Taking charge of your retirement destiny

By Tiffany Villanueva, Registered Dietitian

Living independently as long as possible is what we strive for. We don’t want to burden our children who have their own lives and responsibilities. It was once the norm to move in with your children, but seems to no longer be the preference for aging adults. Seniors are now proactive in planning their future and choosing the retirement community of their choice, rather than leaving it to their children.

Living in a retirement community allows you to not have to rely on your family for daily needs, such as transportation or your social calendar. There is something to be said about maintaining your privacy and having your own place to hang your hat and establish great friendships with people your own age. This allows family visits to be light-hearted, memorable and fun.

It isn’t ever too early to start exploring your retirement options. Deciding on a community that will best fit you and your lifestyle is very important. Like anything else, planning ahead and planning it YOURSELF empowers you to choose your destiny. At Independence Hill Retirement Community, the experienced Lifestyle Specialists have helped residents find their best place to call “home” for years. With the holidays around the corner, Independence Hill will welcome you with open arms into the family, where you will make great new friendships to share in the season’s festivities. Celebrate with tree trimming, caroling, traditional performances, river parade and more. The best part: All you have to do is show up. There is no better place to be for the holidays! Join us at our Holidays Around the World event on Saturday, Nov. 23 from 1 to 4 p.m. This event will include shopping, entertainment and food tastings from around the world, held at Independence Hill Retirement Community, 20450 Huebner Road. Please RSVP to (210) 782-9942 and also plan to take a peek at one of our model apartment homes.

Chili when it’s chilly!

Ingredients
1 tsp. olive oil
1 cup onion, chopped
1/2 green bell pepper, chopped
1 can (14 oz.) diced green chilies
1 can (15.5 oz.) golden hominy, drained
1 large garlic clove, minced
1 can (14.5 oz.) H-E-B no-salt-added pinto beans, drained and rinsed
2 cups canned pumpkin
2 cups H-E-B reduced-sodium vegetable broth
2 tsp. chili powder
2 tsp. cumin
1 tsp. black pepper

Instructions:
Heat olive oil in a large skillet over medium heat. Sautéd onion, bell pepper, green chilies, hominy and garlic until tender (about 5 minutes).

Stir in tomatoes, beans, pumpkin and vegetable broth; cook an additional 8 minutes. Season with chili powder, cumin and black pepper. Reduce heat; simmer 20-25 minutes. Add salt and cayenne pepper to taste. Serve with a side of corn bread.

Refrigerate or freeze the remaining chili for later.

Note: If using ground meat, add it in after sautéing the onions, meat loses its raw color.

For more tips to ensure your nutritional health, go to www.christianseniorservices.org.

Every family has their favorite comfort foods for the fall and holiday season, and this month I’d like to pass on a new one of our model apartment homes.

Pumpkin Chili
Serves 6

1 1/2 cups vegetable broth
2 15 oz. cans great northern beans, drained and rinsed
1 15 oz. can H-E-B no-salt-added pinto beans, drained and rinsed
1 14 oz. can H-E-B no-salt-added kidney beans, drained and rinsed
2 cups canned pumpkin
2 14.5 oz. cans H-E-B no-salt-added black beans, drained and rinsed
2 tsp. chili powder
2 tsp. cumin
1 tsp. black pepper

Instructions:
Heat olive oil in a large skillet over medium heat. Sauté onion, bell pepper, green chilies, hominy and garlic until tender (about 5 minutes). Stir in tomatoes, beans, pumpkin and vegetable broth; cook an additional 8 minutes. Season with chili powder, cumin and black pepper. Reduce heat; simmer 20-25 minutes. Add salt and cayenne pepper to taste. Serve with a side of corn bread.

Refrigerate or freeze the remaining chili for later.

Note: If using ground meat, add it in after sautéing the onions, meat loses its raw color.

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When was the last time your doctor took the time to discuss your long-term well-being? As your healthcare demands evolve and concerns about your medications, conditions, and specialists arise, it’s important to have a physician who cares more about you and less about the number of patients seen in a day. That’s why we’ve made it our mission to transform senior care. By establishing a one-on-one relationship with you. By coordinating and simplifying your healthcare. And most importantly, by providing you the respect and care you deserve.

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*Plans vary by location and county.