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Western Connecticut Area Agency on Aging

OCTOBER-NOVEMBER 2019



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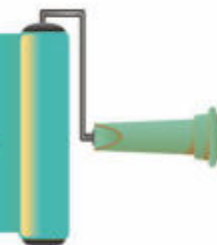
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How can I follow a healthy eating plan? These tips may help you stay on track with your plan to eat better

Eat breakfast every day. People who eat breakfast are less likely to overeat later in the day.

Quick Breakfast Ideas

- oatmeal with low-fat or fat-free milk or a soy-based drink, topped with walnuts and fresh or dried fruit
- a slice of whole-wheat toast with a thin piece of low-fat cheese
- fruit smoothie made with frozen fruit and low-fat yogurt high-fiber, low-sugar cereal with a soy-based beverage or fat-free milk

Have low-fat, low-sugar snacks on hand. Whether you are at home, at work, or on the go, healthy snacks may help to combat hunger and prevent overeating.

Easy Snack Ideas

- low-fat or fat-free yogurt
- fresh, canned, or dried fruit
- sliced vegetables or baby carrots

Select a mix of colorful vegetables each day. Choose dark leafy greens, such as spinach, kale, collards, and mustard greens, and reds and oranges such as carrots, sweet potatoes, red peppers, and tomatoes.

Choose whole grains more often. Try whole-grain breads and pastas, oatmeal, brown rice, or bulgur.

Choose fresh fruit more often than fruit juice. Fruit juice has little or no fiber, the calories may be high, and many juices have added sugar.

Use fats & oils sparingly. Olive, canola, and peanut oils; avocados; nuts and seeds; olives; and fish provide heart-healthy fat as well as vitamins and minerals.

Limit foods and beverages that are high in sugar. Sports Drinks, chocolate milk, flavored coffees, Iced Tea, Vitamin Water, etc.

HEALTHY EATING: Tips from National Institutes of Health (NIH)

Paying attention to what, when, how often, and how much you eat can be the first step to helping you eat better. Healthy eating is one of the best ways to prevent or delay health problems. Eating well, along with getting enough physical activity, can help you lower your risk of health problems like heart disease, diabetes, obesity and more. To reach your goals, experts advise making small, gradual changes.

Try to choose ones that have lots of nutrients and aren't too high in sugar, fats, and calories. These include: Fruits; vegetables; whole-grain, cereals, breads, and pastas; milk, yogurt, & other dairy products; fat-trimmed and lean meats; fish; beans; and water. Try including a variety of different colored, flavored, and textured vegetables. Most vegetables are a low-calorie source of nutrients and are a good source of fiber.

Some foods and drinks should be consumed less often. These include: White bread, rice & pasta; granola; pretzels; and fruit juices. Cutting back on carbohydrates can have major benefits for your health. In fact, many studies have shown that low-carb diets can help you lose weight and control diabetes or prediabetes. Sugar-sweetened beverages are also high in carbs and added sugar. Avoiding them can significantly reduce your chances of developing type 2 diabetes and obesity.

Others are best to have only once in a while—like: French fries, doughnuts and other sweet baked goods, hot dogs, fried fish/chicken, candy, and soda.

At restaurants, use the menu labels and information about calories and other nutrients to make healthier food and beverage choices.

Keep food safe: Don't take a chance with your health. A food-related illness can be life threatening for an older person. Throw out food that might not be safe. Avoid certain foods that are always risky for an older person, such as unpasteurized dairy foods. Other foods can be harmful to you when they are raw or undercooked, such as eggs, sprouts, fish, shellfish, meat, or poultry.

Read the Nutrition Facts label: Make the right choices when buying food. Pay attention to important nutrients to know as well as calories, fats, sodium, and the rest of the Nutrition Facts label. Ask your doctor if there are ingredients and nutrients you might need to limit or to increase.

Ask your doctor about vitamins or supplements: Food is the best way to get nutrients you need. Should you take vitamins or other pills or powders with herbs and minerals? These are called dietary supplements. Your doctor will know if you need them. More may not be better. Some can interfere with your medicines or affect your medical conditions.



For More Information on Healthy Meals

USDA Food & Nutrition Information Center

National Agricultural Library
1-301-504-5414
fnic@ars.usda.gov
www.nal.usda.gov/fnic

U.S. Food and Drug Administration

1-888-463-6332 (toll-free)
druginfo@fda.hhs.gov
www.fda.gov

National Heart, Lung, & Blood Institute

1-301-592-8573
nhlbiinfo@nhlbi.nih.gov
www.nhlbi.nih.gov

Sources: National Institutes of Health (NIH)

<https://www.niddk.nih.gov/health-information/weight-management/health-tips-adults?dkrd=hispt0909#g>,
<https://www.nia.nih.gov/health/choosing-healthy-meals-you-get-older>

NIH News in Health

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HEALTHY RECIPE



WCAAA would like to keep promoting a healthy eating life-style, by inviting you to try out this Native Traditional recipe, Indian Corn Casserole from the *National Heart, Lung, and Blood Institute*. The variety of seasonings and tasty vegetables and beans in this meal will delight your entire family.

| | | |
|--------------------|--------------------|----------------|
| Calories 219 | Total Fiber 8g | Sodium: 115mg |
| Saturated Fat: 0g. | Carbohydrates 45g. | Total fat: 1g. |
| Cholesterol 0mg. | Calcium 92mg | Protein 11g. |

Percent daily values are based on a 2,000 calories diet.

| PREP TIME | COOK TIME | YIELDS | SERV. SIZE |
|-----------|-----------|---------|------------|
| 15 MIN | 50 MIN | 6 SERV. | 1C |



INGREDIENTS

1 C dried black beans
About 15 dried cornhusks
2 C frozen corn kernels, divided
½ C low-fat (1 percent) or fat-free milk
Nonstick cooking spray
3 C grated zucchini
1 C minced onion
½ C chopped green chili
½ C all-purpose flour
1 tsp ground cumin
1 tsp chili powder
½ tsp salt
½ tsp ground black pepper

Source: The National Heart, Lung, and Blood Institute. <https://healthyeating.nhlbi.nih.gov/recipeDetail.aspx?linkId=1&cld=6&rld=239>

Recipe Source: Honoring the Gift of Heart Health Manual for American Indians and Native Alaskans

DIRECTIONS

- 1 Ahead of time, cook the black beans as directed on the package, until they are soft. Set aside.
- 2 Soften the dried cornhusks in simmering water for about 20 minutes.
- 3 In a small saucepan, simmer ½ cup of the corn kernels in the milk for 5 minutes. Remove from heat and let cool.
- 4 Blend corn and milk mixture in a blender or food processor for about 2 minutes, or until creamy. Add to rest of corn, and mix well. Set aside.
- 5 Spray a large skillet with cooking spray, and add the zucchini, onion, and chili. Cover and cook over medium-low heat for 10 minutes, stirring occasionally.
- 6 While zucchini mixture is cooking, remove corn husks from hot water and pat dry. Line a 2-quart baking dish with husks, allowing excess length to extend over the sides of the dish. Spray husks with cooking spray to prevent them from sticking to the dish when baking.
- 7 To zucchini mixture, add the flour and next four ingredients, and stir well. Add corn and beans, and stir well. Cook, uncovered, over medium heat for 4 minutes, stirring frequently.
- 8 Spoon the mixture into the baking dish. Fold the free ends of the husks toward the center of the baking dish. Cover top of mixture with any extra husks, overlapping.
- 9 Bake at 320 °F for 25 minutes.

DO YOU WANT TO LEARN HOW TO BETTER MANAGE YOUR DIABETES?



Free Diabetes Self-Management Workshop is The Answer! These workshops help people with diabetes or prediabetes and their family members or caregivers learn new skills to help manage diabetes. During these free, interactive, six-week workshops, participants learn:
What to eat | Foot care | Low and high blood sugar | Guidelines for when you're sick | Tips for dealing with stress | How to set small and achievable goals and so much more!

• **Spanish DSMP:** Oct 2-Nov. 6. | Wednesdays | 12:30 to 3pm | NO. Inc. | 232 North Elm St, Wtby CT 06702. | Contact: Zaida Martinez: 203-575-4276. Email: zmartinez@newoppinc.org.

SCHEDULED WORKSHOPS!

• **DSMP: Oct 21, Nov. 25:** Mondays | 1pm—3:30pm | New Hartford Sr. Ctr. | 530 Main. St. New Hartford, 06057 | Contact: Diane Barrett: 860-379-3980

• **DSMP: Nov. 6-Dec. 11:** Wednesdays | 9:30am-12pm | Wtby Sr. Ctr. | 1985 E. Main St. Wtby CT 06705 | Contact: Debra Perugini: 203-574-6746, Email: dperugini@waterburyct.org.

If you wish to attend, please register by calling the phone number provided. Thank you.

MEET OUR NEWLY GRADUATED PARTICIPANTS: Congratulations to our newly graduated participants who completed the 6 weeks - Live Well Diabetes workshop this summer 2019.



New Opportunities hosted a Live Well with Diabetes workshop in Spanish this summer for 14 participants from their Senior Companion Program and Foster Grandparents' Program. The workshop was led by Madelyn Garcia (front left), and Sonia Rosado (front right).

Submitted by: Debby Horowitz— WCAAA Staff

MEDICARE OPEN ENROLLMENT-2020 STARTS ON OCTOBER 15-DECEMBER 7, 2019

During this time period you can make changes to your Medicare prescription drug and health coverage. Any change in coverage that you make during open enrollment will take effect **on January 1, 2020.**

During Open Enrollment Period You Can:

- ◆ **Switch from original Medicare to Medicare Advantage, or vice versa**
- ◆ **Switch from one Medicare Advantage Plan to another, or from one Medicare Part D plan to another**
- ◆ **If you didn't enroll in a Medicare Part D plan when you were first eligible, you can do so during this enrollment period; although a late enrollment penalty may apply.**

Please take this time to review your current Medicare health and drug coverage to ensure your health care providers and prescription drugs will be covered in 2020 as well as any changes in the plan's costs and benefits. It is always worth checking to see if there is a less expensive plan available that will meet your needs. **WCAAA can help you review your current plan or select a new one. Please contact us at 203.757.5449 and ask to speak to a CHOICES Counselor.**

WCAAA has scheduled several Open Enrollment events in a number of different towns in Northwest Connecticut. During these events, you can meet with a CHOICES Counselor and review your current Plan to see if it still meets your needs. You can also choose and enroll in a new Plan if you wish. The schedule for these events is listed in this page and can also be found on our website at www.wcaaa.org. We will be conducting an open enrollment here at the Agency on **November 6, 2019**. Please **call and make an appointment if you wish to attend.** You can also review or enroll in a new Plan over the phone by calling us at 203-757-5449 EXT 134.

**** Prior to calling or coming to Open Enrollment, we ask that you **create a MyMedicare.gov account and bring your login id and password with you.** This will allow us to expedite the process and enable us to better serve you during this busy time period.

Below are WCAAA open enrollment events currently scheduled for our area. All events require an appointment, please call to the phone number provided.

*** Wednesday, Oct. 16th and Wednesday Nov. 20th**

Sullivan Senior Center | 88 East Albert Street | Torrington, CT 06790 | Contact: Kerry Vitali – 860.489.2211

*** Monday, November 4th and Thursday, October 31st**

Waterbury Senior Center | 1985 East Main Street | Waterbury, CT | Contact: Paola Vargas – 203.574.6746

*** Wednesday, November 6th**

WCAAA - Waterbury | 84 Progress Lane | Waterbury, CT 06705
Contact: Amanda Halle – 203.757.5449

*** Thursday, November 7th**

Falls Village Senior Center | 107 Main Street | Falls Village, CT 06031 | Contact: Theresa Snyder Graney – 860.824.9855

*** Friday, November 8th**

Noble Horizons | 17 Cobble Road | Salisbury, CT 06068
Contact Caroline Burchfield – 860.435.9851

*** Wednesday, November 13th**

New Fairfield Senior Center | 33 State Route 37 | New Fairfield, CT 06812 | Contact: Kathy Hull – 203.312.5665

*** Friday, Nov. 15th and Tuesday, Nov. 19th**

Winsted Senior Center | 80 Holabird Avenue | Winsted, CT 06098 | Contact: Jennifer Kelley – 860.379.4252

*** Every Tuesday, October 15th – December 3rd**

Heritage Village Meeting House | 1 Heritage Way | Southbury, CT 06488 | Contact: Jennifer Fenn – 203.264.9644 ext. 321 | Counselor: Paul Hinckley

*** Every Monday, October 21st – December 6th**

Southbury Senior Center | 561 Main Street South | Southbury, CT 06488 | Contact: Paul Hinckley – 203.262.0651

The Medicare Plan Finder Gets a Facelift:

The Medicare plan finder is an online tool that allows you to look up and compare Medicare Part D (prescription drug plans) and Medicare Advantage plans in your area.

This year the Center for Medicare & Medicaid Services redesigned the Plan Finder to make it more user friendly for beneficiaries to navigate their plan options. You can use the new Plan Finder to do either a basic or a personalized search. To do a personalized search, you must create a MyMedicare.gov account. The account will require you to create a username and a password. Once you have done this, you can search for coverage and save your search results so that you can access them later. You can also do a basic search without logging in. The basic search will allow you to compare plans and search for information but will not save your information once you close the page. **REMEMBER:** Effective October 1, 2019, prescription drug list information stored in the old plan finder will no longer be available.

If you don't have a computer, call us at 203-757-5449 EXT 134 and ask to speak with a CHOICES counselor. We can assist you in finding a plan.

Submitted by: Bill Shugrue & Amanda Halle - WCAAA Staff

REMINDER: Important Change in Medicare Savings Program Special Enrollment Period.

Individuals who participate in the Medicare Savings Program; effective this year, are permitted to change Part D plans (prescription drug plans) or Medicare Advantage plans **once per quarter**. This applies to the first three quarters of the year only. For example, if one makes a change during the first three quarters, the effective date for the new plan begins the first day of the following month. However, for those who wish to make a change in the fourth quarter, it can only be done during Medicare Open Enrollment (Oct. 15-Dec.7) and the new plan will not take effect until Jan. 1, 2020.

For those who decide to make a change after December 7th, which is now considered outside the special enrollment period, they will have to wait until January 2020 to make the change and their plan will not become effective until **February 1, 2020**.

Article by: Amanda Halle, WCAAA staff

Source: <https://www.medicareinteractive.org/pdf/SEP-Chart.pdf>

2020 MEDICARE MEDIGAP PLAN CHANGES:

These plans are available to those individuals on Original Medicare through private insurance companies. These plans cover deductibles, co-pays & co-insurance charges not covered by Medicare A & B. As of Jan. 1, 2020, the Medicare Access and CHIP Reauthorization Act of 2015

(MACRA) will take effect which means individuals who are newly eligible for Medicare Part A on or after Jan. 1, 2020 will no longer be able to purchase Medicare Medigap plans C, F and F (high deductible). For those currently on those plans, you are "grandfathered" in and may continue to renew them. And, if you were eligible for Medicare before January 1, 2020, you will still be able to purchase Plans C or F or F (high deductible). This also applies to individuals who were eligible for Medicare before this time, but did not enroll, will be able to purchase these plans in CT.

In CT, Medicare beneficiaries who receive Medicare due to disability status have been able to purchase plan A, B and C. With the phasing out of plan C, it remains unclear whether these beneficiaries may gain the option to purchase Plan D in the future.

Article by: Amanda Halle, WCAAA staff

Sources: <https://blog.medicarerights.org/medigap-changes-in-2020/>;
<https://portal.ct.gov/-/media/CID/MedigapFactSheetpdf.pdf?la=en>

NEW MEDICARE CARDS

By now everyone should have received a new Medicare card with a unique ID number that replaces the old card that had a social security number.

Starting 1/1/2020, providers will no longer be able to use an old card to process Medicare claims. (The old cards will be accepted up to 12/31/2019) **Please make sure you have the new card with the unique ID and have destroyed the old card with the social security number by 1/1/2020.**

If you did not get a new card, you can:

- Call Social Security Administration @ 1-800-772-1213 or visit your local Social Security office. (Make sure your address is correct)
 - Set up an account with social security by going to the SSA.gov website, scroll to the icon my Social Security and click Create an Account.
 - Call Medicare at 1-800-633-4227
- *** If you lost your Medicare card, or if it was stolen, please contact Medicare directly at: 1800-633-4227.

Submitted by: Diane DeLeo-Millas-WCAAA Staff



NAUGATUCK PARATRANSIT RIDERS Your voices have been heard!

Thanks to the Naugatuck Board of Finance and Mayor Pete Hess, the town of Naugatuck has added \$3,000 to the town budget to pay for the borough to be a full member of the Greater Wtby Transit District. What does this mean for riders of Naugatuck's paratransit system? Reduced fares! Until this monetary allotment is used up, Naugatuck residents will pay only \$3.50 one way for their paratransit rides out of Naugatuck, rather than the \$7.00 they were previously paying! For information on paratransit service or to see if you may qualify, call Northwest Regional Mobility @ (475) 298-3103, or Northeast Transportation @ (203) 756-5550.

Submitted by: April Chaplin, MSHS – Northwest CT Regional Mobility Manager/Ombudswoman | achaplin@kennedyctr.org



DEPRESSION AND OLDER ADULTS Depression Is More Than Just Feeling Sad or Blue. Depression is a common but serious mood disorder that needs treatment. Depression is a common problem among older adults, but it is NOT a normal part of aging.

Recognizing Symptoms of Depression in Older Adults: Older adults who are depressed appear to feel tired, have trouble sleeping, or seem grumpy and irritable. Confusion or attention problems caused by depression can sometimes look like Alzheimer's disease or other brain disorders.

Causes and Risk Factors that may contribute to Depression: Genes | Personal History | Brain Chemistry | Stress

Common Symptoms of Depression: If you have several of these symptoms for more than 2 weeks, you may have depression.

Decreased energy or fatigue | Difficulty concentrating, remembering, making decisions | Difficulty sleeping, early-morning awakening, or oversleeping | Eating more or less than usual, usually with unplanned weight gain or loss | Persistent sad, anxious, or "empty" mood | Feelings of hopelessness, guilt, worthlessness, or helplessness, to mention some.

Treatments for Depression: The most common forms of treatment for depression are medication and psychotherapy.

♦**Therapy for Depression:** AKA "talk therapy," can help people with depression. Cognitive behavioral therapy is one type of talk therapy that focuses on helping people change negative thinking and behaviors that may be making depression worse.

♦**Medications for Depression:** Antidepressants are medicines that treat depression. There are many different types of antidepressants. They may help improve the way your brain uses certain chemicals that control mood or stress. Antidepressants take, usually 2 to 4 weeks, to work. If you begin taking antidepressants, don't stop taking them without the help of a doctor. Stopping antidepressants abruptly can cause withdrawal symptoms.

Preventing Depression: Try to prepare for major changes in life, such as retirement or moving from your home of many years | Reach out to family & friends when things get tough | Get regular check-ups | Take good care of yourself | Get enough sleep, eat well and exercise regularly. **Get Immediate Help:** If you are thinking about harming yourself, tell someone who can help immediately. **Do not isolate yourself | Call your doctor | Call 911 or go to the Emergency Room to get immediate help; or ask a friend or family member to help you.**

Submitted by: Debbie Kaszas—WCAA Staff

Sources: National Institute on Aging, National Institutes on Health/ <https://www.nia.nih.gov/health/depression-and-older-adults>

UPDATE: Renewed Efforts to Prevent Unwanted Telephone Calls. Our legislators and public agencies are listening. Recent efforts by Attorneys General in all fifty states and Congressional leaders may relieve us from the billions of unwanted telephone fraud calls we receive everyday. CT Attorney General William Tong announced in an August 22, 2019 press release that 12 telephone companies have agreed to adopt 8 principles to help us fight these calls, referred to as Anti-Robocall Principles (automated calls).



These principles will offer customers free-call blocking, investigate suspicious calls/calling patterns, monitor their networks for robocall traffic, implement technology to authenticate caller verification, and trace origins and take action against suspicious callers by notifying appropriate law enforcement. In a bipartisan effort, Congressional leaders in Washington, D.C., have overwhelmingly passed legislation that still needs to be reconciled before being signed into law by the President, which is expected in the next few months. This legislation hopes to protect people from the constant harassment of these disruptive calls by giving federal agencies stronger enforcement tools, and mandates the Federal Communications Commission (FCC) report annually to Congress on this issue.

Additionally, Connecticut U.S. Senator Richard Blumenthal has co-sponsored legislation that would close the loopholes that currently exempt the telecom carriers from Federal Trade Commission (FTC) regulation, and would empower the federal agency to investigate whether these companies knowingly facilitate these illegal calls. All these new efforts by our elected representatives and the telephone companies are a welcome development. But many of the telephone companies already provide some of these services, the partnership with the Attorneys General is completely voluntary, and the final legislative language to be reconciled by the House and Senate has yet to be published. Stay tuned and **REMEMBER: NEVER ANSWER OR REPLY TO THESE UNWANTED CALLS. HANG UP!**

Submitted by: Audrey Cole—WCAA Staff

Sources: <https://portal.ct.gov/AG/Press-Releases/2019-Press-Releases/ATTORNEY-GENERAL-TONG-JOINS-51-ATTORNEYS-GENERAL-AND-12-COMPANIES-IN-FIGHT-AGAINST-ILLEGAL-ROBOCALLS>

<https://www.consumerreports.org/robocalls/consumers-get-more-help-blocking-robocalls/>
https://www.feinstein.senate.gov/public/index.cfm/press-releases?ContentRecord_id=CA199184-3F28-4B73-84C7-CA7020C2C8E4



SERVING THOSE WHO SERVED

Q Are you a caregiver of someone who served in the military? Are you feeling overwhelmed and looking for helpful resources? Look no further.

WCAAA understands that caring for a family member who is a veteran comes with unique challenges and we would like to remind you that **you are NOT alone!** There are different support groups available offering helpful resources; for both: Veterans and their caregivers. Support groups are held every month where members can find a caring and safe environment, plus the opportunity to share and learn from others. Below you will find contact information of different support groups. We strongly encourage you to contact them and find out more about their resources

VA Caregiver Support

Program offers a number of services that can provide you with the support that's right for you. Whether you and the Veteran you care for could use some help at home or you just need someone to listen, we're here to support you. Contact us to learn more about the variety of services available to Family Caregivers.



Call VA's Caregiver Support Line at 1-855-260-3274 to learn more about the support that is available to you and for assistance connecting with the Caregiver Support Coordinator at your local VA Medical Center.

Care for Caregivers

Caregiver Support Line | Peer Support Mentoring
Building Better Caregivers | Caring for Post-9/11 Veterans & More

VA In-Home & Support Services

Adult Day Health Care Centers | Home-Based Primary Care | Skilled Home Care | Homemaker & Home Health Aides & More

Tips by Diagnosis

Alzheimer's Disease | Posttraumatic Stress Disorder (PTSD) | Traumatic Brain Injury (TBI) | Parkinson's Disease & More

Connect with Others

Peer Support Mentoring | Caregiver Support Coordinator | Caregiver Support Line Monthly Calls
Caregiver Stories & More

Tips & Tools

Managing Medicines | Talking with Providers | Caring for Oneself | Plan Ahead for Disasters, etc.

Publications & Resources

Seriously Injured Post-9/11 Veterans | Understanding Diagnoses | Managing Demands, Stress & Emotions | Maintaining Relationships & More

Location: 555 Willard Ave. | Bldg. 2C, First floor, Conf. Rm. | Newington, CT 06111 | Call: 860-667-6800



NAMI: Family Support Group is a peer-led support group for any adult with a loved one who has experienced symptoms of a mental health condition. Gain insight from the challenges and successes of others facing similar experiences. NAMI's support groups follow a structured model, ensuring everyone has an opportunity to be heard and to get what they need.

Location: 1655 Main St, Newington, CT 06111 | Meets on the 2nd Monday of the month | 7pm to 8:30pm | Contact: 860-667-3413



Family Caregiver Support Group: Caregivers of OEF/OIF Returning Veterans.

Have you recently returned from military service? Now is the time to take advantage of the benefits VA offers to Post 9/11 Veterans through the Transition and Care Management (formerly OEF/OIF/OND) Program.



The Post-9/11 Transition and Care Management Program offers transitional assistance, case management and outreach services to all Veterans who have served after September 11, 2001 in their transition to civilian life.

To learn or benefit from this program, contact the Caregiver Support Line: 855-260-3274.

Submitted by: Alyse Bergersen –WCAAA Staff

Information provided by: West Haven VA

FOOD SAFETY FOR YOUR HOLIDAY TURKEY:

The holidays are coming upon us. Here are a couple important tips to remember when handling and cooking that holiday bird:

- 1). **Thaw safely:** Every 5 lbs. of turkey you need to allow 24 hours of thawing time. This is the easiest and safest method for thawing. The Cold Water method: put bird in leak-proof packaging. In a bowl or sink cover completely with water. Allow 30min. to thaw per every 30 minutes. The microwave method: follow any directions on packaging. ****NEVER thaw leaving on the counter!!!** (food borne bacteria can develop quickly at room temperature).
- 2). **Separation & cleaning:** keep all raw meats and poultry, (and especially their juices), away from all other foods, countertops, and cutting boards. Put all raw meats on a separate platter. Use plastic cutting board(s) and wash them, as well as, the knife, with warm soapy water. A spray of Clorox is an additional safety suggestion. Then rinse thoroughly. Disinfecting solution = 1 tsp. bleach + 1 qt. warm water in a basin. Soak dishcloths or sponges in solution, rinse, and allow to dry.
- 3). **Cooking** thoroughly is **VERY** Important!! Oven temp. must be set at least 325 degrees (no lower). The internal temperature **MUST** reach 180 degrees, for at least 10-20 seconds. Use either a digital or dial thermometer. Best testing area is in the thickest part of the thigh. Stuffing is safest prepared in a separate casserole dish. The internal temperature needs to be 165 degrees.
- 4). **Leftover storage:** Refrigerate the meat and/or stuffing in separate containers. Do so within approximately two hrs. of cooking. Divide large amounts into smaller containers. Be sure to label and date the containers. Leftovers should be eaten within 3-4 days. Frozen leftovers can be held for up to 4 months. Reheat temp. is always at least 165 degrees. Maintaining sufficient preparation, cleaning, cooking, and storage procedures you are assured a wonderful holiday meal!

Happy Turkey Day to all!!

Submitted by: Sandy Taylor—WCAAA Staff

ENJOY HAPPY & SAFE HOLIDAYS!

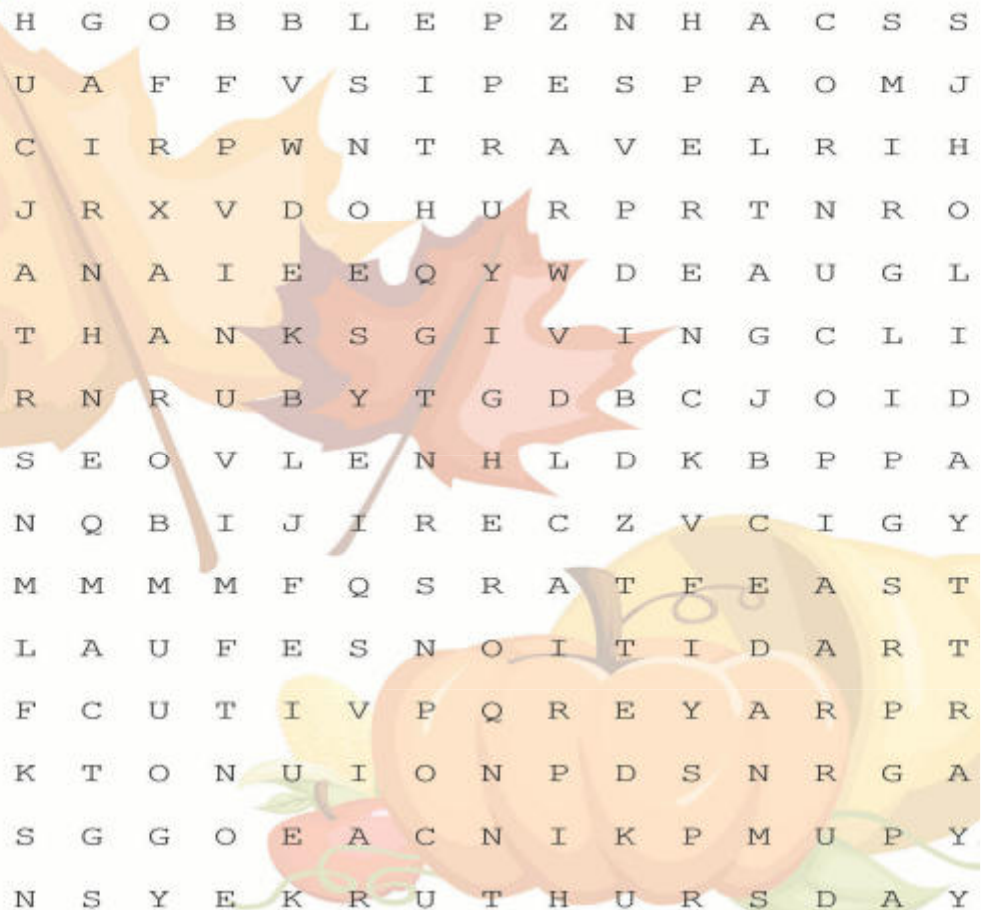
- ♦ Oct. 14: Columbus Day
- ♦ Nov. 11: Veteran's Day
- ♦ Nov. 28, 29: Thanksgiving Day



Find these words:

Autumn,
Cook,
Blessings,
Carve,
Cornucopia,
Cranberries,
Family,
Feast,
Gobble,
Harvest,
Holiday,
Indians,
November,
Pie,
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Thursdays,
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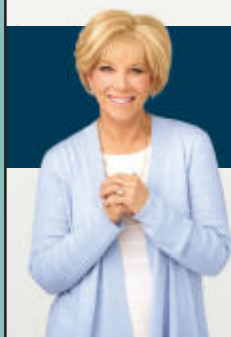
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