

Greetings of Green Grass and Singing Birds!

May has arrived and all the changeable weather that springtime in Vermont brings.

We're seeing more greening and more flowers each day now.

Over the next few editions, I am going to include a list of Pleasant Activities. This is simply a list of activities that people find pleasant. Some are active, some are social, some involve reminiscence and gratitude. The purpose is to remind us of things that can bring us joy and to give us ideas to help distract ourselves when we feel overwhelmingly sad or have upsetting thoughts or are fixated on bad news.

While difficult topics and our disappointments are important parts of life, it's not good to *only* think on things that bring sadness, anger and disappointment. This list is part of the Pearls Program which I have training on to help

**"No winter lasts forever;
no spring skips its turn.
April is a promise that
May is bound to keep, and
we know it."**

– Hal Borland

Seniors eliminate mild depression symptoms. For more information contact me, Ann, your SASH Program Coordinator.

Need a hand? Please contact SASH. Christine and I are both here to help you.

In Joy and Health,

Ann Howard, SASH Coordinator

Contact SASH

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



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Focus on Colorful Vegetables

I remember being told in school that we should try to eat a colorful diet. The American Heart Association agrees! They state, “The best way to get all the vitamins, minerals and nutrients you need is to eat a variety of colorful fruits and veggies. Add color to your plate each day with the Five Main Color Groups.” Its very easy to get into a dietary holding pattern. We have something that we enjoy eating and we keep eating it. This is compounded if we have food allergies, intolerances or aversions. I’ve included a colorful foods word search puzzle at the end of this edition.

(RED) Red Fruits Salad

INGREDIENTS:

1 tablespoon strawberry jam or preserves

1 teaspoon lime juice

Several leaves fresh sliced mint

Several leaves fresh sliced basil

1 pound watermelon, cut into bite-size pieces

1/2 pound strawberries, hulled and quartered (halved if small)

1/2 pound sweet cherries, pitted and halved

4 ounces raspberries

DIRECTIONS:

1. In a large mixing bowl, add strawberry jam or preserves, lime juice, and the sliced basil and mint.
 2. Whisk well to combine.
 3. To this, add the prepped watermelon, strawberries and cherries. Toss to combine.
 4. Lastly add in the raspberries and **gently** toss to combine.
 5. Chill until ready to serve.
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(White, Red, Green) Parmesan Tomato Sauce

Servings 8

INGREDIENTS:

Cooking spray

*1 large eggplant, sliced (about
16 to 20 slices)*

2 medium zucchini, diced

1 medium onion, diced

2 teaspoons olive oil

3 cups sliced button mushrooms

2 tablespoons water

*3 medium garlic cloves (minced)
OR 1 1/2 teaspoons jarred
minced garlic*

1/4 teaspoon pepper

*1 28-ounce can no-salt-added
tomato sauce*

*1 8-ounce can no-salt-added
tomato sauce*

*3 tablespoons chopped fresh
basil OR 1 tablespoon dried
basil, crumbled*

3/4 cup fat-free ricotta cheese

*1 cup shredded low-fat
mozzarella cheese*

*1 cup plain or whole-wheat
bread crumbs OR 1 cup plain or
whole-wheat panko (Japanese
bread crumbs)*

Directions

1. Preheat the oven to 375°F.
Lightly spray a large baking sheet and a 13 x 9 x 2-inch baking dish with cooking spray.
2. Arrange the eggplant, zucchini, and onion in a single layer on a baking sheet. Lightly spray with cooking spray. Cover with aluminum foil. Bake, covered, for 10 minutes. Remove the foil. Bake for 10 minutes.
3. In a small saucepan, heat the oil over medium heat, swirling to coat the bottom. Cook the mushrooms, water, garlic, and pepper for

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6 minutes. Stir in the tomatoes, tomato sauce, and basil. Reduce the heat and simmer for 10 minutes, stirring occasionally.

4. In the baking dish, layer half the tomato-mushroom mixture; half the eggplant, zucchini, and onion; all the ricotta; half the mozzarella; the remaining tomato-mushroom mixture; and the remaining eggplant, zucchini, and onion. Sprinkle the remaining mozzarella over all. Top with the bread crumbs.

5. Bake for 30 to 45 minutes. Let cool for 10 minutes.

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(Red, Orange, Yellow, Green) Stuffed Mini-Peppers

INGREDIENTS:

*6 mini bell peppers red, orange
yellow or/and green bell peppers
1 tablespoons olive oil*

*1/2 cup finely chopped yellow
onion*

1/2 cup finely chopped celery

2 garlic cloves, minced

1/4 teaspoon dried oregano

1/4 red-pepper flakes

1/2 pound ground beef

*1/2 cup chicken or vegetable
broth*

*1 (10-ounce) can diced low
sodium fire-roasted tomatoes or
low sodium Rotel*

1/2 teaspoons salt (optional)

1/2 teaspoon black pepper

1/2 cup cooked white rice

1/2 cup shredded cheese

Chopped chives, for garnish

Directions

Cut the peppers in half lengthwise, and carefully remove the core, seeds, and ribs using a paring knife. Arrange the peppers, cut-sides up, in a 9-by-13-inch pan.

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In a large cast-iron skillet, heat the olive oil over medium heat. Add onions and celery, cooking and stirring occasionally until tender, which should take around 6 to 8 minutes. Stir in the garlic, oregano, and red-pepper flakes, and cook until the garlic is fragrant, approximately 1 minute. Add the beef and cook, breaking it up with a wooden spoon, for 3 to 5 minutes until it's no longer pink. Add broth, increasing the heat to medium-high. Cook while scraping the bottom of the pan until the liquid is reduced by about half. Then, add the tomatoes and their juices, and season with salt and pepper. Bring the mixture to a boil. Remove from heat and stir in the rice. Let sit for one minute then fluff with a fork.

Divide the rice mixture evenly among the peppers.

Pour a couple teaspoons of water or broth in pan with peppers, wrap tightly with foil, and bake for 35 to 40 minutes, or until a

paring knife easily pierces the peppers.

Remove the foil, spoon any accumulated juices onto the peppers, and sprinkle the cheese blend evenly over the peppers.

Bake for another 10 to 15 minutes, until the cheese is melted and beginning to brown.




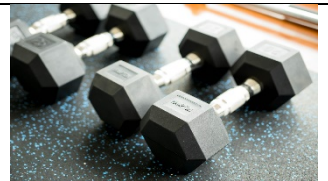
Allow the peppers to cool for 5 minutes, garnish with chives, and serve hot.

We are still looking for participants with Medicaid to sign up for dental cleaning.

Call Ann 728-3310



Upcoming Weekly SASH Events

Tuesdays 1:30 PM	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.	
Thursdays 1:30 PM	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.	
Fridays Restarting May 16th 9:30 AM	Fundamentals of Tai Chi with Cheri Landi. All are welcome! Each class starts with beginner basics and adds more advanced movements as the class progresses. Runs for 8 weeks. See Ann for more information.	
Fridays 1:30 PM	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	

Vermont Parks Forever, the only non-profit foundation for Vermont's 55 state parks, is the first-in-the-nation, privately funded program that will provide **free day-use entry** to Vermont State Parks for over 100,000 income eligible Vermonters this 2025 park season. Participants in 3SquaresVT, Essential Person Program, Fuel Assistance, General

Assistance, Reach Up, Summer EBT or WIC can present their card at the gate for free entry between May and October 2025.



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Some Pleasant Activity Suggestions from the PEARLS Program

1. Soaking in the bathtub
2. Collecting things (coins, shells, etc.)
3. Going on vacation
4. Relaxing
5. Using your finer tableware once a week
6. Going to a movie in the middle of the week
7. Walking
8. Listening to music
9. Buying household gadgets
10. Lying in the sun
11. Laughing
12. Thinking about past travels
13. Listening to others
14. Reading magazines or newspapers
15. Hobbies (stamp collecting, model building, etc.)
16. Spending an evening with good friends
17. Planning a day's activities
18. Meeting new people
19. Remembering beautiful scenery
20. Eating favorite foods
21. Practicing yoga or tai chi
22. Repairing things around the house
23. Working on the car or bicycle
24. Remembering the words and deeds of loving people
25. Spending time with children or young people
26. Doing volunteer work
27. Having a quiet evening
28. Going antique shopping
29. Caring for houseplants
30. Going swimming
31. Doodling
32. Wearing sexy clothes
33. Going to a party
34. Thinking about buying things
35. Playing golf
36. Having discussions with friends
37. Having family get-togethers
38. Having sex
39. Spending time outdoors
40. Going for a drive
41. Singing
42. Arranging flowers
43. Practicing religion or spirituality
44. Losing weight
45. Going to the beach
46. Acknowledging my good points
47. Going to a class reunion
48. Going for a boat ride
49. Traveling
50. Painting
51. Doing something spontaneously
52. Working on textiles (embroidery, needlepoint, weaving, knitting, etc.)
53. Sleeping well
54. Driving a friend someplace
55. Entertaining
56. Going to clubs (garden, bridge, etc.)
57. Singing with a group
58. Flirting
59. Playing a musical instrument
60. Doing arts and crafts
61. Making a gift for someone

May 2025						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3 7:00 pm Movies at Joslyn
4	5	6 1:30 Bone Builders	7	8 10:00 Veggie Van Go 1:30 Cabin Fever	9 1:30 Bone Builders	10 7:00 pm Movies at Joslyn
11	12	13 1:30 Bone Builders	14	15 1:30 Cabin Fever	16 10:00 am Tai Chi Intro RH Cheri Landi 1:30 Bone Builders	17 7:00 pm Movies at Joslyn
18	19	20 1:30 Bone Builders	21	22 11:00 Blood Pressure with Christine Red Lion 12:00 Blood Pressure at Randolph House 1:30 Cabin Fever	23 7:30 Veggies and Commodities 10:00 am Tai Chi Intro RH Cheri Landi 1:30 Bone Builders	24
25	26 Memorial Day	27 10:30 Bingo Randolph House Activity Room 1:30 Bone Builders	28	29 1:30 Cabin Fever	30 10:00 am Tai Chi Intro RH Cheri Landi 1:30 Bone Builders	31 7:00 pm Movies at Joslyn

