

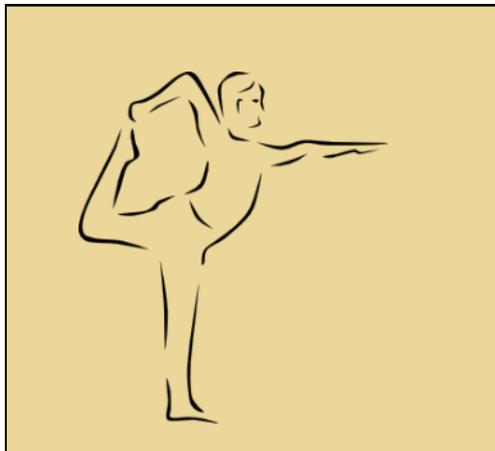
# SDS GAZETTE – AUGUST 2016

## ALASKA ISLAND COMMUNITY SERVICES – SENIOR & DISABILITY SERVICES

### YOGA CLASS

Starting Sept. 12, Mondays and Thursdays 5:30 pm—6:30 pm

At the AICS Medical Clinic



Health and Wellness

**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

### NON-SMOKING SECTION

Tips for Quitting:

- Set a quit date, ideally within two weeks.
- Remove tobacco products from your home, car, and workplace.
- Resolve not to smoke at all—not even one puff.
- Avoid drinking while you're quitting cigarettes. Drinking alcohol can trigger cravings for a cigarette.
- Anticipate challenges, such as nicotine withdrawal, particularly during the critical first few weeks.
- Ask others not to smoke around you. Allowing them to smoke around you can make it harder for you to quit.
- Identify reasons for quitting and benefits of quitting

Reference: How to Quit Successfully. (n.d. ) Retrieved from <http://alaskaquitline.com/how-to-quit-successfully/>

### Q&A

As SDS has transitioned to this new way of doing business a number of questions have come up which we'd like to answer below:

*Q. Who do I go to if I have a question about my provider?*

A. Brooke Reynolds is still the person to come to with provider questions. You can ask a care coordinator, but they will refer you back to Brooke.

*Q. If I have a question on the types of services I or my client receives who do I ask?*

A. Mary Shilts is the care coordinator in resident at this time and can discuss with people about their services needs in depth.

*Q. Who is the contact person for the exercise classes and cooking classes?*

A. Sierra Reil is our Health and Wellness Rehab Coordinator and can answer any questions related to the classes that we host.

*Q. How do I refer or get a client onto an SDS program?*

A. Make a referral at the front desk. Mary Shilts will be doing the initial contact with clients to see what programs they qualify for.



**Notes are due  
8/16 and 9/1!**

E-Learning is due on  
September 30th!



21 Things to Do before Summer Ends

1. Take a Hike
2. Read a Biography
3. Make Real Lemonade
4. Host a Neighborhood Block Party
5. Go on a Field Trip
6. Sleep Outside
7. Go to a "Dive-in" Movie
8. Take a Dip
9. Have a Yard Sale
10. Eat Homemade Ice Cream at Sunset
11. Attend a Concert in the Park
12. Go Horseback Riding
13. Visit an Amusement Park
14. Attend a Festival
15. Shop at a Farmers' Market
16. Pick Fresh Fruit
17. Clean Up a Park
18. Build a Fort
19. Attend a State or County Fair
20. Go Stargazing
21. Complete a Triathlon  
(<https://www.facebook.com/notes/k-love-morning-show/its-the-last-official-day-of-summer-heres-your-to-do-list-for-today/440515917479/>)

"Start by doing what's necessary; then do what's possible; and suddenly you are doing the impossible."

-Francis of Assisi

## Recipe of the Month



Looking twist on the traditional flautas. Try these Baked Bean and Sweet Potato Flautas and you will never look back!

Ingredients:

9 corn tortillas  
1 cup of black beans  
1 cup mexi-corn  
1 small/medium sweet potato  
1/4 cup of diced white, yellow, or red onion  
1/2 tsp chili powder  
1/2 tsp garlic powder  
1/2 tsp dried or fresh cilantro  
1/2 tsp cumin  
1/4 tsp cayenne pepper or red pepper flakes [optional]  
2oz full-fat or 1/3 fat cream cheese, room temperature [optional]  
4-6 ounces of grated cheese, plus extra to taste!  
1-2 heaping tablespoons [or more!] of taco sauce, enchilada sauce, or salsa  
salt and pepper to taste  
all-natural olive oil spray or plain oil  
parsley or cilantro + fresh veggies to garnish  
salsa or sour cream for topping

Directions:

Once your sweet potato is cooked, fluff the inside with a fork and add the flesh [minus the skin] to the rest of your veggies and mix thoroughly.

Add salt, pepper, and any additional seasoning to taste. I usually add a little extra sprinkle chili powder, cumin, and garlic! Next, working in small batches of maybe 3-4 tortillas, wrap corn tortillas in a damp paper towel and microwave on high for 30 seconds. Follow it up with an additional 30 seconds, if needed. The goal here is to steam the tortillas so they roll into perfect flautas without breaking or cracking => This trick works like a charm! Immediately spray or rub one side each tortilla with oil and add "line" of veggie filling to the center of the "dry side" of each tortilla, about 1-inch thick. Top it off with a layer of cheese [as much or as little as you want! if you're using cream cheese as well you can mix it into the shredded cheese before topping] and roll the tortilla. Place on a wire baking/cooling rack and seal with a toothpick, if needed. Repeat these steps until you have a rack full of flautas.

Give them one more teeny spritz of olive oil to get them extra crispy [no-frying! whoo!] and set the rack baking sheet lined with aluminum foil. The wire rack elevates the flautas and allows them to get nice and crispy on both sides. If you don't own a wire rack, simply place the flautas on aluminum foil after spraying and turn over halfway through cooking so both sides will get a chance to crisp up. Uber easy!

Bake on the middle rack, at 425F, for 15 minutes. At the end, set to broil on HIGH for just under a minute to crisp the tortillas into a perfectly golden, crunchy shell.

Pile high with any + all veggies you have on hand and serve with plain greek yogurt, salsa, and guacamole for dipping! ranch for dunking too!

[Jenn. (2012, September 27). Baked Black Bean and Sweet Potato Flautas. Retrieved from <http://peasandcrayons.com/2012/09/baked-black-bean-sweet-potato-flautas.html>]