



SEPTEMBER



SAINT Highlights:



Please let the office know of any changes or concerns you have with your rides and riders – we keep track of things you tell us and are only able to deal with issues if we know about them!



SAINT BANQUETS are on the calendar! The Loveland Banquet will be on Wednesday November 9th at the Garden Center and the Fort Collins Banquet will be Wednesday November 16th at the Drake Center. More info will be coming!



CPR Classes to be scheduled soon (probably in October)! Call Theresa at the office if you want to be included. SAINT will cover the cost of these classes (First Aid, CPR, AED – 2 year). Let me know ASAP!



We are gearing up for fall/winter – moving right along!! Please let us know of any changes you wish/must make, any time off you need, and of course THANK YOU for your flexibility and generosity of time with filling in for your fellow drivers!

Cars for sale? We have had some people ask if we are aware of any “reasonably priced” cars for sale. If you know of anyone selling a vehicle, or if your passengers mention that they are selling their car, give me a call here at the office and I’ll pass the information on.



We have had requests lately for rides for 3 or 4 people together. If you have a vehicle that could accommodate up to 4 riders would you please let me know? It doesn’t happen very often, but this would be good information to know.

Please read your schedule carefully, and double check:

- 1) is the date correct?
- 2) have you printed every page? (the page #s are in the bottom corner of each page)
- 3) do you have all the address information you need?
- 4) Have you checked the notes for this ride?



And PLEASE let the office know of any problems, mistakes and issues with passengers! We keep a log of things and then determine if we have computer, human or cosmic errors – and work to get them corrected!



UCHealth and LifeSpring Covenant is hosting a Resource Fair on Oct 8, from 9am – 12pm at 743 S Dotsero Dr., Loveland. There will be resources for families as well as Car Fit services and a Cognitive Driving Assessment (both by appointment prior to the event) and older adult information about services available. SAINT will have a table at the event. Stop by and check it out!



Grandfamilies ... Did you know ...:

There are over 2.7 million children under the age of 17 being raised by older relatives or close family friends (not their parents) in the United States – and estimated 20% living at poverty level. Figures weren't available for Larimer County, but there is a strong support community for our Larimer County Grandfamilies: Grandfamilycoalition.org. There is also a new Respite Voucher available to 55+ adults raising children, newborn-17 yrs, available through the Family Caregiver Support Program, adrc@larimer.org. Please check out these programs if they apply to you – or share the information if you know of grandfamilies in our area!

Local Museums to visit:



Loveland Museum – thelovelandmuseum.org

will be featuring the works of James Disney, a strong influence in art and conservation in Larimer county and northern Colorado. A collection of painting and photography, with focus on mountains and landscapes of the west, showing Sept 17 – Nov 13 , small fee

Gregory Allicar Museum of Art – artmuseum.colostate.edu

Located in the old Fort Collins High School at 1400 Remington, this museum is small but mighty. Hours are Wed-Sat 10-6, Sunday 1-5. No cost

MoA Fort Collins – moafc.org

located in the old 1911 Post Office building on the corner of College and Oak, Wed-Fri 10-5, Sat-Sun 12-5. Small fee (library card holders get free admission at special times- check MoA website) Great little gift shop!

Benson Sculpture Garden – sculptureinthepark.org

The sculpture garden is located at Benson Park, 2908 Aspen Drive, Loveland; even though the Sculpture in the Park show is over, the walk around the ponds is quite soothing and beautiful!

Columbine Gallery – columbinegallery.com

2683 N Taft Ave. Loveland - Wed – Sat, 11-4; Home of the National Sculptors' Guild, and many different artists on display in the gallery and garden

GLOBAL village Museum – globalvillagemuseum.org

200 W Mountain; 11-5 Tuesday - Saturday, small fee; Rotating programs in 2 galleries

The Global Village Museum will be presenting a free program:

Ukraine in Context: An Historical and Personal Perspective" on Thursday Sept 22, from 6:00-7:30pm.

The program is given by Dr John Olienyk, Professor for 34 years at CSU, Emeritus Professor of Finance, CSU and former Senior Associate Dean for CSU College of Business. Dr Olienyk's grandparents were all born in the Ukraine and he has taught and traveled throughout Russia and Ukraine.

ENSIGHT is 22! Enight has been serving people with vision impairments throughout Colorado since 2001 – providing activities, supplies, services and support. If you know of anyone who might benefit from the Enight program, contact their office at Enightskills.org



Rx help with the new Medicare Prescription Bill

AARP was quite excited about the passing of the Inflation Reduction Act, which proposes many changes in many areas (typical piggy-back bill passing). You may have received the flyers in the mail, or heard about it on TV. One of the changes concerns prescription drug issues for Medicare/Medicaid recipients. There are 3 parts of the prescription bill that will go into effect in 2023:

- For the first time Medicare is able to negotiate the prices of some high-cost prescription drugs with pharmaceutical companies, which hopefully brings costs down substantially.
- The bill also puts an annual \$2,000 limit on how much Part D prescription drug plan members will have to pay out of pocket for their medications
- Can impose tax penalties on drugmakers that increase product prices by more than the rate of inflation.

The new law also caps the cost of Medicare-covered insulin at \$35 a month and eliminates out-of-pocket costs for most vaccines under Medicare.

These are just some of the provisions that should help control the increasing costs and make more people able to get the medications they need! Several other parts of this bill will be implemented over the next seven years.

SEPTEMBER GARDENS

- Direct-seed fall-season crops including lettuce, spinach, radishes, Swiss chard, kale and arugula. If the soil is compacted or dry, water the area first, wait a couple of days and fluff up the soil by hand tilling, which helps with root growth and water penetration.
- Use fresh potting soil to grow a fall crop in containers, along with a slow-release fertilizer.
- Tomatoes are ripening quickly, and there's no telling when frost will hit, so pick often, eat often and share often. Pinch off new yellow flowers since these blossoms won't have time to mature; the plant will then focus on ripening existing fruit.
- Harvest apples when they pull without difficulty from the tree. Dropping apples are a sign the fruit is ready, too.
- Knowing when to harvest homegrown grapes is as easy as tasting one grape. Be sure to harvest at peak flavor because grapes will not ripen once picked.
- A ripe raspberry or blackberry will easily come off the vine. Pick ripe fruit often and make jams right after harvest. Or freeze a single layer on a cookie sheet; once frozen, place in airtight bags.
- Weeds that have gone to seed will be back again next year in increased numbers unless addressed this season. Common annual weeds include crabgrass, purslane, mallow and knotweed. Tough perennial weeds include dandelions, oxalis, plantain and bindweed.
- Hand digging is immediate, environmentally friendly and a great stress reliever after a bad day. Chemical control requires correct identification of the weeds for the right product and proper application rates and precautions (read all labels, twice).
- Let weeds dry out before tossing them, and never put them in a compost pile if they've gone to seed.
- Late summer and fall is a great time to eradicate weeds because they focus on root development prior to winter, so killing them now means a better chance of getting the whole weed.
- A dry summer is conducive to powdery mildew; remove and destroy seriously infected plants and clean up garden debris to prevent spread next season.
- Japanese beetles plague roses, grapes, crabapples, beans, leaves and flowers of other ornamentals, fruits and vegetables. These metallic, green-colored, 3/8-inch-long oval insects consume leaf material between the veins, leaving it skeletonized in appearance. When you see one, know that more will be showing up soon to make it a larger gathering. Regularly scout and hand pick the beetles in early morning and destroy by dropping them in soapy water. (Use of traps has been shown to attract more beetles).



Apple and Peach Season!!

Use up those fruits –



Cider Doughnut Muffins

These fantastic cider doughnut muffins pack all the flavor of apple cider doughnuts without the fuss and the frying. Yum!

Ingredients

- 2 cups sweet apple cider
- 1/2 cup unsalted butter, softened, plus more for pan
- 3/4 cup granulated sugar
- 2 large eggs, at room temperature
- 1-1/2 teaspoons vanilla extract
- 2-1/4 cups all-purpose flour
- 1-1/4 teaspoons ground nutmeg
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1 teaspoon table salt

Preheat your oven to 375° and set a rack to the middle position. Lightly grease a standard 12-cup muffin pan and set aside.

Put the apple cider in a large saucepan over high heat and bring to a boil. Reduce the heat slightly and simmer until the liquid is reduced to 1 cup. Set aside to cool.

Cream the butter with the sugar in a large bowl at medium speed until fluffy, about 4 minutes. Add the eggs, one at a time, blending well after each. Add the vanilla extract and blend.

In a medium-size bowl, whisk together the flour, nutmeg, baking powder, baking soda, and salt. Add a third of this mixture to the butter mixture and beat just to combine. Add half the reduced cider and beat to combine. Repeat with another third of the flour mixture, then the rest of the cider, then the remaining flour mixture. Divide the batter evenly among the prepared muffin cups and transfer to the oven. Bake until tops are firm and a tester inserted into the center comes out clean, 15 to 17 minutes. Remove from the oven and let cool 10 minutes.

Topping Ingredients: combine sugar & cinnamon, brush muffins w/butter and roll in sugar mixture to coat

Peach Shrimp Kabobs

- 1 tablespoon packed brown sugar
 - 1 teaspoon paprika
 - 1/2 to 1 teaspoon ground ancho chile pepper
 - 1/2 teaspoon ground cumin
 - 1/4 teaspoon salt
 - 1/4 teaspoon freshly ground pepper
 - 1/8 to 1/4 teaspoon cayenne pepper
 - 1 pound uncooked shrimp (16-20 per pound), peeled and deveined
 - 3 medium peaches, each cut into 8 wedges
 - 8 green onions (light green and white portion only), cut into 2-inch pieces
 - Olive oil-flavored cooking spray
 - Lime wedges
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- Mix brown sugar and seasonings. Place shrimp, peaches and green onions in a large bowl; sprinkle with brown sugar mixture and toss to coat. On four or eight metal or soaked wooden skewers, alternately thread shrimp, peaches and green onions.
 - Lightly spritz both sides of kabobs with cooking spray. Grill, covered, over medium heat or broil 4 in. from heat 3-4 minutes on each side or until shrimp turn pink. Squeeze lime wedges over kabobs.

potato, beet & ambrosia apple tian (like an au gratin)

- 1 pound beets trimmed
 - 1 cup sliced leeks
 - 2 cloves garlic minced
 - 4 tablespoons olive oil divided
 - 1 pound yukon gold potatoes peeled
 - 1 pound ambrosia apple peeled
 - 1 teaspoon chopped fresh thyme
 - 1/2 teaspoon chopped fresh rosemary
 - 1 teaspoon salt
 - 1/2 teaspoon pepper
 - 1/3 cup goat cheese
 - 1/3 cup chopped toasted walnuts
- Preheat oven to 400°.



Wrap beets individually in foil. Place each foil-wrapped beet on a baking sheet and roast for 1 hour 20 minutes or until softened. Allow to cool completely.

Cook leeks and garlic in 1 tablespoon olive oil in a skillet over medium-high heat for 3-5 minutes or until leeks are softened.

Slice potatoes, apples, and beets thinly to 1/4-inch thickness with a mandoline or knife.

Toss potatoes and apples carefully in a medium bowl with 2 tablespoons olive oil. Toss beets carefully in another bowl with 1 tablespoon olive oil.

Increase oven heat to 425°.

Spread leek mixture evenly over the bottom of a 8-inch cake pan.

Stack potato, apple, and beet slices in individual stacks. Place in the pan on top of the leeks, splaying out fan-like, one stack after the next to fit. Sprinkle with thyme, rosemary, salt, and pepper.

Cover with foil and bake at 425° for 30 minutes. Uncover and cook for an additional 35 minutes.

Serve topped with goat cheese and walnuts.

Caramelized Onion, Mushroom, Apple & Gruyere Bites

2 Tbls vegetable oil

1 lg onion, thinly sliced

4 oz baby bella mushrooms, sliced

2 Tbls unsalted butter

1 1/2 Granny Smith (or hard, tart) apple, peeled & cubed into 1/2 inch cubes

1 tsp sugar

1 1/2 oz grated gruyere cheese

2 Tbls chived, minced

1/2 tsp dried thyme

1 - 1# pkg frozed puff pastry, thawed (per directions)

1 egg, beaten

Preheat oven to 400 degrees. Line 2 baking sheets with silicone baking mats or parchment. Set aside.

In a large skillet, heat the vegetable oil and cook the onions (with 1 tsp. of salt) until they're golden brown, about 30 minutes. Remove and set aside in a large bowl. In the same skillet, sauté mushrooms until tender, about 5 minutes.

Remove and set aside in the bowl with the onions.

In the same skillet, melt the butter and add in the apples with the sugar. Cook until softened, about 10 minutes. Remove from pan and add to the large bowl with onions and mushrooms.

Add the cheese, chives, and thyme to the bowl and stir to combine the mixture well. Season with salt and pepper, to taste.

With a pizza cutter, cut the puff pastry into 2-inch squares and place them on the lined baking sheets. Using a pastry brush, brush beaten egg on the squares.

Using a tablespoon, place filling in the middle of each puff pastry and gently bring up sides to form a "cup"

Bake for 25 minutes, rotating the pans halfway through and switching the baking sheet on the top rack to the bottom and the bottom to the top, until the pastry is golden brown and crisp.

Let the tarts cool a bit before serving

Smokey Gouda & Chicken Peach sandwich

- 1/4 cup garlic-herb mayonnaise, divided 1/2 c low fat olive oil mayo, 2 garlic cloves minced, 1 Tbsp fresh parsley chopped fine, 1 Tbsp finely chopped chives, salt
 - 8 slices country white bread (1/2 inch thick), toasted
 - 2 cups shredded rotisserie chicken
 - 1/4 teaspoon salt
 - 1/8 teaspoon pepper
 - 2 small peaches or medium plums, thinly sliced
 - 4 slices smoked Gouda cheese
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- Preheat broiler. Spread 2 tablespoons mayonnaise over 4 slices of toast; place on a foil-lined [baking sheet](#). Arrange chicken over top; sprinkle with salt and pepper. Layer with peaches and cheese. Broil 3-4 in. from heat until cheese is melted, 2-3 minutes. Spread remaining mayonnaise over remaining toast; place over tops.

APPLE TARRAGON TURKEY SLOPPY JOES

- 1 pound ground turkey
- 3/4 c each chopped onion and red bell pepper
- 1/2 c diced peeled Granny Smith (or hard, tart) apple
- 1 1/4 C ketchup
- 1/3 c water (more if needed)
- 2 Tbls Dijon mustard
- 2 Tbls apple cider vinegar
- 1 tsp white sugar
- 1 tsp minced tarragon leaves
- 1/2 tsp salt + 1/4 tsp pepper (to taste)
- 1/2 tsp ground cloves

Place ground turkey, onion, bell pepper, and apple into a large skillet over medium heat. Cook until turkey is browned and crumbly, 7 to 9 minutes.

Stir ketchup, water, Dijon mustard, cider vinegar, sugar, tarragon, salt, and cloves into the skillet. Reduce heat to low and simmer for 10 minutes, adding a little more water if mixture gets a bit thick.

Golden beet and peach soup

- 2 pounds fresh golden beets, peeled and cut into 1-inch cubes
 - 1 tablespoon olive oil
 - 2 cups white grape-peach juice
 - 2 tablespoons cider vinegar
 - 1/4 cup plain Greek yogurt
 - 1/4 teaspoon finely chopped fresh tarragon
 - 2 medium fresh peaches, peeled and diced
 - Fresh tarragon sprigs
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- Preheat oven to 400°. Place beets in a 15x10x1-in. baking pan. Drizzle with oil; toss to coat. Roast until tender, 40-45 minutes. Cool slightly.
 - Transfer beets to a blender or food processor. Add juice and vinegar; process until smooth. Refrigerate at least 1 hour. In a small bowl, combine Greek yogurt and chopped tarragon; refrigerate.
 - To serve, divide beet mixture among individual bowls; place a spoonful of yogurt mixture in each bowl. Top with diced peaches and tarragon sprigs.



Happy Fall!

