

THE BUZZ

ULSTER COUNTY OFFICE FOR THE AGING

NOVEMBER 2023



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 and...

...Need a ride for a medical appointment?

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

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

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.



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UCOFA DIRECTOR MESSAGE

Dear Ulster County Older Adults!

Another busy month has flown by and OFA has accomplished a lot – 2 public hearings, a Human Services Expo, Falls Prevention Training classes, a few Lunch and Learns, and the beginning of Open Enrollment for Medicare! Make your appointments now if you need to change your plans....

November is National Family Caregivers Month which is a time to honor and support our important caregivers.

OFA is always seeking folks who want to offer respite to those caregivers in need of a break. We provide training for formal or informal programs, include those who want to visit and sit with someone in their home for a few hours while their caregiver gets some rest, does some errands, or maybe just reads a book. There are many resources for Caregivers and one of the best ones we recommend is: <https://newyork-caregivers.com> which is provided through NYSOFA and is free to use. As support for caregivers is in short supply, these resources are more important than ever! We do offer a hybrid caregiver support group on Wednesdays at 3pm, and hope some of you take advantage of that. Just knowing you are not alone can be a comfort!

November is also time for the seasonal change to winter. Be sure you have everything ready for heating season – and don't forget to call our NYConnects staff for help with your HEAP application if you need it! If you qualify for HEAP, you can qualify for SNAP, and food prices have not shown any indication of going down for quite a while.

We are still having a few events in November – Lunch and Learns, and a Thanksgiving Luncheon as well. Things do start slowing down in December and January, as we don't want to rely on iffy weather when planning for folks who need to drive places. Our Senior Hub will still offer programs, but there are usually less exercises or learning classes offered because of that uncertainty.

Also, don't forget simple winter emergency preparedness for your house: canned or boxed food that doesn't need to be heated, a mechanical can opener, a few extra gallons of water (you can fill containers from your faucets and put it aside), matches and candles, wood for your fireplace if you have one, blankets and warm socks, and always keep your phone charged! Solar chargers are a good, inexpensive thing to have in these situations.

Staying safe and warm and wishing you the same!

Susan Koppenhaver,
Ulster County Office for the Aging Director

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:

November 2: Taking great photos on Apple iPhones & iPads.

November 9: Cleaning up and speeding up your computer (PC).

November 16: Online security for Seniors.

November 23: Thanksgiving.

November 30: General Tech Q&A, Bring your tech and your questions.

December 7: Music on Apple Devices, Songs, Playlists, Apple Music, Apple Classic.

December 14: Google Photos/Taking Pictures on Android Phone.

December 21: General Tech Q&A, Bring your tech and your questions.

December 28: Smart TV's, Sticks and Streaming.

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.



CAREGIVER SUPPORT GROUP

Ulster County Office for the Aging (OFA) and MHA are offering a support group designed for caregivers seeking support and interaction with other caregivers. The group will also allow caregivers to learn skills, share information, and learn about available resources.

Meets every
Wednesday
3:00 - 4:15 pm

Meetings are held at
MHA
300 Aaron Court,
Kingston, NY
or via Zoom
Facilitated by
MHA

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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.**

Please use social distancing to the extent possible.
Masks are optional.

UCOFA Weekly Game Day
Wednesdays, 1:00 to 3:00 P.M.

UCOFA Free Chess Classes
Mondays at 11:00 A.M.

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 ANNUAL OPEN ENROLLMENT PERIOD

The Annual Open Enrollment Period to change your Medicare health or prescription drug coverage for 2023 will begin on October 15. The Open Enrollment Period will be from October 15 to December 7, 2023.

During this six week open enrollment period, you can:

- Change from Original Medicare to a Medicare Advantage Plan
- Change from Medicare Advantage to Original Medicare
- Switch Medicare Advantage Plans
- Join, switch or drop a Medicare Prescription Drug Plan

If you would like to make a change to your Medicare coverage and need assistance or information, please contact the Ulster County Office for the Aging (OFA) for a free HIICAP appointment at 845-340-3456 or toll-free 1-877-914-3456.

It is important for Seniors to note that if you are happy with how you are currently receiving Medicare coverage, there is no need to do anything. Your current coverage will be the same in 2023 if you make no changes.

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 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.



**LIVING WELL
WITH CHRONIC CONDITIONS**

Chronic Disease Self-Management Program

Sign up today for this **FREE** 6-week workshop

Self-Management skills for heart disease, diabetes, depression, asthma, bronchitis, emphysema and other physical and mental health conditions.

Mondays, November 13—December 18, 2023

10:00 a.m.—12:30 p.m. Light Refreshments will be served.

**Town of Esopus Town Hall
1 Town Hall Way, Ulster Park, NY**

"The instructors were excellent. They encouraged discussion, brainstorming and great ideas for dealing with pain and emotional well-being. The book is a wonderful resource. I highly recommend this class for anyone dealing with chronic pain" -Linda Q.

RSVP, Space is limited! Call OFA today: 845-340-3456

It's always the right time to take control of your health!



Ulster County Office for the Aging



Ulster County Office for the Aging invites Seniors to a Holiday Cabaret Luncheon

December 7, 2023 from Noon to 2:00 P.M.

Esopus Town Hall Community Room, 1 Town Hall Way, Ulster Park, NY.

R.S.V.P. by November 21, 2023

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

Tai Chi for Arthritis and Falls Prevention

(Beginner level)

Mondays and Wednesday
3:15 to 4:15 P.M.

Starting November 13, 2023
Walker Valley Schoolhouse
Community Center
6 Marl Road, Pine Bush, 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. *In partnership with Ellenville Regional Hospital.*

Senior Survey – We want to hear from you!

Please complete our survey which can be found on our website at <https://ulstercountyny.gov/aging/> or contact our office to receive a paper copy or for assistance in completing it over the phone. 845-340-3456

This will help us determine what types of services are important and necessary in our community to support Ulster County residents as they age.



Holiday Affair (1949) on December 5, 2023, 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. Masks are no longer required but for the safety of our staff and volunteers they are highly recommended. Call the Office for the Aging to R.S.V.P. by December 1, 2023 at 845-340-3456.



6 Autumn Safety Tips for Seniors

1. Clear outdoor walkways: Autumn leaves are beautiful but fallen wet autumn leaves are slippery and fall risk. Keep all your outdoor walkways free of these. This is a good time to think about installing handrails and/or non-skid surfaces on your home's exterior stairs.
2. Update your lighting: To be safe, check out the lighting in your home to make sure it is well-lit. Plug nightlights into hallways, bedrooms, bathrooms, and any other area that needs to be accessible after daylight dwindles, make sure that there is a clutter-free pathway to all wall light switches, check the batteries in all stored flashlights and make sure that they are easy to get to in case of an emergency, and stock up on candles, light bulbs, and batteries.
3. Enjoy local healthy produce: Eat bountifully during Autumn. This is the time to really enjoy the locally grown fruits and vegetables. But stay away from the sugary treats and sweets which are available in all the pumpkin spice temptations.
4. Dress warmly: Layering is the game plan for autumn. Make sure that plenty of sweaters and lightweight jackets are at hand. Pay special attention to your footwear. You need to have properly fitted non-skid boots with good traction which can help prevent slipping and falling. You also might want to consider using assistive devices such as wheelchairs, walkers, and canes.
5. Pre-winter fire safety check: Now is the time of the year for checking smoke and carbon monoxide detectors. Change the batteries in these devices and test them to make sure they're in good working order. Plan on doing detector testing every month of the fall and winter.
6. Disease prevention: Stay healthy. Wash your hands often or use a hand sanitizer. Health professionals say that handwashing is one of the most effective ways to prevent the spread of disease. It is critical to get your flu shot now. Also, check with your doctor about the pneumonia vaccine.

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November 2023 Community Café & Home Delivered Meals Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Meals Prepared by Gateway Hudson Valley</p> <p>Milk is provided WW = whole wheat "Menu Subject to Change"</p>	<p>For information or Home Delivered Meal cancellation call: 845-331-2496</p> <p>Community Café information call: 845-331-2180</p>	<p>1 Fish Filet w/ Lemon Butter Sauce Harvest Rice Stewed Tomatoes WW Roll Mandarin Oranges</p>	<p>2 Meatloaf Mashed Potatoes Corn Rye Bread Apple Sauce</p>	<p>3 Creamy Tuscan Chicken Penne Pasta Peas & Mushrooms WW Bread Peaches</p>
<p>6 Hot Dog w/Sauerkraut Hot Dog Bun Tater Tots Baked Beans Tropical Fruit</p>	<p>7 Lasagna Rollette Meat Sauce Italian Blend Veg Tossed Salad Rye Bread Pineapple</p>	<p>8 Swedish Meatballs Sour Cream Gravy Buttered Noodles Mixed Veg WW Bread Juice Rice Pudding</p>	<p>9 Honey Mustard Pork Loin Sweet Potato Tuscan Veg Rye Bread Peaches</p>	<p>10 VETERANS DAY Potato Crunch Fish Roasted Potatoes Spinach WW Bread Pears</p>
<p>13 Chicken Parm Ziti w/Sauce Broccoli WW Bread Pears</p>	<p>14 Beef Stew w/Potato, Carrot, Green Beans, Corn, & Onion Spinach, WW Roll, Apple Sauce</p>	<p>15 Open Face Turkey Sandwich Garlic Mashed Potatoes Brussel Sprouts Peaches</p>	<p>16 Vegetable Chili Brown Rice Corn Bread Parfait (Blueberries, Granola, & Yogurt)</p>	<p>17 Cheese Ravioli w/Marinara Green Beans Cole Slaw Rye Bread Tropical Fruit</p>
<p>20 Sweet & Sour Pork Sesame Noodles Oriental Blend Rye Bread Pineapple Fortune Cookie</p>	<p>21 Crab Cake Couscous Spinach Cole Slaw WW Bread Mandarin Oranges</p>	<p>22 Chicken Cacciatore Buttered Shells Carrots Rye Bread Cookies Juice</p>	<p>Closed 23 **Thanksgiving Day Roast Turkey Stuffing Potatoes Baby Carrots Cranberry Sauce Dinner Roll Pumpkin Pie</p>	<p>**Closed 24 Salisbury Steak w/Vegetable Gravy Mashed potatoes Green Beans WW Bread Apple Sauce</p>
<p>27 Lazy Stuffed Peppers Spinach WW Bread Cookies Juice</p>	<p>28 Breaded Pork Chop Seasoned Potatoes Butternut Squash Rye Bread Vanilla Pudding Juice</p>	<p>29 Sloppy Joe on Hamburger Bun Tater Tots Corn Apple Sauce</p>	<p>30 Southern Chicken Stew w/Black Beans & Diced Tomatoes Brown Rice Brussel Sprouts Rye Bread Mandarin Oranges</p>	<p>**Sites Closed **NO HDM Deliveries November 10 November 23 November 24</p>



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, 12:00

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, 12:00

Saugerties: Frank D. Greco Senior Center, 207 Market Street, Saugerties, NY, Tuesdays, 12:00

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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For An Application



November is National Diabetes Month

November is National Diabetes Month, a time when communities across the country team up to bring attention to diabetes. Diabetes is a group of diseases marked by high levels of blood glucose resulting from defects in insulin production, insulin action or both. It is a chronic disease that can lead to serious complications and premature death. While there is currently no cure for diabetes, it can be controlled through early detection, proper diet and education.

The major types of diabetes are:

- **Type 1 Diabetes:** An autoimmune disorder that typically begins before adulthood, in which the immune system destroys cells within the body that make insulin, a hormone that regulates blood sugar.
- **Type 2 Diabetes:** A disease that usually begins in middle age, which results when the body isn't able to use insulin properly to regulate blood sugar.
- **Gestational Diabetes:** A condition during pregnancy in which the body doesn't use insulin properly, similar to type 2 diabetes.
- **Prediabetes:** An early form of Type 2 diabetes — affects 1 in every 3 people, is when blood glucose levels are higher than normal, but not yet high enough to be diagnosed as diabetes.

The progression of pre-diabetes to diabetes may be reduced by lifestyle interventions (changes) and by some medication strategies. In fact, according to the American Diabetes Association early treatment and education of pre-diabetes can actually return blood glucose level to the normal range. People with prediabetes usually don't have any symptoms. But, as diabetes develops and blood sugars increase, you may notice these symptoms, see your doctor about getting your blood sugar tested:

- Frequent urination, especially at night
- Extreme hunger or thirst
- Fatigue
- Weight loss
- Blurry vision or headaches
- Have numb or tingling hands or feet
- Have very dry skin
- Have sores that heal slowly
- Have more infections than usual

The symptoms of diabetes tend to come on slowly over time. But this process can be slowed or even stopped. With early recognition and the right support, it's possible to prevent Type 2 diabetes.

Follow these tips to manage your prediabetes:

- **Take small steps.** Making changes to your lifestyle and daily habits can be hard, but you don't have to change everything at once. Start small.
- **Move more.** Limit time spent sitting and try to get at least 30 minutes of physical activity 5 days a week. Start slowly by breaking it up throughout the day.
- **Choose healthier foods and drinks most of the time.** Pick foods that are high in fiber and low in fat and sugar. Build a plate that includes a balance of vegetables, protein, and carbohydrates. Drink water instead of sweetened drinks.
- **Lose weight, track it, and keep it off.** You may be able to prevent or delay diabetes by losing 5% to 7% of your starting weight.
- **Seek support from your doctor.** People are more successful at managing their prediabetes if they have regular contact and support from trusted health care professionals.
- **Stay up to date on vaccinations.** The COVID-19 and flu vaccines are important for people who may be more likely to get very sick from COVID-19 or the flu, such as people with diabetes.

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Suicide Prevention: How to Help Someone in Crisis

Suicide is the 10th leading cause of death in the United States, and it is the second leading cause of death among young people ages 15-24. While there is no single cause of suicide, there are many risk factors, including mental health conditions such as depression, anxiety, and substance abuse. Other risk factors include a history of trauma or abuse, family history of suicide, and access to lethal means.

If you are concerned that someone you know may be suicidal, it is important to reach out and offer help. The first step is to talk to the person about your concerns. Let them know that you are there for them and that you care about them. You can also offer to help them connect with mental health resources.

If the person is in immediate danger, call 988 or your local emergency number. The 988 Crisis and Suicide Lifeline is a national network of trained counselors who can provide support and resources to people in crisis.

- Here are some other things you can do to help someone who is suicidal:
- Be a good listener. Let the person talk about what they are going through without judgment.
- Offer practical help. This could include things like helping them find a therapist, getting them groceries, or taking care of their pets.
- Encourage them to seek professional help. If the person is not already in therapy, encourage them to see a therapist or counselor.
- Be patient and understanding. It may take time for the person to get better.

If you are struggling with suicidal thoughts, please know that you are not alone. There is help available. Please reach out to a mental health professional or call the 988 Crisis and Suicide Lifeline.

Here are some additional resources for suicide prevention:

- The National Suicide Prevention Lifeline: <https://suicidepreventionlifeline.org/>
- The American Foundation for Suicide Prevention: <https://afsp.org/>
- The Jed Foundation: <https://www.jedfoundation.org/>
- The Trevor Project: <https://www.thetrevorproject.org/>

If you are interested in learning more about suicide prevention, please visit one of these websites or call the National Suicide Prevention Lifeline at 988.



Garden tips for November

- Continue to check houseplants for insects that may have come indoors as you brought the plants inside.
- If your soil has frozen to at least an inch thick, now is the time to start applying a 2-4" layer of protective mulch.
- It's not too late to set Tulips out. Water them well to hasten root development before the soil freezes solidly.
- While most roots are cold hardy, harvest them before a hard freeze and store them in a cool, dark, humid location. Make sure this location doesn't freeze as it can damage roots and make them spoil.

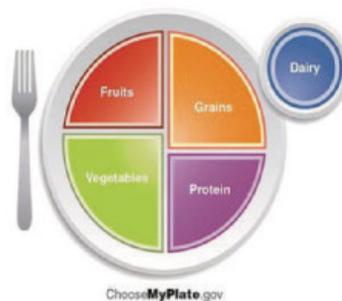
DID YOU KNOW?

Male turkeys (toms) make a "gobble, gobble" sound, whereas female turkeys (hens) make a clicking sound.

Fall Nutrition Tips for Seniors

Fall is here and it is tempting to over-indulge in comfort foods that contain heavy fats and calories. We often slow down and move less during the colder months. If we remember our nutritional foundation, it is easy to stay healthy and yet indulge in some of the seasonal food treats.

Tips for picking healthy foods: Know what a healthy plate looks like. The USDA has provided a simple graphic to show how the five food groups should stack up on your plate.



- * Look for lean meats, seafood, beans/lentils and eggs
- * Fruits and vegetables. It is a great time to add some seasonal favorites like a variety of apples & squash.
- * Whole Grains are so important such as Brown Rice, Quinoa, Whole Wheat Pasta and Whole Grain breads.
- * Low fat dairy milk, yogurt and cheeses. Dairy is a good source of protein and Vitamin D.

1. Read your Nutrition Facts label. The healthiest foods are whole foods. They are usually on the perimeter of the grocery store. Be wise to prepackaged foods and read labels to make sure the item is low in sodium, fat and sugar.
2. Stay hydrated. Water is so important to all your body functions. The Dry heat in homes and businesses may lead us to increase our hydration. Water is the best bet, but this season brings in flavored teas & warm ciders to add coziness to a chilly day.
3. Keep the body moving - Keep your body in motion to maintain muscle and bone strength and to help burn off that serving of warm apple pie. Go out and take a brisk walk. A little too icy to walk? Look into your local gym, library, the OFA and social groups for Senior exercise and body movement classes.

*** Now don't forget to work some occasional Fall treats into your diet. It's not about denying, it is about portion sizes and good choices. How about that slice of pumpkin pie and a warm flavored tea on a cool Saturday night?

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

Butternut Squash Soup Recipe

Serves 4. Per Serving - 305 Kcal, 7g fat, 7g protein, 60g Carbohydrate ~ 200-300 mg sodium.

This soup is my "fall in a bowl" favorite for a cold night. Pair it with a salad for a complete meal.

Ingredients

- 2 Tablespoons Butter
- 1 Small Onion, chopped
- 1 Stalk of Celery, chopped
- 1 Medium Carrot, chopped
- 2 Medium Potatoes peeled and cubed
- 1 Medium Butternut Squash peeled, seeded and cubed. (I like to use a bag of frozen cubed Squash instead....less work).
- 1 (32 oz) container of Low sodium Chicken or Vegetable broth
- Ground Pepper to taste.

**I like to add a half Tablespoon of Nutmeg... you may like more or less. Experiment with it!

Directions

1. Melt butter in a large pot over medium heat. Cook the onions, celery, carrot and potato and squash until lightly brown, about 5 minutes. Pour in enough broth to cover the vegetables.
2. Bring to a boil over medium-high heat. Reduce to low, cover the pot and simmer until all the vegetables are tender, about 40 minutes. Stir and check often to make sure the heat is not too high to burn your soup.
3. Transfer your soup to a blender and process until smooth. Return to the pot and add any remaining Broth and Nutmeg (Optional) to reach the thick and creamy texture. Add black pepper to taste.

From the desk of UCOFA Registered Dietitian: Patricia Ricks, MPA, RD, CDN.

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