

# 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

## 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.



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



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:

$\frac{1}{2}$  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)  
 $\frac{1}{2}$ -1 cups apple cider (add the full cup for a sweeter soup)  
 1  $\frac{1}{2}$  teaspoons cinnamon  
 2-4 teaspoons curry powder (to taste)  
 1  $\frac{1}{2}$  teaspoons coriander, if available  
 Bay leaf  
 Salt and pepper, to taste  
 2 tablespoons Olive oil

#### Instructions:

1. Peel, remove seeds and chop pumpkin into  $\frac{1}{2}$  inch chunks. Cut apples into same size chunks.
2. Slice leeks into  $\frac{1}{2}$  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.



**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

HL2

## HL2 attends upcoming event Mark your 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

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

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

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

2:00 – 2:45 pm: HL2: Steven Bennett, MD  
Dan Batalle, AIA, CCS  
& Mary Chlouk, 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.



### Thanks to:

- DeafLife Hearing Centers
- 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



**National Center for Deaf Health Research**  
Rochester Prevention Research Center



*Working for a Healthy Deaf Community*

**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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