



Corned Beef and Noodle Casserole

INGREDIENTS

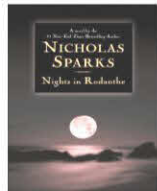
- 8 ounces noodles 1 (12-ounce) can corned beef (chilled and diced, or 2 to 3 cups diced leftover corned beef)
- 1 cup shredded mild cheddar (or American) cheese
- 1 (10 3/4-ounce) can condensed cream of mushroom soup (or cream of chicken soup)
- 1 cup milk
- 1/2 cup onion (finely chopped)
- Optional: 1-2 cups peas (or mixed vegetables, steamed)
- 3/4 cup fresh soft bread crumbs
- 2 tablespoons melted butter

DIRECTIONS

1. Heat the oven to 350°. Grease a 2-quart baking dish.
2. Cook the noodles in boiling salted water following package directions. Drain well.
3. Combine the cooked noodles, diced corned beef, shredded cheese, condensed soup, milk, and onion.
4. Stir in the cooked vegetables or peas, if using.
5. Spoon the mixture into the prepared baking dish.
6. Toss the breadcrumbs with the melted butter to coat thoroughly and sprinkle over the casserole.
7. Bake 35 to 45 minutes, until the crumb topping is browned and the filling is hot and bubbly.

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

**Our Book Club will be
discussing** →



**HBK SENIOR CENTER
MOVIE-FRIDAYS AT NOON**
{Movie of week will be posted on
Board by Receptionist Desk}

2018-2019 HEAP Assistance

FINAL DATE - 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

Attention: Colonie Seniors

Colonie Central High School invites you to attend a **FREE showing of the hit musical**

“LEGALLY BLONDE** *The Musical*”**

Wednesday, March 20, 2019

Show time: 6:30pm

**Arrive at 5:45PM for complimentary
dessert & coffee**

Sign up at HBK Senior Center

Receptionist desk by March 15th.

**Transportation from Senior Center
may be available.**



“To Toss or Not to Toss

Deciding whether you should discard old medications that have passed their expiration date “remains a widely debated topic”. Most of us at one time or another has asked the questions, “Do I really need to throw these out?” Or wondered, “What if I need one someday?” Though studies have shown some medications keep their potency far past their expiration dates, for most medications, the expiration date is there for a reason.

We should be aware that in certain situations using expired medications might do more harm than good. Some medications are more sensitive to environmental factors like light, humidity or heat than others and may require more care with regard to storage or the need to reseal the container after use. Using such a medication after its expiration date could leave it especially vulnerable to losing its effectiveness.

Other medications that require a specific dose (for example thyroid medications) pose a potential problem if out of date. Even if it retains 95% of its strength after its expiration date, that seemingly small amount (in the case of thyroid replacement therapy) could “throw your thyroid and your body completely off”.

If you have a question about specific medications and how their expiration date may affect them, consult your pharmacist.

Meanwhile, the safest way to deal with expired meds may be the simplest. Remove them after their expiration date or when you are finished with them (this would include those taken for a limited time like antibiotics). Not only will this eliminate the temptation to use them in the future, you may also enjoy the benefit of having less clutter in the medicine cabinet.

Nurse Sue

Web. M.D./Public Health “Is it safe to use expired medications.” Oct. 16, 2018