

Healthy Signs

National Center for Deaf Health Research October 2014
Rochester Prevention Research Center

Farm Stand Close Out:

Last Farm stand for the 2014 season

HL2

HL2 Attends Upcoming
Event: Mark your calendars



Farm Stand Close Out:

Last Farm stand for the 2014 season

NCDHR
Happenings

HL2

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.

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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)
- 1 ½ teaspoons cinnamon
- 2-4 teaspoons curry powder (to taste)
- 1 ½ 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.

foodlink
abundance shared

Optional: Use fresh or canned pumpkin for a smoother soup. Try sautéing lean chicken sausage before adding the leeks to the pot. Or, add canned cannellini beans, kale, or Swiss chard to the soup during the last five minutes of cooking.



NCDHR Happenings

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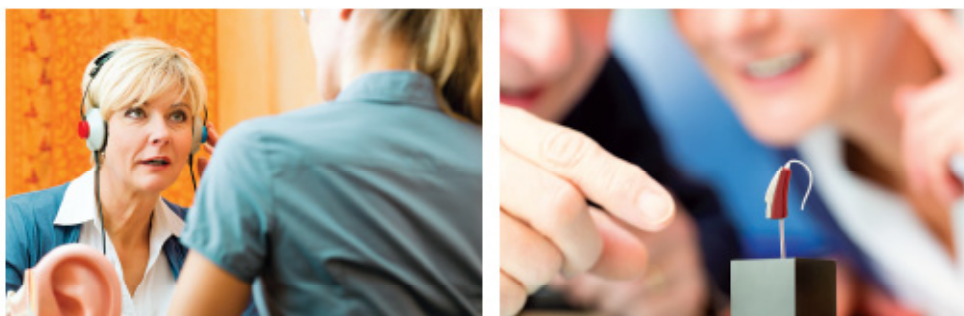
HL2 attends upcoming event Mark you calendars

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	1:00 – 1:45 pm: Ramona Potopica, PhD, CCC-A Buying a Hearing Aid Online
10:15 – 11:00 am: Sarah Kilmarswick, AuD How We Hear, From Earbud to Brain	2:00 – 2:45 pm: HL2: Steven Barnett, MD Don Batalla, AIA, CCS & Mary Chisak, RN, MS.Ed Health Priorities of People with Hearing Loss
11:15 – Noon: Joe Kozelky, MD Getting a Hearing Aid – What a Savvy Consumer Needs to Know	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.

**Hearing Loss
Association
of America**
Rochester Chapter



Thanks to:
• DePaula Hearing Center
• Hart Hearing Center
• Healthy Living with Hearing Loss (HL2)
• Nazareth College Dept. of Communication
Sciences and Disorders
• Ontario Hearing Center
• 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.



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265 Crittenden Blvd. • Box 708 • Rochester, NY 14642
Phone: (585) 275-0560 • VP: (585) 286-2776 • Fax: (585) 276-1256
www.urmc.edu/ncdhr • ncdhr@urmc.rochester.edu

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