Welcome the new Motion and Wellness Playground!

Thank you Next50 for the grant reward to build the Motion and Wellness playground at Crown Mountain Park. Orientations of the equipment will be held on Wednesdays at 9am. Please bring a water bottle and wear your tennis shoes!

Happy Birthday To You!

Sharon Miller * 5-Jul
Barbara O’Toole * 7-Jul
Betsy Dunbar * 8-Jul
Jack Moyes * 11-Jul
Karen Batista * 13-Jul
Donna Phelps * 20-Jul
Carole Berry * 21-Jul
Betty Henderson * 22-Jul
Lorraine Lamoureux * 23-Jul

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**July 2018**
**EL JEBEL HEALTHY AGING**
0020 Eagle County Dr. | 970.379.0020

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**Lunch Menu**

<table>
<thead>
<tr>
<th>TUESDAY, JULY 3</th>
<th>THURSDAY, JULY 5</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Hamburgers,</strong></td>
<td><strong>Birthday Lunch</strong></td>
</tr>
<tr>
<td></td>
<td><strong>Veggie Lasagna,</strong></td>
</tr>
<tr>
<td><strong>Coleslaw,</strong></td>
<td><strong>Garlic bread,</strong></td>
</tr>
<tr>
<td><strong>Baked beans,</strong></td>
<td><strong>Green salad,</strong></td>
</tr>
<tr>
<td><strong>Potato chips,</strong></td>
<td><strong>Banana,</strong></td>
</tr>
<tr>
<td><strong>Hot Fudge Sundae</strong></td>
<td><strong>German chocolate cake</strong></td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>TUESDAY, JULY 10</th>
<th>THURSDAY, JULY 12</th>
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</thead>
<tbody>
<tr>
<td><strong>Chicken Marsala,</strong></td>
<td><strong>Beef Stroganoff with Egg Noodles,</strong></td>
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<tr>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Mushrooms,</strong></td>
<td><strong>Mixed veggies,</strong></td>
</tr>
<tr>
<td><strong>Sweet Potatoes,</strong></td>
<td><strong>Cupcakes</strong></td>
</tr>
<tr>
<td><strong>Mixed green salad,</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Green beans,</strong></td>
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</tr>
<tr>
<td><strong>Tiramisu</strong></td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>TUESDAY, JULY 17</th>
<th>THURSDAY, JULY 19</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Salmon with butter sauce</strong></td>
<td><strong>BBQ pulled pork,</strong></td>
</tr>
<tr>
<td><strong>Mixed veggies,</strong></td>
<td><strong>Coleslaw,</strong></td>
</tr>
<tr>
<td><strong>Caesar salad,</strong></td>
<td><strong>Sweet potato,</strong></td>
</tr>
<tr>
<td><strong>Canned pears,</strong></td>
<td><strong>Cherry cobbler</strong></td>
</tr>
<tr>
<td><strong>Strawberry ice cream</strong></td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>TUESDAY, JULY 24</th>
<th>THURSDAY, JULY 26</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Penne with Meat Sauce,</strong></td>
<td><strong>Chicken Cordon Bleu,</strong></td>
</tr>
<tr>
<td><strong>Caprese salad,</strong></td>
<td><strong>Mashed potatoes w/ gravy,</strong></td>
</tr>
<tr>
<td><strong>Garlic bread,</strong></td>
<td><strong>Pea salad,</strong></td>
</tr>
<tr>
<td><strong>Mixed fruit</strong></td>
<td><strong>Carrots and Asparagus,</strong></td>
</tr>
<tr>
<td><strong>with canned pears</strong></td>
<td><strong>Sorbet</strong></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>TUESDAY, JULY 31</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Shrimp Scampi,</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Veggie orzo pasta,</strong></td>
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<tr>
<td><strong>Roasted tomatoes,</strong></td>
<td></td>
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<tr>
<td><strong>Banana,</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Berries and cream</strong></td>
<td></td>
</tr>
</tbody>
</table>

Please place a lunch reservation at 970.379.0020 by noon the day prior.
# July Events Calendar

**Additional Program Info:** 970-379-0020  
**Transportation Info:** 970-309-8465 (suggested donation $2)  
**Lunch Reservations (by noon on day prior):** 970-379-0020  
**Lunch Suggested Donation:** 60 & older $3 (Under 60 $8 fee)  
*All donations are greatly appreciated. Thank You!*

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
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<tbody>
<tr>
<td><strong>2</strong></td>
<td><strong>3</strong></td>
<td><strong>4</strong></td>
<td><strong>5</strong></td>
<td><strong>6</strong></td>
</tr>
<tr>
<td><strong>No Classes</strong></td>
<td>10:00 Reflexology</td>
<td><strong>Closed for 4th of July!</strong></td>
<td>9:30 Stretch</td>
<td>1:00 Bridge</td>
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<tr>
<td></td>
<td>11:30 Library</td>
<td></td>
<td>10:30 Exercise</td>
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<td></td>
<td>12:00 Lunch</td>
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<td>12:00 Lunch</td>
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<td></td>
<td>1:00 Bingo</td>
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<td>1:00 Bingo</td>
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<td><strong>9</strong></td>
<td><strong>10</strong></td>
<td><strong>11</strong></td>
<td><strong>12</strong></td>
<td><strong>13</strong></td>
</tr>
<tr>
<td>8:30-4:00</td>
<td>9:30 Stretch</td>
<td>9:00 Orientation to Motion and Wellness Playground</td>
<td>9:30 Stretch</td>
<td>1:00 Bridge</td>
</tr>
<tr>
<td><em>Smiles for Seniors</em></td>
<td>Dental clinic</td>
<td>10:00 Chair Massage</td>
<td>10:30 Exercise</td>
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<td></td>
<td>9:30 Stretch</td>
<td>11:30 Library</td>
<td>12:00 Lunch</td>
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<tr>
<td></td>
<td>10:30 Tai Chi</td>
<td>12:00 Lunch</td>
<td>1:00 Bingo</td>
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<tr>
<td>10:30 Tai Chi</td>
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<td>9:30 Poker</td>
<td>10:30 Exercise</td>
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<td></td>
<td>10:30 Exercise</td>
<td>11:30 Food Bank</td>
<td>12:00 Lunch</td>
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<td></td>
<td>11:30 Library</td>
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<td>1:00 Bingo</td>
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<tr>
<td><strong>23</strong></td>
<td><strong>24</strong></td>
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<td><strong>27</strong></td>
</tr>
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<td></td>
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<td>1:00 Bingo</td>
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<tr>
<td><strong>30</strong></td>
<td><strong>31</strong></td>
<td></td>
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<td><strong>Transportation Info:</strong> 970-309-8465 (suggested donation $2)</td>
</tr>
</tbody>
</table>
Smiles for Seniors Mobile Dental Hygiene Clinic

**Monday July 9th** 8:30-4:00
El Jebel, Eagle County Community Center

**Friday July 20th, Aug 17th** 8:30-4:00
Aspen, Schultz Health & Human Services Building

Includes professional cleaning, oral evaluations, screenings for dental decay, oral cancer or suspicious lesions, gingivitis (gum tissue infection), periodontitis (jaw bone infection), dental infection. Consultations and referrals provided. If you have been unable to access routine cleanings and screenings, this is a great opportunity for professional care.

Please leave a message for Kelly at (970) 309-2064 with questions and or to schedule an appointment. Age 60+

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Eagle County Healthy Aging at the El Jebel Community Center has the following volunteer positions:

- **LUNCH ASSISTANTS** - Tuesday & Thursday | 11:45 a.m. – 1:15 p.m. (1.5 hours)
- **LUNCH TABLE SET UP & TAKE DOWN ASSISTANTS** - Tuesday & Thursday | Before & after lunch
- **HOME DELIVERED MEAL DRIVERS** - Tuesday & Thursday | Noon – 12:30 p.m. (half hour)

Volunteers receive a FREE lunch and unlimited new friends!

TO LEARN MORE: Call Mandi Dicamillo at 970-379-0200
Email mandi.dicamillo@eaglecounty.us

This standard treatment is offered for $85. Financial assistance may be available. Please inquire when you schedule your appointment.
We accept Medicaid!
What is Mindfulness?

www.mindful.org

Mindfulness. It’s a pretty straightforward word. It suggests that the mind is fully attending to what’s happening, to what you’re doing, to the space you’re moving through. That might seem trivial, except for the annoying fact that we so often veer from the matter at hand. Our mind takes flight, we lose touch with our body, and pretty soon we’re engrossed in obsessive thoughts about something that just happened or fretting about the future. And that makes us anxious.

Yet no matter how far we drift away, mindfulness is right there to snap us back to where we are and what we’re doing and feeling. If you want to know what mindfulness is, it’s best to try it for a while. Since it’s hard to nail down in words, you will find slight variations in the meaning in books, websites, audio, and video. Here’s an all-purpose definition that treats mindfulness as a quality that every human being already possesses, rather than something we have to conjure up:

Mindfulness is the basic human ability to be fully present, aware of where we are and what we’re doing, and not overly reactive or overwhelmed by what’s going on around us.

A Few Things to Know About Mindfulness:

1) Mindfulness is not obscure or exotic. It’s familiar to us because it’s what we already do, how we already are. It takes many shapes and goes by many names.

(Continued on page 2)
Mindfulness (cont.)

2) Mindfulness is not a special added thing we do. We already have the capacity to be present, and it doesn’t require us to change who we are. But we can cultivate these innate qualities with simple practices that are scientifically demonstrated to benefit ourselves, our loved ones, our friends and neighbors, the people we work with, and the institutions and organizations we take part in.

3) You don’t need to change. Solutions that ask us to change who we are or become something we’re not have failed us over and over again. Mindfulness recognizes and cultivates the best of who we are as human beings.

4) Mindfulness has the potential to become a transformative social phenomenon. Here’s why:

- **Anyone can do it.** Mindfulness practice cultivates universal human qualities and does not require anyone to change their beliefs. Everyone can benefit and it’s easy to learn.

- **It’s a way of living.** Mindfulness is more than just a practice. It brings awareness and caring into everything we do—and it cuts down needless stress. Even a little makes our lives better.

- **It’s evidence-based.** We don’t have to take mindfulness on faith. Both science and experience demonstrate its positive benefits for our health, happiness, work, and relationships.

**It sparks innovation.** As we deal with our world’s increasing complexity and uncertainty, mindfulness can lead us to effective, resilient, low-cost responses to seemingly intransigent problems.
Beverages Make a Difference, Choose Healthy Ones

articles.extension.org

Sugar sweetened beverages are often the more popular choice compared to low-fat milk and water. Because of this, many of us are unwittingly adding up the calories, and the pounds, and crowding out nutrients needed by our bodies. The traffic light symbol is helpful in categorizing and making sense of the myriad of beverage choices. Stop light red drinks have added sugar such as sodas, sports drinks and juice cocktails. Slow down yellow beverages have nutritional value and are high in sugar, either natural sugar as in 100% juices or added sugar as in flavored milks. Go green light drinks include non-fat, 1% milk and water.

Most of your daily beverages should be from the green light category. The following steps will help you choose appropriate and healthy beverages so that you can get the most out of your drink!

- Drink water when thirsty and jazz it up by adding a twist of lemon, lime or other fruit, cucumber or mint. Try seltzer or bubbly water if you prefer the carbonation of soda.
- Drink milk or milk substitutes fortified with calcium and vitamin D such as soy, almond or rice milk.
- Drink 100% juices in moderation, ½ cup a day for young children (1 to 6 years) and ¾ cup a day for older children (7 to 18 years) and adults. These portions take advantage of the vitamins and minerals provided by 100% juice and help avoid over-consumption of calories from juice.
- Eat whole fruits instead of drinking juice to get the fiber that is eliminated when a fruit is juiced.
- Limit sugar sweetened beverages such as sodas, sports drinks, energy drinks, lemonade, juice drinks or cocktails and sweetened iced teas. Keep in mind that sports drinks were designed for high intensity athletes, not for most active youth and adults.
- Drink artificially sweetened beverages in moderation. Though these beverages have zero calories they crowd out healthier beverage choices and increase desire for sweet tastes.

(Continued on page 4)

Beware of the Romance Scam

www.aarp.org

Crimes against older adults continue to skyrocket as criminals find more ways to carry out new and old scams. In fact, older adults lose billions of dollars a year to home repair scams, investment scams, IRS scams and various other cons. Because online dating has become a popular way for people of all ages to meet friends, significant others and spouses, a new scam popping up is called the romance scam. While most people have good intentions when using online dating websites, scammers also use the same sites to obtain money, gifts or personal information. When meeting people online, it is important that you use a reputable website and always consider the possibility that the love interest you are chatting with might be a scammer. The following are some red flags to help determine if that dream date might actually be trying to steal your money:

- They are contacting you from hundreds of miles away, have inconsistent information in their profile and/or they have an unrealistic photo.
- You are asked to move the conversation outside of the dating website to phone, text, Facebook or email.
- You are asked to send money or goods before meeting them in person.
- They ask you for personal information such as your bank numbers or social security number. Never ever give this type of information over the phone.

(Continued on page 4)
Healthy Beverages,  
(Cont.)

What is the difference between choosing cola or fat-free milk for lunch? The cola has 17 teaspoons of sugar (20 oz. bottle), 240 calories and no nutrients. However, milk (8 oz.) contributes 30% of daily need for calcium and 25% of daily need for vitamin D, packaged in only 90 calories.

The difference between choosing a sports drink or water when thirsty is significant too. While 20 oz. of a sports drink has eight teaspoons of sugar and 165 calories, water has zero calories and does a better job of quenching thirst.

In a school environment, these recommendations and their explanations can help adults support and guide children in making healthy beverage choices that can become habits for a lifetime.

Memory Maximizers

Memory maximizers. Challenging your brain on a regular basis is an excellent way to stay sharp. Here are some ways to exercise your memory as you go about your day:

Remembering facts:
- Try to recall facts or events, such as the capitals of all the states; details about what you were doing when you learned about the attacks on 9/11 or other world events.
- List 20 things that match up to various categories—breeds of dogs, fruits or presidents of the United States—try to do this in under a minute.

Remembering visual details:
- Select a photograph with many details or people. Study the photograph for one minute then cover the photograph. List as many details as you can remember.
- Study a map and memorize the route from your town to a distance destination. See if you can recall it the next day.

Remembering numbers and lists:
- Make a list of numbers, starting with four digits. Keep adding more numbers until you have 15. Memorize the 15 numbers. Does breaking the numbers into chunks help you remember them better?
- Memorize a phone number each day. Try to remember it five minutes later, an hour later and a day later.
- Instead of writing down your grocery list, commit it to memory.

Romance Scam (Cont.)

- They express strong emotions toward you very early in your conversations.

If you recognize these warning signs or suspect unusual behavior, report it to the website’s administrator and cease all communication with the person immediately. If you have any questions or concerns, don’t hesitate to contact the AARP Foundation ElderWatch program at 800.222.4444.
Our Mission

Healthy Aging is dedicated to serving the over 60 population of Eagle County with nutrition, transportation, social activities, and programs that help to maintain the independence of older adults.

Meal Reservation Information

Reservations are requested for lunch by 12:00 pm the day BEFORE the meal is served (24 hour advance notice is requested please).

Eagle: Please call 970-328-8896. Lunches are served at noon on Tuesday and Thursday at the Golden Eagle Senior Center, 715 Broadway in Eagle. We deliver meals to homebound seniors in the mid and lower Eagle Valley (Eagle, Gypsum).

El Jebel: Please call 970-379-0020. Lunches are served at noon on Tuesday and Thursday at the Eagle County Annex Building, 0020 Eagle County Dr. in El Jebel (just off Hwy 82 at Crown Mountain Park). We deliver meals to homebound seniors in the Roaring Fork Mid-Valley.

Minturn-Vail: Please call 970-328-2812. Lunches are served at noon on Wednesday and Friday at Maloit Park Senior Center inside Vail Ski and Snowboard Academy in Minturn, 1951 Hwy. 24 in Minturn. We deliver meals to homebound seniors in the upper Eagle Valley (Edwards to Vail).

All meals are funded by the Older Americans Act and Eagle County Govt. Anyone over 60 or regular volunteers under 60: suggested anonymous donation of $3.00 All Guests under 60 must pay $11.

CONTACT INFORMATION

Coordination

EAGLE
Carly Rietmann
Healthy Aging Program Supervisor
970.328.8896
carly.rietmann@eaglecounty.us

EL JEBEL
Mandi Dicamillo
Healthy Aging Program Coordinator
970.379.0020
mandi.diacmillo@eaglecounty.us

MINTURN
Pat Nolan
Healthy Aging Program Coordinator
970.328.8831
pat.nolan@eaglecounty.us

Transportation

EL JEBEL BUS DRIVER
Marti Barbour
970.309.8465

EAGLE & MINTURN BUS DRIVER
Mikey Colley
970.343.9565

Culinary

EAGLE & MINTURN
Claudia Chacon
970.328.1483

EL JEBEL
Alan Kokish of Custom Catering in Basalt
Contact Mandi Dicamillo for info:
970.379.0020
HEALTHY AGING RESOURCES IN EAGLE COUNTY

Volunteer Opportunities
Alpine Area Retired and Senior Volunteer Program (RSVP) is a volunteering program specifically for people 55 or better. Contact them today to learn about fun and exciting volunteer opportunities in Eagle County.
CONTACT: CJ Grove, Alpine Area RSVP Coordinator
970-468-0295 ext.122  |  volunteers@nwccog.org

Alpine Area Agency on Aging
The Alpine Area Agency on Aging is a program of NWCCOG and the designated regional planning and service agency for senior services in Eagle, Grand, Jackson, Pitkin and Summit Counties.
CONTACT: Erin Fisher, AAAA Director
970.468.0295 x107  |  aaa12@nwccog.org

Eagle Valley Senior Life
Eagle Valley Senior Life: Partners in Elder Caregiving. Improving the quality of life for older adults with cognitive, physical or social limitations and their caregivers.
CONTACT: 970-977-0188

In Home Caregiving Assistance
Caring 4 You Homecare: 970-390-2889
(medical & non-medical)
HomeCare & Hospice of the Valley: 970-569-7455
(medical & non-medical)
Visiting Angels: 970-328-5526 (non-medical only)

Home Delivered Meals
Home delivered meals are offered to home-bound older adults two days per week through the Healthy Aging meal program.
El Jebel/Basalt: 970-328-7682
Gypsum/Eagle/Wolcott: 970-328-8896
Edwards/Avon/Minturn/Vail: 970-328-8831

Dietary Guidance & Consultation
Free dietary guidance and consultation is a service provided through our meal program in Eagle County. Contact them today for information, answers or to set up a consultation.
CONTACT: Melaine Hendershot, RD | 303-503-2622

Mental Health & Wellness
Provided by Mind Springs Health.
Eagle: 970-328-6969
Vail: 970-476-0930
Aspen: 970-920-555
Glenwood Springs: 970-945-2583

Medicare Information & Counseling
Northwest Colorado Councils of Government (NWCCOG) offers a State Health Insurance Assistance Program (SHIP) for Medicare beneficiaries.
CONTACT: TJ Dufresne
970-468-0295 x120  |  tjdufresne@nwccog.org
HEALTHY AGING RESOURCES IN EAGLE COUNTY

Medical Transportation Services
If you are in need of a ride to a medical appointment, there’s help!

**Mountain Ride:** 1-844-686-7433  |  mtnride.org
(medical rides for Medicaid beneficiaries)

**Eagle County Healthy Aging:**
Eagle River Valley – 970-328-8896
Basalt/Roaring Fork – 970-328-7682
(Medical rides for all in need no matter of age)

Senior Specific Housing
**Eagle River Valley:** Eagle County’s Housing Department operates two senior-specific independent living complexes in Eagle -- Golden Eagle Apartments and Seniors on Broadway. Contact Karen Thomas, property manager at 328-8897.
If you are in need of assisted living or skilled nursing, Castle Peak Senior Life and Rehabilitation in Eagle is now open. Contact Monica McCarroll at (970) 432-1150 or mkmccarroll@augustanacare.org.

**Roaring Fork Valley:** The Carbondale Housing Authority operates Crystal Meadows Senior Housing in the Roaring Fork Valley. Contact them at 970-963-9326.

Public Transit Opportunities
**Eagle River Valley:** Eco Transit – 970-328-3250,
Paratransit is also a service offered by Eco Transit for those who are medically unable to drive. Must be accepted into the program via an application and doctor’s signature.

**Roaring Fork Valley:** Roaring Fork Transportation Authority (RFTA) – 970-925-8484

Libraries
Did you know if you call your local library with a question about information and resources in your area that they either have the answer or will help you find it? All of our local libraries offer a wealth of information.

**Avon Library:** 970-949-6797
**Basalt Library:** 970-927-4311
**Eagle Library:** 970-328-8800
**Gypsum Library:** 970-524-5080
**Vail Library:** 970-479-2184

Veteran’s Services
Veteran Services Officers can assist Veterans and their family file for benefits including Health Care, Pensions, Training and Education, Home Loans, Life Insurance, Burial and Memorial Benefits, Transportation, Transition Assistance, Appeals of VA Claims Decisions, and more.

**CONTACT:** Pat Hammon, Veteran’s Services Officer
970-328-9674  |  pat.hammon@eaglecounty.us

Helping Hands
Helping Hands is a project of Alpine RSVP and can provide you with a volunteer to help with household chores or minor home repair. Learn more at (970) 468-0295 ext. 122 or volunteers@nwccog.org
Cauliflower-Potato Salad with Horseradish Dressing

ingredients:

- 1½ pounds small new red and/or purple potatoes, halved or quartered
- 4 cups small cauliflower florets
- ½ cup nonfat plain Greek yogurt
- ¼ cup light mayonnaise
- 1 tablespoon whole-grain mustard
- 2 teaspoons prepared horseradish
- 2 teaspoons red-wine vinegar
- ¼ teaspoon salt
- ¼ teaspoon ground pepper, plus more for garnish
- 1 cup chopped red bell pepper
- ½ cup sliced green onions

directions:

Place potatoes in a 6-qt. pot with water to cover. Bring to a boil and cook for 6 minutes. Add cauliflower; cook until the vegetables are tender, about 4 minutes more. Drain, rinse with cold water to cool and drain again.

Combine yogurt, mayonnaise, mustard, horseradish, vinegar, salt and pepper in a very large bowl. Add the cooked vegetables, bell pepper and green onions and toss to coat. Top with freshly ground black pepper, if desired.

Prep: 30 min
Ready: 30 min