

Easy Cake Mix Apple Crisp



Ingredients

- 6 large apples, peeled, cored, sliced
- 1 cup water
- 1 box cake mix (yellow or white)
- 1 cup packed, light brown sugar
- 1½ tsp. cinnamon
- ½ cup melted butter

Directions

1. Heat oven to 350°. Spray a 9" x 13" baking dish with cooking spray. Place apple slices in an even layer in baking dish.
2. Pour water over apples. In bowl, mix together cake mix, brown sugar and cinnamon. Stir in butter until crumbly.
3. Sprinkle cake mixture evenly over apples and water. Bake 30 minutes or until bubbly.

The cake mix gives this yummy crisp and denseness that you will like. It's a quick way to make apple crisp when you don't have the time for one with lots of ingredients.

HBK SENIOR CENTER MOVIE-FRIDAYS AT NOON

{Movie of week will be posted on
Board by Receptionist Desk}

IMPORTANT REMINDER FOR VILLAGE OF COLONIE RESIDENTS

If you are a senior citizen over 65 or a person with a disability and within a certain income bracket, OR a veteran, you may be eligible for a property tax exemption.

Contact the Village Hall at 518-869-7562

(You must apply prior to February 19th)

2018-2019 HEAP Assistance

Dates

February 13 & March 13, 2019

10:00 - 12:30 a.m.

The Beltrone Living Center
6 Winners Circle, Colonie

If your gross monthly income is below:

Household size - 1 person \$2,391, 2 people \$3,127,

3 people \$3,863 or 4 people \$4,598

APPOINTMENTS NECESSARY

PLEASE CALL TO SCHEDULE

SENIOR RESOURCES DEPT 518-459-5051, Ext. 2

RxPAD

Venus Flytrap Claims may be a "trap"

Now that we find ourselves watching more tv, especially with the long nights of winter upon us, it's also more likely that we are being exposed to exorbitant claims made by advertisers. It's certainly not a new phenomenon, but the promotions and promises have grown in their audacity. Recently "Venus Flytrap" extract has been touted for its (NO apostrophe) health benefits, but being cautious of the validity of their claims is important for most, if not all, of those late night commercials.

Supplements like Venus flytrap extract don't have to be approved by the FDA or any other agency. One of the best known (a manufacturer of Venus flytrap, Carnivora) is the subject of an ongoing FDA important alert. A claim "It boosts your immune system" for example, should be questioned as to what that means. "It doesn't really mean anything. For it to mean something, it would have to say how does it boost your immune system, what part of the immune system does it affect, that sort of thing, and of course, boosting the immune system can sometimes be a bad thing, because that's what happens when you have autoimmune diseases".

In addition, "even if some compounds found in flytraps have medicinal benefits, they may not be present in the right amount to have any benefit". While looking for a less expensive, natural solution for many health problems is understandable and tempting, consult your physician first when considering dietary or herbal supplements.

The advice the FDA gives sounds similar to what many of us were told as kids; when it comes to advertisers claiming the "FDA says consumers should be wary of products that promise immediate results or sound too good to be true".

So, let Venus flytrap trap insects, not us.

Nurse Sue

Web/M.D./Health News. Oct. 25. 2018



**Next meeting: Tues.
February 26th. - 11am**

**Our Book Club will be
discussing** →

Character
Is Destiny

Inspiring Stories Every
Young Person Should
Know and Every Adult
Should Remember

John McCain