

Happy New Year!

Now is a good time to take the energy, excitement and expectations of the new year and reflect on last year and plan for this next year. My focus for the new year is supporting participants in goal setting. This year is a blank state. While we can't know all the challenges we'll face, we know the type of challenges we've faced in the past and how those things often progress and we can set goals to help us get ready.

What goals do you have?

What are things you enjoy?

What brings you joy?

Are there things holding you back?

Do you have plans to take care of your health?

How can SASH help you set and meet your goals?

In Joy and Health,

Ann Howard SASH Coordinator

“We delight in the beauty of the butterfly, but rarely admit the changes it has gone through to achieve that beauty.”

— Maya Angelou

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

Olive Oil Mashed Potatoes

4 half cup servings



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4 medium potatoes halved or
cut into 2-inch pieces
2 medium garlic cloves
1 tablespoon olive oil (extra
virgin preferred)
Salt and Pepper to taste
1/4 cup chopped green onions

1. Put the potatoes, garlic, and salt in a large saucepan. Pour in enough water to cover the potatoes. Bring to a boil over high heat. Boil for 15 to 20 minutes, or until the potatoes are soft. Transfer the potatoes and garlic to a colander. Drain well. Return them to the pan. Mash potatoes and garlic well. Drizzle with olive oil. Serve with roasted vegetables and lean protein.

Air Fried (unfried) Chicken

2 Servings



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2 1/4 cup all-purpose flour
1 tablespoon minced fresh parsley
OR 1 teaspoon dried parsley,
crumbled
1/4 teaspoon ground oregano
1/8 teaspoon pepper

1/8 teaspoon cayenne (optional)
OR 1/8 teaspoon crushed red pepper flakes (optional)
1/4 to 1/2 cup low-fat buttermilk
1/4 tablespoon red hot-pepper sauce, or to taste (optional)
2 1/2 tablespoons finely crushed whole-grain crispbread or whole-grain crackers (lowest sodium available) or whole-wheat panko (Japanese-style bread crumbs)
2 1/2 tablespoons shredded or grated Parmesan cheese
2 boneless, skinless chicken breasts (about 4 ounces each), all visible fat discarded, flattened to 1/4-inch thickness, patted dry with paper towels

Cooking spray

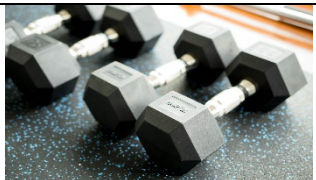
1. Preheat the air fryer to 390°F.
2. In a shallow dish or pie pan, whisk together the flour, parsley, oregano, pepper and cayenne.
3. In a separate shallow dish or pie pan, whisk together the buttermilk and hot sauce.
4. In a third shallow dish or pie pan, stir together the crispbread crumbs and Parmesan.
5. Set the dishes and a large plate in a row, assembly-line

fashion. Dip the chicken in the flour mixture, then in the buttermilk mixture and finally in the crumb mixture, turning to coat at each step and gently shaking off any excess. Using your fingertips gently press the crumb mixture so it adheres to the chicken. Place the chicken on the plate. Cover and refrigerate for 30 minutes to 4 hours.

6. Lightly spray the chicken with cooking spray. Arrange the chicken in a single layer in the air fryer basket. (Don't overcrowd; work in batches as needed.) Cook for 10 to 15 minutes, or until the chicken is no longer pink in the center and the top coating is golden brown, turning once halfway through and lightly spraying with the cooking spray.

Note: If you don't have an air fryer, just bake on a baking sheet in your oven at 350°F until internal temperature of 140°F and chicken is crispy. For about 25 minutes.

Upcoming Weekly SASH Events

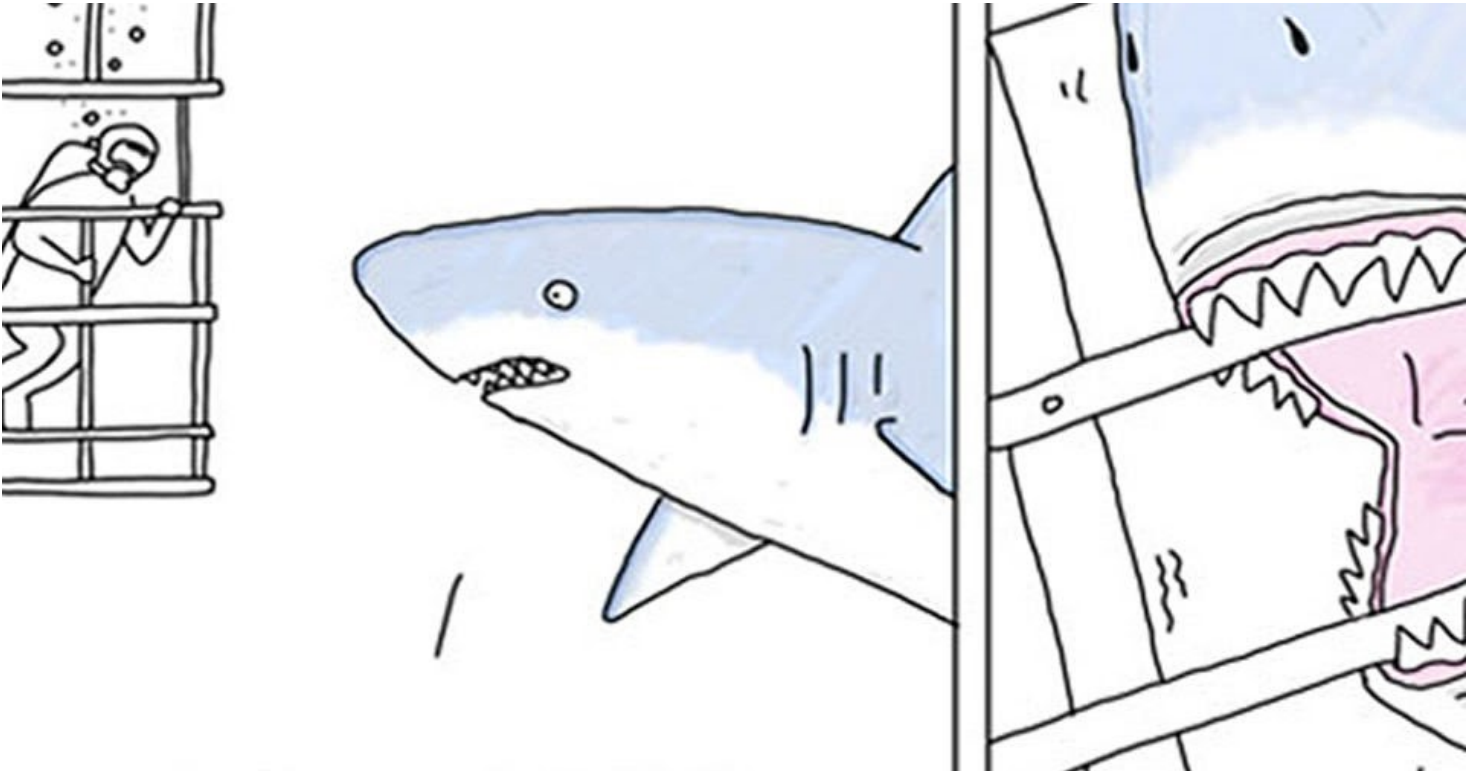
<p>Tuesdays</p> <p>1:30 PM</p>	<p>Bone Builders</p> <p>Join us in the activity room at Randolph House for fun and gentle exercise that is clinically proven to improve bone density if done 2-3 times per week. Take the regular Tri Valley Bus over if you live elsewhere.</p> <p>Between Dec 20 and Jan 2 meetings 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.</p> <p>One hour per session. Free</p>	

SASH is looking for volunteers to hold movie nights at Randolph House and Red Lion Inn.



January 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 1:30 Cabin Fever	3 1:30 Bone Builders	4
5	6	7 1:30 Bone Builders	8	9 10:00 Veggie Van Go 1:30 Cabin Fever	10 1:30 Bone Builders	11
12	13	14 1:30 Bone Builders	15	16 11:00 Red Lion Blood Pressure Clinic 12:30 Randolph House BP Clinic 1:30 Cabin Fever	17 1:30 Bone Builders	18
19	20	21 1:30 Bone Builders	22	23 1:30 Cabin Fever	24 7:30 Veggies and Commodities 1:30 Bone Builders	25
26	27	28 10:30 Pantry Staple Bingo Randolph House Activity Room 1:30 Bone Builders	29	30 10:30 SASH Wellness Video "What is Blood Pressure?" Randolph House Comm. Room 1:30 Cabin Fever	31 1:30 Bone Builders	



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