

Crunchy Edamame Slaw

Makes 8 servings; Prep: 30 min. Bake: 5 mins., Chill: 1 hour

¼ cup chopped lightly salted cashews
¼ cup reduced-fat mayonnaise
1 Tbsp. sesame seeds
2 Tbsp. white wine vinegar
1 Tbsp. soy sauce
2 tsp. sesame oil
2 tsp. honey
4 cups shredded red cabbage (about ½ head)
2 cups fully cooked, frozen, shelled edamame (green soybeans), thawed
1 ½ cups grated carrots (3 medium carrots)
1 cup peeled, seeded, and diced cucumber (about 1 medium cucumber)
¼ cup chopped fresh cilantro
3 Tbsp. thinly sliced green onions (about 2 onions)
Salt and pepper to taste

1. Preheat oven to 350 degrees. Bake cashews in a single layer in a shallow pan 5 to 6 minutes or until lightly toasted, stirring occasionally.
2. Whisk together mayonnaise and next 5 ingredients in a large bowl. Add cabbage, next 5 ingredients, and toasted cashews, tossing to coat. Stir in salt and pepper to taste. Cover and chill 1 to 4 hours.

Southern Living, May 2009



Wim & Wiger

A Health Newsletter Serving the North Coast Schools Medical Insurance Group

Vol. 15, No. 6 June 2009

Editor: Susan Bishop

(707) 445-7126

Director's Note

Stacy Lane - JPA Director

Our office has had many phone calls recently asking about when and how to enroll in Medicare and how our plans coordinate with Medicare. The simple answer is if you are retired and on Medicare, our plan pays second to what Medicare approves. However, there are many individual situations that can arise with Medicare coverage. Such issues include: Do I have to enroll in Part B coverage if I am still an active employee? What happens if my spouse turns 65 before I do? How do the Part D drug benefits compare to what is offered through the JPA? Should I purchase a commercial Medicare Supplement plan or purchase coverage through the JPA?

If you are planning for retirement, already on Medicare or are assisting a parent or relative with their Medicare coverage, I strongly recommend you contact our local HICAP office in Eureka at (707) 444-3000. HICAP stands for

the Health Insurance Counseling and Advocacy Program. It is a volunteer-supported program that provides unbiased information to help Medicare beneficiaries make the best choices for their individual health care needs. HICAP counseling services are administered by the California Department of Aging. Volunteer counselors receive many hours of continuing training and are registered with the State of California. HICAP services are free, and counselors do not sell, recommend, or endorse any insurance product, agent, insurance company, or health maintenance organization (HMO).

I have heard excellent feedback from our members that have already met with a volunteer counselor at the local HICAP office. I know Medicare can be confusing, so please don't hesitate to give me a call at (707) 445-7055 if you have any questions, or if I can help in any way.



Don't Forget
the FREE 24/7 NURSELINE
(800) 977-0027