



Harnett County Caregiver Support Group Newsletter

Volume 11, Issue 10 October 2019

Harnett County Happenings:

- ◆ **Benefits of the Caregiver Program.** Remember one of the benefits of our Family Caregiver Support Program is we offer Respite and Supplemental supplies at no charge to you if you qualify for these services. Please talk to Latorius about this great resource.
- ◆ October is recognized as National Breast Cancer Awareness Month.
- ◆ October 31, 2019 is Halloween. Be ready for the Trick-or-Treaters.
- ◆ We are now scheduling appointments for **Medicare Open Enrollment**. The Open Enrollment period runs from October 15th — December 7th. For more information call 910-893-7578.

“Remember to take it one day at a time. Tomorrow is a whole new day to start over!”

~Becky E.

Native to North America, pumpkins are incredibly versatile and nutritious. Here are some ways you can make sure no part of his autumn staple goes to waste.

Pumpkin puree.

Pumpkin pulp, or flesh, is high in fiber, vitamins, and minerals. To make puree from the pulp, cut the pumpkin in half, scoop out the seeds and strings, and place cut side down on a baking sheet. Bake at 350 F until fork tender, about an hour. Scoop out the flesh and puree in a food pro-

A Pumpkin's Potential

cessor or blender. The pulp can be used in a variety of tasty recipes, from soup to cheesecake.



Savory or sweet seeds.

Pumpkin seeds are not only yummy, but also full of valuable nutrients. To roast the seeds, separate them from the strings, rinse, and place the seeds in a single layer on an oiled baking sheet. Add salt for classic roasted pumpkin seeds, or brown sugar and cinnamon for a

sweeter treat. Bake at 250 F for 15 to 20 minutes.

Serving shells. The pumpkin rind isn't edible, but it can still be put to good use. Use the shell as a brown to serve soup or dip. Or stuff the shell with a wild rice casserole or macaroni

and cheese, then bake.

String stock. Finally, the stringy pieces that surround the seeds of a pumpkin can be used to make stock. Boil the fibers in water for about 30 minutes, cool and strain. Pumpkin stock is perfect for adding flavor to soups or casseroles.

October Meeting

Our next meeting will be held on **Thursday, October 17, 2019 at 11:00 a.m.** at the Harnett County Division on Aging, Kitchen Area (*right down the hall from our regular meeting place*). **Willetha Barnette, author of The Caregiver's Secrets,** was a caregiver for more than 20 years. She will present her seven principles of Family Caregiving and how the attention on caregiving is a vital service. Refreshments will be provided at this meeting. Please RSVP to Latorius Adams at (910) 814-6075.

5-INGREDIENT EASY WHITE CHICKEN CHILI

Ingredients

- 6 cups chicken stock
- 4 cups cooked shredded chicken*
- 2 (15 ounces) cans Great Northern beans, drained
- 2 cups (16 ounces) salsa verde (store-bought or homemade)
- 2 teaspoons ground cumin



optional toppings: diced avocado, chopped fresh cilantro, shredded cheese, chopped green onions, sour cream, crumbled tortilla chips

Directions

Slow Cooker Method: Add chicken stock, chicken, salsa and cumin to a slow cooker, and stir to combine. Cook on low for 6-8 hours, or high for 3-4 hours. Add the beans during the last half hour of cooking. Taste and season with salt and pepper, if needed. Serve