

# PACE NEWS MAKERS

Upham's Elder Service Plan Newsletter ~ Winter/EarlySpring 2018

## SEE WHAT'S COOKING AT PACE!

The Daily Table, located at 450 Washington St. in Dorchester, has welcomed our participants into their Teaching Kitchen to exercise their culinary skills.

Once a month, our Occupational Therapist, Fleeka Eder and Nutritionist, Miranda Newberry round up a small group, to prepare and enjoy a delicious meal together.

Last month they celebrated New Year's and Martin Luther King by preparing a traditional southern holiday dish, Hoppin' John (referenced on page 2) served over rice, with Fried Cabbage and Orange Cornmeal Muffins for dessert.

The Teaching Kitchen is a wonderful space and provides most everything including, several cook tops, a professional convection oven, cookware, utensils, dishes and a pantry of herbs, spices and condiments.

Nutritionist, Miranda Newberry has been so pleased with this space especially since there wasn't a place to cook at the 1140 site. "We are beyond grateful to have this wonderful space for our participants to enjoy cooking again!"



After preparing and eating lunch, the participants assist with clean up and then walk across the hall to the Daily Table do a little grocery shopping, all of which enhance their independence.

Packaged foods are prepared on-site and provide a healthier option to fast food. The produce, meats, and other grocery items are very affordable making it possible to access healthy foods.

The Daily Table is open to the public and the Teaching Kitchen offers free cooking classes to the community.



Another Daily Table location has opened up at 2201 Washington Street Roxbury, MA 02119.

## ENJOY A HEARTY RECIPE ... *from the Nutrition Department*



### Hoppin' John Recipe\*

This Southern staple serves up a generous helping of comfort and tradition. This meal is usually associated with New Year's and good luck. The most likely story is that since there were no crops growing between Christmas and New Year's that those that worked on the farms had time off for family celebrations.

#### Ingredients

- 6 thick-cut bacon slices, chopped
- 4 celery stalks, sliced (about 1 1/2 cups)
- 1 medium-size yellow onion, chopped (about 1 1/2 cups)
- 1 small green bell pepper, finely chopped (about 1 cup)
- 3 garlic cloves, chopped (about 1 Tbsp.)
- 1 teaspoon chopped fresh thyme
- 1/2 teaspoon black pepper
- 1/4 teaspoon cayenne pepper
- 1 1/2 teaspoon kosher salt, divided
- 8 cups lower-sodium chicken broth
- 4 cups fresh or frozen black-eyed peas
- 2 tablespoons olive oil
- 1 1/2 cups uncooked Carolina Gold rice
- Fresh scallions, sliced

#### Preparation

Cook bacon in a Dutch oven over medium-high, stirring occasionally, until starting to crisp, about 10 minutes. Add celery, onion, bell pepper, garlic, thyme, black pepper, cayenne, and 1 teaspoon of the salt. Cook, stirring occasionally, until onion is tender, about 8 minutes. Add broth and black-eyed peas and bring to a boil over medium-high. Reduce heat to medium-low, and simmer until peas are tender, about 40 minutes. Drain pea mixture, reserving cooking liquid. Return pea mixture and 1 cup of the cooking liquid to Dutch oven. Cover to keep warm; set aside.

Heat oil in a medium saucepan over medium-high. Add rice and cook, stirring often, until fragrant and lightly toasted, 3 to 4 minutes. Stir in 3 cups of the reserved cooking liquid and remaining 1/2 teaspoon salt. Bring to a boil, and reduce heat to medium-low; cover and cook until rice is tender, 15 to 18 minutes. Fluff rice with a fork, and gently stir into pea mixture in Dutch oven. Stir in remaining cooking liquid, 1/4 cup at a time, until desired consistency is reached. Sprinkle servings with sliced fresh scallions. Enjoy!

### New SNAP Senior Assistance Opens at DTA

DTA has opened a SNAP Senior Assistance Office. This office opening coincides with the launch of an easier-to-navigate, dedicated phone line for SNAP seniors. This line will streamline DTA's new simplified SNAP application for seniors in English and Spanish.

This new office has specially trained staff available to help seniors who call this line. That line is specifically tailored to provide a better experience for SNAP seniors, which includes direct access to a case manager without requiring use of automated prompts and the ability to leave a voice message. This phone line is available to seniors and anyone assisting them.

You can call 833-712-8027 to see if you are eligible for SNAP benefits.

\* Recipe reprinted from Southern Living used by the Nutrition Department in their cooking class.

## Staff Updates

**Nichele Thomas** has been named as the new center manager at the Jamaica Plain/PACE Center/Jackson Square located at 125A Amory Street. Nichele joined UCHC in 2015 as a behavioral health therapist and joined UESP/PACE as a social worker in 2016. She had been part of the transition team before accepting the position on a permanent basis.



We congratulated and said good-bye to **Susan Cavanaugh**, clinical director of UESP/PACE on her retirement. Sue has been a dedicated team member for the past 16 years. We are grateful to her and her service to the program and participants.

**Dr. Adam Burrows**, medical director at UESP/PACE program was recently elected to a one-year term as chair-elect of the National PACE Association Board of Directors. He will then move into the board chair position for two years.

## UESP/PACE Visit the Museum of Fine Arts



PACE participants travel to Museum of Fine Arts (MFA) once a month as part of the MFA's Art Access program. At each visit, participants and escorting staff enjoy a visit to one or two galleries where a MFA volunteer introduces them to a related group of artwork.

In celebration of Valentine's Day the February program featured artwork that celebrated love in its many forms. Participants appreciate the art work and also the opportunity to venture out.



## Protecting Yourself Against Fraud and Scams

Each year billions of dollars are lost to fraudulent activities. Telemarketing, health care and identity theft are just a few of the scams conducted over the phone, by mail, through the internet and door-to-door. Seniors are often targets as criminals focus on their vulnerabilities.

### Here are some guidelines to help ensure the safety of your assets and identity.

- Never give out your Social Security, credit card or bank account numbers.
- Don't fall for things that sound too good to be true-money, vacations, sweepstakes prizes, health cures, or low risk/high yield investment schemes.
- Have a lawyer or someone you trust examine any document before you sign it.
- Don't give money to a charitable organization until you verify its legitimacy by contacting the Attorney General's Office. Legitimate organizations do not require immediate response and should provide information by mail.
- Never send cash in the mail, or allow anyone to pick up a check at your home.
- The Attorney General's phone number is: 617-727-2200.



## THREE PACE SITES TO SERVE YOU

Dorchester PACE Center/SAVIN HILL  
1140 Dorchester Avenue, Boston, MA

Jamaica Plain PACE Center/JACKSON SQUARE  
125A Amory Street, Boston, MA

Roxbury PACE Center/DUDLEY SQUARE  
36 Dearborn Street, Boston, MA

**All have immediate openings  
Call our Enrollment Department at  
617-288-0970 for more information.**

Would you like someone from the program to come speak at your facility or building? Would you like to find out more information about the Upham's Elder Service Plan, or recommend a Boston area senior to the program?

For more information on our program or anything that appeared in this newsletter please contact the Enrollment/Marketing Department at 617.288.0970.



**Hang In There - It's Almost Spring!**



1140 Dorchester Ave.  
Boston, MA 02125