

Winter Greetings!

Its been a long cold winter! What better time to do something to stretch—either your brain or your body (or both)!

We've been surrounded by cold weather, concerning news of the world and all sort of normal stressors. Finding balance can be difficult in so many parts of life.

But we do have things we can control:

- We can focus on fueling our bodies with healthy food choices.
- We can do things that bring us joy.
- We can work on getting a good amount of sleep.
- We can be good to our neighbors, families, and ourselves.

How can you show appreciation people in your life this month?

Want to get out more? See the monthly calendar for activities.

JOKE:

Hey Phil!

Can you just *gopher* an early spring this year?

Not all of us have a fur coat.

Want to try something tasty? See Recipes for Heart Healthy, Budget Friendly Foods.

In Joy and Health,

Ann Howard SASH Coordinator

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

Sweet Potato Hash (InstaPot)

2 one cup servings



1 teaspoons canola or corn oil
¼ medium onion, chopped
2 medium sweet potatoes,
peeled, cut into 1/2-inch cubes
1/4 medium green or red bell
pepper, chopped
1/3 cup fat-free, low-sodium
vegetable broth
1 teaspoons minced garlic
1 teaspoons smoked paprika
1/2 teaspoon ground cumin
1/2 teaspoon dried thyme,
crumbled
1/4 teaspoon pepper (coarsely
ground preferred)
Salt to taste
2 large eggs

Red hot-pepper sauce to taste
(optional)

1. Heat the oil in the pressure cooker on sauté. Cook the onion for 3 minutes, or until soft, stirring frequently. Turn off the pressure cooker.
2. Stir in the potatoes, bell peppers, broth, garlic, paprika, cumin, thyme, pepper, and salt. Secure the lid. Cook on high pressure for 3 minutes. Quickly release the pressure. Turn off the pressure cooker.
3. Remove the lid of the pressure cooker. Crack one egg into a small bowl. Using the back of a spoon, make a small well in the potatoes, pushing the potatoes aside. Slip the egg into the well. Repeat with the remaining egg, making a separate well for each. Secure the lid with the pressure vent open. Cook on sauté for 2

minutes. If the eggs are not cooked to the desired consistency, re-cover the pressure cooker. Let stand on keep warm for 2 minutes, or until the eggs are cooked to the desired consistency. Serve the hash sprinkled with a dash of hot-pepper sauce.

Fish and Vegetable Soup

2 Servings



Medium onion (cut into 1/2-inch pieces)

1 stalk celery (cut into 1/2-inch pieces)

1 medium carrots (cut into 1/2-inch pieces)

1/4 tsp. **hot sauce** (may also use less to reduce spiciness), optional

1/8 tsp. black pepper

1/4 lb. **Winter squash** (butternut or acorn squash), peeled, cut into 1-inch cubes

1/2 lb. unpeeled potatoes (cut into 2-inch pieces)

1/2 lb. fresh, or, frozen, thawed salmon (cut into 1-inch pieces)

2 cups fresh or frozen **greens** (spinach, chard, green cabbage, mixed greens such as kale-spinach-mustard leaf mixtures).

Spinach or frozen greens can be used whole, green cabbage and other tougher greens should be chopped into 1/2 inch strips

4, 6-inch round **corn tortillas**, warmed on a grill or microwave

1/8 tsp. salt (to taste)

2 Tbsp. fresh cilantro (chopped, optional)

1. Make a vegetable stock by combining 1/2 of the onions, celery and carrots and putting them in a pot with 2 quarts of water. Bring to a boil, cover, lower heat and simmer for 15-30 minutes. Remove the vegetables and set aside to add back later.

2. In the water that was used to cook the vegetables add the winter squash, potatoes and the other half of the onions, celery and carrots, garlic and tabasco sauce (optional).
3. Cook the soup until the winter squash and carrots are tender and can be pierced with a fork, about 15 minutes. If using cabbage, add it after the winter squash and carrots have been cooking for 10 minutes, so that it can get tender, before you add the next ingredients.
4. Add the salmon pieces and cook for 2-3 minutes, until the fish turns opaque.
5. Add the vegetables used to make the vegetable stock back into the soup.
6. Add the fresh or frozen greens and cook for 2-3 minutes until they turn bright green and get tender.
7. Taste the soup and ONLY if it needs it, add the salt.
8. Serve in bowls and garnish with the cilantro.

9. Serve with the warm tortillas to dip in the soup.

Feeling so blue?

Like to try something new?

Write a Haiku.

Haiku is a form of poetry originally from Japan.

Its only three lines.

The first line has four syllables.

The second has six syllables.

And the last has four syllables.

(The easy way to count syllables is to put your hand under your chin and count the number of times your chin touches your hand when you say a word.)





Typically, Haiku are profound and often relate nature and life.

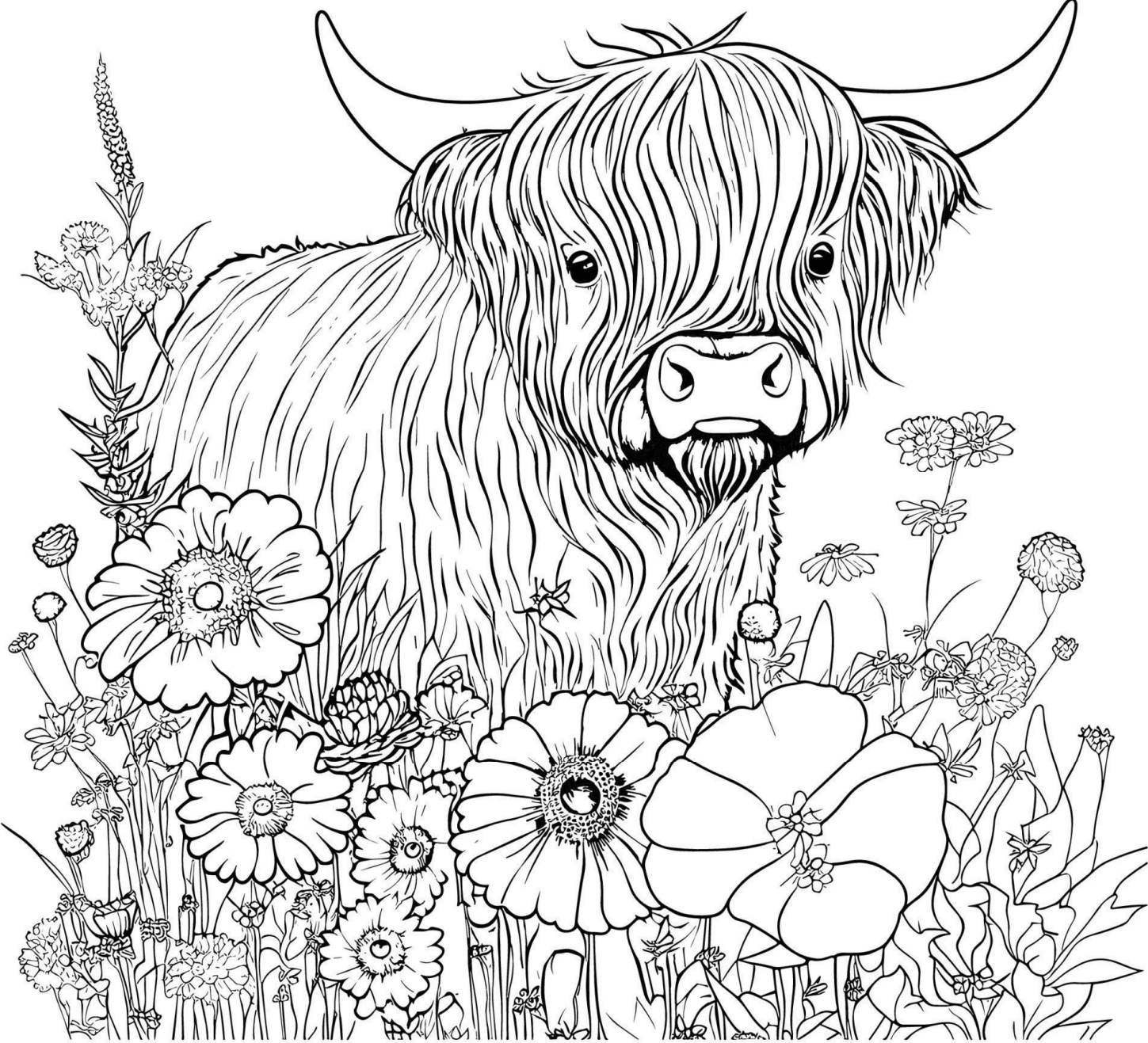
If you want to write your own Haiku and see it published in the SASH Flash submit them to

Ann@racdc.com or SASH 16 Maple Street Randolph, VT 05060

Or place them under the SASH office door.

Upcoming Weekly SASH Events

<p>Monday 2:00 PM</p>	<p>Tea and Talking at Joslyn House talk about life in a safe space. No judgements and all that is said stays in the room.</p>	
<p>Tuesdays 1:30 PM</p>	<p>Bone Builders 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.</p>	
<p>Thursdays 1:30 PM</p>	<p>Cabin Fever Randolph House Activity Room. We play games, share poems or short stories and talk about life. Safe Space. Leave your judgements of others at the door when you come and leave anything shared when you leave.</p>	
<p>Fridays 1:30 PM</p>	<p>Bone Builders Randolph House Activity Room 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>	



February 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 2:00 Tea and Talking Joslyn House	4 1:30 Bone Builders	5	6 1:30 Cabin Fever	7 1:30 Bone Builders	8
9	10 2:00 Tea and Talking Joslyn House	11 1:30 Bone Builders	12	13 10:00 Veggie Van Go 11:00 Red Lion Blood Pressure Clinic 12:30 Randolph House BP Clinic 1:30 Cabin Fever	14 9:30 Tai Chi Intro RH Cheri Landi 1:30 Bone Builders 11:00 Party RH Valentines and Fraud Presentation with Bar Harbor Staff	15
16	17 2:00 Tea and Talking Joslyn House	18 1:30 Bone Builders	19	20 1:30 Cabin Fever	21 7:30 Veggies and Commodities 9:30 Tai Chi Intro RH Cheri Landi 1:30 Bone Builders	22
23	24 2:00 Tea and Talking Joslyn House	25 10:30 Pantry Staple Bingo Randolph House Activity Room 1:30 Bone Builders	26	27 10:30 SASH Wellness Video "What is Blood Pressure?" Randolph House Comm. Room 1:30 Cabin Fever	28 9:30 Tai Chi Intro RH Cheri Landi 1:30 Bone Builders	



Valentine's Word Search



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|------------|------------|
| AFFECTION | HEART |
| BOYFRIEND | HUG |
| CARD | KISS |
| CHOCOLATE | LIKE |
| CRAZY | LOVE |
| CRUSH | POEM |
| CUPID | ROMANCE |
| FLOWERS | ROSE |
| FRIEND | SWEETHEART |
| GIRLFRIEND | VALENTINE |

