

# SDS GAZETTE – MARCH 2016

ALASKA ISLAND COMMUNITY SERVICES – SENIOR & DISABILITY SERVICES

## COMMUNITY EVENTS!

[March 3rd: Chautauqua!](#)

[March 13th: Daylight Savings Time. Spring Forward 1 hour!](#)

[March 17th: St. Patrick's Day](#)

[March 27th: Easter Sunday](#)



Health and Wellness

**Water Aerobics:** Mondays, Wednesdays, and Fridays at the Parks and Rec Pool from 10:00 to 11:00 AM. Fee associated, please call (907) 874-2444 for more details.  
**SAIL Classes:** Tuesdays and Thursdays from 10:00 to 11:00 AM at Senior Apartments  
**Healthy Cooking: THURSDAYS** from 11:30 AM to 01:00 PM at Senior Apartments

## Recipe of the Month



Looking for a quick and easy dinner? Try this slow cooker Black Bean Soup!

### Ingredients

- 1 LB Black Beans, soaked overnight
- 4 Tsp Diced Jalapeno Peppers
- 6 C Chicken Broth
- 1/2 Tsp Garlic Powder
- 1 TBSP Chili Powder
- 1 Tsp Ground Cumin
- 1 Tsp Cayenne Pepper
- 3/4 Tsp Ground Black Pepper
- 1/2 Tsp Hot Pepper Sauce

### Directions:

- 1) Drain and rinse Black Beans.
- 2) Combine beans, jalapenos, and chicken broth in a slow cooker. Season with garlic powder, chili powder, cumin, cayenne, pepper, and hot pepper sauce.
- 3) Cook on high for 4 hours. Reduce heat to Low, and continue cooking for 2 hours, or until dinner time.

## NON-SMOKING SECTION

Feeling a little bit more angry now that you've quit smoking? Try these tips to avoid enraging circumstances.

- 1) Avoid what makes you angry. If an unclean house ticks you off, clean it, and avoid allowing the house to get messy again until your withdrawal symptoms subside.
- 2) Avoid triggers that create cravings. Did you smoke while you drank? Avoid things that you did while you smoked to encourage keeping with the non-smoking habit.
- 3) Deal with your anger. If you have an outburst, recognize what caused it, and remedy the situation so next time, you can handle it better.

THE MORE THAT YOU READ,  
 THE MORE THINGS YOU WILL KNOW.  
 THE MORE THAT YOU LEARN,  
 THE MORE PLACES YOU'LL GO.  
 --Dr. Seuss

**E-Learning courses are due on 3/31!!**

