



Center for Successful Aging
Highpointes

December 2020 Newsletter



PHYSICAL • SOCIAL • INTELLECTUAL • SPIRITUAL

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11 Tips for Helping Seniors Stay Healthy During the Holiday Season

By Megan Horst-Hatch

While the holidays are a time of gatherings with family and friends, they can also be a source of stress, as exercise schedules might be disrupted for shopping excursions and rich holiday meals make it difficult to adhere to a particular diet. Staying healthy can be a challenge during this time of year, especially for seniors. Get a senior's caregiver involved to help manage expectations at this time of year.

According to Amy Fuchs, a licensed clinical social worker and owner of The Elder Expert, LLC in Saddle River, New Jersey, one of the difficulties of the holiday season is not knowing an elderly relative's limits. "You can anticipate that they might need help, but they might not express to you that they've slowed down," Fuchs says.

Robyn Golden, a licensed clinical social worker and director of the health and aging department at Rush University in Chicago, agrees. "Offer older relatives options and ask them what they want to do, but don't assume their limitations," she advises.

To help seniors stay healthy during the holidays, reduce their stress and avoid the holiday blues, keep the following tips in mind:

Make healthy choices

From rich meals to tempting and tasty homemade snacks, the holidays are a time for many to indulge in food -- or overindulge. Try to plan meals with other events in mind.

For example, if a big dinner is planned for New Year's Eve, consider serving a lighter lunch of salad or soup. "You don't want to deny anyone of the food they like to eat at this time of year, but you don't want anyone to gorge themselves, either," Fuchs says.

Stay hydrated

Drinking water is one way you can stay healthy during the holidays. "Senior citizens, especially, need to drink plenty of fluids, as not drinking enough water could cause hospitalization," Fuchs says. To make it easier to stay hydrated, have water easily accessible at home and keep bottled water in a purse or bag when running errands.

Follow dietary restrictions

Some seniors must follow special diets, such as one that is low in sodium. It can be difficult to adhere to a diet during busy, stressful times, especially if there aren't any healthy options available. "When people get stressed, they tend to overeat and don't stick to their diets," Golden says. To make it easier to follow dietary guidelines, keep healthy options like fresh-cut vegetables and fruit on hand.

Drink in moderation

"Drinking too much can impair functions, and for some senior citizens, drinking alcohol with certain medications can have adverse side effects," Golden says. Consider offering fun, alcohol-free drinks so everyone can celebrate the holidays.

Keep exercising

In many parts of the country, the holidays are synonymous with cold weather and snow. To stick to an exercise schedule, bundle up and invite your parents for a walk around the block if the sidewalks are dry. If it's snowing or icy outside, drive to an indoor shopping mall and walk a few laps while window-shopping.

Shake up traditions

Between cleaning the house and cooking for a crowd, hosting

Continued on pg. 2



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pointes**

Center for Successful Aging

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Phone: (616) 842-9210

COVID-19 Public Hours:

Mon - Thurs 9:00 a.m. - 2:00 p.m.

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Cover story continued...

a big holiday meal can be a source of stress. If an older relative traditionally hosts a big holiday meal, consider passing the tradition on to the younger generation of family members. If the relative insists on hosting, Fuchs recommends younger family members volunteer to clean or prepare part of the meal.

Decrease gifts

For many seniors, especially those on a fixed income, the holidays can be a financial challenge due to purchasing gifts for many family members. To reduce stress from paying for gifts, consider having a family grab bag, where everyone contributes one gift.

Rest after traveling

For some seniors, the holidays are a time to travel long distances to visit family and friends. Whether they travel by car, rail or plane, keep in mind that an older relative might want to rest upon arrival. Golden suggests offering the options of watching television or taking a nap instead of planning a day of shopping and visiting.

Make homes accessible

If older relatives are visiting your home for the holidays, ensure your home is safe and accessible. "Be mindful of hazards in your home. For instance, someone with a cane could trip over area rugs," Fuchs advises. Consider having your relative sleep on the first floor of your home. If that's not possible, let them stay in a room close to the bathroom. In addition, use nightlights in the hallway so they don't stumble in the dark.

Take breaks

Between parties and shopping, the holidays often involve busy days and late nights. If you are planning an all-day outing, carve some time for a nap or a way to relax for a bit, even if it is just to sip tea in a cafe. Little kids, seniors and everyone in between will appreciate it.

Stay involved

Recognize that seniors still want to feel that they are part of the holidays. For many, that may include helping out with holiday preparations. "It's fine to reduce senior citizens' stress by offering to hold the holiday event at your home instead of theirs, but still keep them involved by having them cook a favorite dish or maybe help decorate the home," Golden says.

With a few preventative measures and a willingness to change some traditions, seniors can stay healthy and follow their diets, while also having fun with their family members this holiday season.

SLOW THE SPREAD OF COVID-19

cdc.gov/coronavirus



Wear a cloth face covering
in public spaces



Stay at least 6 feet
from other people



Frequently wash
your hands

FOUR POINTES YEAR IN REVIEW

2020 ACCOMPLISHMENTS

1051 S. Beacon Blvd., Grand Haven, MI 49417 (616) 842-9210 www.fourpointes.org

To promote the vitality, independence and well-being of older adults in the North Ottawa County community by providing needed services and information, encouraging recreation and lifelong learning and advocating for solutions to the issues of aging.

Transportation

920 rides were provided to area older adults by 18 volunteers
176 area older adults received public transportation bus passes resulting in 2,112 total rides

Unmet Needs

14 older adults benefitted from the Unmet Needs Program (glasses, dental work, dentures, hearing aids, prescriptions, diabetic foot care, medical equipment)

Home Health Services

A total of 170 older adults supported with home care services including meal prep, bathing, cleaning, etc

Case Coordination & Support

1,870 hours of case coordination and support services (CCS) were provided to 190 older adults, a majority of whom qualified for financial support through grant or millage monies

Options Counseling

617 calls were fielded to assist with resources such as housing, long-term care, home services, etc

Medicare Medicaid Assistance Program

8 trained MMAP counselors made 1,235 client contacts and spent 1,024 hours in counseling

Volunteers

110 amazing people volunteered over 1,325 hours

Wellness

Approximately 1,200 members were enrolled in the Wellness Center per month
Over 60 activities were offered on average each month
On average, 20 older adults received a daily reassurance phone call
320 Durable Medical Equipment items were loaned out to older adults in need

COVID Response

Wellness Programming suspended on March 16th. The Center reopened for Essential Services on June 1st and programming opportunities resumed beginning in August

Community Living Program continued to serve clients in need during shut-down

Social Work team made 4,321 Wellness Check phone calls to isolated older adults

On average, 44 Options Counseling calls were managed each month providing referrals for food resources, home care services, housing, COVID resources and testing sites, grocery shopping and much more

Home Care team provided in-home services such as bathing, grocery shopping, sanitizing and cleaning for 149 vulnerable older adults

Staff delivered 360 fresh produce boxes to area older adults which included a variety of seasonal vegetables, fruits & cheeses

6 volunteer drivers provided 374 medical rides



Four Pointes is a 501 (c)(3) organization serving older adults in North Ottawa County communities. Millage, grant, and donation funded.



Due to the recent increase in COVID-19 cases within our community, our team has made the difficult decision to postpone all Wellness Center activities for the remainder of the year. The health and safety of our members and staff remains our top priority. We will continue to monitor the situation and hope to resume programming in the near future. We appreciate your understanding during this unprecedented time.

Four Pointes will continue to be open for essential services only:

- Durable Medical Equipment (DME) Rentals
- AgeWell To-Go Meals (reservation required)
- Beltone Hearing Checks (by appointment only)
 - Legal Clinic (by appointment only)
- MMAP Consultations (by appointment only)
- Medical/Legal Rides (by appointment only)
 - Unmet Needs & Options Counseling (by appointment only)

To reserve a meal, rent a DME item, or schedule an appointment please call us at:

(616) 842 - 9210

Monday - Thursday, 9:00am - 2:00pm

Stay Safe. Stay Healthy.

ACTIVITIES

FITNESS

Gentle Yoga
Chair Aerobics
Stretch & Tone
Line Dance
Tap Dance
Zumba Gold
Ping Pong
Pilates
Conditioning w/ Confidence
BOSU Ball
TABATA
Cardio Drumming
On the Ball

LEARNING

Memory Writers
Knitters Circle
Crocheting
Quilting
Built It Fly It!
Book Club
Einstein U

SUPPORT

Health Clinics
Legal Aid
Medicare/Medicaid Assistance &
Prescription Drug Assistance

RECREATION/GAMES

Mah Jongg, Bridge, Euchre,
Bingo, Pool, Hand & Foot,
Pinochle, Shuffleboard, Darts.

ARTS

Beg. Acrylic Painting
One Stroke Painting
Woodcarvers
Watercolor
Drawing with Confidence

Four Pointes Accepts:



December 2020 Activities

Grand Haven Activity Center • 616-842-9210

Mon	Tues	Wed	Thurs	Fri
	1	2 11:00-12:30 AgeWell Meal Pick-Up	3	4 Closed
7 11:00 -12:30 AgeWell Meal Pick-Up	8	9 11:00-12:30 AgeWell Meal Pick-Up	10	11 Closed
14 11:00 -12:30 AgeWell Meal Pick-Up	15	16 9:00-12:00 Beltone Hearing 11:00-12:30 AgeWell Meal Pick-Up	17 9:30-11:30 Legal Clinic *12:00-1:30 AgeWell Holiday To-Go Meal Event	18 Closed
21 11:00 -12:30 AgeWell Meal Pick-Up	22	23 11:00-12:30 AgeWell Meal Pick-Up	24 Closed	25 Closed
				
28 Closed	29 Closed	30 Closed	31 Closed	



COVID-19 Public Hours for December:
Monday - Thursday 9:00am - 2:00pm

Four Pointes will be closed December 24 - January 1
We look forward to seeing you in the New Year
Happy Holidays and Best Wishes!

Get To Know Our Team

Four Pointes is honored to have such an amazing team and we want to continue to share with you just how awesome they are both at work and in their daily lives. Each month we will be featuring a few of our staff members by having them answer some questions and sharing a fun, summertime photo.



Sheri Boon
Home Care Team

- **How long have you been with Four Pointes?**
I am going on my 3rd year as the Community Living Support Nurse
- **What led you to this career?**
One of my nursing friends who also worked for Four Pointes recommended the job to me
- **How do you prefer to start your day?**
Telling my husband and son to have a good day! And watching Good Morning America
- **If you could learn a new skill in an instant, what would it be?**
I would love to learn more about the constellations and stars
- **What's your favorite memory or place you've every visited?**
Going to Hawaii with my husband or camping in Ludington every summer with my family
- **What TV show are you currently bingeing? Or what book have you been reading lately?**
I am part of a book club and have been reading 1 or more books each month. My favorite so far is "Wings of Refuge" by Lynn Austin
- **What is one positive thing that has happened to you during this current pandemic?**
There have been too many positives to pick out just one!
- **What is one special thing you think everyone should know about you?**
I love being a nurse! I truly enjoy the people, the diversity of care, and the experiences I have had so far

- **How long have you been with Four Pointes?**
7 years
- **What led you to this career?**
I have a social work degree and was looking for a part-time job when a friend approached me about an opening at Four Pointes
- **How do you prefer to start your day?**
With some quiet time, breakfast with coffee, and the today show
- **If you could learn a new skill in an instant, what would it be?**
Nursing
- **What's your favorite memory or place you've every visited?**
I was raised owning and showing Quarter Horses. Those are great memories!
- **What TV show are you currently bingeing? Or what book have you been reading lately?**
The Voice
- **What is one positive thing that has happened to you during this current pandemic?**
I was able to remain working and helping others
- **What is one special thing you think everyone should know about you?**
I am a proud mother of a son who is soon to be an MD/JD graduate



Jane Schultz
Home Care Team

December Lunch Menu

Lunch hours Monday and Wednesday ONLY

11:00 a.m. - 12:30 p.m. 'Grab and Go' meals by reservation only.

Cost is donation based

Meals include fat-free milk and 1/3 of the daily recommended intake of nutrients for older adults. Menu is subject to change without notice.



DECEMBER 2

Hot Meal: Stuffed Chicken, Rice Pilaf, Asparagus, Carrots, Fresh Fruit

Sandwich: Pastrami & Swiss, Fruit Cocktail, Fresh Orange

Salad: Chef Salad, Pears, Wheat Bread w/ Margarine, FF Raspberry Vinaigrette

DECEMBER 7

Hot Meal: BBQ Chicken Wings, Baked Potato, Sautéed Cabbage, Tomato Salad, Fruited Jell-O

Sandwich: Grilled Chicken, Raisins, Creamy Cucumbers

Salad: Fresh Fruit Plate, Cottage Cheese, Sweet Bread

DECEMBER 9

Hot Meal: Lasagna, Garlic Bread, Corn, Cauliflower, Fresh Fruit, Fig Newton

Sandwich: Egg Salad, Banana, Coleslaw

Salad: Caramel Apple Salad, Carrot/Celery Sticks, Beets, Orange Juice

DECEMBER 14

Hot Meal: Sliced Ham, Sweet Potatoes, Peas, Pineapple Tidbits, Banana Pudding

Sandwich: Turkey BLT, Fresh Apple, Carrot Raisin Salad

Salad: Ranch Pasta Salad, Cucumber Slices, Fresh Orange

DECEMBER 16

Hot Meal: Cabbage Rolls, Au Gratin Potatoes, Peas & Carrots, Mandarin Oranges, Wheat Bread w/ Margarine

Sandwich: Tomato Salami, Raisins, Corn w/ Peppers

Salad: Calypso Salad, Peaches, Wheat Roll, FF Raspberry Vinaigrette

DECEMBER 21

Hot Meal: Pork Chop Suey, Rice, Broccoli, Winter Squash, Ambrosia, Wheat Bread w/ Margarine

Sandwich: Crunchy Chicken Wrap, Potato Salad, Raisins, Fruited Jell-O

Salad: Caprese Salad, String Cheese, Rye Bread w/ Margarine, FF Italian

DECEMBER 23

Hot Meal: Chicken Cavatappi, Garlic Bread, Lima Beans, Side Salad, Applesauce

Sandwich: Egg Salad, Baked Beans, Pears, Orange Juice

Salad: Oriental Salad, Beets, Banana, Ranch

MEAL RESERVATIONS

You may place a reservation for 'grab and go' lunches by calling 616-842-9210

Reservations for Mondays are due by noon on the Thursday prior

Reservations for Wednesdays are due by noon on the Monday prior

Limit 2 meals per person

DURABLE MEDICAL EQUIPMENT NEEDED

Our loan closet is in need of restocking! If you or someone you know has any of the following items not in use we would love to take them off your hands...

Wheelchairs (transport & traditional)

Shower Benches

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To make a donation please call us at (616) 842-9210

For the health and safety our team, we ask that all equipment be clean, properly sanitized and in good working condition before dropping off to the center. We reserve the right to refuse any equipment that does not meet these standards.

DECEMBER BIRTHDAYS

Jean Hecksel	1	Susan VerDuin	11	Karen Engel	18	Pablo Ramirez	24
Bob Lintjer	2	Thomas Kosanic	11	Arlene Urbanik	18	Daniel Wightman	24
Barbara Brummel	3	Marguerite Behm	11	Tammy Murray-Herber	19	Sandra Ball	25
Carol Howell	4	Cynthia Abraham	12	Patty Taylor	19	Gail Smant	25
Cindy Laning	4	Dianne Snow	12	Gayle Walter	19	Norman Williams	25
Cathy Nordyke	4	Thomas Knoll	12	Delia LeGrand	20	Carol Jean Locke	26
Susan Swiatek	5	Bonnie Koronkiewicz	12	Richard Rothe	20	Clarence VerBerkmoes	26
Anje Ploeg	6	Sue Bradford	13	Diane Haney	20	Kathy Tower	26
Linda Wiltse	6	Barbara Talley	13	Ginger Collins	21	Joann Moore	27
Delores Dykehouse	6	Carl Sorensen	13	Dick Rutherford	21	Sharon Roberts	27
Chuck Keeler	7	Rick Turner	13	Wally Martyniek	21	Wanda Williams	27
Joan Cyr	7	Wanda Reynolds	14	Carole Alderink	22	Vicki Veldhuis	27
David Armentrout	7	Juanita Ballard	15	Sandy Butcher	22	Carol Varady	27
Cheri Eshenaur	8	Daniel Sedlock	15	Patrice Frantz	22	Deb Beardsley	28
Betty Howard	8	Stewart Veeck	15	Helen Johnson	22	Sandra Ver Duin	28
Sally Ricketson	8	Jan Welch	16	Dolores Osredkar	22	David Register	28
Larry Holzinger	8	Mr. Lynn DeGrow	16	Terry Kipling	22	Kaye Ricklefs	29
Dick Stroba	8	Jeanne Cogbill	16	Dorothy Burgwald	23	John Fuller	29
Bette Boomgaard	10	Merrie DeWilde	17	Shirley Hipwell	23	Marga Burbatt	30
Laurie Clark	10	Charlene Easey	17	Susan Williams	23	Bonnie Eding	30
Tena Crow	10	Bea Kendrick	17	Terri Stewart	23	Mike Staff	30
Kerry McGrath	10	Tim Lipman	17	Thomas Shamkowski	23	Linda Goresch	30
Mary Duchene	11	Tom Sobel	17	Margaret Bart	24	Pat Heibel	31
Holly Kuipers	11	Linda Portoluri	17	Beverly Klecka	24		
Bobbi Schroeder	11	Bernice Costello	18	Dolores Quackenbush	24		

*We apologize for any errors or omissions




Seniors 60 years and older are invited to receive a FREE To-Go Holiday Meal on Thursday, December 17, 2020!



Presented by AgeWell Services of West Michigan in Partnership with Senior Resources and the DTE Foundation

Menu
Cranberry Brie Stuffed Chicken Breast,
Prince Charles Vegetables, Dinner Roll and Butter,
Caramel Drizzled Cheesecake

Reservations will be required for most locations and can be made starting November 18 – December 14, Wednesday-Friday, 9 a.m. – 4 p.m. by calling 231-733-1155.

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An Elder Law Paralegal for Attorney Anna Urick Duggins, of Parmenter Law, will offer half hour no-charge introductory telephone meetings. Topics to discuss include Elder Law services such as Estate Planning, Long Term Care Planning, Medicaid Planning, and VA Aid & Attendance

Please call (231) 722-5438 to schedule an appointment.





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CURRENT RESIDENT

Holiday Magic Cookie Bars

Yield - 24 Bars

INGREDIENTS:

Non-Stick Cooking Spray
1 1/2 C Graham Cracker
Crumbs
1/2 C Butter, melted
1 14oz Can Sweetened Con-
densed Milk
2 C Holiday Colored M&Ms
1 1/3 C Flaked Coconut
1 C Chopped Nuts (walnuts
and pecans work well)

INSTRUCTIONS:

1. Preheat oven to 350 degrees. Spray a 13 x 9 inch pan with non-stick cooking spray. Make sure to spray the interior sides well.
2. In a medium size bowl, combine graham cracker crumbs and melted butter and mix until well combined. Pour mixture into prepared baking pan and gently press to create a crust that covers the entire bottom of the pan.
3. Pour sweetened condensed milk evenly over crumb crust. Evenly spread M&Ms, coconut and nuts over condensed milk layer. Gently press down with a fork.
4. Bake for 25 to 30 minutes or until beginning to lightly brown. Remove from oven and allow to cool for approximately 5-10 minutes. Then while still warm, loosen bars from the side of the pan gently to prevent them from sticking. Cut into bars. Store tightly covered.

