



# Notes from Northview

July 26-31, 2020



301 E. Talmage St ▪ 837-5808

NVC@springfieldmo.gov ▪ ParkBoard.org/Northview ▪ Facebook: Northview Center

## **Note from the Northview Staff,**

Greetings!

Tasia is back in the office and ready to have fun! She is working on new ways to help engage the seniors while practicing all the safety procedures. If you have ideas please call and discuss with her. Stay tuned!

Treat others with respect and kindness!

As the City moves to Road to Recovery Plan Phase 3A, remember to wear your mask if you are out in public places! Social distance 6 feet from others. Wash your hands! Stay safe and healthy!

**Re-Opening . . .** We will continue to abide by the guidelines from Centers for Disease Control (CDC), Greene County health department, City of Springfield and our Parks department for the safest re-opening protocol. We will rely on you to do your part following these protocols when you return!

## **SeniorAge News**

- ◆ Call 864-8606 (SeniorAge at Northview):
  - \* To schedule frozen meal pickup or delivery.
  - \* If you, or someone you know, are able to assist with meal delivery.
- ◆ Call 862-0762 (SeniorAge Main Office) for:
  - \* **SeniorAge Alert Program** will provide Text or E-mail containing important information, notices and alerts.
  - \* Register for the **Farmers Market Voucher** program.
  - \* Income tax or property tax credit questions.
- ◆ Call Grace Health at 417-705-1586 about Foot Clinic questions.

## **Ceramics!**

If you would like to paint a **ceramic project**, call 837-5808 to order and schedule your pick up time.

Cost: Small \$6, Medium \$8, Large \$10.

*(Paint is not included in take out project)*

*Weekly flyers can be viewed at [ParkBoard.org/Northview](http://ParkBoard.org/Northview) or emailed (if we have your email address) to help provide the most up-to-date information. As you know, things are changing daily. Call Northview if you have any questions.*

## **Riddle of the Week**

Where can you find cities, towns, and streets but no people?

## **Fun things to celebrate at home:**

### **National Disability Independence Day Sun., July 26**

Today commemorates the signing of the Americans with Disabilities Act (ADA) on July 26, 1990. The ADA empowers people with disabilities to stand up for their rights, too. Give shout outs to accessible businesses and organizations.

### **Take Your Houseplants for a Walk Day Mon., July 27**

Bonding with your plants helps them to be the very best plants that they can be. In addition to taking them for a walk, you can bond with your houseplants by talking to them, or playing encouraging music.

### **National Milk Chocolate Day Tues., July 28**

In 1875, Daniel Peter invented milk chocolate by mixing a powdered milk developed by Henri Nestlé with the liquor. It's been milk chocolate bliss ever since. Celebrate by making Oreo Balls! Recipe on back.

### **National Lasagna Day Thurs., July 29**

Celebrate by baking lasagna. Try the easy lasagna recipe on the back and let us know how it turned out. Call your favorite Italian restaurant and go pick it up. Enjoy!

### **National Cheesecake Day Fri., July 30**

Who doesn't love a good cheesecake. Is your mouth watering just thinking about it? Today is the day to indulge! Find your favorite at your local bakery, or make your own.

### **National Mutt Day Sat., July 31**

Embrace, rescue and celebrate mixed breed dogs. Do you have a mutt? Send pictures to NVC@springfieldmo.gov

*"The way I see it. If you want a rainbow, you gotta put up with the rain." - Dolly Parton*

A Map : Riddle:



# Easy Lasagna

<https://www.allrecipes.com/recipe/12011/easy-lasagna-ii/>

## Ingredients

- 1 lb lean ground beef
- 1 (32oz) jar spaghetti sauce
- 32 oz cottage cheese
- 3 c. shredded mozzarella cheese
- 2 eggs
- 1/2 c. parmesan cheese
- 2 tsp. dried parsley
- Salt to taste
- Ground black pepper to taste
- 9 lasagna noodles
- 1/2 c. water



## Instructions

1. In a large skillet over medium heat brown the ground beef. Drain the grease. Add spaghetti sauce and simmer for 5 minutes.
2. In a large bowl, mix together the cottage cheese, 2 cups of the mozzarella cheese, eggs, half the parmesan cheese, dried parsley, salt and ground black pepper.
3. To assemble, in the bottom of 9x13 in baking dish evenly spread 3/4 cup of the sauce mixture, add 1/4 cup sauce. Repeat layers once more: top with 3 noodles, remaining sauce, remaining mozzarella and parmesan cheese. Add 1/2 cup water to the edges of the pan. Cover with aluminum foil.
4. Bake in a preheated 350 degree oven for 45 minutes. Uncover and bake an additional 10 minutes. Let stand 10 minutes before serving

# OREO BALLS

<https://www.iheartnaptime.net/oreo-balls/>

## Ingredients

- 1 package of Oreos
- 1 softened block of cream cheese
- 1 (12oz) package of chocolate chips melted



## Instructions

1. Crush the Oreos. The best way to crush oreos is to place them in a blender or food processor. You can also place them in a zip top bag and smash with a rolling pin.
2. Mix together the Oreo crumbs and cream cheese with a hand mixer. If it isn't coming together, get your hands in there and mix it up.
3. Use a small cookie scoop to scoop out the dough. Then roll into a ball and place on the pan.
4. Freeze for 10-15 minutes or until slightly firm. You don't want them too cold.
5. Dip balls in the melted chocolate.