



The Scoop



April
is
National
Volunteer
Month

HELLO
SPRING



3SquaresVT:
putting healthy
food on your
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White Bean and Barley Soup with Tomatoes and Greens

Ingredients

- 3 tablespoons olive oil, plus more for serving
- 1 large onion, chopped
- 3 cloves garlic, chopped
- salt and black pepper
- 6 cups low-sodium vegetable broth
- 1 28-ounce can whole peeled tomatoes, crushed
- 1 cup pearl barley, rinsed
- 1 small bunch collard greens or kale, stems discarded and leaves cut into strips (4 cups)
- 1 15-ounce can cannellini beans, rinsed
- ½ cup finely grated Parmesan (about 2 ounces), plus more for serving



Directions

1. Heat the oil in a large pot over medium-high heat. Add the onion, garlic, 1 teaspoon salt, and ½ teaspoon pepper. Cook, stirring occasionally, until the onion is tender, 8 to 10 minutes. Add the broth and tomatoes with their juices and bring to a boil. Add the barley, reduce heat, and simmer until the barley is tender about 20 minutes.
2. Add the collards or kale and the beans and cook until the greens are wilted and the beans are heated through, 3 to 5 minutes. Stir in the Parmesan and ½ teaspoon each salt and pepper.
3. Serve the soup drizzled with olive oil and sprinkled with additional Parmesan.

Thank you to the team at the West Barnet Senior Meal Site who coordinate home-delivered and congregate meals for our older friends and neighbors! Cheers to (l-r) Jan, Winston, Michael, Lauren, Marilyn, Alice, Edith, Gloria, and Margurite

Beans and Good Health

Sabina Hansen, MS, RDN, CDGES

Including beans into your diet is a cheap and easy way to eat healthy. Beans are rich in protein, fiber, magnesium, potassium, B vitamins, resistant starch and phytonutrients. Several studies show that beans may help lower cholesterol, decrease appetite and manage blood sugars.

Soluble fiber in beans helps lower blood cholesterol by binding bile acids and preventing cholesterol reabsorption. Animal studies show that resistant starch in beans also help with blood sugar regulation.

For 20 years, researchers have known that diets supplemented (4 servings per week) with beans lower serum cholesterol by as much as 19% and LDL cholesterol by 24%.

Next week try to include some baked beans, hummus, and bean salad and add them to your rice, pasta and casseroles.



Be Wary of Medicare Fraud Calls

Please be alert to phone calls that come in from somebody claiming to be from Medicare.

Follow these tips to avoid getting scammed:

- Hang up. If someone calls claiming to be from Medicare, asking for your Social Security number or bank information to get your new card or new benefits, that's a scam.
- Hang up. If someone calls claiming that you need a new plastic Medicare card or a new Medicare number. That's a scam.
- Don't give personal information to a caller claiming to be from Medicare. **You can't trust caller id.** These calls can be spoofed so they look like they're coming from Medicare, Social Security, even the State of Vermont - even when they're not. Before you give any personal information, initiate your own call to Medicare at 1-800-MEDICARE.
- Report the call. Report Medicare imposters at 1-800-MEDICARE and [ftc.gov/complaint](https://www.ftc.gov/complaint). The more we hear from you, the more we can help fight scams.

REMEMBER: Medicare and Social Security do not "cold call" - they always send mail and set appointments. **NEVER** give your social security number or Medicare number over the phone.



WORLD TAI CHI DAY

OVER 80 NATIONS PARTICIPATING!

Saturday, April 29th
10 A.M. - 11 A.M.
Four Seasons Park (Winter/Main St.)
St. Johnsbury, Vermont

The FREE ONE DAY ONLY class will be sharing the Year of the Rabbit form; it is an amusing Sun Style Tai Chi form telling the tale of a water hare's harrowing escape from a predator.

Please dress in layers appropriate for the weather, wear good fitting shoes adequate for the weather conditions, and bring a water bottle. If you do not feel well or have been recently exposed to the flu or COVID, please, stay home and rest.

For more information about directions to the park, parking near the park, items to bring, and to register please email Karen Budde - kbnekcoa@gmail.com. Thank you. Stay upright!



Need Last-Minute Tax Help?
Call AARP at 1-888-227-7669
to find a LOCAL specialist

What goes up when the rain comes down?



Side Leg Raise



How to: Stand behind a sturdy chair with feet slightly apart, holding on for balance. Breathe in Slowly. Breathe out and slowly lift one leg out to the side. Keep your back straight and your toes facing forward. The leg you are standing on should be slightly bent. Hold position for 1 second. Breathe in as you slowly lower your leg. Repeat 10 - 15 times. Repeat 10 - 15 times with other leg.

HOW TO HANDLE YOUR MEDICATIONS

Proper Use

Take your medication as prescribed and pay attention to warnings about interactions.

Call Your

Prescriber or ask your Pharmacist if You Have Questions



Proper Storage

Store medication in a lock box or locked filing cabinet so it is not accessible to children or visitors.

Call for a FREE

Medication Lock

Bag:



802-748-5182



Proper Disposal

Dispose of medications from your home safely so others don't have access to them.

Request a FREE

Pre-Paid Medication Mail-Back Envelope:

Scan me with your phone camera



<https://www.healthvermont.gov/alcohol-drugs/services/prescription-drug-disposal>



PROPER STORAGE OF MEDICATION

Do not leave medication in the medicine cabinet; this is the easiest way for individuals to acquire drugs.

Store medication in a lock box or locked filing cabinet so it is not accessible to children or visitors.

Store all medication in a secure location until it is properly disposed.

Call for a **FREE Medication**

Lock Bag:

802-748-5182

