

SENIOR NEWSLETTER FEBRUARY 2024
MUNICIPAL AGENT FOR THE AGING/SOCIAL SERVICES
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Hours: Monday through Friday 8am to 3:30pm

Hello All,

So far we have had a pretty active winter compared to past years. Please refer to the winter storm preparedness sheets that were sent out in past months for what to do in case of a big storm. If you need a new sheet, please reach out to me and I can supply you with one! Stay warm and safe this winter!

Operation Fuel Applications have Re-Opened!
Call to make an appointment!

Operation fuel applications have re-opened for a limited time. Operation fuel can help with a current bill or a future fuel delivery. If you have applied in the past, or think you may qualify, please give me a call to set up an appointment to submit a new application. You will need to have: An email address, the last 4 weeks of income for every household member, and information of the fuel vendor that you use.

Please note – Operation Fuel application window is based on available funding and can close down at any time but they are currently expected to remain open until March 1st. If you think you are eligible, please call me to make an appointment. – 203-268-1137



The Commission for the Aging will meet on Monday February 5th at 5 pm at the Easton Senior Center.

A soup recipe that is good for the brain

Tuscan-Style Chicken, Bean and Tomato Soup

Soup recipes can be easy, delicious *and* healthy. The four-bean mix bulks out this dish with extra protein and fiber, without adding fat, making it satisfying and beneficial for your cardiovascular system. Your brain relies on a healthy heart and blood vessels for its supply of oxygen and precious nutrients.

Ingredients

- 1 tbsp olive oil
- 1 onion chopped
- 1 carrot chopped
- 2 celery stalks chopped
- 1 zucchini chopped
- 2 large tomatoes chopped
- 14 oz four-bean mix rinsed and drained (Can choose any you'd like)
- ½ lb or 3/4lb of chicken thighs boneless, skinless, trimmed and sliced
- 4 cups chicken stock
- 1 bay leaf
- 1 tsp dried oregano
- 1 lemon grated zest optional
- 5.29 oz baby spinach leaves chopped

Instructions

1. Heat the oil in a large saucepan over medium heat and cook the onion for 10 minutes, until soft and golden. Add the carrot and celery, and cook for 5 minutes, until just soft.
2. Stir in the zucchini, tomatoes, four-bean mix, chicken stock and 1 cup (250 ml) water. Add the bay leaf, oregano and lemon zest, if using. Simmer for 20 minutes, until the vegetables are tender and the chicken is cooked through.
3. Stir in the chopped baby spinach leaves and cook for 2 minutes, until wilted.

Recipe Notes

You can replace the four-bean mix with 2 cups cooked beans made from 2/3 cup (140 g) dried beans.

This recipe is for 4 servings

Enjoy!