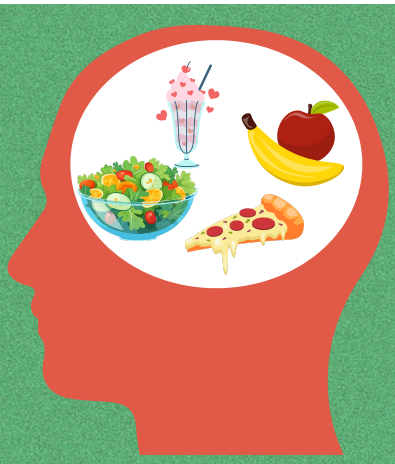
(248) 548-3058

INFORMATION FOUND AT WWW.AGINGCARE.COM

Why Get a Pet?

Pets are a jot to all ages, but did you know there are health benefits of having a furry companion? The largest benefit is reduced loneliness. As children grow up and leave the house, empty nest syndrome sets in. What better way is there to fill that space with a furry friend? There are also cases of having a pet interaction stir up memories that may have been lost. The focus on physical pain is gone and memories can resurface while petting an animal.

Having a pet can also increase physical health, as many animals need to be walked and looked after. There are also studies done that show that having a pet can increase cardiovascular health. Animals also live in the present, which can have a positive effect on their owners, who may be worried about tomorrow rather than the current moment. With all these facts said, it's safe to say a pet is a great addition to anyone's life.



Your Brain on Food

Brains require fuel, and the brain is running 24/7, so it requires a premium food source. The quality of your diet directly impacts your brain health and how your body functions. Serotonin is a neurotransmitter and 95% of it is made in the gastrointestinal tract. So having a healthy diet goes hand in hand with the formation of serotonin, which impacts your mood. Low serotonin is linked with depression.

For example, diets with high refined sugars can lead to inflammation and insulin resistance issues. A diet with high refined sugars can also worsen mood disorders and depression. Studies have been done comparing diets such as the Mediterranean diet and the Japanese diet to the Western diet. Some of the staples of the first two diets include foods like fruits, seafood, unprocessed grains, and vegetables, while the Western diet is high in processed foods and sugars.

As a test, next time you go grocery shopping, challenge yourself to try out a clean diet, including fruits, vegetables, seafood, and low sugar. After 2 weeks, see how your body feels. After a while, reintroduce yourself to the foods you used to eat to see how those foods make you feel. This is a good way to directly see how your brain and body react to certain diets.

INFORMATION FOUND AT WWW.HARVARDHEALTH.COM

Why Cruises Are Better Than Land Vacations

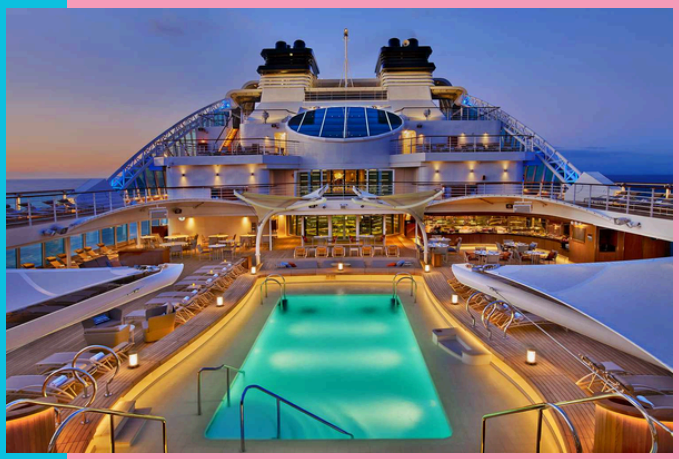
Settle the debate once and for all.

Vacations are a time to relax, explore new things, and spend time with the ones you love. When it comes to deciding whether to take the resort route or cruise route, it's important to weigh out the pros and cons of each choice.

But when it comes to cruises, there are more pros to help make that choice.

1. **Accomodations are included-** Making reservations for food, travel, entertainment, excursions and other tedious things can be very time consuming and hard to figure out. Cruises include everything pre-planned. This can help relieve the stress of organizing a travel itenrary on your own
2. **Construtive travel time-** Adding on to the itenirary fiasco, cruises have stops in different countries that include pre-planned excursions that help passengers to explore the new country without having to figure out where to go.
3. **Disconnected Relaxation-** Cruises often have expensive WiFi anf lose cellular connection due to the distance from land. This offers a time to unplug from technology and focus on the present.
4. **Variety of choices-** There are often endless choices of things to do, places to shop, and restaraunts to eat at. From spas, to fine dining, to shows and live music, there is never a lull in entertainment.
5. **Everybody is content-** Whether you enjoy a quiet dinner or a loud night out partying, there is choices for both parties. There is a chance for everybody to have fun experiences on the same shared vacation.
6. **Safe Excursions-** Cruises have vetted excursions that have been done so many times that the execution is perfected. It can be hard to find safe and reliable excursion on your own. By choosing excursions through a cruise line, it can be a better experience.

After seeing how many positive features there are with cruises, it makes it hard to turn down a floating sea vacation. Next time you are planning a vacation, consider looking into getting a cruise, for a new and structured vacation.





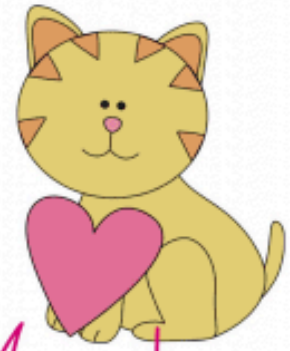
Information found at www.cruiseable.com

Spread some love by cutting out these adorable Valentine's cards! Give them to your loved ones, grandchildren, partners, neighbors, or even a stranger!



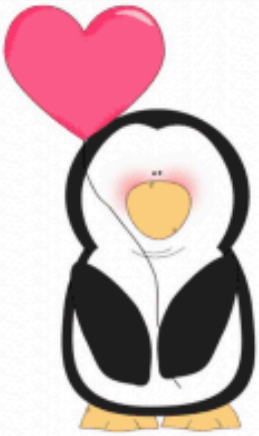
HAPPY VALENTINE'S DAY

You're the Cat's Meow!



I'VE GOT MY EYES ON YOU!





You're so Cool!

Happy Valentine's Day!



MY LIFE IS BUTTER WITH YOU IN IT!





Happy Valentine's Day



HAPPY VALENTINE'S DAY!

SCAVENGER HUNT!

Go through this newsletter again and look for the items below. The first 3 individuals to turn theirs in to our office will receive a $15 DoorDash gift card! Happy searching!



These sweet puppies



Colorful candy hearts



Shades of love



Valentine’s Day milkshake



Pretty pink bow



Drinks for two

SENIOR SPOTLIGHT

Our senior spotlight of the month is our own lovely Amy Lumley. Amy is an involved member of our community. She enjoys quilting and her kitties. We are so glad to know Amy!



Challenge Your Brain!

7	2	3					4	
		9	1					
1			9	4				
	3				4	7		
6	1			3			9	4
		7	8				2	
				7	9			5
					1	9		
	5					6	7	1

Sudoku



Word Search

