



# MEMORIES MUSINGS

By Cheri Sims

Cheri lives, writes and gardens in Charleston.

This week was not a good time for my internet and computer to die; but if you are reading this article I was able to get it submitted in time. I have spent more time on the computer these past months than ever and I must say the interruption was not welcome. Thanks to the snow, there were interruptions in my daily newspaper delivery and the mail but for some reason Amazon delivered with regularity. I was hoping 2021 would be less bothered with irritations.

Due to the demise of the computer I decided to dig out the sewing machine and finish hemming the bathroom curtains and mend a couple pairs of gardening shorts, I had set aside. You know this snow will melt and then it is time for Spring! I want to be prepared the first day I decide to wear shorts outside; it is never too early to think ahead. I also have

a couple pillow covers to make to accommodate the cats. Pitou has a favorite pillow and I make seasonal covers for it so that I can leave it out all year for her. Do you think she is spoiled?

I am pleased to report that baking for the birds has taken on a new light even though one of my friends told me that birds are not that picky; they do seem to like my new hobby. Last week I made bacon grease bread with stale raisins and raw nuts from Rural King and another day I whipped up a batch of banana bread with extremely over ripe bananas, a package of dried cranberries that had been hiding in the bottom of a box I had yet to unpack. There was mold on the cranberries but I rinsed them off and added them to the banana bread batter and the house smelled really good while it was baking. Both recipes were gone in a flash after I



put them in the bird feeder.

One of the fun things about a large snowfall is the arrival of snowmen in the yards. I find it fun to gaze at the landscape as I am driving through town to see the snowmen creations. Last week I saw two unusual ones in the form of a snow dog and a snow garbage can. I actually stopped to check out the garbage can because I wanted to see if it was a real can or a snow can and it was a snow can. Quite unique to say the least.

I did manage to make something delicious for myself after a virtual tour of our past trip to Vancouver, British Columbia and if you have never eaten salmon pot pie then I highly recommend it. We were

in the Vancouver area for four days and on the first night's dinner I tried it on a buffet. The second and third nights I ordered it off the menu and it was delicious all three times. I have made it once since our trip and it was a pleasure to eat it again last week. Since I did not have a salmon plank I substituted two packages of salmon and it worked great. This recipe takes a bit of time to make but we have the time now so... experiment!

Enjoy the snow, too soon we will be complaining about the heat.

### Salmon Pot Pie

#### Ingredients

- \* 3 cups clam juice
- \* 1 (3 ounce) salmon fillet, skin removed
- \* 1 tablespoon olive oil

- \* 2 tablespoons butter
- \* 1 carrot, peeled and diced
- \* 1 stalk celery, diced
- \* 1 small leek, diced
- \* 1 shallot, minced
- \* 3 tablespoons all-purpose flour, or as needed
- \* cup heavy whipping cream
- \* 3 tablespoons chopped fresh dill, or to taste
- \* 1/2 lemon, juiced, or to taste
- \* salt and ground black pepper to taste
- \* 10 medium shrimp, peeled and deveined
- \* 1 1/2 ounces smoked salmon, chopped
- \* 1/2 sheet frozen puff pastry, thawed

#### Directions

\* Step 1 - Preheat the oven to 425 degrees F (220 degrees C). Grease two 2-cup baking dishes.

\* Step 2 - Bring the clam juice to a simmer in a small pot. Place salmon fillet into clam juice; poach until fish flakes easily with a fork, about 10 minutes. Remove salmon to a plate; reserve poaching liquid.

\* Step 3 - Heat olive oil and butter in a skillet over medium heat. Stir in carrot, celery, leek, and shallot; cook and stir until vegetables are tender, about 5 minutes. Whisk flour into vegetable mixture; cook

and stir until flour is golden, about 5 minutes.

\* Step 4 - Whisk reserved poaching liquid and cream into vegetable mixture; return to a simmer and cook, stirring occasionally, until sauce thickens, about 3 minutes. Stir dill and lemon juice into mixture; season with salt and pepper.

\* Step 5 - Break salmon fillet into bite-size pieces; divide into prepared baking dishes. Cover salmon with 1/3 the sauce; layer 5 shrimp into each dish. Cover shrimp with 1/3 the sauce; divide smoked salmon evenly into each dish. Top with remaining 1/3 the sauce.

\* Step 6 - Roll out a puff pastry sheet 1/8-inch thick on a lightly floured surface. Cut two pastry circles large enough to cover the baking dishes and place one circle over each dish. Place dishes on a baking sheet.

\* Step 7 - Bake in the preheated oven until pastry is risen and golden brown, about 15 minutes. Cool for 5 minutes before serving.

<https://www.allrecipes.com/recipe/234686/salmon-pot-pie/>



# REAL LIFE WELLNESS

By Dr. Bill Hemmer

The Lagom Way

As many of you know, I research different aspects of COVID-19 daily. This morning I read an article on the Swedish approach to the pandemic, which was a totally different approach of looking at this problem. Their approach was much different than the rest of the world, but I'm not going to comment on the right or wrong or

who did better or worse here. Instead, I will focus on one very specific aspect of their approach.

It's called the Lagom Way. I had never heard of this concept before, but the loose Swedish translation was staying in the middle of the road while addressing every problem. Don't go down one side or the other, do what makes

sense to you based on your experience, education, and environment. Another way of putting it was to do, "just enough" not too little or too much. It's about being "reasonable".

This idea finally put a label to the way I approach every issue of importance to me. I make every attempt to look and study both ends of the spectrum of an issue and then find my own voice somewhere in the middle. I ask myself, "does it make sense?" If it does, then I move forward cautiously. Risk a little to save a little. Risk a lot to save a lot.

The other aspect of this article that struck a chord

with me was one of the contributors is a relationship counselor and talked about what she called "transactional analysis". She explained we all have three modes to our egos: parent, adult, and child. When you communicate with someone, you automatically choose one of these three modes of communication.

A healthy relationship communication occurs when two people are using the same mode. Two parents can easily talk about household things for example. Adult to adult communications can lead to joint plans that work for both parties. Two children

can dance and play together effortlessly.

Communication problems only occur when you cross from one mode of communication to another without consent of the other person. If I talk to you like a child and use my parent mode, you will likely resent or, at least, dislike it and the message will not be accepted the way it should. Children being talked down to will either become fearful or rebellious.

We all have our inner child. Nobody likes to be talked down to. However, if we are talked to as an adult, it automatically encourages the other person

to have self-responsibility for their actions. This type of communication builds trust between the two people. You can become partners in the solution.

So, by combining the Lagom Way and transactional communication, my hope is to provide you with concepts and ideas that will help you navigate and process not only the COVID-19 problem, but any other health challenge that comes along. Stay in the middle of the road and communicate with others in the proper mode. Be serious when it is time to be serious; but play when it's time to play.

## The LifeSpan Center features different mobility tools for older adults

As people age, it isn't uncommon for them to report limitations in their mobility. For example, about a third to a half of people who are at least 65 years old say they have some difficulties when walking or climbing stairs.

Fortunately, many assistive devices can help you remain mobile. These are typically simple tools that can help as you recover from injuries or surgeries or as you deal with balance issues and arthritis, among other conditions. Sometimes these are temporary aids; other times, they will be integrated into

your daily life.

[Health.Harvard.edu](https://www.health.harvard.edu) lists the following mobility tools for older adults to consider and discuss with your doctor.

#### \* Walking Poles or Walking Sticks

These add stability when you walk and can be used to improve balance, posture and overall coordination. They can be an excellent choice for people who need to relieve weight on hips or knees, perhaps because of arthritis. People also use them when hiking, even when they don't have mobility issues of significance, and

they can help people with neuropathy.

#### \* Canes

There are three main varieties of canes, including the more typical ones with curved or T-shaped handles. These help with balance. If you need to put more weight on the cane or if you don't have a strong grip, talk to your doctor about an offset cane, with a flat handle grip. There are also canes with multiple legs, excellent for when you need more support. Walking speed is slowed down with these, but they stand up on their own when not in use,

which means you don't need to bend down to pick yours up.

#### \* Crutches

Crutches provide more support than canes but are more challenging to learn how to use. They must be fitted specifically for you and it's important to get instructions on how to use them on different surfaces.

#### \* Walkers

Walkers are a good mobility device if you need significant support. Because a walker alters your gait considerably, consult with your doctor on how to choose one and how to learn to use it.

A 2014 study indicated moderate physical activity, participated in daily, "may mean the difference between seniors being able to keep up everyday activities or becoming housebound." More specifically, adults who participated in moderate activity showed an 18 percent higher rate of mobility — especially impressive since this study looked at "frail" older adults. Moderate activity also helped prevent people from losing mobility.

Then, in 2016, Yale News reported a new study on mobility and independence that indicates

how, by "adopting a walking routine and other moderate physical activities, older adults can recover from a major disability more quickly, and maintain their independence over time."

This study was the longest and largest physical activity study for older adults to date. Participants were "less likely to experience disability in the first place, more likely to recover if they did suffer a disability, and less likely to have a subsequent episode," according to researchers.

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## Dove's domestic violence education and training

Training is available for individuals interested in educating themselves on the issues surrounding domestic violence. The training will take place April 26 through May 12, Monday through Thursday, from 5:00 to 9:00 p.m., at Dove, 302 S. Union, Decatur. This 44-hour training is approved by ICADV, Illinois Coalition Against Domestic Violence. This training

is facilitated by Dove staff members who both are Illinois Certified Domestic Violence Professionals.

To register, contact Barbara Blakey at 217-428-6616 after February 22. A phone interview is the first step in the process and needs to take place by Noon, Monday, April 12. There is a \$200 fee for the training. Training fee and all needed paper-

work is due by the end of day, April 12. Since we likely will still be abiding by COVID-19 Guidelines, please understand we may have to limit the number of participants in order for all to social distance for this training.

Individuals interested in making a difference in the lives of victims and children served by Dove's Domestic Violence Program are encouraged to

participate in this training. Be an advocate for peace in your school, workplace or church. This extensive training program will allow you to volunteer in many areas, such as support group facilitation, shelter coverage, legal advocacy and children's services. Dove provides services to Macon, Moultrie, Shelby, DeWitt and Piatt Counties.

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