



# AVRT



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*Association of Vision  
Rehabilitation Therapists*

*Winter 2017 Edition*      *February 3, 2017*

# Association of Vision Rehabilitation Therapists

## Newsletter

Winter 2017

Visit our Website at [www.avrt.org](http://www.avrt.org)

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## **Editor's Note**

**Dear Fellow Rehab Professionals:**

**The holidays are over and now we are experiencing quite a winter. Here in Oklahoma it is freezing with icy rain one day and in the 60s and 70s the next. I am getting excited about the upcoming AFB Conference we have the privilege of being a part of. I am looking forward to seeing many of you and learning new techniques and ideas!**

**On another note: Many of our senior consumers may not have smart phones or do not feel comfortable downloading or using apps. One of my consumers who is 92 years of age shared this wonderful information with me. There is a phone service call "GO GO GRANDPARENTS." It was developed by a gentleman who was trying to teach his grandmother who could no longer drive how to access the Uber app on her smart phone. He worked with her for some time but she just could not get it. As a result, he decided to develop a phone service to assist in getting a ride. Check it out and see what you think!**

**Go Go Grandparents is a program for persons who don't have a smart phone or are unable to access apps successfully. One registers by calling the phone number below and registering by giving their debit or credit card number. From then on when they call they dial "0" and an operator will assist them in arranging an Uber ride. It works much like the app but a person assists them. There is a 19 cent charge for every minute they are in the driver's car. The toll free number is 855-464-6872.**

Once again, I am looking forward to seeing you at the conference on March 2 through 4!

Sincerely,  
Pam Holloway, CVRT  
Newsletter Editor

**The deadline for the Spring Newsletter is APRIL 15, 2017**

Remember that you can submit articles about new techniques, eye diseases, experiences, devices, technology, recipes, etc. We need a variety of topics! I would love to have submissions from those of you who have not submitted. We are all unique and may have techniques and ideas that are new to many of us. I am looking for a full inbox! Send all submissions to [pholloway@okdrs.gov](mailto:pholloway@okdrs.gov).

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## President's Message

**Greetings and Happy New Year! I hope 2017 is off to a wonderful start for you and the clients/consumers you serve. With the recent Golden Globe, Grammy and other awards presentations I was reminded of an email I received a few years ago. I am not sure who originated the message but I wanted to share it with you here:**

### Charles Schultz Philosophy

**The following is the philosophy of Charles Schultz, the creator of the "Peanuts" comic strip. You don't have to actually answer the questions. Just read the message straight through and you'll get the point.**

- 1. Name the five wealthiest people in the world.**
- 2. Name the last five Heisman trophy winners.**
- 3. Name the last five winners of the Miss America.**
- 4. Name ten people who have won the Nobel or Pulitzer Prize.**
- 5. Name the last half dozen Academy Award winners for best actor and actress.**
- 6. Name the last decade's worth of World Series winners.**

**How did you do?**

**The point is, none of us remember the headliners of yesterday. These are no second-rate achievers. They are the best in their fields. But the applause dies. Awards tarnish. Achievements are forgotten. Accolades and certificates are buried with their owners.**

**Here's another quiz. See how you do on this one:**

- 1. List a few teachers who aided your journey through school.**
- 2. Name three friends who have helped you through a difficult time.**
- 3. Name five people who have taught you something worthwhile.**
- 4. Think of a few people who have made you feel appreciated and special.**
- 5. Think of five people you enjoy spending time with.**

**Easier?**

**The lesson: The people who make a difference in your life are not the ones with the most credentials, the most money, or the most awards. They are the ones that care.**

**Pass this on to those people who have made a difference in your life. "Don't worry about the world coming to an end today. It's already tomorrow in Australia." (Charles Schultz)**

**I share this with you because many of you have indeed made a difference in my life and I am sure you have made a difference in the lives of your clients/consumers and their families. There is nothing wrong with receiving awards or recognition for excellent work, but it is not the number of awards you receive that matters. I encourage you this year to take time to learn new things, network with other professionals, get involved in conducting evidence-based research, publish articles on the good work you do, attend conferences and get involved in professional organizations. These activities--in addition to your extreme level of caring--will help you truly be someone who makes a difference.**

**Speaking of attending conferences, I am extremely excited about the numerous presentations at the upcoming AFB Leadership Conference related to the field of vision rehabilitation therapy. Please see the article later in this newsletter for additional details. We will also be holding our AVRT Awards Breakfast and Business Meeting on Friday morning during the conference. I hope you will join us for this opportunity to recognize outstanding professionals in our field with the presentation of our Charlyn Allen Award and Alice Raftary Emerging Leader Award. The conference will be an excellent chance to expand our knowledge and resources as well as expand our network of professionals from whom to get support, encouragement and feedback. I look forward to meeting and connecting with you during the conference.**

**Finally, I hope you will join with me in celebrating VRT Appreciation Week April 9-15, 2017. This week coincides with the birthday of Anne Sullivan Macy and both recognizes and celebrates the comprehensive and valuable work of vision rehabilitation therapists. I encourage you to find creative ways to pat each other on the back for a job well done and to educate families and other professionals within the community about the important contributions of a VRT. Please share what you did to celebrate this week in an upcoming newsletter. Best wishes for a safe and happy winter season.**

**Kind regards,  
Jennifer Ottowitz, CVRT  
President, AVRT**

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## **AVRT at AFB Leadership Conference**

**This year in lieu of our annual AVRT Professional Development Conference, AVRT is joining the efforts of the American Foundation for the Blind (AFB) and encouraging our members to attend the AFB Leadership Conference to be held at the Crystal Gateway Marriott near Washington D.C. March 2-4, 2017. Thanks to feedback received on past AVRT conference evaluation forms, AVRT has worked to provide the following sessions as part of the AFB Leadership Conference program. These sessions will be held throughout the conference in addition to many other exciting sessions important to the work of a VRT.**

### **Autism and Visual Impairment: Using a Collaborative Model to Develop Goals and Teaching Strategies through the Lifespan (Parts 1 and 2)**

**Presenters: Valerie Alvarez, Blindness Trainer Coordinator, Texas Workforce Commission, and Linda Hagood, Speech Language Pathologist, Washington State**

#### **Part 2: Focus on Teens and Adults**

**Part 2, presented by Valerie Alvarez, will identify problems and solutions for adult job seekers and teenagers who are blind with a secondary impairment of autism. It will highlight the importance of affective strategies in rehabilitation to address common challenges for those job seekers such as self-advocacy, problem-solving and social interactions. The presentation will also facilitate a discussion about the importance of getting the autism diagnosis before they are adults.**

**Note: A question and answer session will be held the day after the presentation to focus on questions related to the Friday autism presentations and will provide video demonstrations and**

opportunities for hands-on practice in some of the activities and strategies introduced on Friday's sessions.

**From Grassroots to Reality: How Can You Advocate for Legislation**

**Presenter: Andrew T. Mason, General Counsel, Maine Education Association**

**Description: In this session, the ways in which blindness rehabilitation professionals can impact legislation from the grassroots on through to the legislation becoming reality will be explored. How professionals can advocate for and directly play a role in the legislation impacting the field and ultimately its clients will also be discussed.**

**How to Recharge Your Battery, Improve Your Anatomy, and Perk Up Your Personality**

**Presenters: Susan M. Dalton, M.S.Ed., CVRT, Treasurer, AVRT and Faculty Member, Northern Illinois University, and Helen Hahn, CVRT, Braille and Academic Instructor, Alphapointe, Kansas City, MO**

**Description: Recreation activities are outlets to gain health benefits and provide satisfaction and pleasure for the participant. An essential part of human life, recreation comes in many different forms, shaped naturally by individual interests and the community. Discover how to incorporate recreational activities that result in relaxation and improved performance while learning new skills in the rehabilitation process.**

**May the Workforce Be with You: How WIOA Is impacting Vision Rehabilitation Therapy Services**

**Presenters: Ian Shadrick, M.A., CVRT, CRC, Program Manager, Transition and Children's Services, Rehabilitation Services for the Blind of Missouri and Past President, AVRT; and Susan M. Dalton, Treasurer, AVRT and Faculty Member, Northern Illinois University**

**Description: With the current talk about Workforce Investment Opportunity Act (WIOA) and final rules for the WIOA Act being implemented, this session will review the five required services and nine authorized services of the Act. Also learn how WIOA impacts vision rehabilitation therapy services, and how VRTs can enhance or expand services and service provision under WIOA.**

**Publish or Perish: How Our Profession Will Thrive**

**Presenter: Susan M. Dalton, M.S.Ed., CVRT, Treasurer, AVRT and Faculty Member, Northern Illinois University**

**Description: What we do and the results that come from our interventions in vision rehabilitation need to be documented in order to validate our profession. Learn how you can take your everyday practices and put them into a professional article, what makes a good article, understand the peer review process and the steps to publication.**

**Support Service Providers and Sign Language Interpreters: Facilitating Communication and Other Support Needs of People Who Are Deaf-Blind**

**Presenters: Deborah Harlin, Director IRPD, Helen Keller National Center**

**Description: The presenter will provide information regarding the role and availability of Support Service Providers (SSPs) and the support needs that the SSP can provide for deaf-blind people. The presenter will describe the different types of SSP support available, training needs and how to access SSPs. In contrast, the presenter will also provide information on sign language interpreters and how their role is different than an SSP, and how to access qualified certified interpreters.**

## **VRT Research: Preserving the Profession**

**Presenters: Elyse Connors, Ph.D, CVRT, COMS, Assistant Professor, Blindness and Low Vision Department, Western Michigan University; Dr. Helen Lee, Ed.D, CVRT, COMS, Associate Professor. Department of Blindness and Low Vision Studies, Western Michigan University; Jennifer Ottowitz, Ms.Ed., CVRT, Instructor, Hadley Institute for the Blind and Visually Impaired; and Lachelle Smith, CVRT, Program Director and Assistant Professor, Vision Rehabilitation Therapy Program, Salus University.**

**Description: Have you ever Googled “teaching a VRT skill” and come up with zero or only a few hits? Our field has desperate need for research specific to VRT content areas. Lack of literature in our discipline has contributed to the lack of visibility and knowledge of our specialty to other health care practitioners, third-party insurers and to the general public. Have you ever been intimidated about what you could do to get involved? This session discusses how every VRT can contribute.**

**Current AVRT members can register for the AFB Leadership Conference and receive a 20% discount on registration by accessing the following link to register. The discount is only available if you use this link.**

**<http://www.afb.org/jltliregistration.asp?code=afblc20>**

**For a complete listing of the conference agenda as well as information on making hotel reservations, visit <http://www.afb.org/info/about-us/events-and-awards/american-foundation-for-the-blind-leadership-conference-2017/123>**

**AVRT will also hold its Awards Breakfast and Business Meeting during the conference on Friday, March 3 at 7:00 am. Dr. Michael Bina will be our keynote presenter. We hope you will join us as we celebrate AVRT and the field of vision rehabilitation therapy, recognize the work of outstanding professionals in our field, and**

**the opportunity to network with each other. We look forward to seeing many of you at the conference!**

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**Meet an AVRT Member!**  
**by Susan M. Dalton, CVRT**

**Welcome to the New Year and our Meet-a-Member feature of the AVRT News. As CVRTs we can find ourselves in many different settings throughout our careers. You will find us working in blind centers at the Department of Veterans Affairs, state divisions of rehabilitation services, private blindness agencies and even school systems. The AVRT member I'd like to introduce to you in this edition has had a unique path in her profession – so read on to become acquainted with a fellow colleague.**

**Meet Susan DeVecchio!**

**Susan earned her degree in blind rehabilitation from Cleveland State University. After graduation she worked as a rehabilitation teacher the Cleveland Sight Center and the Center for Visually Impaired, but once she began having children, she left the agencies and decided to do more contract work. She has been an independent contractor for most of her career.**



**for  
left**

**About 15 years ago she was contacted by the local Education Center and was asked if she could help out with students who were visually impaired in the school system. Since that time, she has covered maternity leaves for teachers of visually impaired to assist with braille instruction and now does a lot of consultation work with students involving adaptive equipment and teaching techniques. Right now she is providing direct services to students teaching daily living skills. Susan states, “We are finding a lot of students who are great academically, but falling behind in their skills for independent living.” She is still in contact with the State**

**of Ohio, but due to many financial cutbacks in the state, she is seeing fewer adult clients through the division of rehabilitation, so the majority of her work now is with children.**

**How did she find herself in this profession?**

**When Susan was young, she reflects that there were not many options for young girls when it came to thinking about a career: “It was either a nurse or a teacher.” She felt that her brothers were definitely provided with more guidance for their future. Eventually, Susan got interested in the fields of occupational therapy or physical therapy, but discovered that Cleveland State University offered a program in Blind Rehabilitation. It was a smaller program and blended a lot of the concepts and services similar to the other therapies, so she enrolled in this major and began her career as a rehabilitation teacher – now known as a Vision Rehabilitation Therapist.**

**Other interesting facts...**

**Susan’s greatest accomplishment is that she “...raised four pretty decent human beings.” And I think she’s gone well beyond that.**

**Susan has a son and three daughters who she reports are all doing what they sought out to do, leading happy lives, and having a great time together as a family. This is truly an extraordinary accomplishment that Susan cherishes dearly.**



**Susan met George and Barbara Bush when she volunteered for a Town Hall Series of speakers that came to Cleveland. There were a lot of people who came in for these events and she didn't always get to meet them – but she has fond memories of getting introduced to George and Barbara when they visited her city. What's on Susan's TV? Well...although she doesn't watch TV very often, when she does, she claims to be hooked on several HGTV shows. And she does make an effort to watch "Nashville" whenever she has the chance.**

**Who would Susan like to meet for lunch? First on her list would be to sit down with Mary, the Blessed Mother. What a compelling conversation that would be! And next, she states, "Given what we do, I think that Helen Keller would be very interesting."**

**Comments and advice from Susan...**

**Working in our profession is becoming quite a challenge. Dealing with governmental agencies is very complicated and their financial situation is challenging. Susan worked on a state contract for over 11 years along with an orientation and mobility specialist providing services for over 100 people annually. Unfortunately the funding for those services is no longer available, but there are still people looking for assistance and instruction. She suggests that people in our profession consider getting as many certifications as possible to make themselves more "sellable" and make their career more well-rounded. Often some of the best opportunities come when professionals can offer more diverse instruction in the other areas of orientation and mobility, low vision, and rehab.**

**Reflection...**

**In thinking back across her career, Susan is grateful for the opportunities she's had along the way to "...meet so many, many wonderful, cherishable people." And, some interesting characters as well! She is very grateful for her profession and never expected**



**that the individuals whose lives she has touched would make for such a treasured experience for her.**

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**Recruiting Into the Field of Vision Rehabilitation Therapy**  
**(or, Introducing Others to the Best Job in the World)**  
**By John McMahon, Ph.D., CVRT, CLVT**

In thinking about things I might want to do to celebrate the upcoming VRT Awareness week, I was looking over some things I have written during the course of my 32+ year career as a VRT.

One of these that really got me thinking was what I had written for the “From The Chair” column of the VRT News (VRT NEWS, Winter, 2009). In that column I reminisced about the various connections I have had in bringing others into our field. One line from that column that really caught my ear regarding personal recruiting activities was the following: “While some of these appeared to be quite incidental at the time, still others were intentional and felt more like actual recruitment conversations.” (VRT News, Winter, 2009). This sentence got me really thinking about those “quite incidental” types of interactions I have had with numerous individuals along my professional journey that have opened the door for them to become VRTs.

Within the above noted column I reflected back on a presentation on recruitment I attended at the 2006 AER International conference held in Chicago. This presentation, which was provided by Mary Beth Harrison, discussed some research she had done regarding how people were entering our field. Two of the main conclusions that she found were that people who were entering the field of VRT were looking for a career that was fulfilling, and that many of the folks entered the field as a result of having a simple conversation with a friend or colleague who already was, or had been, a VRT (VRT News, 2009).

I have found this to be true of the folks I know who entered the field related to recruitment activities I have been involved with, whether they were first or second career individuals.

**Although I have been involved in a variety of recruiting activities over the course of my career, this “simple conversation” approach has been very effective time and time again.**

**I further wrote in the column from 2009 that I realized that it wasn't just as simple as having a conversation with folks, but that this conversation was matched with exuberance felt about our field (VRT News, Winter, 2009). What I have realized, however, in the 10 years following attending the above noted AER presentation, is that all of my successes began with this “simple conversation,” even in instances where my exuberance didn't come bounding through!**

**When I look back, it occurred to me that one of Mary Beth's conclusions was paramount in the makeup of the individuals I have been involved with who entered our field. These folks wanted something fulfilling in a career, and desired a career that made a difference in people's lives. I realized this was true in every single instance! Furthermore, in looking back, I realized that many of these “simple conversations” did not begin with the intent of informing someone about the field of VRT. They only became about our beloved field once I heard many of these individuals say things to me during our conversations like, “I want to do something where I can see the impact on the people I work with,” and “I want a job where people say thank you every now and again.” My typical response when I heard things like this has been, “Man, do I have a field for you!” That is when a simple conversation turned into an excited dialog about the ins and outs of a being a VRT, and how being a VRT can make a difference in the lives of our clients, as well as within the lives of the VRT too.**

**All this reminiscing has led me to the conclusion that one of the best ways I can celebrate VRT Awareness Week is to follow the suggestion I made in the VRT News column from eight years ago, as they appear to be just as relevant today. The suggestion for VRT's from 2009 was, “all of us talk to a friend or colleague about**

**the field of Vision Rehabilitation Therapy. Maybe one or two who might want a bit more fulfillment in their work? Or maybe one you would simply enjoy working with? And share with them your excitement and pride that is being a VRT!!”**

**After all, working as a VRT is having the best job in the world!**

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**Many Ways to Say Thanks**  
**By Lenore Dillon, CVRT**

Often the everyday events of life make it challenging to remind our colleagues and staff that their hard work and dedicated service is appreciated. Vision Rehabilitation Therapy (VRT) Week was designed to fill two needs in our profession. First, VRT Week provides an avenue to introduce prospective candidates to Vision Rehabilitation therapy as a career path. Secondly, it provides supervisors, colleagues and consumers a specific time to express appreciation for the VRT in their life.

The paragraphs below will outline a few ideas for saying “thank you” to a VRT. A general announcement can be sent out to all staff via e-mail. This is just a simple nudge to think about the VRT in their office. Supervisors or program coordinators can send out letters or certificates of appreciation. It is great fun to think about each VRT, their personality, and what they bring to our profession. Below are some examples of sentences that can be put in a letter or on a certificate of appreciation.

“You are known for wearing a hat; I recently noted that you have a powerful “thinking cap” under that hat you wear with style.”  
“The first shall be last when working with a functional assessment, you taught us to work smarter not harder.”  
“The VRT from New York is faster than a New York Minute.”

Another creative expression of appreciation is to create a wall hanging which depicts all of the skills taught by a VRT. We use the expression VRT’S teach everything from A to Z except O & M. Another good group or party activity is to create a chart with each letter of the alphabet except O & M. Have the VRT’S in your office complete the chart by writing down at least one skill they teach for each letter of the alphabet. This is a great reminder that the VRT

**teaches a wide variety of skills. VRT'S can also hang a poster on their door which announces VRT Week.**

**One of our Alabama VRTs was teaching personal adjustment skills to a group of students from the Helen Keller School. VRT Week is the same week of Helen Keller's Birthday; during that week she had her students make an individual birthday cake for Helen Keller. They baked the cakes in the microwave, and decorated them with whipped cream and fresh fruit. Since Helen Keller was not present to enjoy the cake, each student was able to eat the cake they prepared.**

**It is exciting to stop and think of ways to say thanks for a job well done.**

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## Announcements

### 13<sup>th</sup> Biennial “Getting In Touch with Literacy Conference” Submitted by Jennifer Ottowitz



Have you been thinking about what you'd like to present at the 2017 Getting In Touch With Literacy conference? We sure hope so, because the Call for Proposals is now open! Proposals will be accepted in the areas of emergent literacy, educational instruction and assessment, literacy in everyday life, literacy for individuals with multiple disabilities, vocational/adult literacy, and assistive technology and tactile graphics. SURELY you know something about one of these areas that your colleagues need to know! The 2017 conference will take place December 6 – 9 at the Hilton Riverside Hotel in New Orleans, LA.

Think about sharing an innovative project, successful program, unique perspective, or your techniques for overcoming a challenging situation. Share some excellent teaching strategies you've developed, some cool research you've done, or one of the other marvelous things you know!

Once you've come up with your BIG idea, it's EASY for you to submit your proposal. Just log on to the Getting In Touch With Literacy website, [www.gettingintouchwithliteracy.org](http://www.gettingintouchwithliteracy.org), or go directly to this link:

**<https://docs.google.com/forms/d/e/1FAIpQLSfzakqww5kfF3iheOFIMBa1oFI-iE59CmTM9vykaFSYPUaVwg/viewform?c=0&w=1>**

**Deadline for submissions is March 15, 2017, so don't wait! Submit your proposal now!**

**Janie Blome  
Director of Field Services  
American Printing House for the Blind  
Phone: 502-899-2367**

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**Did You Know?**  
**By Linda S. Palmer**

**A small wad of aluminum foil will remove baked on food from pans instead of a scrub pad. It will not have any bacteria on it like that scrub pad that may have been used many times. After using just toss into the trash. Remember this is not for coated utensils.**

**Crayons can be removed from surfaces with white toothpaste and a toothbrush and much muscle power. This works very well!**

**Eggs can be baked in the oven instead of boiling them. Preheat the oven to 350 degrees. Place the eggs into a muffin pan and place them into the preheated oven for thirty minutes. Place them into cold water until they are cool. Then peel as usual.**

**From the Editor: If you have any “Did You Know” topics for the next newsletter, please submit by April 15.**

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## From The Editor's Kitchen

### Cheesy Chicken Broccoli Pasta Submitted by Pam Holloway, CVRT

#### Ingredients:

2 (6-ounce) boneless, skinless chicken breasts  
Salt and pepper  
8 ounces pasta shells  
1 bunch broccoli stems peeled and chopped, crowns broken into florets  
2 cloves garlic, minced  
1 cup skim milk  
2 teaspoons Dijon mustard  
1/4 teaspoon ground nutmeg  
1/2 teaspoon salt  
2 tablespoons all-purpose flour  
1 1/2 tablespoons cooking oil  
4 ounces (about 1 cup) cheddar cheese, grated  
Pinch of cayenne or few drops hot sauce (optional)  
Optional toppings:  
    Avocado  
    Sour cream  
    Shredded cheese  
    Fresh cilantro  
    Lime wedges  
    Tortilla chips

#### Directions:

Bring a large pot of water to a boil. (It should be large enough to accommodate the pasta and broccoli.)

**Tenderize the chicken breasts by piercing them all over with a fork. Chop, season with salt and pepper, and then set aside.**

**Cook pasta as directed on package. Add broccoli for the last 1 1/2 minutes of cooking. When pasta and broccoli are done, reserve 1 cup pasta water; then drain pasta and broccoli. Set aside. Meanwhile, make the sauce base by mixing minced garlic, with milk, Dijon mustard, nutmeg, salt and flour in a medium bowl. Set aside.**

**Heat a sauté pan over medium-high heat. Add oil and, once hot, add chicken. Sauté for about 4 minutes, until the outside gets a bit golden. Remove chicken from pan, and set aside.**

**Return pan to heat, and pour in sauce base, scraping up any chicken bits that may have been left behind in the pan. Once it starts to thicken from the flour, add in pasta, broccoli, chicken and cheese. Stir until cheese melts and everything is mixed through. If the mixture is too thick, pour in some of the reserved pasta water. Keep adding the pasta water until you get the consistency you want.**

**Cook until chicken is done and broccoli is cooked to your liking. Season with salt and pepper and cayenne or hot sauce, if desired. Enjoy!**

### **Nutrition Information**

**Serves: 4 | Serving Size: 2 cups**

**Per serving: Calories: 514; Total Fat: 13g; Saturated Fat: 4g; Monounsaturated Fat: 2g; Cholesterol: 66mg; Sodium: 622mg; Carbohydrate: 60g; Dietary Fiber: 6g; Sugar: 7g; Protein: 41g  
Nutrition Bonus: Potassium: 614mg; Iron: 18%; Vitamin A: 27%; Vitamin C: 229%; Calcium: 40%**

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## **Creamy Chicken Stew Crock Pot (Serves 4-6)**

### **Ingredients:**

**2 Large chicken breasts  
1 TBSP butter  
1 medium onion  
4 small red potatoes  
1 cup baby carrots  
3/4 cup green beans  
1/2 cup diced celery  
1 (10 oz. cream chicken soup)  
1/2 cup milk  
1/2 cup sour cream  
1 oz. packet dry ranch dressing mix  
Salt and pepper to taste  
1 TBSP Parsley Flakes  
5 slices of cooked bacon, crumbled**

### **Directions:**

- 1. Melt butter in the bottom the crock pot.**
- 2. Add all the vegetables and chicken.**
- 3. Add salt and pepper to taste.**
- 4. Mix together soup, milk, sour cream, and ranch dressing. Pour on top of chicken and vegetables. Cook for six hours in the crock pot.**
- 5. Before serving, sprinkle with bacon and parsley.**

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