

## Is Physical Activity really THAT Big of a Deal?

YES! Regular exercise and physical activity are important to the physical and mental health of almost everyone, INCLUDING older adults. If you are physically active it can help you keep doing the things you enjoy and keep you independent as you age. Around this time of year many people are starting new “diets” or changing their habits to be healthier in hopes of fulfilling the saying, “New year, new me.” This saying can only go so far because it is not really an achievable goal. What exactly does “new me” mean? If you are trying to make changes set goals that are achievable and realistic. Do not think you are going to lose 50 pounds in one month, that’s just not realistic. Maybe try something like I plan on walking 3 days a week, I will stop eating out so much, or switching a not so healthy food to a healthier version. Small changes may take longer, but in the long run they can really add up.

When it comes to exercise, it’s all about YOU. Everyone experiences a different journey with exercise because people are at different starting points and abilities. What works for one person may not work for another, it is up to you to find what works and what you like. Exercise can be a scary word too. When some people hear the word “exercise” they think they need to go to a crowded gym and lift really heavy weights. Well... this is just not the case. Exercise should be fun, enjoyable, but also a priority in your life. I like the saying, “If you

don’t take care of your body, who will?” This saying is true even as we age. Yes, we may not be able to get around as fast and as often as we used to, but that does not mean we can’t get out at all! There are many ways to get out and about during the day. Some people like to do a little here and there throughout their days to spread it apart, while others want to set aside a time during the day and get it done in one shot.

There is a difference between physical activity and exercise. Physical activity is anything that gets your body going, like taking the stairs instead of the elevator. Exercise is a planned, structured activity that is repetitive like tai chi or weight training.

Regular exercise and physical activity can help reduce the risk of developing some diseases that people can develop as they age. It can also be an effective treatment for people with arthritis, heart disease, diabetes, high blood pressure, balance problems, or difficulty walking. So whatever you chose to do, as long as it gets your body moving, can benefit you in the long run!



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# Saline County Aging Services

Improving and enriching the quality of life and independence of older persons in Saline County

PO BOX 812, 109 W. 3rd Wilber, Ne 68465 402.821.3330



*Saline County Aging Services is dedicated to providing programming to all Saline County individuals over 60 and their caregivers.*

*Saline County Aging Services is committed to ensuring that no person is excluded from participation, denied benefits, or otherwise subjected to discrimination under any program or activity, on the basis of race, color, national origin, sex, age, or disability.*

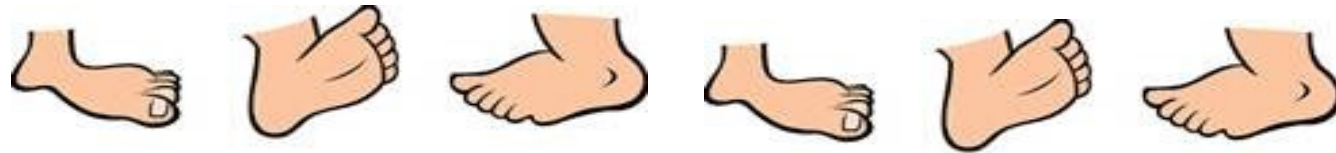


## Foot Clinic Openings

Years of wear and tear on your feet can really add up and start to cause damage. As we get older it is extremely important to remember to take good care of our feet. People need to look at the bottoms of their feet often for cuts, blisters, and ingrown toenails, especially if you are diabetic. Along with cuts and blisters people can experience corns and calluses, warts, bunions, neuromas (built up tissue around an inflamed nerve in the foot), hammertoe, spurs, and swollen feet. Taking the proper preventative measures can help people avoid being in serious pain which could result in the loss of being able to walk.

Saline County Aging Services is fortunate enough to be able to offer foot care clinics. We have registered nurses come to Friend, Wilber, Crete, and Dorchester to provide basic toenail care and maintenance as well as education to clients. There is a suggested contribution of \$10 requested and you must make an appointment for the foot clinic.

Currently we have openings for new clients in Friend, Wilber, and Dorchester (there is a waiting list in Crete). If you are interested in learning more about the clinic or would like to reserve an appointment please call the office and we will get you one set up!



## Exercise of the Month– Overhead Arm Raise

1. You can do this exercise while standing or sitting in a sturdy, armless chair.
2. Keep your feet flat on the floor, shoulder-width apart.
3. Hold weights at your sides at shoulder height with palms facing forward. Breathe in slowly.
4. Slowly breathe out as you raise both arms up over your head keeping your elbows slightly bent.
5. Hold the position for 1 second.
6. Breathe in as you slowly lower your arms.
7. Repeat 10-15 times.
8. Rest; then repeat the 10-15 reps 2-3 more times.



**This exercise will strengthen your shoulders and arms. It will make things like lifting and carrying around grandchildren easier.**

Tip: You can use cans instead of weights if you do not have any!

## Want Saline County Aging News sent to your door???

Cut this slip out, fill the information in below, and send it to  
**Saline County Aging Services- 109 West 3rd Street– Wilber, NE 68465**  
 or bring it into our office.

Name:

Address:

If you would rather have it send via email please provide email address:

## Winter Weather Closings

Soon we will be approaching another Nebraska winter. Even though Nebraska weather can be very unpredictable at times we are pretty certain that we will experience snow and bad driving conditions at some point. When this happens there are a few things you should be aware of...

- If the Saline County Courthouse is closed, Saline County Aging Services will be closed.
- If Wilber-Clatonia Public Schools closes for a snow day because of bad weather, Saline County Aging Services will also be closed.
- If either of these happens to fall on a foot clinic day, the foot clinics will be cancelled for the day, but we will work to reschedule your appointment.



Be safe this winter and know what the driving conditions are like before you try to go out and about! If you are not sure if Saline County Aging Services will be open or not do not hesitate to call 402-821-3330 and find out!

## Advertising with Saline County Aging News

Have a memory, a service, or information on an upcoming event you would like to share with Saline County? Contact Macey, at Saline County Aging Services, to have it put in the *Saline County Aging News*. To make sure your information will be in the newsletter of that month, please have the article to Saline County Aging Services by

the 2nd to last Friday of the month. This will ensure there is plenty of time to add and make the articles fit. If you have pictures from a recent or upcoming celebration, like birthdays or anniversaries, and would like to have them featured in *Saline County Aging News* we would love to do that for you! To be in January's newsletter contact

Macey by December 18th with your information and she will get that in for you! It would be great to see what Saline County has been up to each month!



## Answers to Last Month's Puzzles

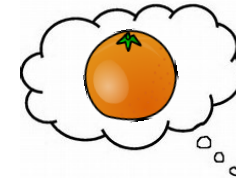
### Winter Word Search

R S K A T I N G H O C K E Y V  
 V U S B J T M P W O L P T D W  
 P T N P B O O T S F Y S A L T  
 S N O W M A N Y C C S T O R M  
 E F W T Z L S E Z R R U L F S  
 \$ F M L E E Y E O Y Y D N E  
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 K G B \$ W O P S B L F W G H U  
 A N I H V B P A P W B M N S T  
 L I L O B B E N N L Q L I K P  
 F D E V D U R D O Q U N H I L U  
 X I N E D B Y W W X J P S I U  
 Z L K I N I E L D T L D I N G  
 F S V V L R K T F I R D F G S  
 T S C R A P E R J W W H I T E

# WINTER CROSSWORD

1 V A C A T I O N  
 2 C  
 3 K  
 4 F  
 5 O R N A M E N T S  
 6 S  
 7 G I F T S  
 8 E  
 9 H  
 10 N E W Y E A R S D A Y  
 11 E  
 12 S K I S  
 13 W H I T E

7	3	2	6	4	9	8	5	1
8	6	4	1	5	3	2	9	7
9	1	5	7	8	2	3	4	6
4	2	7	9	3	1	5	6	8
5	9	3	8	6	7	4	1	2
6	8	1	4	2	5	7	3	9
1	5	9	2	7	4	6	8	3
2	4	6	3	1	8	9	7	5
3	7	8	6	9	5	1	2	4



## Food for Thought



# DIETITIAN/ NUTRITIONIST!



Have you ever wanted to lower your blood sugar or blood pressure, stop weight gain or weight loss, promote strength, or prevent diabetes? If any of

these have crossed your mind then maybe it is time to talk to a dietitian/ nutritionist. A nutritional screening can help detect nutritional problems that increase hospital visits and health care costs and help people manage chronic disease such as Diabetes, COPD, heart disease, high blood pressure, obesity, or unintended weight loss.

Saline County Aging Services is now partnering with Aging Partners in Lincoln to offer free dietitian/ nutritionist visits. The visits are one on one, confidential, and specific to individual needs. A visit can improve your chances of success in reaching your goals!

The dietitian/ nutritionist is not here to judge you or tell you everything you have been doing wrong. They are there to help guide you in a direction so you can start making positive changes and start seeing results that can help with your overall well-being. Do not be afraid or ashamed to schedule an appointment! You will only walk away with valuable and useful information that

will help you in the long run. Dietitian and nutritionists offer support and motivation to help you achieve and maintain health goals. They are also there to give you expert advice on any questions or concerns you may have.

The dietitian will be at Saline County Aging Services for appointments February 10th, March 2nd, and April 13th from 9:30-3:30. Initial appointments will last around an hour and follow ups should take about 30 minutes to complete. She can also arrange for in home visits if you cannot make it out and about or would feel more comfortable in your own home. If you would like to schedule an appointment please give us a call at 402-821-3330.



*"It is health that is real wealth and not pieces of gold and silver."*

— Mahatma Gandhi

## Groundhog Day

How did we ever become so dependent on a marmot to tell us when spring is coming and for how much longer we must endure the cold, winter months? According to The History Channel, February 2nd is a significant day in many ancient and modern traditions. The Celts celebrated a pagan festival, called Imbolc, that marked the first day of spring. Imbolc turned into Candlemas which was a feast that commemorated the presentation of Jesus at the holy temple in Jerusalem. A sunny Candlemas meant 40 more days of cold and snow. The German's were the ones to say that day was only "sunny" if the badgers or other animals saw their shadows. When German immigrants came to Pennsylvania during the 18th and 19th centuries they brought this tradition with them and dubbed the groundhog as the main attraction.

The first Groundhog Day celebration took place in Punxsutawney, Pennsylvania. It came from Clymer Freas, a local newspaper editor, who told the idea to some businessman and groundhog hunters better known as the Punxsutawney Groundhog Club. Today the celebration still takes place in Punxsutawney but it is ran by local dignitaries known as the Inner Circle. The famous groundhog who does the forecast is named Punxsutawney Phil. If he sees he shadow

there will be six more weeks of winter and if not there will be an early spring!

If you would like to watch the telecast of this moment you can go to the Pennsylvania tourism website on February 2nd and click on the link to stream.

While I was doing a little research on this topic I found a few fun facts most people do not know about Phil:

- Phil communicates his yearly prediction in "gronhogese" to the head of the Inner Circle who is also fluent in the language. What he says is then translated for the rest of the world to understand.
- Phil is actually pretty sassy, during prohibition he threatened 60 more weeks of winter unless Punxsutawney let him have a drink.
- Most groundhogs live for 6 to 8 years. Not Phil. He drinks the "elixir of life" every summer and it magically gives him seven more years of life! He has been doing this for 125 years now!
- Phil is 100% accurate all of the time.



## Lumosity Beginning February 8th



Do you enjoy playing/ doing games and puzzles that challenge your brain? If so, you might be interested in the new, free program Saline County Aging Services is offering. Lumosity is a leading brain training and neuroscience research company. They take neuro-psychological and cognitive research tasks and work with game designers to come up with cogni-

tive games that are fun, yet challenging for people of all ages! Once you are logged in you will use the simple online tool to train core cognitive abilities. This service is FREE, available during our office hours, and begins February 8<sup>th</sup>. We have a time sheet in place to reserve spots, so if you are interested give us a call or stop by the office to see if we have a computer open. We encourage you to come try it at least once to see how Lumosity has transformed Science into delightful games!

## What's Happening Near You

DeWitt Senior Center Meal Schedule
For meal reservations, call Bev at 683-6475 or 520-0873
WEDNESDAY, FEBRUARY 3RD
<b>Program– Stepping On by Macey Moore of Aging Services</b> Menu– Lasagna Bridge & Cards
WEDNESDAY, FEBRUARY 10TH
<b>Program– Chinese New Year by Linda Schuerman</b> Menu– Beef Stroganoff Cards or Dominos
WEDNESDAY, FEBRUARY 17
<b>Program– Fast Track for College by Betsy Spilker</b> Menu– Shrimp Alfredo Bridge & Cards
WESNESDAY, FEBRUARY 24TH
<b>Program– Eldon's European Skulls</b> Menu– Goulash Cards or Dominos

### Interested in Home Delivered Meals?

For DeWitt, call:402.683.6475

For Wilber, call: 402.821.2331

All others in Saline County call: 402.821.3330

Happy Birthday!



*A special wish to all of the February Birthday's out there from Saline County Aging Services!*



**Winner of January's riddle:**

**Anna Buser**

Anna received a \$5 gift card to Subway! Make sure to get your answers in for this month's riddle so you can be the next winner!

The answer to January's riddle was Polar Bear



## Other Happenings around the County

### Community Supper

Join community members of all ages and walks of life at United Methodist Church in Wilber every Monday at 5:30 for a meal and fellowship. No cost, open to everyone regardless of age.

### Important Dates to Remember:

February 15th: SCAS closed for President's Day

Stepping On: Starting March 3rd

# ♥ February 2016 ♥

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 @ DeWitt Tai Chi 9-10:00 Quilting 1-5  Groundhog's Day 	3	4 @ DeWitt Tai Chi 9-10:00 Quilting 1-5  Thank a mail carrier day 	5	6
7  Super Bowl	8	9 @ DeWitt Tai Chi 9-10:00 Quilting 1-5	10  Ash Wednesday	11 @ DeWitt Tai Chi 9-10:00 Quilting 1-5	12	13
14  Valentine's Day	15 President's Day SCAS CLOSED	16 @ DeWitt Tai Chi 9-10:00 Quilting 1-5	17  Random Act of Kindness Day	18 @ DeWitt Tai Chi 9-10:00 Quilting 1-5	19  National Chocolate Mint Day	20
21	22  Walking the Dog Day	23 @ DeWitt Tai Chi 9-10:00 Quilting 1-5	24	25 @ DeWitt Tai Chi 9-10:00 Quilting 1-5	26	27  Polar Bear Day
28 Public Sleeping Day 	29					

## President's Day

The backstory of President's Day began in 1800 after George Washington passed away in 1799. His birthday, February 22nd, became a day of remembrance because he was considered the most important figure in American History at the time. In the late 1870s is when Washington's birthday became a federal holiday. This holiday initially applied to only the District of Columbia, but in 1885 it was expanded to the whole country.

The 1960s is when Washington's birthday began its shift to President's Day. It started when Congress proposed the measure known as the Uniform Monday Holiday Act. This Act was to shift the celebration of federal holidays to predetermined Mondays. The change was made to give more 3 day weekends to

workers in order to reduce overall absenteeism. The Act also combined Washington's birthday with Lincoln's. The name finally changed to President's Day in the early 2000s. Even though Lincoln and Washington were the first two to be recognized on this day, it is now seen as a day to recognize the lives and achievements of all of America's chief executives.

President's Day is similar to Independence Day because they are both viewed as a time of patriotic celebration and remembrance.



## Stepping On



*Stepping On* is a community based falls prevention program aimed at educating participants and building confidence to reduce or eliminate falls. Did you know that more than 1/3 of adults 65 or older will fall each year? Falls are the leading cause of injury, hospital admission for trauma, and death among older adults. 35% of people who fall become less active and independent after their fall. Did you also know that falls are NOT a normal part of aging and CAN be prevented?



We are so fortunate to be able to offer this workshop to the residents of Saline County. The workshop will teach simple and fun balance exercises, the role vision plays in keeping your balance, how medica-

tions contribute to falls, ways to stay safe when out and about in the community, and what to look for in safe footwear...plus so much more! People who will benefit from this program the most are those 60 years or older and has had a fall in the past year, is fearful of falling, or just wants to learn preventative steps from falling. *Stepping On* is designed for people living in a home or apartment and not suffering from dementia.

The workshop will be held at the Wilber Care Center Thursdays 9:30 -11:30, March 3rd- April 21st (no class March 24th). Space is limited so if you would like a spot please call to get one reserved! A \$3 per class contribution is suggested.

# Caregiver's Corner

By: Amy Hansen



Ok, so let's talk about the elephant in a caregiver's room: hospice. People seemingly have either a great hospice story or a bad hospice story. Now before you write me off, just hear me out! I have come to the conclusion that hospice agencies are like doctors and nurses. Sometimes you "click" and sometimes you don't. That just means you seek out a different one.

I'd like to share my hospice experience with you:

It was a warm June evening in 2013 when I received the call. My mom is on the other end, dazed and confused. "Dad was just placed on hospice," she said. "What does that even mean?" Fighting back tears, I replied, "I'll be right there." I then proceeded to travel to my parent's home in Fairbury. Along the way, between crying jags, I pondered the implications of hospice:

When did this happen? He only received a week of home health care now he's on hospice? He's only 88? (Yes, I know people always remark 'ONLY 88?!?!' But you had to

have known my dad!) Will he die before I get there? Will there be time to say goodbye and tell him how much I love him?

When I arrived, I found dad propped up in bed, smiling, tired and watching CNN, as usual. He didn't seem sick and mom wasn't able to tell me any details, she was so shaken. But dad and I had a long, wonderful visit.

When I returned the next day, he was unresponsive. That week, I slept on an air mattress in mom's dining room and helped her care for dad. Hospice came in every day and were not only attentive to my dad, but to my mother as well. (And looking back, I realized that they even looked after me.)

The nurse treated Dad with such dignity, even in his unresponsive state; telling him what they were doing and talking to him. They spoke at length with us, never making us feel rushed, answering every question honestly and gently, no matter how painful the answers might be. They prayed with us and hugged us. We felt as though we were their only priority, even though I found out later they were caring for several people.

On June 15<sup>th</sup>, 2013, at 3:30, Dad slipped away. We called hospice, which in turn took care of the awkwardly painful phone calls to the mortuary, etc. Mom and I were stunned and exhausted, when there was a knock on the door. The hospice nurse, who had just been here an hour ago, was at the door. She was halfway home to Tecumseh, when she received the news and came back to be with us. She listened and comforted us and again answered questions patiently and kindly.

# The Fun Pages



### Word Bank

- ARROW
- CARDS
- FEBRUARY
- GIFT
- NECKLACE
- VALENTINE
- BALLOONS
- CHOCOLATE
- FLOWERS
- HEART
- PINK
- BEAR
- CINNAMON
- FOURTEENTH
- HUGS
- RED
- CANDY
- CUPID
- FRIEND
- LOVE
- ROSES
- WHITE



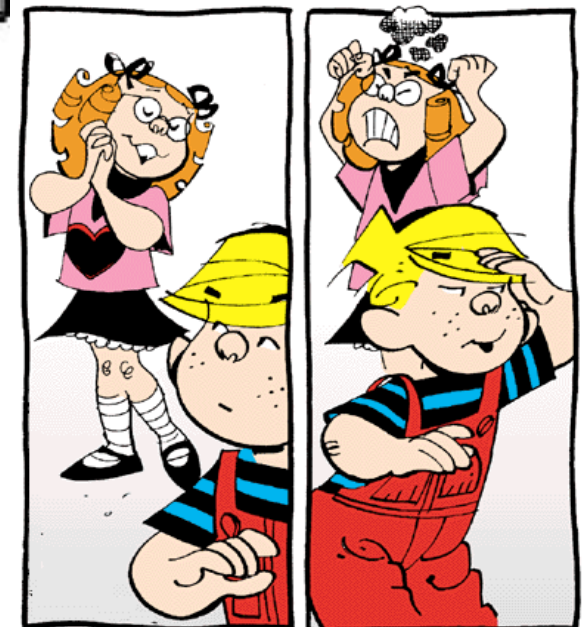
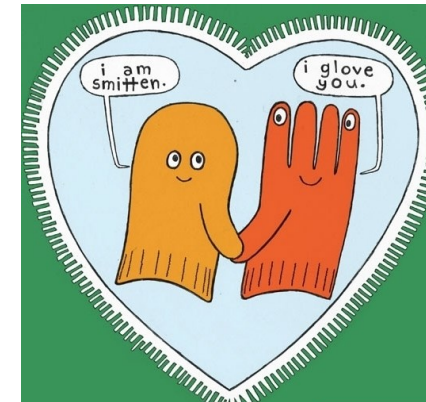
### Riddle of the month!

I am known for making people fall in love.

I fly in the sky with my arrows, looking down from above.

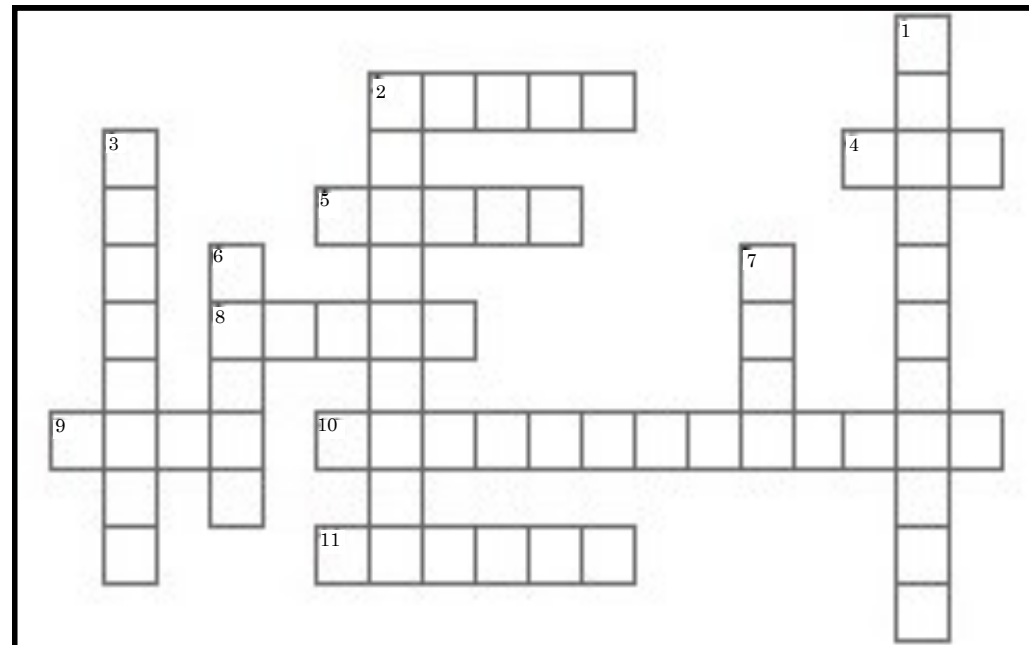
*Who Am I?*

Call in or stop by the office to answer the riddle correctly to Macey at Saline County Aging Services and get entered into a drawing to win a prize at the end of the month! **Please include your phone number with your answer!**



"I THINK I COULD HAVE A VALENTINE'S DAY HUG?" "SURE...IF WE CAN FIND SOMEONE WHO'S WILLING."

		8		3		5	4
3			4		7	9	
4	1				8		2
	4	3	5		2		6
5							8
	6		3		9	4	1
1			8				2
		5	6		3		4
	2	9		7		8	



**ACROSS**

**DOWN**

- 2. Shoots arrows at people.
- 4. Favorite Valentine's Day color.
- 5. Favorite flower for Valentine's Day.
- 8. Cupid shoots this and people fall in love.
- 9. Many people send one to a friend on Valentine's Day.
- 10. The name of this holiday is
- 11. Expression often said on Valentine's Day

- 1. Heart shaped candy with words
- 2. "Kisses" is one kind of this type of candy
- 3. The month of Valentine's Day
- 6. Kids love Valentine's Day because they want to eat a lot of
- 7. Valentine's Day is the day of



Without hospice, I do not know how we would have navigated this final chapter in Dad's life. Hospice allowed my father to die as he lived, on his own terms, at home with love and respect and his dignity intact. Yet, there are so many misconceptions regarding hospice. I encourage you to remember, like each of our births, our deaths are uniquely ours. Everyone handles the death of a loved one differently, has different emotions, experiences, etc.

**What should you expect from hospice care?**

Hospice is not a place, but rather a philosophy of care that provides medical, emotional, and spiritual care while focusing on comfort and quality of life. The majority of hospice care takes place in the home, where the person can be surrounded by family and familiar settings. Hospice is also available in nursing homes, assisted living facilities, and even hospitals-wherever the patient lives and considers home.

Hospice puts patients and families at the center of care. Trained professionals provide guidance and encourage open, honest communication about individual wishes and choices. Programs provide training and support for family members to care for their loved ones. A caregiver is not alone – being able to consult with skilled providers on their regular visits and by telephone at all times.

Hospice care is not focused solely on death, but rather living as fully as possible, surrounded by family and friends, ensuring the highest quality of life possible to live each day until the end. When a cure is no longer possible hospice provides the type of care most people say they want at the end of life--

comfort and quality of life.

Instead of focusing on curative care, hospice focuses on pain and symptom management. Hospice doctors, nurses, and others are specially trained to provide highly specialized and individually tailored pain management plans, while still keeping the patient awake and alert whenever possible. Patients are encouraged to do the things they enjoy, do something they have always wanted to do, and live life to the fullest. In some cases, patients begin to feel better after starting hospice care because they are free of pain and can spend time doing things they enjoy.

In addition, hospice provides whatever emotional and spiritual support is desired to the dying person and the loved ones, including bereavement support for the family after the death.

Unfortunately, there is one down side that I found. I have found the most common statement made by families who chose hospice for their loved one (including mine) is, "we wish we had known/thought about hospice sooner." I believe that the biggest misconception is that hospice is only for those situations where death is imminent. Had we realized, we may have enjoyed a little more lucid time with dad. But as it is, I am grateful for the last conversation we shared, which turned out to be my father's final lesson for me: to not fear death and to live with dignity and grace until the last possible moment!



# Get To Know Saline County Aging Services!

**What is your full name?**

Laura Agnes Mackeprang

**How long have you been working at Saline County Aging Services?**

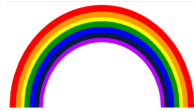
Since 2006



**What is your favorite color?**

Now how do you decide that? I know!

Rainbow! I like all colors.



**What is your favorite time of the year?**

Fall— It's like the end of the hard day before going to bed.



**Where do you want to travel, but have never been?**

Alaska



**If you won the lottery what is the first thing you would do?**

Wonder who bought me a ticket as I never do. Then pay my bills, put some away for my old age (which is fast approaching), and give the rest away as fast as possible.



**What is your favorite part of Saline County Aging Services?**

I love helping people find a less expensive Medicare D drug plan.

It's like finding a really good bargain when you go shopping.



**What is something interesting about you?**

1. I have not lived an interesting life— just normal. 2. But, I like to quilt 3. I'd love to learn how to make the quilts that are like the paintings/ pictures, even though I'm not very artistic.



**What 3 things would you bring with you if you were stranded on a desert island?**

Assuming I'd be there awhile: The book "How to Survive on a Desert Island for Dummies", a survival kit to go with it, and a radio that gets good reception.



**What is your best/ favorite piece of advice?**

You are NEVER too old to learn or to try something new, big or small, even just once. It keeps you young. Gets you out of your box. Gives you a sense of accomplishment— A good, "Look what I did" feeling.



# Valentine's Day Fun Facts

- About 1 billion Valentine's Day cards are exchanged in the US each year.
- About 3% of pet owners will give their pets Valentine's Day gifts.
- Worldwide over 50 million roses are given for Valentine's Day each year.
- Richard Cadbury invented the first Valentine's Day candy box in the late 1800s.
- Many people believe the X symbol became synonymous with the kiss in medieval times. People who could not write their names signed in front of a witness with an X. The X was then kissed to show their sincerity.
- Physicians of the 1800s commonly advised their patients to eat chocolate to sooth their heartbreak.
- 15% of U.S. women send themselves flowers on Valentine's Day.
- The red rose was the favorite flower of Venus, the Roman goddess of love.
- In addition to the U.S., Valentine's Day is celebrated in Canada, Mexico, United Kingdom, France, Australia, Denmark, and Italy.
- Teachers will receive the most Valentine's Day cards, followed by children, mothers, wives, sweethearts, and pets.



# Recipe of the Month

## Stuffed Green Peppers

Prep Time	Bake Time	Total Time
10 minutes	50 minutes	1 hour

### Ingredients

- 6 tomatoes, chopped
- 1 onion, chopped
- 8 oz. tomato sauce
- 1 C water
- 1 C instant rice, cooked
- 2 teaspoons salt
- 1/2 teaspoon pepper
- 4 green peppers
- 1 lb. lean ground beef
- 1 teaspoon dried basil

### Directions

1. In a saucepan combine tomatoes, onion, tomato sauce, water, 1 tsp of salt and 1/4 teaspoon pepper. Bring to boil, then reduce and simmer for 10-15 minutes. During this cut tops off of green peppers and remove seeds.
2. In a bowl combine beef, rice, basil, and remaining salt and pepper. Fill peppers with beef mixture and place in tomato sauce. Spoon some sauce over the peppers.
3. Cover and let simmer in the oven for 40-45 minutes or until beef is cooked and peppers are tender.

### Tip

Top with a little mozzarella cheese and enjoy!

