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Nutritious Bites

The Truth About Fats

By Mary Grider, Nutrition Educator

You may have been lead to believe that all fats in your diet are not good for you. But this is not the truth.

Certain plant-based oils, such as those found in olive oil, avocados, and nuts, as well as oils in fatty fish like salmon, are good for you. They can help protect you from heart disease, help with brain function, and keep your hair and skin healthy.

Fats that you should continue to limit in your diet are saturated fats, which are found in fatty meats and whole-fat dairy products. Some research has shown that these fats may increase your LDL (bad) cholesterol, which in turn can increase your chances of heart attack and stroke.

You may also want to avoid consuming a lot of *trans* fats, which are found in some pre-packaged foods and fast foods.

The best way to look for these fats is to read nutrition labels on products. If you see “partially hydrogenated oil” listed as an ingredient, the product contains trans fats – even if the label says “*trans* fat-free.” A product can contain up to 0.5 gram *trans* fat per serving and claim “no *trans* fat.”

The bottom line is that some fats are better for you than others. But remember that consuming too much of any kind of fat will ultimately cause weight gain.



Recipe of the Month Slow Cooker Garlic Parmesan Chicken and Potatoes (Serves 8)

Ingredients

- 8 bone-in, skin-on chicken thighs
- 1/2 tsp. dried basil
- 1/2 tsp. dried oregano
- 1/4 tsp. dried rosemary
- Kosher salt and freshly ground black pepper, to taste
- 2 tbsp. unsalted butter
- 2 lbs. baby red potatoes, quartered
- 2 tbsp. olive oil
- 4 cloves garlic, minced
- 1/2 tsp. dried thyme
- 1 c. freshly grated Parmesan cheese
- 2 tbsp. chopped fresh parsley leaves

Directions

1. Season chicken with basil, oregano, rosemary, salt and pepper, to taste.
2. Melt butter in a large skillet over medium high heat. Add chicken, skin-side down, and sear both sides until golden brown, about 2-3 minutes per side; drain excess fat and set chicken aside.
3. Place potatoes into a 6-qt slow cooker. Stir in olive oil, garlic, and thyme; season with salt and pepper, to taste. Add chicken to the slow cooker in an even layer.
4. Cover and cook on low heat for 7-8 hours or high for 3-4 hours, or until the chicken is completely cooked through, reaching an internal temperature of 165° F.
5. Serve immediately, sprinkled with Parmesan cheese and garnished with parsley, if desired.

Monthly Chair Exercise Chest and Upper Back Stretch

Flexibility is important, especially in the chest and upper back that tend to stay tight as we sit most of the day.

In a seated position with good posture and shoulders back and down away from the ears, extend your arms out in front of you at shoulder height. Interlace the fingers or grasp one hand with the other, and press out as you round the upper back and shoulders forward, feeling the upper back fan out. Hold for 10 seconds and release.

For the shoulders, pull extended arms back behind you and interlace the fingers or grasp one hand with the other, keeping your hands down toward the buttocks. Feel the chest and shoulders open up as you pull your shoulders back. Hold for 10 seconds and release.

Repeat the upper back and chest stretches.

Keep on Moving Too Busy to Exercise

It's hard to believe that the holidays are upon us yet again (and aren't we excited?! Here are some ideas to help you fit in activity during this busy season.

Stepping It Up

You don't need a treadmill or track to get in more aerobic activity. Walk around the perimeter of the mall or grocery store once before you start shopping to get in extra steps.

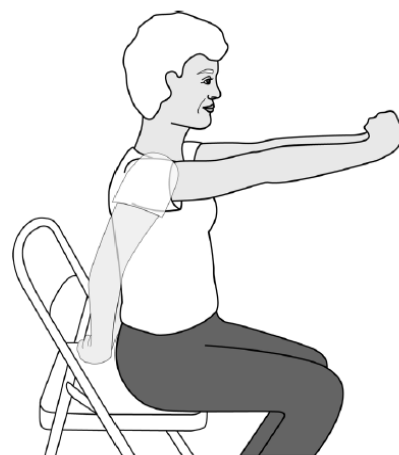
Going for the Stretch

Sitting in the car or standing in lines can lead to stiffness. Do shoulder rolls, look side-to-side for neck stretches, and bend your knees to stretch your Achilles tendon and calf muscles to stay limber while you wait.

Strength in Cooking

Before opening cans while preparing dinner, do a few bicep curls to strengthen your arms, or do a few squats while waiting on a timer.

Chest and Upper Back Stretch



For more exercises, visit the following link:

https://s3.us-east-2.amazonaws.com/livewellagewell-archive/Exercise+Resources/Chair_Exercise_Manual_2006.pdf

Living Better Care for the Caregiver

Being the caregiver for a loved one or family member with a chronic or debilitating condition can take its toll on you physically and especially emotionally. Infusing joy back into your life can help you better deal with the stress of care giving.

Here are some tips:

1. Create a joyful journal and add joyous, funny memories or things you notice throughout your day that make you happy.
2. Celebrate the little things and treat yourself well. Take time out to pamper yourself.
3. Eat well. When you are always putting others first, you may rush through your meals, skip meals, or not eat nutritiously. Make time for healthy eating and self-care, which will make you a better caregiver in the long run.
4. Exercise when you can. This will boost your mood and energy. Even a slow walk outside can have benefits physically and emotionally.

5. Surround yourself with happy and supportive people.
6. Talk joyfully around the person you are caring for. Recall happy or funny memories with them, even if they don't respond. It helps to remind you that your life consists of more than care giving.
7. Cultivate gratitude. Research has shown that gratitude is associated with greater happiness. Your life may be full of uncertainties and difficult emotions, but finding things to be thankful for can help improve your mood.

If you'd like to learn more strategies to take care of yourself as a caregiver, consider signing up for a **Powerful Tools for Caregivers** workshop. Contact Megan Vogt, ADRC Manager for the Northeast Georgia Area Agency on Aging, for more information. Megan can be reached at (800) 474-7540, ext. 209.

Medication Manager Flu Season

The weather will soon be changing, and that's a sign that it's time to think about the flu season that usually accompanies it. Most doctors now recommend that their patients 65 or older get a yearly flu vaccine. These patients are the ones who are often hit the hardest by flu symptoms.

Also, those who have a weakened immune system or underlying condition like diabetes or heart and lung disease should consider a yearly flu vaccine. It has been shown that those who have diabetes are more likely to get a more severe case of the flu and face an increased risk of pneumonia.

Most doctor's offices and pharmacies will start offering flu vaccines soon. There has been a nasal spray offered in the past, but this year it is not recommended for seniors. It takes about two weeks for the vaccine to produce enough antibodies in your body to actually protect you from the flu. So don't wait until the flu has already started to spread in your area before getting your vaccine.

Upcoming Events

Matter of Balance Classes

More workshops coming Winter/Spring 2018!

Live Strong, Live Long

More workshops coming Winter/Spring 2018!

If you would like to schedule a Matter of Balance or Live Strong, Live Long CDSMP workshop for Winter/Spring 2018, please e-mail Whitney Bignell (web1975@uga.edu).

More workshops are listed on our web site

<http://www.negahealthmatters.org/>

Test Yourself

Examining Your Habits

How am I doing?

- I currently eat _____ servings of fruits most days of the week (circle one)
a. Less than 1 serving b. 1-2 servings c. 3 or more servings
- I currently eat _____ servings of vegetables most days of the week (circle one)
a. Less than 1 serving b. 1-2 servings c. 3 or more servings
- I currently eat _____ servings of whole grain products most days of the week (circle one)
a. Less than 1 serving b. 1-2 servings c. 3 or more servings
- I currently have _____ servings of milk or other dairy products most days of the week (circle one)
a. Less than 1 serving b. 1-2 servings c. 3 or more servings
- I limit the amount of sodium or salt I eat (circle one) Yes No
- I limit how much sugar or sweet foods I eat (circle one) Yes No
- I have a plan to exercise during the holidays (circle one) Yes No
- I practice self-care regularly (circle one) Yes No
- I have gotten the flu vaccine this year (circle one) Yes No

What do I want to change?

This month, I want to do the following to improve my health and well-being:

On a scale of 1 to 10 (1 = low confidence, 10 = high confidence), how confident am I that I can make the change I wrote above? (circle one)

1 2 3 4 5 6 7 8 9 10

Support for this newsletter is also provided by:

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Questions or Comments? Contact us!

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