

Seniors Taking Charge



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Holiday Cooking Tips Have a Healthy Holiday

By Mary Grider, Nutrition Educator

Researchers have noted that the average person gains 2 lbs. over the holidays. Though this doesn't sound like much, if the pounds are never lost it can lead to a significant weight gain over the years. You can avoid the gain by following these holiday cooking and eating tips.

COOKING OR BAKING:

*Instead of using 1 cup of full fat cream try: a) 1 cup low fat milk and 4 teaspoons white flour cooked over medium heat until thickened, or b) use evaporated skimmed milk.

*Cook with less oil when sautéing and use a nonstick or well-seasoned cast iron skillet.

*Instead of fried chicken try dredging in milk and then bread crumbs then spray with cooking spray. Bake at 425 degrees until crispy.

*Use other herbs besides salt for flavoring. Also try garlic, onions or lemon juice.

*Replace half of your all - purpose white flour in your baking with white whole wheat flour, which will give you a boost in fiber.

*Substitute half of the butter in baked items with cooking oil or applesauce.

*Use less cheese in your dishes, but find a cheese with bolder flavor (such as Parmesan, blue cheese, or feta).

Holidays are special times with special foods, so indulging a little probably won't hurt. But be sure to plan ahead for it so it will be a special treat and not an everyday food choice.



Recipe of the Month

Cauliflower and Parsnip Mash with Roasted Garlic (Serves 6-8 as a side dish)

Ingredients

- 5 parsnips (1 lb), peeled and chopped into 1 inch chunks
- 1 head cauliflower (2 lbs), chopped into pieces
- 2 tbsp. extra-virgin olive oil
- ½ tsp. fresh lemon juice
- 1 tsp. dried or fresh rosemary
- 1 head of garlic, roasted (use 4 cloves in mash)
- 1 tbsp. olive oil
- Kosher salt and freshly ground black pepper, to taste

Directions

1. Roast garlic: Preheat oven to 375° F. Cut a ¼ inch slice off top of garlic head, drizzle with 1 tbsp. olive oil, roast in aluminum foil for 35 minutes and keep the garlic cut-side up in the oven.
2. Bring a large pot of lightly salted water to a boil and boil the parsnips for 10-12 minutes or until tender. Scoop into a blender. In the same water boil or steam the cauliflower for 10 minutes and then transfer it to the blender.
3. Add 4 cloves of roasted garlic to the blender along with the olive oil, lemon juice, ½ tsp. salt, and a pinch of pepper. Blend until smooth. Add some cooking liquid from the parsnips/cauliflower if needed.
4. Transfer to a serving dish and stir in the chopped rosemary. Drizzle with olive oil and serve while hot.

Keep on Moving Stay S.M.A.R.T.

As we come to the end of another year, it's important to look back on what we've accomplished – and what we want for next year. S.M.A.R.T. goals help you track your progress:

Specific: Goals should be specific so that you know when you have completed them. Rather than “exercise more,” say something like “walk 3 times per week for 30 minutes.”

Measureable: Goals should be measurable, which is related to making your goal specific (see above).

Achievable: Goals should be achievable – very few people can really run a marathon in under 3 hours.

Relevant: Goals should be something you want to achieve – rather something that someone else wants you to do.

Time-bound: You should set a “due date” for when you want to achieve your goal.

Monthly Chair Exercise

Balancing Toe Taps

In a seated position with good posture and knees bent, take a ball and place it on the floor near your feet. Holding onto the chair for balance as needed, place your right foot on top of the ball, trying to balance your weight as you do this. The left foot that is not on the ball can remain on the floor or can be lifted up off the floor if you feel stable enough. Hold for 3 to 4 seconds.

Switch feet and repeat with the opposite foot. Keep alternating feet on the ball for 8 to 10 repetitions. Rest. Do another set of 8 to 10 repetitions.

Modification: A ball is not required for this exercise. Try standing on one foot while holding the back of a chair (balance without holding as you progress).

Balancing Toe Taps



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

Easing Holiday Stress

Many people are faced with stressful situations from health to finances to relationships on a daily basis, and adding the hustle and bustle of the holidays can often cause even more stress.

When you feel the tension rising, consider trying the following tips:

*Sneak in some exercise – just a brisk 15 minute walk can lift your mood.

*Enjoy the holiday foods the healthy way – too much added sugars can cause blood sugar highs and lows which can make you feel anxious. Have sugar in moderation as a treat, not a daily habit.

*Let out your stress – bottling it up can cause significant health issues. Consider putting yourself in 'time-out' to release the emotions. Some people may scream it out, others may journal or listen to music, etc.

*Consider giving – studies have found that people who helped others (friends, relatives or even strangers) felt less stress. It feels good to give to others!

No matter what's causing your stress, taking time to care for yourself can help you manage that stress in a healthy way.

Medication Manager

Other Vaccines for Seniors

Many older adults as well as those who have diabetes often have a harder time fighting off foreign bacteria that cause illness. Along with the yearly flu vaccine, check with your doctor about the following additional vaccines:

Pneumococcal Pneumonia – this is a lung infection caused by a bacteria, virus or fungus and is often a complication of the flu. There are two vaccines, so talk with your doctor about the best options for you.

Hepatitis B – this is a virus that attacks the liver and can be dangerous for diabetics who may be improperly using their needles or lancets.

Shingles – Shingles is a painful skin rash caused by the same virus that causes chickenpox. The vaccine is recommended for adults 60 and older. Talk with your doctor about your risks and whether or not the shingles vaccine is appropriate for you.

Tdap – this is a vaccine that protects against whooping cough, diphtheria and tetanus. If you have a new grand or great grandchild coming into the family, it's important to have an updated Tdap to prevent the new child from getting sick.

For more information about recommended vaccinations:

<https://www.cdc.gov/vaccines/schedules/downloads/adult/adult-schedule-easy-read.pdf>

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?

1. 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
2. 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
3. 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
4. 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
5. I limit the amount of sodium or salt I eat (circle one) Yes No
6. I limit how much sugar or sweet foods I eat (circle one) Yes No
7. I have a S.M.A.R.T. goal to exercise next year (circle one) Yes No
8. I practice stress management regularly (circle one) Yes No
9. I am up-to-date on my vaccines (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

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Questions or Comments? Contact us!

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