



*Three Rivers
Community Action, Inc.
Senior Programs*



Providing services, volunteer opportunities, caregiver help, and information focusing on seniors in Goodhue, Rice & Wabasha Counties

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FOCUS

Spring 2008

**WHAT IS
LONG TERM CARE?**

This term confuses a lot of people. Part of the problem is we often relate the term to staying in a nursing home. For some, being a resident in a nursing home is the right decision, but you can also have long term care in your own home.

To understand what is covered and when you may need it, see Ask SOPHIE on page 3.

**SENIOR LINKAGE LINE
1-800-333-2433**

Your answer to life's persistent questions: What are my housing options? How can insurance have a \$0 premium? Can I get help with insurance if I'm not yet 65? What is long term care insurance? What is this new state partnership program? Do I need to sign up for Medicare if I've already signed up for Social Security? What is the difference between SS, SSI, SSDI, MA, Medicaid, etc.? Is my spouse getting Alzheimer's or dementia? Can I get help at home? Who do I call?

If you have questions like these call the Senior Linkage Line or if you want someone to come out and meet with you, call your **local Senior Linkage Line Advocate/ Family Caregiver Coach.**

(See below)

Eastern Goodhue County and
Rice County

**Joyce Grabowski
1-866-644-4510**

joyce.grabowski@threeriverscap.org

Western Goodhue County and
Wabasha County

**Patricia Kimble
1-800-277-8418, ext. 112**

pat.kimble@threeriverscap.org

Thank you to our partners!

May is Older American's Month and Three Rivers Community Action, Inc. would like to thank all of you who work together with your community action program in Goodhue, Rice, and Wabasha Counties to provide services to seniors and caregivers. We celebrate growing older and staying connected.

We are proud to be connected with all our volunteers who deliver meals, our volunteer coordinators, our senior citizen centers and community senior groups, local clinics and other healthcare providers, local cities and townships, local businesses, employers, restaurants, churches, and other providers of services for our elders and those who care and make life better. We are proud to be working with our Area Agency on Aging/Senior Linkage Line, United Ways and other funders. Thank you!

Three Rivers Community Action, Inc.

Mission Statement

“Three Rivers Community Action, Inc., a private non-profit corporation, works with community partners to address basic human needs of people in our service area, thereby improving the quality of life of the individual, family and community.”

Offices

1414 North Star Drive
Zumbrota, MN 55992
Phone: (507) 732-7391
Toll Free: (800) 277-8418
Fax: (507) 732-8547
TTY: MN Relay Service: (800) 627-3529
Hours: Mon – Fri, 7:30 am – 4:00 p.m.

201 South Lyndale
Faribo Town Square
Faribault, MN 55021
Phone/TTY: (507) 333-6450
Toll Free: 866-644-4510
Fax: (507) 333-6462
Hours: Mon – Fri, 8:00 am – 4:00 p.m.

611 Broadway Avenue
Wabasha, MN 55981
Phone: (651) 565-3389
Fax: (651) 565-2754
Hours: Mon-Fri, 8:00 - Noon

*All facilities are Handicap Accessible.
Reasonable Accommodations Are Available.
ADA*

Our continued success in assisting our citizens to meet their basic needs can be assured through donations of time and money. To contribute, volunteer, or request an annual report, please contact the local Three Rivers Community Action office. Your assistance is needed and will be gratefully accepted.

FOCUS

A Senior Programs Newsletter
Spring 2008
Volume 8, Issue 1

News from Patricia

Do you feel overwhelmed? I do! Are there too many options today? There are! A big challenge of the new millennium, clearly, is sorting out things that are really important from the clutter of advertising, junk mail, health options, insurance options, food options..... It goes on and on. How do we make sense of our world in this day of information overload?

Joyce and I are available to help persons over 60, and those who regularly help them, sort out some of these options. Like a coach who helps one train for a marathon, we will be your coach as you navigate all the various aging in place issues.

While we work on the “difficult and serious issues in life” it is also important to find balance in our lives. I’m getting to know some fabulous new women in our local TOPS group and at the same time gaining support to keep exercising and eat healthy.. I’m taking swimming lessons to see if I still remember how to do those swimming strokes I learned from Red Cross 50 years ago! I’m working with my sisters and cousins to track our genealogical roots. It is especially fun finding out all of my Norwegian connections here in Minnesota. If you have in your family tree a Sevdy, Kalvig, or Sandvig, or a Belle Larson Hammersland, Aagotte Christensdatter, or Johannes Johannesson from Saua, give me a call. Maybe we’re related!

What are you doing to make your life more meaningful? Please share your stories with us.

LOOKING FOR A SPEAKER?

Is your group looking for a presentation on topics that affect all of us that grow older and/or are aging successfully in our own homes? Call us if you would like someone to talk on subjects covered in this newsletter or other areas such as:

- The DTV (digital TV) transition
- How to downsize & assisted living options
- Home modifications to keep you in your home
- What financial help is available for prescription and medical costs?
- Tai Chi for arthritis or seniors
- Empowering ourselves to be better drivers as we age – looking as mirrors, seats, hand controls, etc.
- Falls prevention
- Memory loss – should I be concerned?
- Support for caregivers
- Communicating with your parents



Our Caterers

2008

Goodhue County

Cannon Falls

Semcac Senior Dining

Goodhue

Doc Sawyers

Pine Island

Pine Haven Care Center

Wanamingo

Semcac Senior Dining

Zumbrota

Semcac Senior Dining

Rice County

Faribault

District One Hospital

Morristown

Semcac and District One

Wabasha County

Kellogg

Semcac Senior Dining

Mazeppa

WD's Bar and Grill

Millville area

Millville Cafe

Wabasha

Semcac Senior Dining

Ask SOPHIE

*“senior, older person, hip,
informed, & empowering”*

Question: I've tried to use my long term care insurance but it doesn't cover anything!

Answer: I hear this complaint often. The main problem here is understanding what long term care does cover and why you may have been denied help.

First of all, most plans require you to pay for services yourself, from your own money, for a certain amount of days before they begin covering services. These services usually need to be the same services that qualify for payment under your long term healthcare insurance plan.

Secondly, your policy probably talks about Activities of Daily Living (ADLs) and Instrumental Activities of Daily Living (IADLs). What are they? Once you know what they are, you need to admit needing help with them. Does your policy cover help with these needs in your home (house or apartment)?

Allow yourself to acknowledge you need some help with ADLs (bathing, dressing, using toilet facilities, eating, getting around inside your house) or IADLs (preparing meals, shopping, managing money, using the telephone, doing housework, or taking your medications correctly). Often people I talk to can “sort of” bathe, “sort of” cook food, “sort of” handle other things in their lives. Think of needing help as getting a partner to help you do these things better. Think of getting help as providing you with the opportunity to **increase the quality of your life** by paying for some help and giving your loved ones more time to help you maintain quality in your life for conversation, hobbies, and other enjoyable activities.

Have a close family member or friend help you write out some things that are important for you to still do – visit the old homestead, teach a grandchild who is pictured in the family photos, label and tell the story of your family treasures.

(continued on page 5)

Internet Savvy

Here are some useful websites

A great consumer recycling site - <http://www.obviously.com/recycle/>

Informed consumer recycling - <http://www.obviously.com/recycle/guides/common.html>

National Fraud Information - <http://www.fraud.org/>

MN State Attorney General's site on fraud - <http://www.ag.state.mn.us/Consumer/Fraud/Default.asp>

Direct Marketing Association's Consumer Information site - <https://www.dmchoice.org/index.php>

MN At Risk Drivers <http://www.dps.state.mn.us/dvs/AtRisk/AtRiskset.htm>



Healthcare Corner



What is health?

There is a lot written about aging and the many ways we stay healthy:

- “Brain Gym” – keeping a healthy mind through reading, interactions, puzzles, hobbies
- Stretching, yoga, Tai Chi – keeping our bodies flexible and able to move, pick up things, tie our shoes
- Aerobics, walking, physical exercise, weight lifting – keeping our muscles toned, including our heart
- Nutritional health – eating low fat foods, nutrient rich foods
- Respiratory & digestive health – deep breathing, staying free of allergens, eating fiber to keep our system from “clogging up” (caused from medication, eating processed foods, too much cheese, etc.)
- Social health – being able to connect with family and friends, interacting with new people, not just ones we’ve known most of our lives
- Spiritual health – finding a greater purpose in your life, meditating, prayer, searching for God

Staying healthy takes a lot of work! As we age, at first most of us will be able to be independent, work part time, volunteer and drive ourselves. But to stay that way we need to work at it.

Vitamin Highlights

By JOYCE

VITAMIN C

Vitamin C helps grow and repair our tissues in all parts of our body. Vitamin C forms collagen which is an important protein used to make skin, scar tissue, tendons, ligaments and blood vessels. Vitamin C is essential for healing wounds and for the repair and maintenance of cartilage, bones and teeth. Vitamin C is also an antioxidant. The body does not manufacture Vitamin C nor does it store it, therefore it is important to include plenty of foods containing Vitamin C in your daily diet. Some foods that help give us Vitamin C are most fruits and vegetables and those highest in Vitamin C include green peppers, citrus fruits, strawberries, tomatoes, broccoli and other leafy greens. Other excellent resources can be cranberries, pineapple, Brussels sprouts, cauliflower, raspberries, and blueberries. Lack of Vitamin C can cause gingivitis (bleeding of the gums); rough dry scaly skin, easy bruising, nose bleeds, swollen and painful joints, anemia and a decrease ability of fight infections. *A good on-line resource is Medline Plus a service of the National Institute of Health.*

VITAMIN D

New research finds that getting enough Vitamin D helps seniors stay strong. Vitamin D’s role is to regulate how our bones use calcium. Vitamin D controls the way calcium is used by the body, influences immune functions and has some anti-immune effects. Some food sources that supply vitamin D to us are fish and eggs. Sunlight is another source of Vitamin D. Lack of Vitamin D can cause muscle weakness, balance problems and falls.

Resource: Health Notes, Author Maureen Williams, Nutrition Director

Important tips for staying independent

1. Clear the clutter
2. Set goals
3. Manage your chronic health conditions
4. Understand your options and get help before you are in crisis
5. Keep moving
6. Focus on growth and spirituality even if you are 80
7. Get enough sleep
8. Get enough humor and joy in your life
9. Talk to your family about your fears, concerns, dreams, and your wishes for the years you have left with them.



Sit down, enjoy a warm beverage and read....

“Healthy Living Hints from Three Rivers”

Managing your chronic health conditions can help you to stay healthier and happier.

Why **should** I bother with exercise? Healthy eating? Communicating with my doctor? Working with a nurse to manage my medications? Why would I want to manage diabetes, arthritis, respiratory illnesses, eyesight, hearing loss, or excess weight?

Why? **So we can drive safely, garden, get out and about, see our friends, work our hobbies, feel happier!** Don't get discouraged if you are not making big gains. Every day you stretch, every day you eat whole grain bread instead of processed white breads, every day you take your vitamins, keep your blood pressure down, etc., you are making a difference in your health. In the latest National Geographic there is an article that starts out “Old people in China do not sleep late. Early each morning millions of senior citizens gather in parks to exercise and socialize.” Then they show an 82 year old stretching his leg straight up! We may never be that flexible and our weather may make it hard to always gather outside, but we can make strides in our own Minnesotan way. Don't just sit and have coffee together, get out and walk and reach out and stretch.

Driving is one of the more important things to all of us here in rural Minnesota. Recognizing our options is one of the first steps to healthy aging and continuing to drive. Fairview Medical Center now has driver evaluations as do Adaptive Experts and Courage Center for a small fee. Invest in safety! Watch for more on driving in the fall issue.

Are you prepared for an emergency?

When you need to call 911 because you fell, had a heart attack, or are trying to survive a flood or tornado, it helps to be prepared. Thanks to the valuable input from the Red Cross, Law Enforcement, Fire Dept. staff, Ambulance Directors, EMTs, Disaster Management teams and other service providers, we have developed a **“File of Life”** for people to keep on or by their refrigerator. This is information that an emergency response team will need to provide you with the best possible treatment in an emergency. Goodhue County Coop Round-up program provided funds for 200 “Files of Life” in the Pine Island, Wanamingo and Zumbrota area. We hope to find funds for the rest of our communities this year. Please call if you are interested in this project.

ASK SOPHIE *Continued from page 3*

Re-think what help you need. Is the only food you “cook” a sandwich? Do you have difficulty using the frozen foods family brought you? Is your bath a “spit bath”? Do you get confused about when to take your medicines? Be honest; don't let pride keep you from using that long term care insurance you worked hard to pay for.

Question: My friends never want to do the things we used to do unless I drive and help them with everything. I'm feeling abandoned. What should I do?

Answer: It is frustrating, but the reality is we can't change others – only ourselves and our reactions to what others do. We all age differently and have different reactions to chronic disease, illness and changes in our bodies. The best thing you can do is try to get your friends to chat about their abilities and the changes in what they can do and want to do. Perhaps your friends are fearful of falling for a specific reason or are afraid their memory isn't as good anymore and would rather give up than try to keep up. Depression can be a problem as we age and some people need to talk to their doctor about it, perhaps get medications or professional help. As for yourself, you can only do so much. You may need to find new friends, not to replace your old ones but to add to your experiences and social life. Most of us will lose friends to disease and death, but we can find new friends and still cherish our old ones!

BOOK CORNER
by **JOYCE**

HOW TO SAY IT to Seniors
Closing the Communication
Gap with Our Elders

Author: David Solie

Mr. Solie, in his book, unlocks the communication code of aging parents based on his pioneering work on the psychological agenda of the final stage of life. His moving and inspiring book has led to dramatic and heartfelt changes for Boomers and their aging parents. His infinitely workable, no nonsense communication strategies have made him a new voice of the Boomer generation that is trying to avoid the emotional quicksand that can derail their best laid plans for their aging parents

This is an easy to read book and has strategies and entertaining stories illustrating the author's message. Dan Sullivan, President, The Strategic Coach Inc., says this book "actually offers a fundamental and practical breakthrough in the most crucial area of all: Communication. It has a quality of genius about it."

MNCAAN

Minnesota's Creative Arts and Aging is developing wonderful opportunities for all seniors – amateurs, artists, persons residing in a care center, assisted living or in the community. For more information, give us a call!

Important Things to Know

Economic stimulus payments from the Federal Government

For those of you receiving Social Security, completing the form so you can receive up to \$600 seems almost too easy to believe. We have to switch our way of thinking about filing with the IRS! *Normally, we must* put in all of our income – but this time the government only wants to know *if you have enough income*. If you have **at least** \$3000 of income during the year (including Social Security) you qualify for the economic Stimulus payment. If you don't normally file with the IRS, you only need to report income from wages and Social Security to qualify and show you had at least \$3000 in income last year to qualify.

TRIAD

Is there a Triad in your area? Triad stands for seniors working with Law Enforcement and community services to provide a safe and healthy environment for seniors. Did you know that in just a few short years most communities will have 25% of their citizens over 60? If you would like to work with a local TRIAD, give us a call. Watch your local paper for events in your area. Some of the projects we are working on are emergency preparedness, safety and fraud issues, and finding ways to make neighborhoods safer.

SS and M Differences

If you sign up for one of the Social Security programs, you may be eligible for Medicare, Medical Assistance, Medicaid or Medical Advantage, but you have to apply separately. These are medical insurance programs.

SS stands for the Social Security retirement program, SSI stands for Supplemental Security income (to help if you have low or no other income) and SSDI stands for Social Security Disability insurance (if you have paid enough in Social Security). These are programs that provide income.

National Do Not Call Registry

To sign up, call (888) 382-1222, or by TTY at (866) 290-4326). Make the call on the phone with the number that you want to register.

Unfortunately, registering by phone may not work if you live in a residential complex that uses a PBX phone system. Anyone can register online at www.donotcall.gov.

If you don't have a computer, use someone else's. You will need Internet access and a working email address. The "do not call" system will send a response to that address with a link that must be clicked on within 72 hours to complete the registration.

Registration doesn't last forever - it expires in five years.

The form on the next page can be accessed in Spanish at this website

<http://www.fraud.org/elderfraud/sphangupcutout.pdf>

**My Do Not Call
Registration
Information**
*A Guide to Track
Telemarketing Calls*

Telephone number(s) registered:

Date of registration:

Renewal date (5 years after registration):

Companies/Charities Told Not to Call Again

Company/Charity Name:

Date:

Phone Number and Caller's Name:

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Companies/Charities that Called in Violation of My Do Not Call Rights

Company/Charity Name:

Date:

Phone Number and Caller's Name:

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

When to Make Complaints

Telemarketers must check the National Do Not Call Registry every three months; as of 1/1/05 this changed to every 31 days. So it may take that long before your number is removed from their lists. If you told specific telemarketers not to call again, they have 30 days to remove your number from their lists. If you receive calls from telemarketers that are covered by the law after these time periods, you can complain by **calling 888-382-1222 or via the www.donotcall.gov Web site.**

The Minnesota Attorney General's Office, Consumer Protection, 1400 NCL Tower, 445 Minnesota Street, St. Paul, MN 55101; (612) 296-3353 or 1-800-657-3787, TDD (612) 297-7206 or 1-800-657-3787 (free booklets: Collection Agencies; Conciliation Court; Constructive Complaining; Hang Up on Fraud; Home Solicitation Sales; Landlord and Tenants: Rights and Responsibilities; Manufactured Home Park Tenants: Rights and Responsibilities; Minnesota's Lemon Law; Pyramid Schemes; The Truth-in-Repairs Act).

Resources

The National Consumer League's National Fraud Information provides the above form and below information:

Internet
Fraud Tips

Telemarketing
Fraud Tips

NCL 100
YEARS
NCLnet.org
National
Consumer
League

Online
Complaint
Form

Fraud.org

P.O. BOX

Better Business Bureau (BBB)

Check the complaint records of companies. Call the BBB nearest to you to find out how to reach the BBB where the company is located or use the BBB locator at www.bbb.org/BBBComplaints/lookup.asp

In Minnesota:

Better Business Bureau - Serving Minnesota and North Dakota

2706 Gannon Road

Saint Paul, MN 55116-2600

Phone: (651) 699-1111 / Fax: (651) 699-7665 / Toll Free: (800) 646-6222

Email: ask@mnd.bbb.org

Office Hours: 9 am - 4 pm CST Monday through Friday

Direct Marketing Association

Remove your name from telemarketing and mail lists of major companies. For telemarketing lists, write to Telephone Preference Service, DIRECT MARKETING ASSOCIATION, P.O. BOX 282, CARMEL, NY 10512 or go to

<http://www.dmaconsumers.org/cgi/offtelephonedave>. Include your phone number. For mail lists, write to MAIL PREFERENCE SERVICE, DIRECT MARKETING ASSOCIATION, 282, CARMEL NY 10512 <http://www.dmaconsumers.org/cgi/offmailinglistdave>.

National Fraud Information Center

Get advice about telemarketing offers and report suspected fraud through this hotline operated M-F, 9 a.m. to 5 p.m., by the National Consumers League, 800-876-7060, www.fraud.org.

Securities and Exchange Commission

Get general advice and check the records of investment brokers and advisers, 800-732-0330 or www.sec.gov. Also check with your state securities regulator, listed in your phone book under state government or at the North American Securities Administrators Association Web site, www.nasaa.org.

Wise Giving Alliance

Check the records of national charities through this program operated by the Better Business Bureau. Visit www.give.org or call 703-276-0100.

* NOTE from the editor: When in doubt, donate locally to an agency that directly helps you or someone you care about. Most organizations such as Community Action Agencies, Senior Centers, Faith-In-Actions, Living at Home/Block Nurse programs, Area Agencies on Aging, Humane Societies, health prevention and research organizations (Cancer, Alzheimer's, MS, etc.), libraries, etc. all can use your financial help. When you donate locally you know who you are helping and what the money goes for.

Stop preapproved credit offers – to have your name removed from lists supplied by the major consumer credit reporting companies visit <https://www.optoutprescreen.com> or call 888-567-8688. Not only will you end the offers for five years, but you will be reducing your chances of identity theft.

Don't register products - It is not necessary to fill out a product registration form unless you are concerned about recall alerts. Your proof of purchase can serve as a guarantee of warranty according to the National Waste Prevention Coalition.

Meals-On-Wheels---a hot meal!

The gift that keeps on giving – Give a gift certificate for meals!

Three Rivers Community Action’s Meals-On-Wheels program, serving the 12 communities listed below, is funded through a combination of donations, federal, state, and local funds. We do not “charge” for meals, but we ask for donations. A gift certificate will be accepted, in lieu of a cash donation, when you:

Fill out the form below and send with your check or money order to Three Rivers Community Action, Inc., 1414 North Star Drive, Zumbrota, MN 55992. We will send you the gift certificate(s). Then the individual receiving Meals-On-Wheels (or their representative) will use the gift certificate to help with the cost of meals.

Towns served by
Three Rivers CAP

Meals-On-Wheels:

- Cannon Falls
- Faribault
- Goodhue/
Bellechester
- Kellogg
- Mazeppa
- Millville
- Morristown
- Pine Island
- Wabasha
- Wanamingo
- Zumbrota



Gift Certificate



This certificate is worth \$ _____ for _____ # of meals

Meals-On-Wheels recipient _____

Town/City _____

Mail with
Monthly
Donation

Sample

Authorized by _____

A gift from _____

*Three Rivers
Community*

Meals On Wheels (Home Delivered Meals)
1414 North Star Drive, Zumbrota, MN 55992

As always, general donations to the agency are welcome.

*Each meal with nutritional assessments, counseling and referral services costs approximately \$7.00.
We hope you value this service and will contribute what you can afford.*

Enclosed is \$ _____ to be used as a donation for _____ number of meals.

Gift Certificate will be made out to:

Name of Meals-On-Wheels Recipient

City or Location

Donor Name: _____
 Donor Address: _____
 City/State/ Zip: _____
 Phone: _____

Check Here:

- I would like to deliver meals
- I want for information on programs
- I would like a call

For additional gift certificate request forms please call: 1-800-277-8418

**Are you a grandmother?
Do you care for an older person and still have young children?
Do you know a pre-school age child?**

**Three Rivers HEAD START
is accepting applications for fall 2008.**

**TO PLACE A NAME ON OUR MAILING LIST FOR AN APPLICATION,
OR FOR MORE INFORMATION CALL 1-800-277-8418**

FREE Preschool Program focusing on Child and Parent Development, serving families in Rice, Wabasha and Goodhue Counties. Classroom locations include: **Northfield, Faribault, Red Wing, Wabasha and Zumbrota.** Busing **MAY** be provided from several communities throughout the three county area.

- A quality child development program
- Serves pre-school age children and their families
- There is **NO COST** to families – must meet income guidelines
- Families who have children with special needs may apply
- Nutritious family-style meals are provided
- Transportation **MAY** be provided
- Experienced, caring and professional staff
- Field trips, creative arts, math, science and literacy
- Parent participation and education opportunities

ELIGIBLE FOR FOOD SUPPORT?

YOU MAY ALSO BE ELIGIBLE FOR OTHER BENEFITS

You may be eligible for Food Support (“food stamps”) and other services through your local county social services, and **Three Rivers staff will assist you with the application process!**

With **One** application you may be eligible for Food Support, your Medicare Part B premium payment of \$96.40/month, and a low-income subsidy for your Medicare Part D prescription insurance (no premium and no deductible for most).

You can now save your Food Support dollars for up to six months at a time, which allows you to use several months worth of your food support dollars at one time, such as for a holiday meal, more expensive summer veggies and fruits or special diabetic foods. You can also use your Food Support dollars to pay for Meals-on-Wheels and fresh foods at some Farmer’s Markets.

If you are a household of one and your gross income is \$1,062/month and your assets are \$7,000 or less, or you are a household of two and your gross income is \$1430/month or less and your assets are \$7,000 or less, you may be eligible. Your home and one car do not count as assets.

Please contact Three Rivers Community Action, Inc. at 1-800-277-8418 ext. 0 (Goodhue and Wabasha County residents) or 1-866-644-4510 ext. 0 (Rice County residents) for assistance to apply.

Recipes from Jo and Joyce

Fettuccine with Tomatoes, Basil and Crisp Bread Crumbs from Jo

Preheat oven to 375 degrees

1 cup very coarse fresh bread crumbs
6 Tablespoons extra-virgin olive oil
Salt and freshly ground black pepper
3 ½ Tablespoons balsamic vinegar

4 cups cherry tomatoes, halved and roasted
12 oz. fettuccine
½ cup basil leaves, cut into thin strips

Place the bread crumbs on a baking sheet. Drizzle with 2 tablespoons of the olive oil and toss the crumbs to distribute the oil evenly. Season the bread crumbs with salt and pepper. Bake in the middle of the oven, tossing occasionally, until they turn golden brown, 8 to 10 minutes. Remove from oven and let cool.

Place the tomatoes on a shallow baking sheet and roast in oven until tomatoes are warmed through and beginning to split.

In a bowl, whisk together the remaining 4 tablespoons olive oil and the balsamic vinegar. Season to taste with salt and pepper. Add the roasted tomatoes and stir together.

While tomatoes are roasting cook the fettuccine according to package directions until al dente. Drain the pasta and toss with the tomatoes and vinaigrette. Place in a serving bowl and garnish with basil and bread crumbs. Serve immediately.

Spinach, Avocado & Mango Salad from Joyce

Makes 4 servings, 2 cups each

Dressing

1/3 cup orange juice
1 tablespoon red-wine vinegar
2 tablespoons hazelnut oil, almond oil, or canola oil
1 teaspoon Dijon mustard
¼ teaspoon salt to taste
Freshly ground pepper to taste

Salad

10 cups baby spinach leaves (about 8 ounces)
1 ½ cups radicchio, torn into bite size pieces
8-12 small red radishes (1 bunch) sliced
1 small ripe mango, sliced
1 medium avocado, sliced

Preparation

1. To prepare dressing: Whisk juice, vinegar, oil, mustard, salt and pepper in a bowl.
2. To prepare salad: Just before serving, combine spinach, radicchio, radishes and mango in a large bowl. Add the dressing; toss to coat. Garnish each serving with avocado slices.

Nutrition Information Per serving: 210 calories; 14 g fat (2 g sat, 10 g mono); 0 mg cholesterol; 22 g carbohydrate; 3 g protein; 6 g fiber; 258 mg sodium

Nutrition Bonus: Vitamin C (70% daily value), Vitamin A (40% daily value), Fiber (26% daily value)

Three Rivers Community Action, Inc.

Senior Programs

1414 North Star Drive

Zumbrota, MN 55992

1-800-277-8418

RETURN SERVICE REQUESTED

Help us keep our mailing list current.

Please notify us if you:

- have a change of address
- are receiving more than one copy
- would like to be removed from our list



*Three Rivers
Community Action, Inc.
Senior Programs*



Inside this issue!

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Spring 2008

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