



# SASH FLASH

## CONTACT US:

Call Josie at  
(541) 306-9797  
(802) 728-3310



KEEPING YOU HAPPY, HEALTHY AND CONNECTED!

**FEBRUARY-MARCH 2021**

## WARMING WINTER SQUASH & LENTIL STEW

### Ingredients:

- 2 medium shallots, thinly sliced.
- 1 tablespoon finely chopped fresh ginger, peeled.
- 1 tablespoon vegetable oil.
- 1 teaspoon ground coriander.
- 1 small butternut squash, peeled and cut into 1 1/2 inch chunks.
- 1 lb. green lentils.
- 6 cups chicken or vegetable broth.
- 5 cups packed baby spinach.
- 1 tablespoon cider vinegar.



### Instructions:

- 1) In a pressure cooker pot on medium heat cook shallots and ginger in oil 5 minutes or until shallots are golden.
- 2) Add coriander and cardamom; cook 1 minute stirring.
- 3) Add squash, lentils, broth and 1/4 teaspoon salt.
- 4) Cover, lock and bring up pressure to high. Then adjust heat to medium-low. Cook 12 minutes then release pressure by using quick-release function.
- 5) Stir in spinach, vinegar and 1/2 teaspoon salt and 1/2 teaspoon pepper.

### Marilynn's Tips:

Soak the lentils overnight and they will cook faster. If you don't have a pressure cooker you can cook the stew on the stovetop but adjust time to 20-30 minutes

RECIPE FROM GOODHOUSEKEEPING PROVIDED BY MARILYNN

## SMOKY SLOW COOKER BLACK BEAN SOUP

### Ingredients:

- 2 tablespoons olive oil.
- 2 medium carrots, chopped.
- 2 stalks celery, sliced.
- 1 medium onion, finely chopped.
- 1/4 cup tomato paste.
- 3 cloves garlic, crushed.
- 1 1/2 teaspoon ground cumin.
- 3 cups lower-sodium vegetable or chicken broth.
- 3 cans (15 oz. each) black beans, undrained.
- (OPTIONAL) 1 cup frozen corn, avocado chunks and cilantro for serving.



### Instructions:

- 1) In 12-in. skillet, heat oil on medium-high. Add carrots, celery and onion. Cook 6-8 minutes or until starting to brown stirring occasionally.
- 2) Add tomato, garlic paste and cumin. Cook, stirring 1-2 minutes or until garlic is golden and tomato paste has browned.
- 3) Stir in 1/2 cup broth.
- 4) Transfer contents of skillet into 6 or 8 quart slow cooker bowl along with beans, corn and remaining broth.
- 5) Cover and cook on high for 4 hours or low for 6 hours.

RECIPE FROM GOODHOUSEKEEPING PROVIDED BY MARILYNN

## VACCINE CLINIC REMINDERS

Before the upcoming vaccine clinic on **February 12** Josie and Erin will come around with another copy of the VAR form. You will fill this out as you did the first time and bring it with you as well as your Medicare or other healthcare card on the day of the clinic.

We will follow the same procedures on the day of the clinic. If you have any feedback on how the last clinic went please call Josie.



## UPCOMING EVENTS

**Veggie Van-Go:** Thursday, February 11th

**Next Vaccine Clinic (with Walgreens):**  
Friday, February 12th

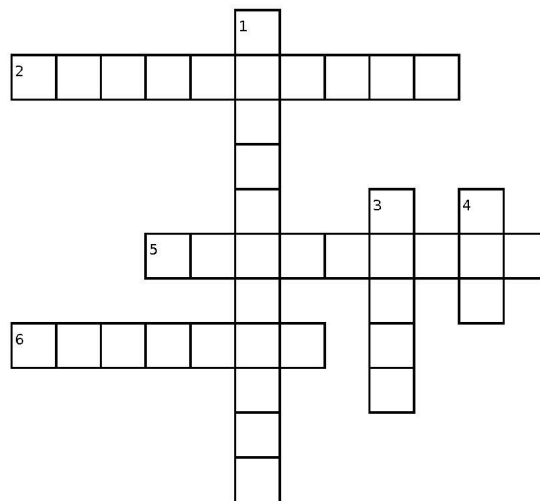
**Commodities Delivery:** Friday, February 26th



## FIND BERNIE!

At the inauguration ceremony Vermont Senator Bernie Sanders made headlines for his warm attire, including homemade mittens made by a local VT schoolteacher. Bernie is hidden in 5 spots in this SASH Flash, can you find them all?

## A VERY VERMONT CROSSWORD PUZZLE



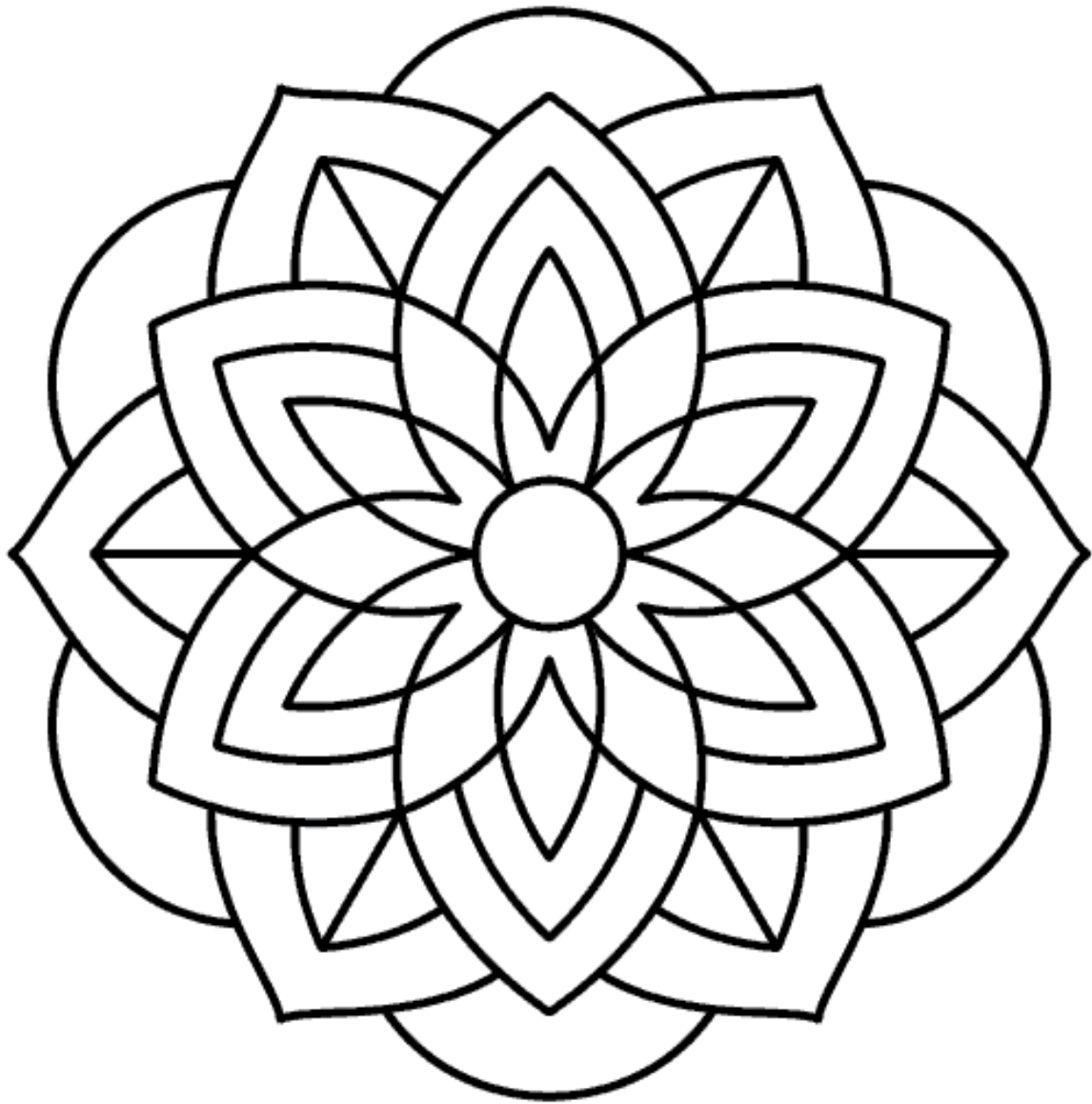
### Down:

1. they created Cherry Garcia.
3. a Vermont town famous for it's cheese.
4. an udderly Vermont farm animal.

### Across:

2. a state capital as good as gold.
5. during this season you may be sinking while the sap is rising.
6. a unique cold vermont dessert treat.

TAKE A BREAK AND ENJOY  
COLORING IN THIS FLOWER



# CONVERSATION STARTERS FOR A CHAT WITH A FRIEND

Have you tried any new recipes recently?

Have you read anything good recently?

What's something you're looking forward to this week?



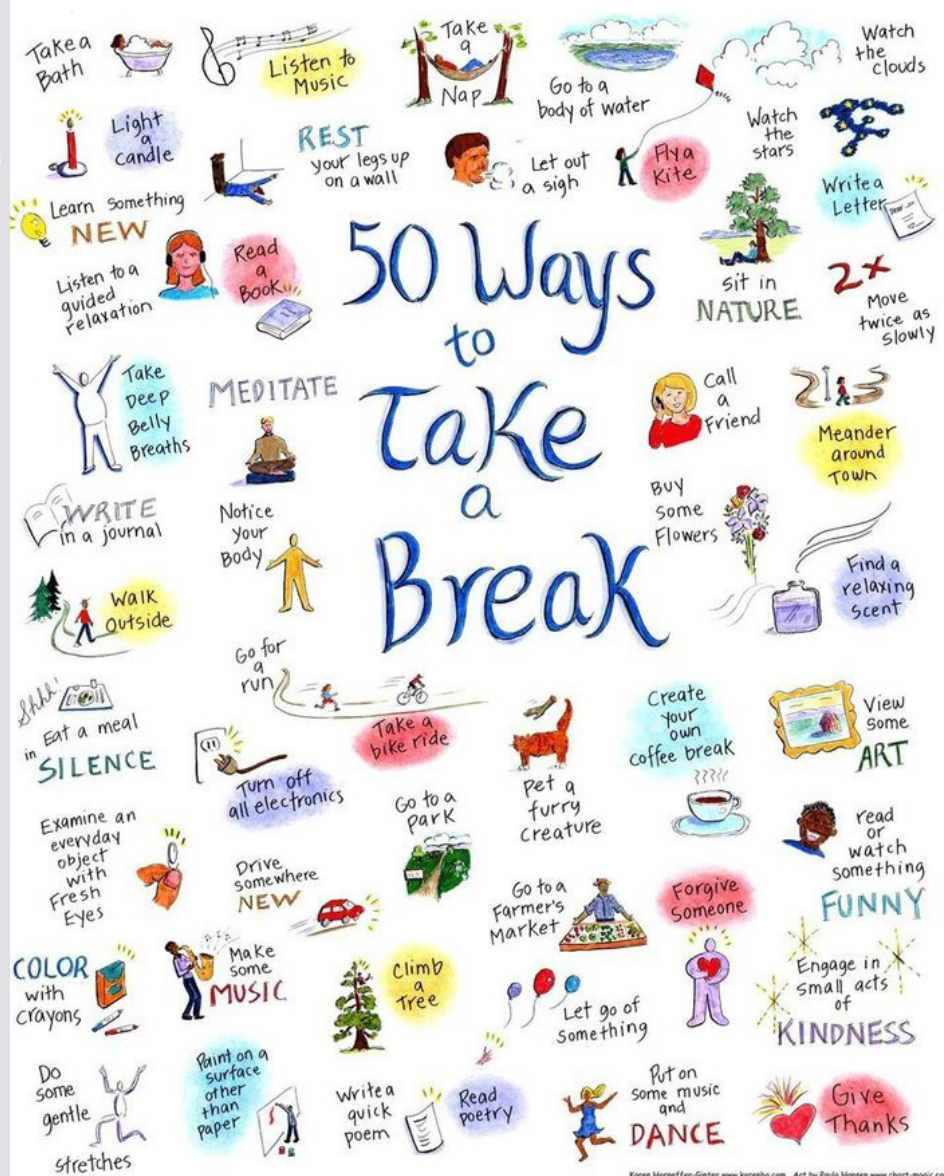
## POEM CELEBRATION

Submit a poem that you love either that was written by somebody else or written by you and we'll make it into a booklet to share.

## VERMONT WORD SEARCH

S	E	F	R	G	N	H	N	F	P	T	E	R	S
P	E	P	A	K	K	A	M	K	M	N	I	S	E
P	C	E	D	T	E	U	D	H	D	N	I	M	O
G	E	A	D	E	E	C	G	R	E	E	G	R	T
T	M	M	E	N	A	N	M	O	E	E	M	R	G
S	E	O	H	D	A	I	R	Y	A	R	H	C	E
E	G	U	C	R	G	I	R	Y	L	G	I	P	S
R	N	N	T	A	R	M	D	R	O	D	T	T	M
O	I	T	H	M	A	C	E	I	F	S	A	S	N
F	K	A	E	C	N	H	H	R	L	K	R	T	D
K	I	I	C	R	I	A	N	D	A	E	P	D	R
S	H	N	I	R	T	M	A	K	K	D	G	P	R
A	L	S	M	A	E	P	A	N	E	M	R	E	I
A	U	H	S	L	M	A	P	L	E	O	H	D	R

CHEDDAR MOUNTAINS  
GREEN LAKE  
HIKING MAPLE FOREST  
DAIRY GRANITE CHAMP



## WAYS TO SELF-SOOTHE

- Try a breathing exercise.
- Take a warm shower or a long bath.
- Wrap yourself in layers of blankets.
- Lay down and stretch out your body.
- Visualize a calm place or happy memory.
- Drink something warm.
- Let yourself cry if you need to.
- Put on your most comfortable clothes.



## RANDOLPH AREA MUTUAL AID NETWORK (RAMAN)

In need of some extra assistance? RAMAN may be able to help with things such as:

- Errands and food shopping/pickup.
- Extra cloth masks.
- Prescription pickups.
- Referrals to other community organizations.
- And more!

Call (802) 727-0092 to request a form or visit <https://racdc.com/covid19#ramanorgs>.



## YOU MIGHT BE A VERMONTNER IF...

You've switched from heat to A/C and back in one day.

You refuse to have fake maple syrup.

You know there are 5 seasons: Summer, Fall, Winter, Mud Season, Winter Part 2.

You think 45 degrees is warm.





# TYPES OF SELF CARE



## PHYSICAL

SLEEP  
STRETCHING  
WALKING  
EXERCISE  
NUTRITION  
YOGA

## EMOTIONAL

STRESS  
MANAGEMENT  
COPING SKILLS  
COMPASSION  
THERAPY  
JOURNALING

## SOCIAL

BOUNDARIES  
SUPPORT  
POSITIVE  
COMMUNICATION  
FRIENDS

## PERSONAL

HOBBIES  
CREATIVITY  
GOALS  
IDENTITY  
AUTHENTICITY

## SPACE

SAFETY  
HEALTHY  
ENVIRONMENT  
STABILITY  
CLEAN SPACE

## SPIRITUAL

TIME ALONE  
MEDITATION  
PRAYER  
NATURE  
SACRED SPACE



# GIFFORD MENTAL HEALTH CARE

This past year has been extremely difficult. Gifford Medical Center offers a range of mental health care services. To learn more about the services available call Gifford Primary Care at (802) 728- 2445.

"WHEN IT IS DARK,  
LOOK FOR STARS"  
-UNKNOWN



## 211 HELPLINE

Looking for community information or referral services?

Simply dial 211 on your phone and you will be connected to the helpline who will direct you or answer your questions.

## RIDDLE

WHAT HAS TO BE BROKEN  
BEFORE YOU CAN USE IT?

(FIND THE ANSWER AT THE  
BOTTOM OF THIS PAGE)

???



## GRATITUDE EXERCISE: WRITE A LETTER

Sit down and write a letter to someone who has exerted a positive influence in your life but whom you have not properly thanked.

The letter doesn't have to be long, but make sure that you're specific about what the person did and how it affected you.

SASH and a SASH participant are planning for a garden to grow fresh organic vegetables to share. Our master gardener is open to requests: What kinds of veggies would you enjoy eating from the garden?



## ALL FOR LAUGHS JOKES



Did you hear about the crook who stole a calendar? He got twelve months.

My friend told me to stop impersonating a flamingo. I had to put my foot down.

What's a frog's favorite type of shoes? Open toad sandals.

WE WANT TO KNOW:  
WHAT WOULD YOU LIKE TO SEE IN A  
FUTURE SASH FLASH?

\*Drop this off in the envelope marked "SASH Flash Feedback" on the Randolph House or Red Lion bulletin boards.

ANSWER TO THE RIDDLE: AN EGG!