

SPNA
SUGGS PARK
NEIGHBORHOOD ASSOCIATION

January 2006 Newsletter



HAPPY NEW YEAR !

From SPNA

Mike Truel, Acting President Contact:

mjtruel@sbcglobal.net or call 840-2840.

Pat Miller, Vice President 842-6727

Wendy Fox, Secretary/Barry Watson, Tres.

Shirley Bray, Contributor/Website

K. Van Buren, Editor – 463-0405

And all our wonderful SPNA BLOCK CAPTAINS !

Next month we'll begin a "Silly SPNA Newsletter Contest" so keep a lookout for the February, full version newsletter! And don't forget to send in your special recipes and garden tips. We just might put together a SPNA Recipes and Garden tips fundraiser booklet from our newsletter submissions, etc. MTG: Jan. 9th: 6:30PM, James Munroe Elementary

MESSAGE FROM THE PRESIDENT:

There were no meeting minutes for December's party gathering. The winner of the door prize went to Joe Madden's family.

~ **NEW NEIGHBORS!** A warm welcome to our wonderful neighborhood ~ Block captains are asked and encouraged to knock on your

door if you are new to the neighborhood and introduce our association. We would love to have your names and telephone numbers to add to our telephone list so that we can be of service and support.

~ **We are very appreciative and grateful for our Councilman and SPNA representative, Sam Bowman; and for the responsiveness of OkCity Hall these days. THANKS SAM!**

~ Volunteers are welcome for all sorts of spots. Interested in learning more about the workings of associations? Just give me a call. We are still waiting on rain so we can plant the new trees at Smitty Park.

~ Please come join us at our next meeting, especially to hear from our own WWII Veteran, Mr. Eric Smidlund. If you have recently rented a video called "The Great Raid" which depicts the challenges of the Pacific Japanese prison camps and rescues; you might have noticed at the end actual vintage film of the rescued POW's following their return home back to San Francisco Bay. But what could be better than to hear from the actual vets of the WWII campaigns? We have them here in Suggs Park. If you are one of these people or the wife or relative of a WWII vet, please come share your own stories. Let us have the opportunity to thank you again for your service to our country. Just call any of us listed if you have questions.

~ Paul and Jeanne Meyer of 45th Place - Congratulations on winning 2005's Christmas and Holiday lights contest with a gift certificate to the Olive Gardens.

~ Many who decorated their homes for the holidays did such a beautiful job, we would like to mention their addresses: **WOW!**

2201 NW 45th St. 2605 NW 46th St., 2236 NW 48th St., 2329 NW 48th St., 2300 NW 49th St., 2305 NW 49th St., 2600 NW 49th St., 2505 NW 49th Place, 4701 N. Youngs Blvd. 2422 43rd Circle, 2524 NW 45th St., 2536 NW 45th St., 2217 NW 46th St., 2309 NW 46th St., 2333 NW 46th St.

RECIPE OF THE MONTH: Shirley Bray –
This is a breakfast-brunch dish: ...over...

Cornbread-Sausage Apple Pie

1 lb. bulk sausage
1 Tablespoon vegetable oil
1 3/4 cups cornbread mix
1 egg, beaten
1 1/2 cups buttermilk (reg. milk will also work)
1 (21 oz) can apple pie filling
1 Tablespoon sugar
1/8 Teaspoon ground cinnamon

Cook sausage over medium heat until browned, drain well, crumble and set aside. Place vegetable oil in a 10-inch cast iron skillet; heat skillet in oven at 400 degrees for 5 minutes or until very hot.

Combine cornbread mix, egg and buttermilk in large mixing bowl; stir until smooth. Stir in sausage. Pour into heated skillet; bake at 400 degrees for 25 to 30 minutes. When done, remove cooked skillet mixture from oven and spread top with the following Filling Topper recipe below. Return to oven and cook for 5 minutes. Let stand for a couple of minutes, slice like a pie and serve.

While your skillet mixture is baking, make the Filling Topper:
Place pie filling, sugar and cinnamon in a small saucepan; cook over low heat stirring until sugar is dissolved. ...Thanks Shirley!

“BE-AWARE”: “MEDICARE PART D”

Our February meeting will have a guest speaker who is a professional insurance advisor on all supplemental insurance and is well informed about the Medicare plan. Bring your questions! Here are some helpful telephone numbers and websites: Senior Health Insurance counseling: 800-763-2828; Senior Info-Line 800-211-2116; Prescription Assistance Program 405-702-2185; Medicare 800-633-4227; Indian Health Service

405-247-2458, ext. 289; www.medicare.gov -
;www.okdhs.org

Keep in mind, you are not applying for Medicare! You are deciding among 16 private insurance companies offering plans that will cover only your prescription drugs or six private insurance companies with plans that will cover all your medical needs: doctors, hospitals, drugs in one managed-care company.

Do your homework! You have the time with a deadline of May 15th 2006. Don't get caught off guard, throwing up your hands or worrying won't fix the problem. So, take a deep breath and start whittling down your choices. There's plenty of help offered, even through our own neighborhood association.

TIP: Here is what you will need = Check off

1. Your red, white and blue Medicare card.
2. Listing of all prescriptions/doses, etc.
3. Annual bill for your prescriptions.
4. Preferred drug store.
5. If you prefer mail delivery.
6. Preference of 30-day or 90-day supply.
7. When you plan to be away or out of state.
8. Zip code.

FREE FOR SENIORS: In the latest AAA magazine there is a contact only listing of what services and products people over 55 can get. (Multiple!) Copies of this page will be available at the next meeting. Or call us and we'll get a copy of it to you. This listing just explains the various subjects their pamphlet details. You may request the full information by sending a check or money order for \$12.95 plus \$3.98 postage and handling to: **FREE FOR SENIORS**, Dept. FSB1009, 717-12th str. NW, Canton, Ohio 44703-1964. These free reports are limited in quantity. Examples listed are: Free eye treatment, How to get your electric bill paid, \$1,800.00 to keep you warm this winter, \$800.00 for food; \$15,000.00 to spruce up your home, free prescription drugs.

*****To join SPNA – Send check for \$10.00 to:
BARRY WATSON, SPNA TREASURER
2522 N.W. 46TH Street, Ok. City, Oklahoma 73112