

THE BUZZ

ULSTER COUNTY OFFICE FOR THE AGING

MAY 2024



It is the mission of the Ulster County Office for the Aging to assist and empower older adults and their families to live as independently as possible, with dignity and purpose.

Ulster County will strive to reach more older adults and expand upon its current services by bringing them to remote and underserved areas of the County.

This includes new educational health promotion, service enrollment and Senior advocacy program opportunities so they can stay in, and contribute to, their community.

Are you 60 years old or older...

...Need a ride for a medical appointment?

...Would benefit from a nutritious home-delivered meal?

...Need help with legal matters or Medicare questions?

Programs and Services:

- Home-Delivered Meals and Community Café's
 - Legal Services
 - HIICAP Medicare Counselling
 - Home Care Services
 - Transportation for non-emergency Medical appointments via Ulster County Area Transit (UCAT) or Neighbor to Neighbor
 - Medical Alert
 - Housing Information
 - Caregiver Support Group and Warm Calls
 - Tai Chi, Mall-Walk, and other Exercise Programs
 - Nutrition Counseling by Registered Dietitian
 - Information and Assistance/NY Connects
- Trained staff are available 9:00 A.M. to 5:00 P.M., in person or by phone, to answer questions about available community resources, benefits and entitlements. Call 845-340-3456 for more information.



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UCOFA DIRECTOR MESSAGE

Dear Ulster County Older Adults!

When it's May, it's ramping up time here at the OFA!

We have lots of things going on, and two important projects we are excited about! Beginning the end of April into May, in partnership with Bevival.com and the Ulster County Women's Network, our Death Literacy project will begin April 26, and continue May 3 and May 10 here at our Senior Hub at 1 PM-2:30 PM. This series helps folks overcome the reluctance to speak and discuss issues relating to end of life, gives valuable information about many aspects of preparing for end of life, and help folks have ways to speak about this topic to their loved ones. Please register by calling our office for a Zoom link as we are at capacity for the in-person workshop!

We are also preparing, through our Older Adults Empowerment Council, our annual Forum on June 13, which will explore various senior groups, including SSIP groups (Seniors Serving in Place), which are groups of older neighbors who have decided to band together for mutual support as they age, making it easier for the group of them to remain at home through mutual support and having a variety of talents and abilities to help each other. We will be having a panel for this comprised of several SSIP group members, we will be able to explain how to start a group of your own (lots of you already have large, well-established senior groups for whom this would work very well!), and the whole event will be on Zoom and recorded. If you cannot make the Forum, please call our office and we will send you a Zoom link closer to the June 13 date of the forum. Or if you prefer to watch it in a group – many of the local libraries will be showing it, please contact us for locations.

We are taking our tech teaching on the road! In May we will be offering a tech class in Ellenville, and we hope to get to other places all around the County as well. We think our older adults, (well, many of them), will look forward to becoming experts with their smart phones or tablets!

We are starting branch out a bit with transportation for medical appointments, and so far, so good. We are now able to offer ride share services for folks we cannot accommodate through our Neighbor 2 Neighbor volunteer program or our UCAT shopping and medical bus.

Volunteers are always needed: Drivers, respite caregivers (training offered) and handy people who can fix things in people's houses! Just call our office and we will sign you up! Bring your talents to us! We can use them!

Happy Spring, everyone!

Susan Koppenhaver

Director, Ulster County Office for Aging

Ulster County Office for the Aging Senior Technology Support Classes

Senior Technology Support Classes will be held at the Ulster County Senior Hub in Kingston on Thursday mornings from 9:30 AM to 11:30 AM. Next classes:

May 2: General Tech Q&A Practice Session, bring your Tech and your Questions.

May 9: Google Photos, Using Cloud Storage/Basic Photo Editing Techniques.

May 16: Apple iPad Basics, Navigation, Split Screens, Photo, TV, Movie Viewing and more.

May 23: General Tech Q&A Practice Session, bring your Tech and your Questions.

May 30: Computer Basics, Toolbars, Ribbons, Menus, Microsoft Windows (Zoom Available).

Classes are limited to 15 people. Please call the Ulster County Office for the Aging at 845-340-3456 to register.

If you have registered for a class but find you are unable to attend, please call as soon as possible so we can contact a person on the waitlist.

Ulster County Older Adults Empowerment Council Presents Seniors Helping Seniors Stay Afloat: All in the Same Boat!

Join us to learn about the various Senior groups throughout the county - how they were formed, what they do, how they support and assist each other. In addition, hear about some of the fun activities, how they socialize and help each other, and how being part of a group can help prevent seniors from being isolated and becoming a victim of various scams that target Seniors.

Featured Speakers /Groups:

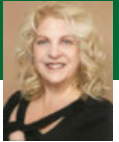
Local SSIP Groups (Seniors Serving in Place) – both established and new, Rhinebeck at Home, Catskill Neighbors and Vet2Vet – Veteran Support Groups.

June 13, 2024, from 1:30 to 3:30 P.M.

Hybrid Event: Via Zoom and In-Person.

Ulster County Senior Hub, 5 Development Court, Kingston, NY. Option to watch at a local library too!

Must Register. Call Ulster County Office for the Aging at 845-340-3456.



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CLASSES



MALL WALK WITH THE UCOFA

HUDSON VALLEY MALL

1300 Ulster Avenue, Kingston, NY.

Every Tuesday, 10:00 A.M. sharp!

**We meet by the Food Court at 9:45 A.M.
All are welcome!**

If Kingston City School District is on delay or closed, the mall walk is cancelled.

**All classes below are held at the
Ulster County Senior Hub,
5 Development Court, Kingston, NY
Call the Ulster County Office for the Aging to
register at 845-340-3456.**

UCOFA Weekly Game Day

Wednesdays, 1:00 to 3:00 P.M.

UCOFA Free Chess Classes

Mondays at 11:00 A.M.

If a County Holiday falls on a Monday, Chess Class will meet on Friday at 11:00 A.M. of that week.

UCOFA Craft Corner

Join Ulster County Office for the Aging for Creative Fun!
Each month a new craft. 3rd Friday of the month
10:00 A.M. to 12:00 P.M

UCOFA Gentle Chair Yoga

Mondays, 9:30 to 10:30 A.M.

Shoes must be worn.

UCOFA Fitness & Fun for All Bands, Balls, Light Weights & Light Cardio

Wednesdays, 10:30 to 11:30 A.M.

Shoes must be worn.

MEDICARE

MEDICARE SAVINGS PROGRAM (MSP)

You may be eligible to get help paying your Medicare premiums and you may also get help paying for Medicare Part A (Hospital Insurance) and Medicare Part B (Medical Insurance) deductibles, coinsurance, and copayments.

If you are a Medicare recipient and your gross monthly income is \$2,355 or less (Married income \$3,189 or less) you may be eligible.

Call the Office for the Aging at 845-340-3456 to make an appointment with one of our Health Insurance counselors for free, unbiased assistance with Medicare and to find out more about the Medicare Savings Program.

MSP workshops are also available to assist you.

Ulster County Office for the Aging Attorney

The Ulster County Office for the Aging Attorney can provide counseling and referrals for:

- Estate & Long Term Care Planning
- Government Benefits, including Medicaid
- Consumer Issues
- Housing
- Elder Abuse

The Ulster County Office for the Aging Attorney can also prepare the following documents:

- Simple Wills
- Powers of Attorney
- Health Care Proxies
- Living Wills

To make an appointment call the Ulster County Office for the Aging at 845-340-3456.

The attorney does not go to court on any matter. If immediate assistance is needed, a prospective client may want to contact Legal Services of the Hudson Valley at 845-331-9373.

UCOFA Lunch and Learn for Seniors

May 21: Emergency Preparedness

Presented by Michael Madison, Deputy Director, U.C. Emergency Services
 Highland Public Library, 14 Elting Place, Highland, NY.
R.S.V.P. by May 13, 2024

June 6: Understanding Alzheimer's and Dementia

Presented by Tara DeLuca, Alzheimer's Association, Hudson Valley
 Town of Kingston Town Hall, 906 Sawkill Road, Kingston, NY.
R.S.V.P. by May 28, 2024

June 12: Annuals to plant now for Full season of color

Presented by Victoria Coyne, Victoria Gardens
 Marbletown Community Center, 3564 Main Street, Stone Ridge, NY
R.S.V.P. by June 4, 2024

Lunch and Learns run Noon to 2:00 P.M.

Free to Ulster County Seniors age 60 and over and includes free lunch with reservation. Space is limited. Call Ulster County Office for the Aging at 845-340-3456 to R.S.V.P.

Legal Information for Ulster County Seniors

Presented by Judith Nolfo, Principal Court Attorney,
 Ulster County Surrogate's Court
 May 20, 2024 at 1:00 P.M.

Town of Esopus Town Hall, 1 Town Hall Way, Ulster Park NY.
 Free to Ulster County Seniors age 60 and over but you must register.
 Call the Office for the Aging at 845-340-3456 to R.S.V.P., space is limited.

Tai Chi for Arthritis and Falls Prevention

(Beginner level)

Mondays and Wednesdays
 1:30 to 2:30 P.M.

Starting May 13, 2024
 Holy Trinity Ukrainian Catholic Church
 211 Foordmore Road
 Kerhonkson, NY.

Wednesdays and Fridays
 2:30 to 3:30 P.M.

Starting May 22, 2024
 Pointe of Praise Church
 245 Hurley Avenue
 Kingston, NY.

Tuesdays and Thursdays
 3:30 to 4:30 P.M.

Starting May 28, 2024
 St. Francis DeSales Church
 109 Main Street
 Phoenicia, NY.

Classes are twice a week for eight weeks and ask that you be willing to make the commitment to be at all classes twice a week for all eight weeks. Free to Ulster County Seniors age 60 and over. Space is limited. Call 845-340-3456 to R.S.V.P.



On the Waterfront (1954) starring Marlo Brando, on May 14, 2024.

At the Rosendale Theatre, 408 Main Street, Rosendale, NY. Movie starts at 1:00 P.M. Free to Ulster County Seniors age 60 and over. Call the Office for the Aging to R.S.V.P. by May 10, 2024 at 845-340-3456.



February Craft Corner
mask craft



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May 2024 Community Café & Home Delivered Meals Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Meals Prepared by Gateway Hudson Valley Milk is provided WW = Whole wheat Menu Subject to Change * No Deliveries *Sites Closed May 27	Community Café Information and Reservations call: 845-331-2180 For information or Home Delivered Meal Cancellation call: 845-331-2496	1 Grilled Chicken Breast Lemon Orzo Mixed Veg WW Bread Pineapple Cup	2 Salisbury Steak Whole Baked Potato California Blend Veg Rye Bread Fresh Fruit Cup	3 Western Omelet Hash Brown Patty Spinach Dinner Roll Fresh Fruit
6 Chicken Patty Buttered Egg Noodles w/ LS Gravy Broccoli WW Bread Mandarin Oranges	7 Meatballs Sweet & Sour Sauce White Rice Oriental Blend Fortune Cookies Juice	8 Cheeseburger Reduced Sodium Cheese Tater Tots Brussel Sprouts Burger Bun Apple Sauce	9 Roast Turkey LS Gravy Mashed Potatoes Meadow Blend Veg WW Roll Cookie Juice	10 Broccoli Cheese Stuffed Chicken Roasted Red Potatoes Honey Glazed Baby Carrots Tossed Salad w/ Dressing Rye Bread Apple Sauce
13 Chicken Tetrazzini Garlic Green Beans WW Roll Pineapple	14 Shepherd's Pie Carrots Rye Bread Cut Fresh Fruit	15 Potato Crunch Fish Brown Rice Pilaf Scandinavian Blend Veg WW Bread Cole Slaw Mandarin Orange	16 Pot Roast LS Gravy Baked Potato Meadow Blend Veg WW Roll Apple Sauce	17 Macaroni & Cheese Stewed Tomatoes WW Bread Cookie Juice
20 Chicken Bruschetta Buttered Medium Shells w/ Bruschetta Sauce Broccoli WW Bread Pears	21 Taco Mix Yellow Rice Mexicali Corn Shredded Cheese WW Tortilla Fresh Fruit	22 Tandoori Chicken Basmati Rice Cauliflower Rye Bread Mandarin Oranges	23 Lasagna Brussel Sprouts WW Roll Fruit Cup	24 Hot Dog Tater Tots Corn Hotdog Roll Strawberry Shortcake <i>Memorial Day Holiday Meal</i>
* Memorial 27 Day Closed Crab Cake Lemon Dill Sauce Brown Rice Pilaf Summer Blend Veg Coleslaw WW Bread Fresh Fruit	28 Veal Parm Penne w/ LS Marinara Sauce Brussel Sprouts WW Roll Cookie Juice	29 Sliced Turkey LS Gravy Mashed Sweet Potatoes Zucchini Rye Bread Apple Sauce	30 BBQ Chicken Au Gratin Potatoes California Blend Veg Coleslaw WW Bread Fresh Fruit	31 Sausage & Cheese Quiche Tater Tots Broccoli & Red Peppers Rye Bread Pears



COMMUNITY CAFÉS

Do you know that Ulster County and the Office for the Aging sponsor multiple meal sites around the County so that Seniors, age 60 and over, can have a free meal?

Come and enjoy good food and socialization! See below for locations and days of the week.

UCOFA Community Café locations:

Ellenville: Trudy Farber Building, 50 Center Street, Ellenville, NY, Mondays and Wednesdays, 11:30

Kingston: Ulster County Senior Hub, 5 Development Court, Kingston, NY, Mondays and Wednesdays, 12:00

New Paltz: New Paltz Community Center, 3 Veterans Drive, New Paltz, NY, Thursdays, 12:00

Rosendale: Rosendale Recreation Center, 1055 Route 32, Rosendale, NY, Fridays, 11:30

Saugerties: Frank D. Greco Senior Center, 207 Market Street, Saugerties, NY, Tuesdays, 11:30

Woodstock: Mescal Hornbeck Community Center, 56 Rock City Road, Woodstock, NY, Thursdays, 12:30

Want to try it out? Call Gateway Hudson Valley at 845-331-2180 for more information.

Reservations for registered participants must be made at least 24 hours in advance. Please remember, this is for Ulster County Seniors age 60 and over.

The recommended voluntary contribution for a Community Café meal is \$3.00 per meal but not mandated. All contributions are voluntary and confidential. No one will be denied a meal if they do not contribute. Meals made possible by funds provided by Ulster County Government, NYSOFA, UCOFA and Private funds. Your contributions help keep Senior programs available. Thank you.



HOME DELIVERED MEALS

Home delivered meals can help Seniors stay independent in their own homes. Are you or someone you know, unable to take care of meal preparation?

The Ulster County Office for Aging Home Delivered Meal Program provides a weeks-worth of nutritious frozen meals delivered once a week to Seniors at NO cost.

The meals served are planned by a registered dietitian and each meal provides one-third of a Senior's daily nutritional needs.

Qualified Seniors must be:

- 60 years or age or older
- Ulster County resident with no other supports
- Unable to prepare meals
- Homebound due to incapacity or illness

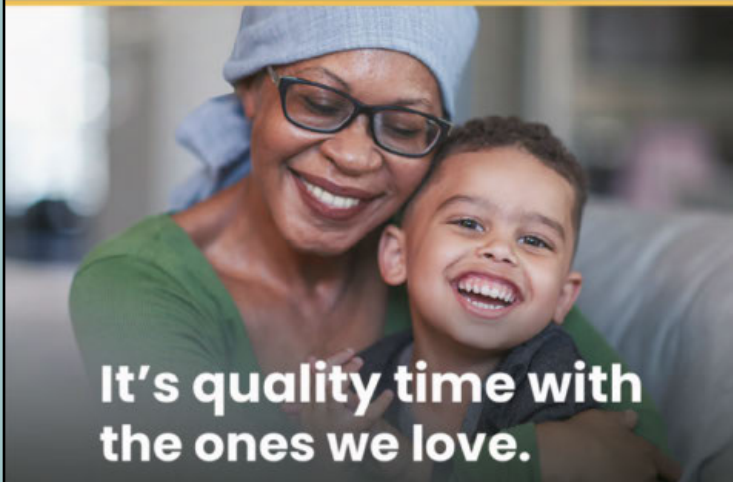
Voluntary contributions are appreciated. Contributions are confidential and no one will be denied a meal if they do not contribute. The recommended voluntary contribution is \$3.00 per meal. If monthly income is higher than 185% of the federal poverty level (\$2,248 for a 1 person household and \$3,040 for a 2 person household), Seniors are offered the opportunity to contribute the full cost of the meal which is \$11.04. Checks payable to Ulster County.

For more information, please call Ulster County Office for the Aging at 845-340-3456. For home delivered meal cancellation call 845-331-2496.

The Office for the Aging gratefully accepts voluntary contributions. Your contributions help keep Senior programs available. Thank you. This program is made possible by funding from Federal, State, County and/or local contributions.



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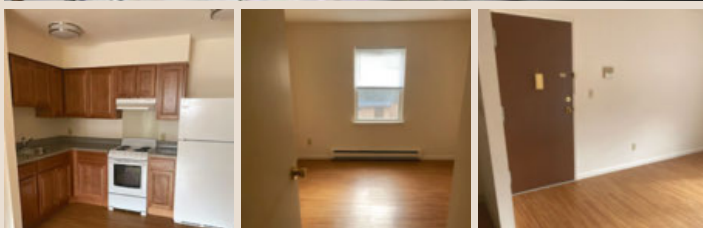


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For An Application

Spring Wellness Tips for Seniors

What are some ways for Seniors to implement healthy decisions into their daily routines this spring?

1. Put Some Step in Your Spring: If you've been inactive over the years or have a chronic health condition, Spring is a great time to check in with your physician (and don't forget to visit your dentist, too!).

Checking your weight, blood pressure, vision, hearing, and overall health annually is paramount to a healthy lifestyle, as well as receiving preventative screenings and other tests specific to your age group and physical condition. Spring wellness for Seniors can only be achieved by starting out with an understanding of your body's capabilities.

After getting the OK from your physician, begin taking regular walks. Typically, the mild Spring weather, when it's not raining, makes taking walks a very pleasant activity. Start slow if it's been a while since you've been active. See if you can gradually increase your walking time and speed as you get more comfortable with regular movement. Twenty to thirty minutes a day, five days per week is a good active senior living goal.

Also, strength training two or three days a week is recommended and doesn't take a lot of equipment. There are exercises that involve only your body weight, or something as simple and affordable as elastic bands. Not only will your strength improve, but your bone density and joint health will as well. Add balance and flexibility exercises to prevent falls and improve the mobility in your movements.

2. Eat Well: Spring has always symbolized a new beginning, so why not renew your commitment to a healthy diet this season?

- Increase your intake of fruits and vegetables.
- Make your soups light instead of heavy and creamy.
- Phase out the comfort foods of winter.
- Reduce your consumption of red meats and processed foods.
- Choose lean poultry.
- Add fish with omega-3 fatty acids with a side of leafy green vegetables.
- Consume more of the healthy fats contained in olive oil and avocados.

3. Drink Plenty of Fluids: Now that the weather is warmer and you are more active, your need for fluids will increase. As we age, our sense of thirst diminishes, and our ability to metabolize fluids changes. Staying hydrated affects the function of both mind and body, and promotes digestive health, kidney function, and urinary health.

4. Get Into Outdoor Gardening: What are the benefits of gardening for Seniors?

- Outdoor sunlight boosts your level of Vitamin D, which improves bone health.
- Mentally and emotionally, working in a garden reduces stress and provides personal satisfaction. You'll get a sense of purpose and increased confidence that you are managing your life.
- Digging, planting, and hauling is a great physical workout. It builds strength, promotes sleep, and helps in maintaining a healthy weight. Just make sure you don't overdo it!

4. Be Aware of Allergies: Along with the blessing of bountiful spring wellness opportunities for seniors comes a byproduct of that bounty — pollen. During Spring, trees and grasses begin releasing pollen into the air, which can trigger allergies. Histamine causes swelling in the nose and eyes, and sneezing is the body's attempt to remove allergens from the nose.

If you struggle with allergies, check pollen counts and stay indoors when they are high. Aside from remedies like antihistamines, decongestants, eye drops, and nasal sprays, other defenses against these allergens include:

- Wearing a mask while mowing or gardening.
- Keeping windows closed.
- Bathing and washing hair daily to remove pollen.
- Changing and washing clothes after being outdoors.
- Removing shoes before entering the house.
- Wearing hats and sunglasses when outside to limit pollen entering your eyes and landing in your hair.
- Vacuuming your floors once a week.

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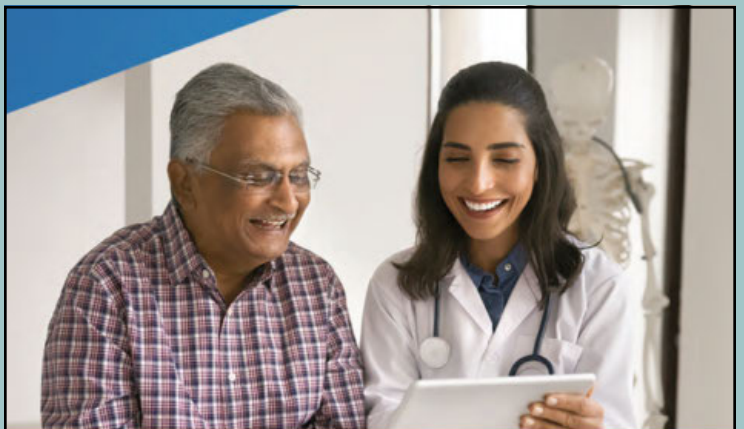
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4 tips to help you remember the Doctor's instructions

No matter what your age, it's easy to forget a lot of what your doctor says. Even if you are comfortable talking with your doctor, you may not always understand what he or she says. So, as your doctor gives you information, it's a good idea to check that you are following along.

Ask about anything that does not seem clear. For instance, you might say: "I want to make sure I understand. Could you explain that a little more?" or "I did not understand that word. What does it mean?"

Another way to check is to repeat what you think the doctor means in your own words and ask, "Is this correct?" Here are some other ideas to help make sure you have all the information you need:

1. Take notes. Take along a notepad and pen and write down the main points, or ask the doctor to write them down for you. If you can't write while the doctor is talking to you, make notes in the waiting room after the visit. Or, bring an audio recorder along and (with the doctor's permission) record what is said. Recording is especially helpful if you want to share the details of the visit with others.
2. Get written or recorded materials. Ask if your doctor has any brochures, DVDs, or other materials about your health conditions or treatments. For example, if your doctor says that your blood pressure is high, he or she may give you brochures explaining what causes high blood pressure and what you can do about it. Ask the doctor to recommend other sources, such as websites, disease management centers, nonprofit organizations, and government agencies that may have written or recorded information you can use.
3. Talk to other members of the healthcare team. Sometimes, the doctor may want you to talk with other health professionals who can help you understand and carry out the decisions about how to manage your condition. Nurses, physician assistants, pharmacists, and occupational or physical therapists may be able to take more time with you than the doctor.
4. Call or email the doctor. If you are uncertain about the doctor's instructions after you get home, call the office. A nurse or other staff member can check with the doctor and call you back. You could ask whether the doctor, or other health professional you have talked to, has an email address or online health portal you can use to send questions.



Garden tips for May

- Tubers and slips such as white and sweet potatoes can go in the ground.
- When shopping for seedlings of tomatoes (or really anything), pick stocky young plants about 4 inches high and wide—bigger isn't better.
- Zinnias and marigolds and other familiar summery annuals can be direct sown now, or start in cell packs and set them out after a month to six weeks.
- Add compost and/or leaf mold to help build nutrient content and soil tilth ahead of plantings.

**DID YOU
KNOW?**

The National Moment of Remembrance, which encourages that Americans pause in silence to honor and remember those who have fallen serving the U.S., takes place at 3:00 P.M. on Memorial Day.

Ultra Processed Foods: What Are They? How Can They Affect Our Health?

Let's start by cutting through the confusion about Processed Foods and get down to the science and what the experts say.

1. UNPROCESSED or MINIMALLY PROCESSED FOODS - Fruits, Vegetables, Raw Nuts and Seeds, Meat, Beans and Lentils. They are the foods that we find in their natural state that you find in the grocery. Some processing , like pasteurization may be OK as this may help to ensure the product is OK to consume. Note that frozen fruits and vegetables fall into this Minimally Processed category.
2. PROCESSED INGREDIENTS - Butter, Sugar, and Salt. These natural products require slightly more processing before we can use them.
3. PROCESSED FOODS - These foods are made by combining ingredients from the first two categories: canned fish, baked bread & cheese
4. ULTRA-PROCESSED FOODS - Combining multiple ingredients with additives like preservatives, flavoring, and stabilizers.

The experts now weigh in. Strong evidence shows that the consumption of ULTRA-PROCESSED FOODS was linked to *adverse health 32 different issues* including Diabetes, Cardiovascular, Metabolic, and even Mental Health issues. So why is it still in our groceries, made available to us? Well, the consumer likes it. Also, the additives and preservatives go a long way to keeping these foods from spoiling quickly. There is also doubt in our communities to accept the negativity of the foods we like to have, especially packaged cookies, cakes, and treats.

Science also reaches an impasse when they are limited by ethics to test wide groups of people over long periods of time with foods known to possibly harm them.

*Know that Ultra-Processed foods are high in calories, salt, sugar, and fat. All of these are well known to cause weight gain/Obesity, Cardiac /Hypertension and Diabetes related health concerns.

How do we reduce the intake of Ultra-Processed Foods? Buy real food in its natural form and cook it at home. Yes, it may not be manageable in our fast-paced world, but why not cut back on these ready to eat foods and try to put some Fresh Fruits, Vegetables and Meat/Beans and Nuts/ Seeds into our diets weekly?

From the desk of UCOFA Registered Dietitian: Patricia Ricks, MPA, RD, CDN. Nutrition consults are free to Ulster County Seniors 60 and over. To make a referral, call 845-340-3456.

Italian Marinated Chicken

Ingredients:

- 3 tbsp white wine vinegar
- 2 tbsp red wine vinegar
- 2 minced garlic cloves
- 2 tsp mustard, preferably Dijon mustard
- 1 tsp honey
- 1 tbsp basil
- ½ tsp thyme
- Black pepper to taste
- ⅔ cup olive oil
- 4- 6 oz chicken cutlet breasts
- 2 Fresh red, orange or green peppers sliced
- 1 cup halved cherry tomatoes
- 1 oz Parmesan Cheese

Directions:

1. Blend the vinegars, minced garlic, mustard, honey, basil, thyme & black pepper. Add the oil and blend, (in a blender if possible, on low.)
2. In a small baking dish, coat chicken with 1/3 of the above mixture and let sit for 10 minutes.
3. Meanwhile add the sliced peppers and tomato to the remaining mixture.
4. Cook chicken in a skillet on medium heat, 5 to 7 minutes per side. Let stand off of the heat for 5 minutes before slicing.
5. Add the pepper, tomato in the remaining mixture to your favorite greens (salad). Add the sliced chicken and enjoy.

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