Farm Stand Close Out:
Last Farm stand for the 2014 season

HL2 Attends Upcoming Event: Mark your calendars
On Saturday, October 25th, the NCDHR, RRCD and Foodlink hosted the last Farm Stand of the year - the Harvest Festival. We had apples, pumpkins, acorn squash, butternut squash, potatoes, corn and cauliflower. About 40 community members came out on Saturday and our Cooking Demo hosted by Foodlink was quite the attraction. If you’d like to see more pictures and the recipe from the Cooking Demo, please like us on Facebook.

Thank you all so much for your support this year, we look forward to what next year will bring!

**Fall Pumpkin and Apple Soup**

**Ingredients:**
- ½ a pumpkin or 1 butternut squash
- 3 apples (such as crispin, fuji or golden delicious)
- 2 leeks or 1 onion
- 1 quart stock (either chicken or vegetable; for flavor, chicken is preferable)
- ½-1 cups apple cider (add the full cup for a sweeter soup)
- 1½ teaspoons cinnamon
- 2-4 teaspoons curry powder (to taste)
- 1½ teaspoons coriander, if available
- Bay leaf
- Salt and pepper, to taste
- 2 tablespoons Olive oil

**Instructions:**
1. Peel, remove seeds and chop pumpkin into ½ inch chunks. Cut apples into same size chunks.
2. Slice leeks into ½ inch wide rounds; or, if using onions, cut into slices.
3. Sauté leeks in two tablespoons of olive oil. Once they are translucent, add cinnamon, curry powder, and coriander.
4. Add the cider, stock, pumpkin, apple and bay leaf, and simmer about 20 minutes, or until the pumpkin is tender.
5. Remove the bay leaf and add salt and pepper to taste.
6. Use a potato masher to mash and soften the chunks of pumpkin and apple.
Healthy Living with Hearing Loss (HL2), a community committee of the Rochester Prevention Research Center (RPRC), will be at the Day of Hearing on November 6th. HL2 will also be presenting on how they have developed as a committee and how they selected the 9 health priorities of people with hearing loss. Click on the image below for the flyer.

A Day of Hearing
Thursday, November 6, 2014
at Lifespan, 1900 S. Clinton Avenue in the Tops Brighton Plaza

Featuring hearing screenings from 9 am to 4 pm along with information about assistive listening devices.

Presentations include:

9:15 – 10:00 am: John McNamara, AuD
Preventing Hearing Loss

10:15 – 11:00 am: Sarah Klimaszewski, AuD
How We Hear, From Birth to Beak

11:15 – Noon: Joe Kozlak, MD
Getting a Hearing Aid – What a Savvy Consumer Needs to Know

1:00 – 1:45 pm: Ramona Papania, PhD, CCC-A
Buying a Hearing Aid Online

2:00 – 2:45 pm: HL2: Steven Barnett, MD
Don Berrette, AI, CCS
& Mary Chertok, RN, MS Ed
Health Priorities of People with Hearing Loss

3:00 – 3:45 pm: Matt MacDonald, AuD
Elements of a Good Hearing Aid Evaluation

Free! No reservation required. Come for the day or just stop-in!

Sponsored by the Hearing Loss Association of America, Rochester Chapter (HLAA-R) and Lifespan.

Thank you:
• DeafLife Hearing Center
• DeafLife Hearing Center
• Healthy Living with Hearing Loss (HL2)
• Niswanger College Dept. of Communication Sciences and Disorders
• Ontario Hearing Centers
• Rochester Hearing and Speech Center
• Webster Hearing
Mission of NCDHR: To promote health and prevent disease in the Deaf and hard of hearing populations through community-based participatory research.