

# Wisdom People

## St. Daniel Senior Citizens Group

Hope your Christmas was filled with peace and joy. Warmest wishes for the coming year and wishing you a New Year filled with happiness.



# HAPPY NEW YEAR



### My New Year Blessing

*May your New Year be a time of peace, joy, and serenity!*

*May each day bring you closer to Christ and more loving to those in your family!*

*May each week see you advancing in the practice of faith, hope, and charity!*

*May each month give to you the aid, comfort and strength you need from God!*

*May the march of the seasons make you appreciate and be grateful for all the good things you enjoy!*

*May the end of the new year find you happier, healthier, and holier than you have ever been.*

Dues for 2014 are due in January! Dues are \$5 per year.

The next Wisdom People Meeting will be Friday, February 7<sup>th</sup>, 2014 following the 12:10 Mass which will be for Andrew Hartung and Louise Buda from the Wisdom People. The February program will be the students from Lyncourt School, singing in solos and small groups. This will include some of their annual performance "Solos in the Spotlight".

## A Birthday Wish

Happy Birthday to our members: In January: Ida Bitetti, Diane Millet, and Mary Poplaski.



It's potty time!  
Happy Birthday

## Slate of Officers for 2014:

John L. Denega – President

Betti Picciotto – Vice President

Antoinette Perrotta – Secretary

Marie Bergemann – Treasurer

Angela Murphy – Hospitality Chairperson

Mary Poplaski and Louise Epolito – Membership Chairpeople

Helen Lynch – Sunshine Chairperson

## Let Us Pray

Louise Buda and Andy Hartung

*Eternal rest grant unto them, O Lord, and let perpetual light shine upon them. May the souls of the faithful departed, through the mercy of God, rest in peace. Amen.*

Wisdom People Memorial Mass

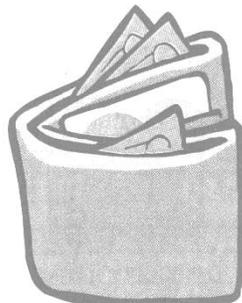
February 7<sup>th</sup>, 2014 at 12:10 p.m.



Life is like a mirror. If you frown at it, it frowns back. If you smile at it, it returns the greeting.



“One way to become enthusiastic is to look for the plus sign. To make progress in any difficult situation, you have to start with what’s right about it and build on that.”



How can you  
instantly double  
your money?

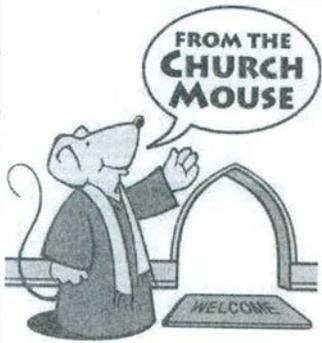
ANSWER: Look at it in a mirror.



**Mark Your Calendars**

**JANUARY 2014**

Flower: Carnation  
Birthstone: Garnet



*"As we express our gratitude,  
we must never forget that the highest appreciation  
is not to utter words, but to live by them.*

- |                          |  |
|--------------------------|--|
| January 6 <sup>th</sup>  | The Epiphany of our Lord               |
| January 18 <sup>th</sup> | Chicken Biscuit Dinner at St. Daniel   |
| January 20 <sup>th</sup> | Martin Luther King, Jr. Day (observed) |
| February 1 <sup>st</sup> | National Freedom Day                   |
| February 2 <sup>nd</sup> | Groundhog Day                          |

**EVENTS**

**Chicken & Biscuit Dinner at St. Daniel**

Saturday, January 18 from 3:30 — 6:30 p.m. Dinners will include homemade chicken with gravy over buttermilk biscuits and mashed potatoes, with vegetables, tossed salad, beverage & cookies. Adult dinner will be \$10, Senior dinner \$7, Child dinner (10 & under) \$5.

**Divine Comedy**

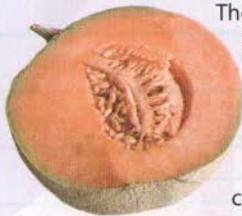
January 11<sup>th</sup> at 7 p.m. at Divine Mercy Parish Center, 592 S. Main St. in Central Square. Ages 14-969. Reserved seating \$5. Call 676-2898.

# Wisdom People Health Ministry



## Thirteen is your lucky number

The body requires 13 different vitamins to function at its best. Vitamin supplements can help meet these needs, but a balanced diet is important. The following foods, though not all necessarily popular or well known, are high in essential vitamins:



**Vitamin A** Liver, dried apricots, paprika, sweet potatoes, cantaloupe, carrots

**Vitamin B1 (thiamin)** Marmite, sesame butter and seeds, pistachios, pecans, macadamia nuts, pork chops



**Vitamin B2 (riboflavin)** Dry roasted soybeans, sun-dried tomatoes, cheese (Brie, Roquefort, Limburger), wheat bran, fish (mackerel, Atlantic salmon, trout)

**Vitamin B3 (niacin)** Fish (anchovies, tuna, swordfish), peanuts, bacon, lean veal, sun-dried tomatoes



**Vitamin B5 (pantothenic acid)** Whey powder, avocados, mushrooms, caviar

**Vitamin B6** Crude rice, wheat bran, dried herbs and spices, lean pork tenderloin, garlic, hazelnuts



**Vitamin B7 (biotin)** Fish (salmon and sardines), brown rice, turkey, chicken breasts, eggs



**Vitamin B9 (folate)** Asparagus, beans (pinto, garbanzo, mung), bean sprouts (soybean and pea), turnip greens, spinach

**Vitamin B12 (cobalamin)** Beef, cheese, eggs, shellfish, octopus, lamb



**Vitamin C** Red and green hot chili peppers, kiwis, papayas, fresh herbs (thyme and parsley), kale, mustard greens, cauliflower

**Vitamin D** Cod liver oil, fortified cereals, tofu, soy milk, salami, oysters



**Vitamin E** Almonds, dried herbs (basil and oregano), pickled green olives, cooked spinach, cooked taro root, dried apricots

**Vitamin K** Spring onions, prunes, cabbage, pickled cucumber, chili powder, curry, broccoli

Sources: WebMD, www.healthaliciousness.com



Media Bakery photos

## **St. Daniel Recipes**

### **Monkey Bread**

¾ cup granulated sugar – 2 teaspoons ground  
4 cans (7.5 oz. each) Pillsbury® refrigerated biscuits  
½ cup butter or margarine, melted  
¾ cup packed brown sugar

Grease or spray a 12-cup Bundt cake pan. Mix granulated sugar and cinnamon in a 1-gallon bag. Separate dough into 10 biscuits; cut each in quarters. Shake quarters in a bag to coat; place in pan. Mix butter and brown sugar; pour over biscuit pieces. Bake at 350° for 40 to 45 minutes or until golden brown. Cool 5 minutes. Turn upside down; pull apart to serve. Serve warm. Makes 12 servings.

### **Chicken Parmesan**

2/3 cup Italian-style bread crumbs	2 cups tomato sauce
2/3 cup grated parmesan cheese	1/4 cup olive oil, divided
4 boneless, skinless chicken breasts, halved horizontally	6 ozs. fresh mozzarella cheese, cut into 8 1/4 inch-thick slices
1 large egg, beaten	

Preheat broiler. Combine bread crumbs and parmesan cheese in a shallow bowl. Season both sides of chicken with salt and pepper. Dip chicken in the beaten egg, then dredge in bread crumb mixture, turning to coat both sides.

Spread tomato sauce onto the bottom of a 10" x 15" baking dish. Heat 1 tablespoon oil in a large nonstick skillet over medium heat. Place 2-3 chicken breasts in skillet; cook 1-2 minutes on each side, until golden brown. Using a spatula, transfer browned chicken breasts to the baking dish, placing them on top of sauce. Repeat with remaining oil and chicken breasts.

Top each chicken breast with a slice of mozzarella. Broil about 4 inches from heat source for 5-8 minutes or until sauce is hot and cheese is melted and lightly browned in spots. Serve immediately.

### **Chicken Tortellini Soup**

3 cans (14 ½ ozs. each) reduced-sodium chicken broth  
2 cups chicken from a rotisserie chicken  
1 lb. cheese tortellini  
7 ozs. baby spinach

Combine broth and chicken; bring to a boil. Add tortellini; cook until they float to the top, 4-5 minutes. Add spinach and stir constantly until wilted, about 15 seconds.

## Joke of the Month

An elderly couple had dinner at another couple's house, and after eating, the wives left the table and went into the kitchen. The two gentlemen were talking, and one said "Last night we went out to a new restaurant and it was really great. I would recommend it very highly." The other man said, "What is the name of the restaurant?" The first man thought and thought and finally said, "What's the name of that flower you give to someone you love? You know, the one that's red and has thorns?" "Do you mean a rose?" "Yes, that's the one," replied the man. He then turned toward the kitchen and yelled, "Rose, what's the name of that restaurant we went to last night?"

## Quotes of the Month

Quotes we'll remember as coming from the month of the beloved Phyllis Diller:

- I once wore a peekaboo blouse. People would peek and then they'd boo.
- I never made *Who's Who* but I'm featured in *What's That*.
- When I told Fang I was going to have my face lifted, he said "Who'd steal it?"
- You know you're old when your walker has an airbag.
- The only thing domestic about me is I was born in this country.
- They say housework can't kill you but why take the chance?
- I have so many liver spots I ought to come with a side of onions.

---

## Suggestion Box

Suggestions:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

## *Words of Wisdom*

*Many people will walk in and out of your life,  
but only true friends will leave footprints in your heart.*

*To handle yourself, use your head;  
to handle others, use your heart.*

*Anger is only one letter short of danger.  
If someone betrays you once, it's his fault;  
if he betrays you twice, it's your fault.*

*Great minds discuss ideas;  
average minds discuss events;  
small minds discuss people.*

*God gives every bird it's food,  
but He does not throw it into its nest.*

*He who loses money, loses much;  
he who loses a friend, loses more;  
he who loses faith, loses all.*

*Beautiful young people are acts of nature,  
but beautiful old people are works of art.*

*Learn from the mistakes of others -  
you can't live long enough to make them all yourself.*

*The tongue weighs practically nothing,  
but so few people can hold it.*