



# Promoting the Health of Our Community

## Public Foot Care Clinics

Join us at one of our foot care clinics, which are offered multiple times a week in central Vermont. We will soak your feet, trim and file your nails, and apply soothing lotion. The cost is \$20.

Visit [www.cvhhh.org/footcare](http://www.cvhhh.org/footcare) or call 224-2250 for more info.

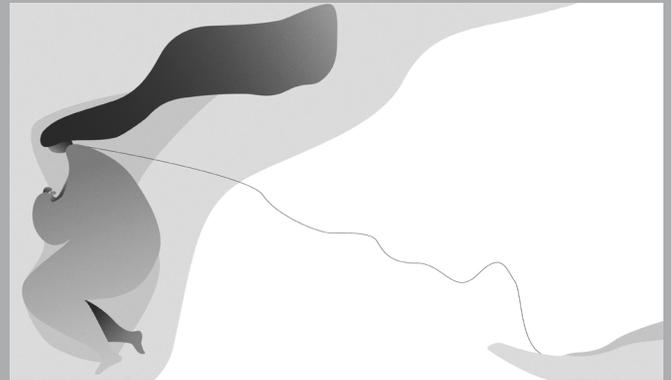
### January Clinic Schedule

2	Evergreen Place	8:30 am - 12:00 pm
3	Northfield Senior Center	8:00 am - 12:00 pm
8	Montpelier Senior Center	9:00 am - 12:00 pm
8	Quarry Hill Apartments	1:00 pm - 4:00 pm
13	Waterbury Senior Center	9:00 am - 1:00 pm
13	The Gardens	1:00 pm - 4:00 pm
14	The Gardens	8:00 am - 12:00 pm
15	Twin Valley Senior Center	8:30 am - 12:00 pm
16	First Congregational Church, Berlin	8:00 am - 12:00 pm
16	Evergreen Place	8:30 am - 12:00 pm
21	Montpelier Senior Center	1:00 pm - 4:00 pm
22	Northfield Senior Center	8:00 am - 12:00 pm
22	Quarry Hill Apartments	8:00 am - 12:00 pm
27	Barre Senior Center	8:00 am - 12:00 pm
28	North Barre Manor	1:00 pm - 5:00 pm
30	Barre Senior Center	9:00 am - 1:00 pm

### February Clinic Schedule

3	Montpelier Senior Center	9:00 am - 1:00 pm
4	The Gardens	1:00 pm - 5:00 pm
5	Twin Valley Senior Center	8:30 am - 12:00 pm
6	Evergreen Place	8:30 am - 12:00 pm
12	Montpelier Senior Center	9:00 am - 12:00 pm
12	Quarry Hill Apartments	1:00 pm - 4:00 pm
14	Northfield Senior Center	8:00 am - 12:00 pm
24	Waterbury Senior Center	9:00 am - 1:00 pm
24	The Gardens	1:00 pm - 4:00 pm
25	The Gardens	8:00 am - 12:00 pm
26	Twin Valley Senior Center	8:30 am - 12:00 pm
27	First Congregational Church, Berlin	8:00 am - 12:00 pm
27	Evergreen Place	8:30 am - 12:00 pm

## Grief Support Groups New Format in 2020



We have updated the format of our grief support groups, which are now offered in six-week blocks with a two-week break in between sessions.

With this new structure, we can offer a more focused approach to the grieving process and provide continuity from meeting to meeting. We encourage attendance at all classes in a session.

Support groups focus on learning together about coping with grief through the receiving and offering of support and through sharing personal experiences. We provide a safe and supportive environment to explore the changes brought about by the death of a loved one. All the information shared in the groups remains in the group setting.

Groups are free and open to the public.

The first six-week session meets on Monday evenings from 6:00 pm to 7:30 pm at CVHHH's office, 600 Granger Road in Berlin. Dates are January 6, 13, 20, and 27 and February 3 and 10.

To learn more visit [www.cvhhh.org/grief](http://www.cvhhh.org/grief) or call Diana Moore, Bereavement Coordinator, at 224-2241.





# Eating for a Healthy Heart



We have partnered with the American Heart Association of Vermont for Heart Month in February to help you make informed heart-healthy choices when you go to the grocery store and out to dinner. We've also included a heart-healthy recipe for butternut squash soup, perfect for the chilly months ahead.

An additional resource is the American Heart Association's Heart-Check Food Certification Program, which provides criteria for seven groups of foods (meats, dairy, grains, etc.) to help you determine if a food is healthy.

**Visit [www.cvhhh.org/hearthealthy2020](http://www.cvhhh.org/hearthealthy2020) for a link to the Heart Check Program, plus info about services for people living with heart disease.**

## Tips for the Grocery Store

**Start with the outer aisles.** This is where you'll find the fresh foods, the fruits, vegetables, and lean meats. The center aisles are generally for prepackaged and processed foods, which contain longer ingredient lists and can contain higher amounts of sodium which contributes to high blood pressure.

**Be prepared.** Don't go food shopping when you're hungry. Do go with a shopping list, and avoid the impulse buys at the register.

**Avoid foods packed in oil.** Instead, go for lean meats and canned fish packed in water. Also, choose items labeled as no salt added or low/lower sodium.

## Tips for Eating Out

Talk with your server about how foods are prepared. The more you know, the better choices you can make.

**Watch portion size.** Order a half portion and consider sharing. If smaller portions aren't an option, request a to-go box and place half of your entree in the box for lunch.

**Avoid Extras.** Cocktails, appetizers, bread and butter are high in calories, sodium, and fat. It's OK to skip them from time to time.

**Speaking of extras...** Ask for dressings, sauces, and gravy on the side. This way, you can control how much of these foods you consume.

## Roasted Butternut Squash Soup

*Adapted from the American Heart Association of Vermont*

- 1 ½ cups fat-free, plain Greek yogurt
- 1 butternut squash, about 2 ½ lbs.
- 1 tablespoon extra-virgin olive oil
- 2 cups yellow onion, roughly chopped
- 1 large carrot, roughly chopped
- 2 medium garlic cloves, chopped
- 1 teaspoon fresh thyme leaves, chopped
- 1 bay leaf
- 1 quart low-sodium vegetable stock or water
- 1 pinch grated nutmeg
- 1 ¼ teaspoons Kosher salt
- ½ teaspoon ground black pepper



Preheat oven to 400 degrees.

Cut squash lengthwise; remove seeds with a spoon. Season squash halves with 1 tsp. of the olive oil and ½ tsp. of the salt. Wrap in foil and place on baking tray. Roast squash for 1 hour, or until fork tender. Remove from oven and let cool. Using a spoon, scoop squash from the skin; set aside.

Place remaining 2 tps. of olive oil, the onion, chopped carrot, garlic, bay leaf, thyme, and ¾ tsp. salt in a pot over medium heat. Cook, stirring regularly, until onions are translucent and carrots are tender, about 10 minutes. Add stock or water and roasted squash. Turn down heat and cook on a low simmer, covered, for 30 minutes, adjusting heat as necessary to maintain steady simmer. Remove bay leaf.

Place soup in a blender, or, using a stick blender, puree soup with the nutmeg, pepper, and ½ cup of the Greek yogurt. Puree on high until smooth, about 1 minute. Serve with dollops of yogurt.

Note: If using a blender, puree soup in two batches to avoid splattering.

