

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**

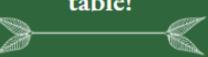
### Sabina Hansen, MS, RDN, CDCES

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. 3SquaresVT: putting healthy food on your table!



An easy way to reduce your food budget and put food on your table. Call us to obtain help with applying. (800) 642-5119

## <u>White Bean and Barley Soup with</u> <u>Tomatoes and Greens</u>

- 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
- <sup>1</sup>/<sub>2</sub> 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.



## 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. <u>You can't trust caller id</u>. 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. 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.

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

> > Side Leg Raise

## What goes up when the rain comes down?





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 uprjght!



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**

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

Prescriber or ask your Pharmacist if You Have Questions Call Your



## Proper Storage Proper Disposal

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

**Medication Lock** Call for a FREE Bag:



802-748-5182



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

## **Pre-Paid Medication Request a FREE**

Mail-Back Envelope:





https://www.healthvermont

drugs/services/prescription-<u>drug-disposal</u> <u>gov/alcohol-</u>



# PROPER STORAGE OF MEDICATION

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

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

> Store all a secure

medication in

location until it is properly disposed.

Call for a FREE Medication

## 802-748-5182

Lock Bag: