

Bisques to stews: What's the soup?

BY LOIS BELL

SHERIDAN SENIOR CENTER

SHERIDAN — The names are butternut bisque, tomato dill, shaker chicken noodle, Jean's white beans and ham, Carolyn's seafood bisque. Are these soups?

With the change of the season and cooler weather, thoughts could turn to the comforting sensation and warmth of soups, whatever they are called.

Soups are a great nutrition source especially when the salt content is not high and using fresh ingredients. Water from vegetables that have been cooked is a great base for soup and contain nutrients captured by water in the cooking process. Plus, many soups are at the top of the list as a source of hydration.

Soups can range from the lighter end as appetizers preceding a meal — such as broths — to a hearty meal in itself — such as stews and bisques.

"We use heavy cream in a lot of soups, especially this time of the year," said Sheridan Senior Center employee Jodi Johnson. "It's very comforting in the fall and winter. During the spring and summer, we focus more on lighter, broth-y soups like minestrone, chicken noodle or asparagus potato as examples."



COURTESY PHOTO

Senior Center kitchen team member Jodi Johnson stirs up homemade French Onion Soup for diners at the Senior Center. A different soup is offered each day Monday through Friday at the Senior Center and all soups are made from scratch.

Johnson was hired 13 years ago as a kitchen manager for the Senior Center. She moved into the position of the meals analyst planning and analyzing menus months in advance of each season. In addition to her analyst role, Johnson pitches in when needed in the kitchen.

She teams up with colleague Shawn Ulery to make the soups, all made from scratch utilizing extra groceries already purchased for meals.

"Using these ingredients really make for great soup," Johnson said.

Nancy Wells and her husband, Don, have been consistent diners at the Senior Center.

"We don't even remember how long we've been coming to the Senior Center," Wells said, "but we started when the dining room was two separate rooms."

The Wells will purchase soup from the Senior Center if there is any left over after lunch service.

"We get a 16-ounce container and that's what we have for dinner at home," said Wells.

Johnson plans one week ahead for the soups to be offered at the Senior Center.

"We have two soups a day, Mondays through Fridays," said Johnson, "and no soups on weekends and holidays."

Johnson points out that soup is no longer offered as a main course as it was in the past to make deliveries of home delivered meals easier for volunteers.

Where does the Senior Center get its recipes?

"We've gathered recipes through the years," Johnson said. "Some are recipes that people bring us. Did you know we have soups named after people?"

Johnson points out that Jean's ham and bean soup is named after staff member Jean Harm who was the kitchen manager at Heritage Towers for many years. Carolyn's sea-

food bisque is named for Carolyn Benepe who ran the XL Restaurant before becoming the kitchen manager and registered dietitian at the Senior Center for many years.

"Man, is the soup really good!" Wells said. "I especially like the tomato dill and the bisques are really good."

No matter what the name, the Senior Center soups are good.

A quick primer to types of soups

Bisque — (pronounced bisk). A rich, creamy soup typically made with shellfish, especially lobster although there are many bisque recipes that do not have seafood.

Broth — A soup cooked in stock and consisting of meat or vegetable chuck. Rice can often be included in broths. Other names for a broth-based soup: stock, bouillon, consommé and soup.

Chowder — A rich soup that uses flour as a thickening agent and typically containing fish, clams or corn with potatoes and onions.

Stew — A stew can include any combination of vegetables such as carrots, potatoes, onions, beans, peppers and tomatoes or meat that are cooked together and served in a resulting gravy.

CENTER STAGE

Goose Creek Transit update

There is a lot going on at Goose Creek Transit this fall. Formerly known as the Sheridan Mini-Bus, we have recently changed our name and our look. You may have noticed our new image on our buses rolling around town. They are pretty hard to miss with their green and blue color scheme with the big goose



STEVE AINSLIE

on the side taking flight. These buses are actually wrapped in big sheets of vinyl that are printed off a large color printer.

Eight out of our 12 buses have received the new look and the other four will be finished before winter.

We are also getting a well needed addition to our bus storage facility. We are adding vehicle storage space so we can get all of our equipment inside without having to squeeze the buses so tightly together. Included with this addition will be a maintenance bay for minor repairs and a wash bay that will improve our ability to keep our buses clean.

The construction has been interesting to watch and the disruption from noise and power outages have been minimal. The contractor and his crew have done a great job so far. One of the most exciting additions with the new construction will be a backup generator. We've never had one and when the power shuts off, we really have to scramble to stay in touch with our drivers and riders.

We at Goose Creek

Transit want everyone to know that we will still be providing the same transportation service the Sheridan Mini-Bus was known for. The same friendly drivers will continue to help get you to your destination. And our service is available to everyone. We are truly "public transportation."

The price for a ride will remain the same at \$2.50 per ride for people 60 years of age and older and \$4 per ride for people under 60. We still ask that you call to reserve your ride a day in advance and before 3 p.m. That will allow us to serve our riders in the most efficient way possible.

We also still provide trips to Billings on Wednesdays for medical appointments. And the roundtrip price of \$35 is also unchanged. So if you have a medical appointment in Billings and want to leave the driving to us, give us a call as soon as you have made your appointment. It's very helpful if those appointments fall between 10 a.m. and 2 p.m. We typically have two or three people going so if the appointments can all fall in the middle of the day, then it shortens the trip for everyone.

And we have a new phone number. You can now call 675-RIDE (7433) to get in touch with us. Our old number will still work for a few more months but eventually will be disconnected. So remember our number and think of us the next time you need a ride.

STEVE AINSLIE is the transportation director for Sheridan's public bus service, Goose Creek Transit. Center Stage is written by friends of the Senior Center for the Sheridan Community. It is a collection of insights and stories related to living well at every age.

SENIOR CENTER HAPPENINGS

- Adult children with older parents: Waiting to plan or act until a loved parent who may need long-term care coverage under Medicaid is too late. Plan ahead. Join Sheridan attorney Mark Pierce at the Senior Center on Oct. 4, 5:30-7 p.m. No need to call ahead. This presentation is offered free to the community in a collaborative partnership through the Sheridan Senior Center's "When I'm 64...or more" life planning lecture series.

- Have you been married 50 years or longer? Let us celebrate you at the Golden Age Dinner featuring prime rib on Saturday evening Oct. 15 at the Senior Center. You must reserve and pay for your tickets in advance. Payment reserves your spot. Tickets went on sale Sept. 30 at the Senior Center front desk. The cost is \$15 per person. Checks, cash and credit cards are accepted. Phone-in reservations are accepted with credit card, 672-2240. No reservations can be taken after Friday, Oct. 7.

- Are you getting the maximum benefits from your Medicare Part D prescription coverage? Don't throw your money out the window or get caught in changes in the New Year. A review of your Medicare prescription coverage could help you stretch your dollars. Free review of your Medicare Part D prescription coverage will be available at the Senior Center. Appointments are required by calling 672-2240. Don't wait and be locked out of this valuable and free service.

- Veterans, please allow us to put your military profile on the Sheridan Senior Center's Wall of Honor. We are conducting interviews with veterans Sept. 26 - Oct. 21. Please plan to make an appointment by calling 672-2240 to share your story and be photographed to be placed on our Wall of Honor during Veterans Day week. If you have wonderful photos of you in uniform, we will scan your photo and return it to you.

Sheridan Senior Center
Celebrating 40 Years of Service!

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Fun and Food
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Entrees and kiosk include sides, dessert and drink.
Entrée Choice*

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Mon - Sweet & Sour Pork over Rice	
Tue - Teriyaki Steak	
Wed - Parmesan Fish and Tartar Sauce	
Thu - Ham & Macaroni Bake	
Fri - Beef Pot Roast	
Sat - Pork Chop Supreme	

*entrée only offered for Home Delivered Meals

Tue - Tai Chi	8:30 a.m.	Community Room
"Your Assets & Medicaid"	5:30 p.m.	Dining Room
Wed - Ladies Only Pool	2:00 p.m.	Rec Room
Fri - Bridge	12:30 p.m.	Community Room
Sat - Pinochle Dbl Deck	1:00 p.m.	Lobby

Lunch Service Hours: 11:30 a.m. to 12:45 p.m.,
7 days a week

211 Smith Street Sheridan, WY 82801 (307) 672-6079
Senior Center Main Phone: (307) 672-2240



"What's better than hangin' with the ones that know your old jokes and laughs anyway!"
- Jack Vernon

Soup Kiosk

Stop by our Soup and Salad Bar Monday through Friday to check out our homemade soup of the day!

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