



## Spring is Coming!

Who is ready for March 20th to get here... aka Spring?! I know I am. I really hope that Puxatony Phil was right and our weather will be warmer leading up to Spring! But I guess we do live in Nebraska, where one day it's 80 degrees out and the next it's snowing, so I won't hold my breath. No matter the weather though, I love the month of March. Part of it might come from that we are finally getting over the winter blues and people just get in better moods when there is a chance of warmer weather, even if it does snow the next day. (; It could also come from the fact that the days get longer and we have more sunlight throughout them. For me when the sun is shining and it is staying light out until 7 in the evening it is hard for me to be in a bad mood.

Speaking of Spring and longer days, on March 13th do not forget to set your clocks 1 hour ahead for daylight saving time! The whole idea of daylight saving time came from wanting to take advantage of the longest summer days by gaining an extra hour of daylight and shortening the days in winter. The idea was introduced by Benjamin Franklin in 1784. In 1916 Germany and its allies were the first countries to use daylight saving time. Out of the 196 countries only 70 use it to this day. Some areas in Arizona and Hawaii, and American Samoa, Guam, Puerto Rico, and Virgin Islands are the only States and Territories of the United States

that do not observe daylight saving time. The benefits of daylight saving time can be decreased electricity consumption, slightly lower numbers of traffic accidents and crime, increased outside time in the afternoons, and boosts in the economy. A lot of people do not think that we benefit much from changing our clocks 2 times a year, but when it gives more hours of light during the day I am okay with it!

This Spring keep your eye on Saline County Aging Services. We have some great events happening that start in March and a few more in the works. We are excited to be able to offer these new programs to you and hope you are able to



take part in a few with us! If you ever have any questions about what we offer or would like to see something new happen, please contact us and let us know. In the mean time enjoy the longer days!

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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.*



## Easter Traditions

Easter has always held a special place in my heart when it comes to traditions with the family. Every Easter weekend we would make the trip to Juniata, Nebraska along with the rest of my cousins. The night before Easter Sunday we would spend all evening coloring eggs; making sure everyone in the family got one with their name written on it. The next day we would wake up really, really early, dress up in our Easter outfits and head to the hill for the sun rise service. We would get back and have to wait around for lunch to be served because we all knew the best part



of the day happened after that. Once all of the dishes were done all of us cousins would make our way upstairs and

have to wait while the Easter Bunny came to visit and hide our eggs for us. After the Easter Bunny got done hiding the eggs we had to

take a few group cousin pictures and then the countdown began! Once the parents said, "GO!" the 9 of us were on the lose to find the most eggs. Along with the eggs were also colorful Easter bunny beanie babies hidden, one for each cousin to find (this was my favorite part). Before we knew it all of the eggs would be found and it was time to sit down in the front yard and see what treasures we collected. It's safe to say that Easter is one of the holidays that holds some of the most special memories for me. I asked around a little to see if anyone had any special Easter traditions here are a few:

- Always buying the kids special Easter outfits that included hats, dresses, and gloves that all matched.
- Taking the kids to community Easter Egg Hunts and going to church.
- Going to grandma's house for Easter dinner. She would always make Rosettes and a special kind of shortcake dessert and of course kolaches! :)

## Immunization Clinic



Saline County Aging Services in partnership with Public Health Solutions will be hosting an Immunization Clinic March 9, 2016 from 10am-12pm. This clinic is open to all Saline

County Residents 60 years of age or older and their spouses. Immunizations for the prevention of shingles, pneumonia, flu, tetanus, and

whooping cough will be available. There is no cost for any of the immunizations (MUST bring your insurance, Medicaid, or Medicare card if available). To obtain a pneumonia or shingles immunization, you MUST call Saline County Aging Services by March 2<sup>nd</sup> (These shots are ordered, not on hand, and require some brief information on any past immunizations.) For more information about the clinic, the immunizations offered, or to reserve a shot please call Saline County Aging Services at 402-821-3330.



### 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

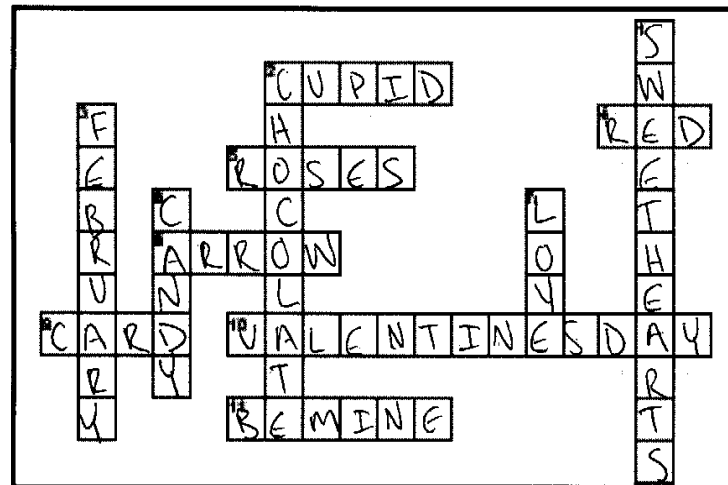
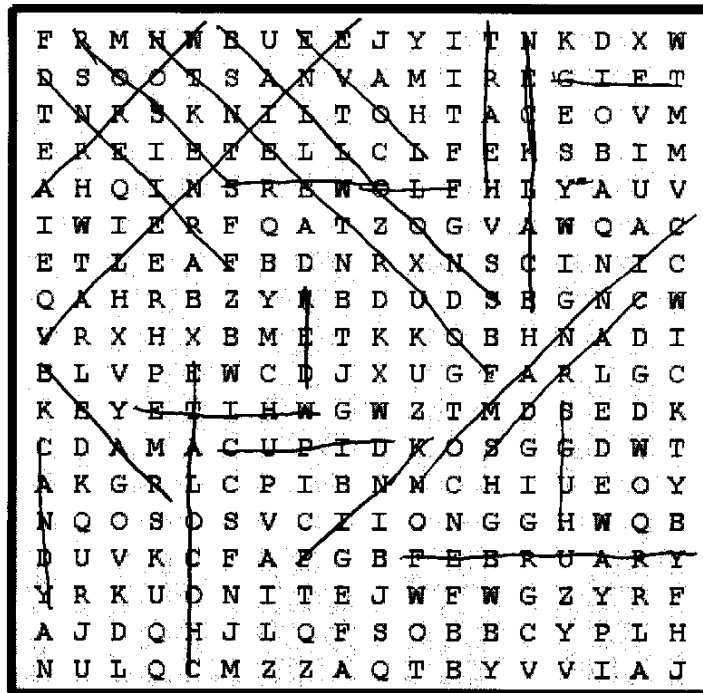
Have a memory, a service, or information on an upcoming event you would like to share with Saline County? Contact Macey, at Saline County Aging Services, to have it put in the *Saline County Aging News*. To make sure your information will be in the newsletter of that month, please have the article to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

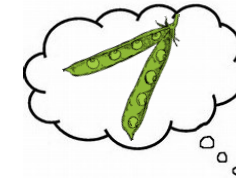
Macey by December 18th with your information and she will get that in for you! It would be great to see what Saline County has been up to each month!



## Answers to Last Month's Puzzles



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



## Food for Thought



## March is National Nutrition Month!



National Nutrition Month is a nutrition education and information campaign that was designed to focus attention on the importance of making informed food choices and developing sound eating and physical activity habits. It is also a way of promoting the Academy of Nutrition and Dietetics to the public as the most valuable and credible source of timely, scientifically-based food and nutrition information. If you go to [www.eatright.org](http://www.eatright.org) you will be linked to an abundance of information for kids– seniors. There is information on wellness, nutrition, vitamins, supplements, as well as some yummy, healthy recipes to try out. If you are looking for a little advice or help in a specific nutrition area I would recommend giving their website a try to see if you can find what you need there.

The theme of National Nutrition Month this year is, "Savor the Flavor of Eating Right". This is to encourage everyone to take the time to enjoy food traditions and appreciate

the pleasures, great flavors, and social experiences food can add to our lives. How, when, why, and where we eat are just as important as what we eat. The Academy of Nutrition and Dietetics motto for this month is to develop a mindful eating pattern that includes nutritious and flavorful foods— that's the best way to savor the flavor of eating right!

So during this month of March I challenge you to develop your own eating pattern that includes nutritious and flavorful foods, while enjoying them at the same time! This can come in a variety of ways, each a little different for each person. Just because you are trying to eat a little healthier does not mean that it has to taste bad. I feel like a lot of people get this confused and think they have to sacrifice taste for eating better.

If you have not already I also recommend seeing the dietitian that will be visiting Saline County Aging Services for appointments 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.

Let's get back on track in March with National Nutrition Month and remember that we need to enjoy our food while giving our body the proper nutrients it needs to run!

## Homestead Exemption

It's that time of the year again! Homestead Exemption time! You have from February 1, 2016-June 30, 2016 to get your completed application to your County Assessor to file for your Exemption.

The homestead exemption program is a property tax relief program for certain qualifying homeowners:

1. Persons over age 65
2. Veterans totally disabled by a nonservice-connected accident or illness
3. Qualified disabled individuals
4. Qualified totally disabled veterans and their widow(er)s
5. Veterans whose home was substantially contributed to by (DVA) and their widow(er)s
6. Un-remarried widow(er)s of a service member who died on active duty
7. Individuals who have a developmental disability

There are income limits and homestead value requirements for categories 1, 2, 3, 6, and 7.

The income limits are on a sliding scale. There are no income limits and homestead value requirements for categories 4 and 5. The State of Nebraska reimburses counties and other governmental subdivisions for the reduction in tax revenue as a result of approved homestead exemptions.

Need more info? Call the county assessor, Saline County Aging Services, or go here to get your guide: <http://revenue.nebraska.gov/info/96-299.pdf>



## Exercise of the Month— Wall Push-Up

1. Face a wall, standing a little farther than arm's length away, feet shoulder-width apart.
2. Lean your body forward and put your palms flat against the wall at shoulder height and shoulder-width apart.
3. Slowly breathe in as you bend your elbows and lower your upper body toward the wall in a slow, controlled motion. Keep your feet flat on the floor.
4. Hold the position for 1 second.
5. Breath out and slowly push yourself back until your arms are straight.
6. Repeat 10-15 times.
7. Rest; then repeat the 10-15 reps 2 more times.



**These push-ups will strengthen your arms, shoulders, and chest. Try this exercise during a TV commercial break.**

**This exercise is part of Go4Life from the National Institute on Aging.**

## What's Happening Near You

DeWitt Senior Center Meal Schedule
For meal reservations, call Bev at 683-6475 or 520-0873
WEDNESDAY, MARCH 2ND
<b>Program— Carlyn Koenig Putting Walmart Bags to Use</b> Menu— Hamburger Steak Bridge & Cards
WEDNESDAY, MARCH 9TH
<b>Program— NE Capitol Masterpiece</b> Menu— Sloppy Jo & Salad Cards or Dominos
WEDNESDAY, MARCH 16TH
<b>Program— Music by Jim Hinz</b> Menu— Swiss Steak & Baked Potato Bridge & Cards
WEDNESDAY, MARCH 23RD
<b>Program— This or That in Nutrition by Aging Partners</b> Menu— Haddock & Scalloped Potatoes
WEDNESDAY, MARCH 30TH
<b>Program— Keep Your Joints Moving by Kathy</b> Menu— Meatloaf

### 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



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



### Winner of February's riddle:

Lela Mae Dike

Lela 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 February's riddle was Cupid.



## 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:

Stepping On: Starting March 3rd

Homestead Exemption: Now until June 30th

# March 2016



SUN	MON	TUE	WED	THU	FRI	SAT
		1 @ DeWitt Tai Chi 9-10:00 Quilting 1-5	2	3 @ DeWitt Tai Chi 9-10:00 Quilting 1-5  Stepping On 9:30-11:30	4   National Pound Cake Day	5
6  National Frozen Food Day	7	8 @ DeWitt Tai Chi 9-9:45 Quilting 1-5	9  National Crab Meat Day	10 @ DeWitt Tai Chi 9-10:00 Quilting 1-5  Stepping On 9:30-11:30	11	12  Plant A Flower Day
13 Daylight Saving Time Begins	14  Pi Day	15 @ DeWitt Tai Chi 9-10:00 Quilting 1-5	16	17 @ DeWitt Tai Chi 9-10:00 Quilting 1-5  Stepping On 9:30-11:30  St. Patrick's Day 	18	19  National Poultry Day
20  Palm Sunday	21  National French Bread Day	22 @ DeWitt Tai Chi 9-10:00 Quilting 1-5	23  National Puppy Day	24 @ DeWitt Tai Chi 9-10:00 Quilting 1-5  Stepping On 9:30-11:30	25 Good Friday   International Waffle day	26
27  Easter Sunday	28	29 @ DeWitt Tai Chi 9-10:00 Quilting 1-5	30	31 @ DeWitt Tai Chi 9-10:00 Quilting 1-5  No Stepping On		

## Lumosity Lab



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 neuropsychological 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 you can start now! 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!

## St. Patrick's Day



Did you know St. Patrick was not even born in Ireland?! St. Patrick was born in Britain in the late 4th century. His real name was Maewyn Succat and he was captured and made a slave by Irish raiders. Years later he was able to escape back to Britain where he joined the

Catholic Church. It was during this time when he changed his name to Patricia Sir Patrick. A few years later he went back to Ireland as a Christian missionary where he spent 30 years converting the Irish. He died circa 461 and became the Patron Saint of Ireland, even though he was from Britain. In 1903 St. Patrick's Day became a national holiday. The holiday is celebrated on March 17th because this was the day of St. Patrick's death. St. Patrick's day was originally celebrated with a feast and attending church, alcohol was actually banned in Ireland until 1970 on this day. The tradition came to America in the early 1700s when Irish immigrants brought it over with them. When it came to the U.S. it began to be celebrated as all things "Irish" which included consuming many pints of Guinness and the color green. The first St. Patrick's Day parade was celebrated in 1737 in Boston and now there are over 100 parades across the U.S. In Chicago they use 40lbs of green dye to turn the river green each year. In New York City the parade is the most attended with around 2 million people coming to watch each year. 34 million Americans claim to be of Irish ancestry, so it makes sense why this holiday is so largely celebrated!



**Fun Fact:** The shamrock is associated with St. Patrick's Day because of the legend of St. Patrick explaining the Holy Trinity with one. He would use the three leaves of the native Irish clover to explain the Father, Son, and Holy Spirit.

# Caregiver's Corner

By: Amy Hansen

## Brain Health

### Alzheimer's Disease

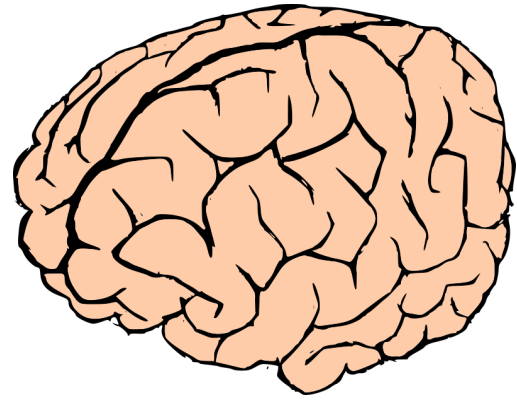
In 1901, German psychiatrist Aloysius Alzheimer's was asked to help 51 year old Auguste Deter who was exhibiting very odd behavior; not remembering things, having difficulty communicating and was having delusions. Dr. Alzheimer observed her closely until her death in 1906. While studying Auguste's brain Alzheimer made a monumental discovery; significant amounts of amyloid plaques and neurofibrillary tangles (buildups of protein). These buildups, a part of the normal aging process, build up far greater in Alzheimer's dementia. Today, they are seen as the unmistakable signs of Alzheimer's disease and remain at the center of Alzheimer's disease research today.



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### Normal memory changes vs. dementia

Most physical changes of aging can be seen by the eye: skin wrinkles, greying hair, etc. However, inside the brain shrinks, memory recall 'glitches' and mental speed slows. While occasionally frustrating, most mild and gradual memory loss is normal. Severe and rapid memory loss is definitely not. *Forgetfulness, a rather common complaint from seniors, is not the same thing as dementia.*



Everything you wanted to know about brain health, but didn't know who to ask.....

In this 2 part series, we will look at Dementia, Alzheimer's Disease and what we can do to increase brain health and mental capacity in our loved ones and ourselves.

### Understanding Dementia: Does Dementia always mean Alzheimer's?

Many people use the words "dementia" and "Alzheimer's disease" almost interchangeably. However, they are **not** the same thing.

Dementia is not a disease; it is a set of symptoms caused by deterioration in the brain that affects daily functioning. Alzheimer's disease is just one type of dementia and the most common. There are many different causes of dementia: vascular dementia; Parkinson's disease dementia; Lewy Body Dementia.

*In other words, Alzheimer's disease is dementia, but not all dementia is Alzheimer's disease.*

# The Fun Pages

## Spring Words

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

- |           |            |          |
|-----------|------------|----------|
| APRIL     | GREEN      | RAIN     |
| BASEBALL  | JACKETS    | RAINBOW  |
| BLOSSOMS  | JUNE       | ROBIN    |
| BUDS      | LILACS     | SEASON   |
| CROCUS    | MARCH      | SHOWERS  |
| DAFFODIL  | MAY        | SPRING   |
| FLOWERS   | NEST       | SUNSHINE |
| GARDENING | PLAYGROUND | TULIP    |
| GOLF      | PUDDLE     | WEATHER  |



"Not yet. Don't fly off until the moment they raise their binoculars."

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



### Riddle of the month!

He has a red beard  
And green clothing I am told.  
He's always on the lookout  
For coins and his pot of gold.

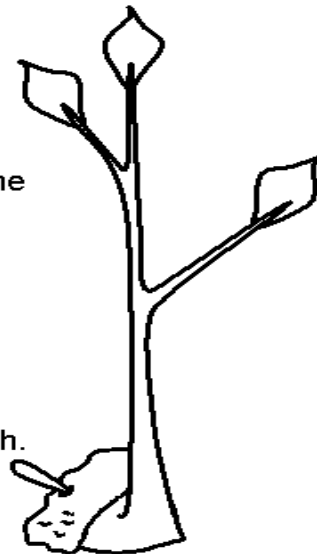
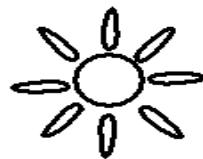
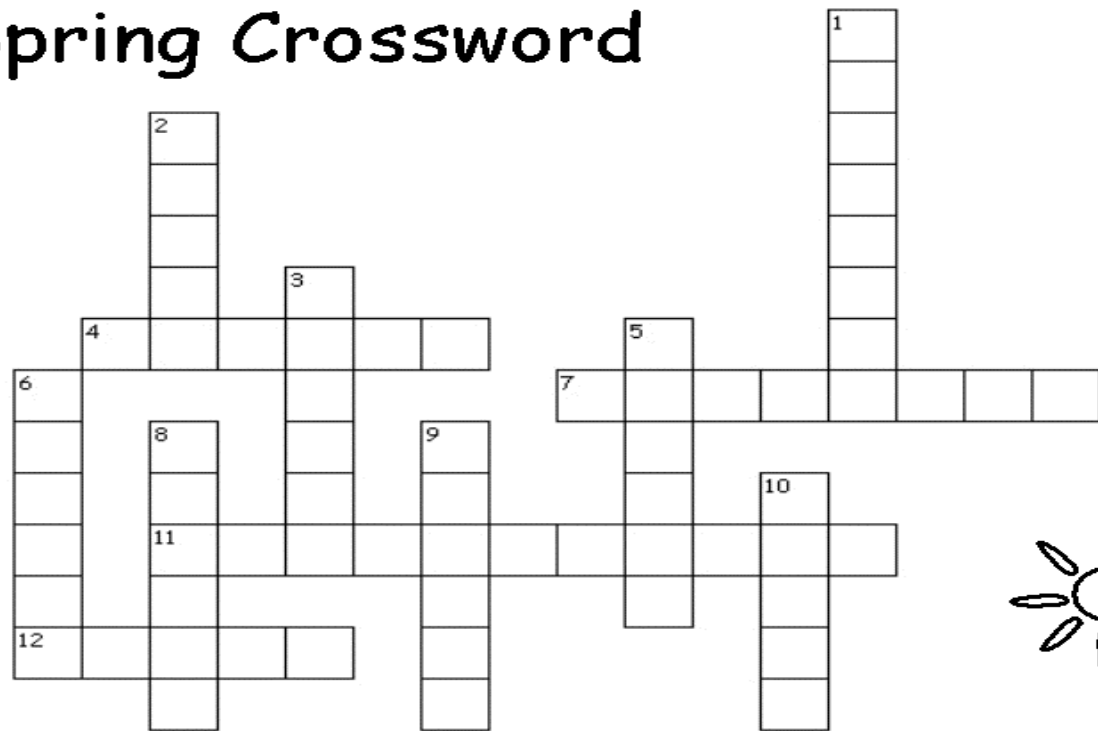


*Who Am I?*

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!**



## Spring Crossword



#### Across

- 4. To begin to grow and give off shoots or buds.
- 7. Baby duck.
- 11. Larval form of a butterfly.
- 12. Sow these in the ground in spring to get a harvest in the autumn.

#### Down

- 1. Yellow flower that makes a nice spring bouquet.
- 2. Dutch springtime flower.
- 3. Wear this on your head to fancy picnics or parades.
- 5. A small pool of water.
- 6. Fragrant bunches of purple flowers that grow on a bush.
- 8. Wear this to keep warm
- 9. The season between winter and summer.
- 10. Break out of an egg.

Normal age-related forgetfulness:

- Occasionally 'losing' your glasses or keys.
- Forgetting why you walked into a room.
- Having information right on "the tip of your tongue."
- Occasionally forgetting an appointment.
- Forgetting names of acquaintances or blocking one memory with a similar one, such as calling a nephew by your brother's name.
- Becoming easily distracted.

So when is memory loss not normal?

This list of symptoms mean that it is time to speak to your doctor, as something more serious may be indicated:

- Difficulty performing easy, daily tasks (paying bills, dressing appropriately, washing up) or forgetting how to do things you've done many times.
- Unable to recall or describe instances where memory loss has caused problems.
- Getting lost or disoriented even in familiar places or unable to follow directions.
- Words frequently being forgotten, mis-used, or garbled.
- Repeating phrases and stories in same conversation.
- Trouble making choices, inappropriate social behavior or poor judgement.



*Yeah, but when I get old, my memory automatically goes, right?*

The brain is capable of producing new brain cells at any age, so significant memory loss is not an inevitable result of aging. However, you have to use it or lose it. Whatever your age, there are many ways you can improve your cognitive skills, prevent memory loss, and protect your grey matter. In fact, many people preserve their brainpower as they get older by staying mentally and physically active and making other healthy lifestyle choices.

Next month, we'll talk about ways to preserve and strengthen you and your loved one's mental capacity and brain health.



If you are interested in improving your cognitive skills and keeping your brain health up, stop by the office to try out our new program called:

## LUMOSITY

*You can read more about this program on page 5.*

# Get To Know Saline County Aging Services!

**What is your full name?**

Amy Beth Hansen, née Baisley

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

Five years. I started the Monday after Czech Days, 2010, so it will be six years this Czech Days.



**What is your favorite color?**

Purple, especially plum.



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

I love fall. There is always something about the crisp air and crunching leaves that gives a feeling as though anything is possible.



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

There are too many to name! Stateside: I'd love to travel through wine country in California, and see the Pacific Northwest States (and Alaska). Abroad, I would love to see Venice, and Florence, and especially Rome to see all of the sights in "Roman Holiday". I would also love to see the Louvre in Paris.



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

I would get a lawyer and a financial planner, and claim the money! (I would take the yearly annuity so it'll last!) Then I would give some to my church, put a huge contribution in my daughter's college fund, pay off my house, build a senior center in Wilber, and build a new home with a little bungalow in back for my mom to live. I would keep working though, because I love my job. (And this way I can tell people, "I don't have to work; I work because I enjoy it!")



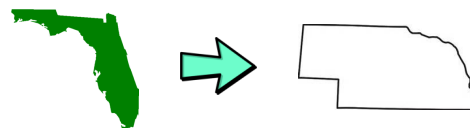
**What is your favorite part of Saline County Aging Services?**

Our clients! Besides that, I always tell people that it is very satisfying to have a job where I can make a difference, but makes a difference in me!



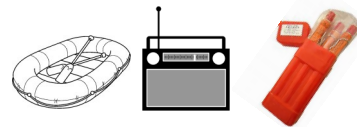
**What is something interesting about you?**

I was born in Connecticut and raised in Florida and have only been in Nebraska since age 17. (I'm pretty boring!)



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

Hmmm, that's a hard one. I would bring an inflatable life raft, a ham radio, and a crate of flares. Love the beach, hate the heat.



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

I once felt sorry for myself that I had no shoes, until I met a man who had no feet. Always be worth more alive than you are dead! (That way you won't end up the subject of a Lifetime Movie!)



# Town Hall Meeting

Do you have any comments or concerns about the services provided to the aging population of Saline County? If so, attending the town hall meeting coming up would be great for you to be able to voice those! Saline County Aging Services in collaboration with Aging Partners invite you to attend a Town Hall Meeting to discuss the aging needs in Saline County on March 8, 2016 from 5:30-7:30pm at the Saline County Extension Office in Wilber—306 W. 3<sup>rd</sup> St. Your input is valuable and we want your suggestions and comments to move forward in providing quality services to our current and future aging population in

Saline County. This event is open to all residents of Saline County. Refreshments will be provided. We hope to see you there! Any questions about this event may be directed to Amy Hansen, Saline County Aging Services Director at 402-821-3330.



# Recipe of the Month

## Italian Chicken & Veggies Foil Wrap

Prep Time	Bake Time	Total Time
15 minutes	40 minutes	55 minutes

### Ingredients

- 4 aluminum foil sheets
- 4 boneless chicken breasts halves
- 4 teaspoons olive oil
- salt and pepper to taste
- 2 garlic cloves, chopped
- 1 yellow onion, thinly sliced
- 1 red bell pepper, sliced
- 8 small carrots
- 4 large basil leaves
- 1/3 cup zesty Italian dressing

### Directions

1. Preheat oven to 375. Place one chicken breast on each sheet of foil, then drizzle a teaspoon of olive oil over each breast and add salt and pepper.
2. Arrange chopped garlic, slices of onion, peppers and carrots on top. Place a basil leaf on each chicken breast. Spoon 1-3 tablespoons of dressing over the chicken and veggies.
3. Fold the sides of the foil over the chicken, covering completely; seal the packages closed. Transfer to a baking sheet and bake for 35-40 minutes or until the chicken is fully cooked.

### Tip

Add your favorite veggies! Enjoy!

