

Greetings of Winter Snow and Coldness,

With it being so cold it's easy to reduce our activity and stay snuggled up where its warm. But there are so many exciting things are happening this month in our community to entice us out of our blanket cocoons and bring us joy!

From Chandler hosting Grand Kyiv Ballet: The Nutcracker on December 12 to our regular SASH weekly events (even though we aren't meeting between Dec 20 and Jan 2)

It's not too late to get your flu shot or COVID vaccine for this season, if you have not done so already. Need help making an appointment? I am glad to help.

VCIL (Vermont Center for Independent Living) may be able to help you, and a caregiver, get caught up on other vaccines as needed if you are unable to travel. Call VCIL directly at (802) 224-1818

We have tasty recipes this month to entice the palate and some pen and paper activities in this edition to keep our minds sharp.

Let's be like the snowflakes and

“Snowflakes are one of nature's most fragile things, but just look what they can do when they stick together.”

Vesta Kelly

stick together to make this winter time of encouraging each other.

In Joy and Health,

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Eat Better for Heart Health: Heart Healthy Recipes from the American Heart Association

Chicken Noodle Soup

3 two cup servings



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- 1 teaspoon olive oil
- 2 medium carrots, thinly sliced
- 1 rib of Celery, sliced
- ½ small onion (or ¼ cup frozen diced onions or 2 tablespoons dried onion flakes)
- 2 cups fat-free, low sodium/salt free chicken broth
- ¾ lb. boneless chicken breast or thigh, cut into small chunks.
- teaspoon
- 1 1/2 cups water
- 1 ½ tablespoons dried or fresh minced parsley
- ½ teaspoon dried thyme

Salt and Pepper to taste
6 oz dried “No Yolk” egg noodles

1. Sauté Carrots, Celery and Onion in olive oil. Until tender.
2. Add Broth, Water and Herbs and chunks of raw chicken.
3. Simmer until chicken is cooked to internal temperature of 165° for about 35-40 minutes.

African Peanut and Greens Stew

4 Servings



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- 2
- teaspoons olive oil
- 1 small onion (chopped)
- 2 medium garlic cloves (minced)

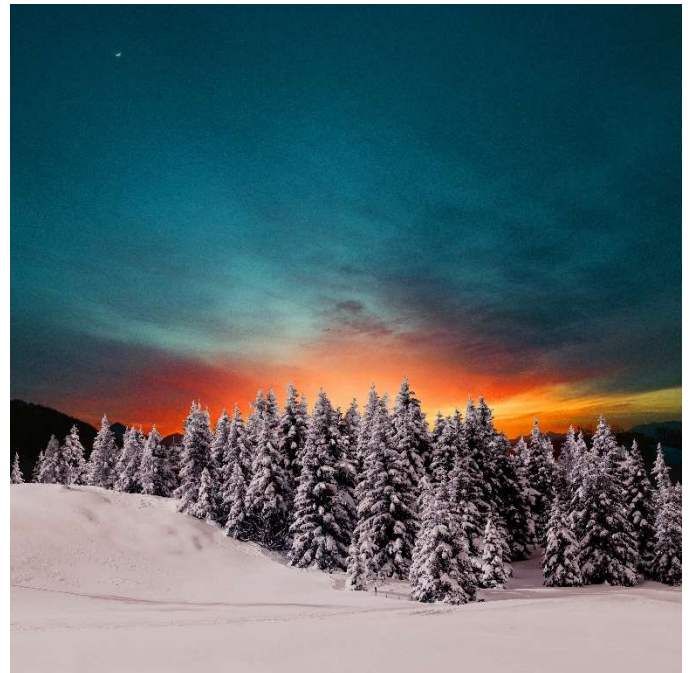
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1 medium fresh jalapeño (seeded, ribs discarded, chopped)
3 1/2 cups fat-free, low-sodium vegetable broth
1/4 cup creamy, low-sodium peanut butter
1 teaspoon light brown sugar
1/2 teaspoon ground ginger
1/4 teaspoon salt
1/4 teaspoon black pepper
1 pound red potatoes (about 4 medium), cut into 1-inch pieces
12 ounces frozen puréed winter squash, such as butternut or acorn, thawed, or 12 ounces canned solid-pack pumpkin (not pie filling)
10 ounces frozen chopped collard greens, thawed and squeezed dry





1. In a large saucepan, heat the oil over medium heat, swirling to coat the bottom. Cook the onion and garlic for 2 to 3 minutes, or until tender-crisp, stirring occasionally. Stir in the jalapeño. Cook for 1 to 2 minutes, or until the
2. jalapeño is tender-crisp, stirring occasionally.
3. Stir in the broth, peanut butter, brown sugar, ginger, salt, and pepper. Increase the heat to medium high and

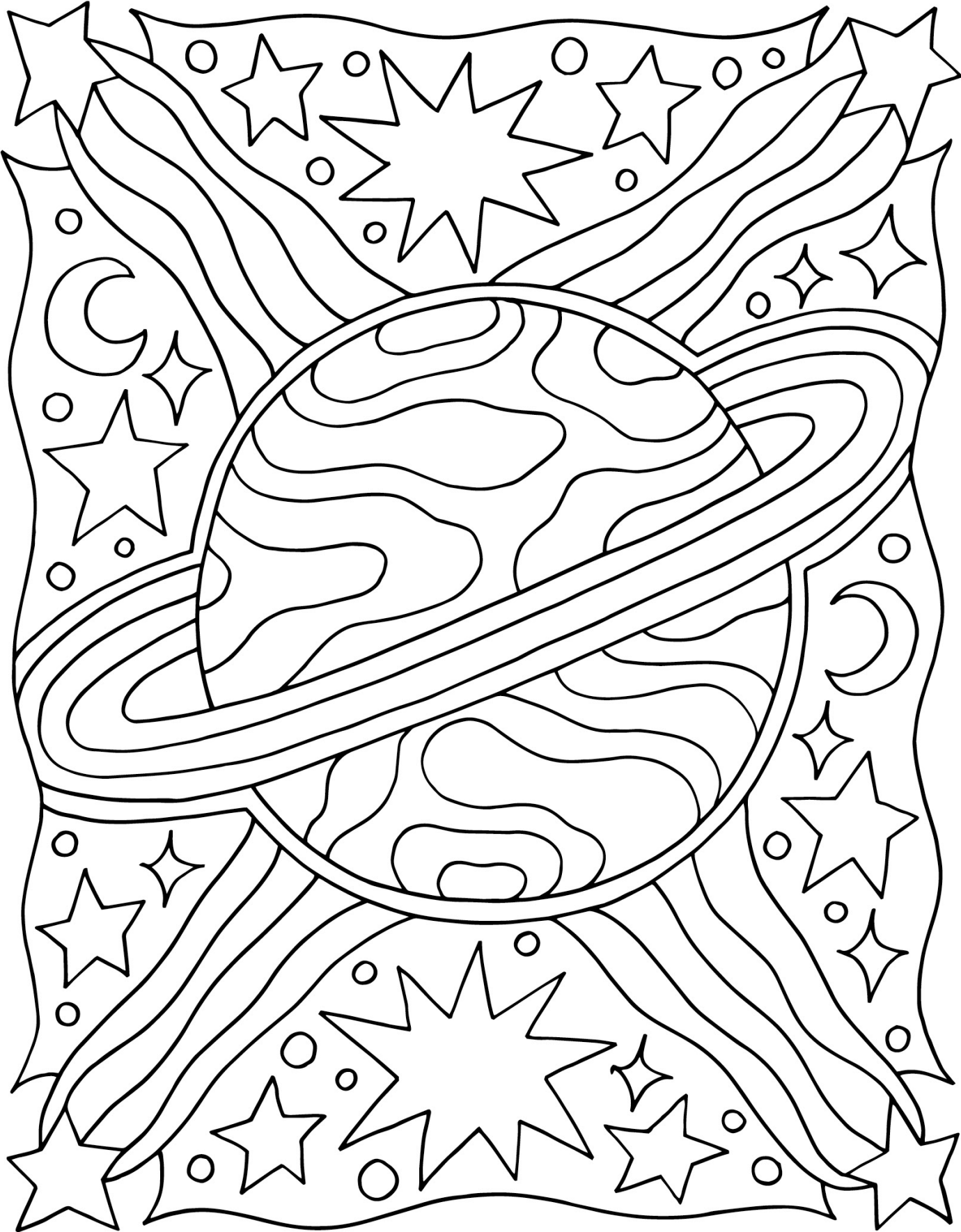
bring to a simmer, whisking occasionally to distribute the peanut butter.

4. Stir in the potatoes. Reduce the heat and simmer, covered, for 15 minutes, or until the potatoes are tender when pierced with the tip of a sharp knife or a fork.
5. Stir in the squash and collard greens. Increase the heat and simmer, uncovered, for 5 minutes, or until heated through.



Upcoming Weekly SASH Events

<p>Tuesdays</p> <p>1:30 PM</p>	<p>Bone Builders</p> <p>Join us in the activity room at Randolph House for fun and gentle exercise that is clinically proven to improve bone density if done 2-3 times per week. Take the regular Tri Valley Bus over if you live elsewhere.</p> <p>Between Dec 20 and Jan 2 meetings are canceled.</p> <p>One hour per session. Free.</p>	
<p>Thursdays</p> <p>1:30 PM</p>	<p>Cabin Fever</p> <p>Come on down to the Randolph House Activity Room (take the bus over and back home if you live at Joslyn House or Red Lion. We play a game. Share a poem or short story and talk about life in a safe space. No judgements and all that is said stays in the room.</p>	
<p>Fridays</p> <p>1:30 PM</p>	<p>Bone Builders</p> <p>Join us in the activity room at Randolph House for fun and gentle exercise that is clinically proven to improve bone density if done 2-3 times per week. One hour per session. Free</p>	
<p>Fridays</p> <p>4:00 PM</p>	<p>Technology Drop-in</p> <p>Got technology questions? Stop in to Joslyn House on the Round Porch between 4:00 PM and 5:00 PM</p>	



Poetry Page

One Art

By [Elizabeth Bishop](#)

The art of losing isn't hard to master;
so many things seem filled with the intent
to be lost that their loss is no disaster.

Lose something every day. Accept the fluster
of lost door keys, the hour badly spent.
The art of losing isn't hard to master.

Then practice losing farther, losing faster:
places, and names, and where it was you meant
to travel. None of these will bring disaster.

I lost my mother's watch. And look! my last, or
next-to-last, of three loved houses went.
The art of losing isn't hard to master.

I lost two cities, lovely ones. And, vaster,
some realms I owned, two rivers, a continent.
I miss them, but it wasn't a disaster.

—Even losing you (the joking voice, a gesture
I love) I shan't have lied. It's evident
the art of losing's not too hard to master
though it may look like (*Write it!*) like disaster.

