



NUTRITION NEWS

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Merry Christmas!

For many people, December is the most wonderful time of the year. But many people struggle with depression during the holiday season. It is also a time of year when we see many household accidents. The added bustle, commotion, and decorations can all contribute to added household hazards.

Falls are the most common cause of injuries and hospital admissions for trauma. There are a number of small changes that can be made to prevent falls. Making sure your house is well lit is an easy way to decrease your risk of falls. Another way is to remove all loose rugs from the floor to decrease your risk of tripping.



Having your doctor review your medications may also help decrease your risk of falling. Since many medications cause dizziness and/or drowsiness, a review of all your daily medications where potential side effects are reviewed is imperative.

The CDC (Centers for Disease Control) publishes a check list to determine your risk of falls. Here is a portion of that list. Answering yes to these questions put you at an increased risk of falling in your own home.

- ◆ When walking through a room, do you have to walk around furniture?
- ◆ Do you have throw rugs on the floor?
- ◆ Are you missing a light over the stairway?
- ◆ Is there a handrail on only one side of the stairs?
- ◆ Are there papers, shoes, books, or other objects on the stairs?
- ◆ Is your step stool unsteady?
- ◆ Is the tub or shower floor slippery?
- ◆ Is the light near the bed hard to reach?
- ◆ Is the path from your bed to the bathroom dark?

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Monthly Exercise

Sit to Stand

Helps with getting up & down from a chair or toilet & in & out of car.

1. Stand up slowly from a chair, keeping your knees slightly apart.
2. Then lower yourself back down into the chair
3. Repeat 5 times.
4. Use chair with armrests if this hurts your knees.



The holidays usually involve sharing foods with family and friends. Often these are special seasonal foods which involve different ingredients and different preparation methods. Keeping a few tips in mind when purchasing and preparing foods can help protect you and your family from foodborne illnesses.

Purchasing Food

- * When shopping, select frozen foods and perishable foods last, such as meat or fish. Always have these products put in separate plastic bags so that their drippings don't contaminate other foods.
- * Don't use food from flawed containers that leak, bulge, or are severely dented. Don't taste food that has a foul odor or spurts liquid when the can is opened.
- * Purchase only pasteurized milk and cheese.
- * Purchase only the amount of produce needed for a week's time. The longer you keep fruits and vegetables, the more time available for bacteria to grow.
- * When purchasing pre-cut produce, avoid those that look slimy, brownish, or dry; these are signs of improper holding temperatures.



Preparing Food

- * Thoroughly wash hands with hot, soapy water before and after handling food. This practice is especially important when handling raw meat, fish, poultry, or eggs
- * Make sure counters, cutting boards, dishes, and other



equipment are thoroughly cleaned and rinsed before use.

- * If possible, cut foods to be eaten raw on a clean cutting board reserved for that purpose. Then clean this cutting board using hot, soapy water. If the same board must be used for both meat and other foods, cut meats last. The USDA recommends cutting boards that are made of easy-to-clean, nonporous materials, such as plastic, marble, or glass. All cutting boards should be replaced when they become streaked with hard-to-clean cuts or grooves, which may harbor bacteria. All cutting boards should be sanitized once a week in a solution of 2 teaspoons bleach per quart of water.
- * When thawing foods, do so in the refrigerator for 1-3 days, under cold running water, or in the microwave. Also, marinate foods in the refrigerator.
- * Carefully wash fresh fruit and vegetables under running water to remove dirt and bacteria clinging to the surface.
- * Use refrigerated ground meat and patties in 1-2 days and frozen meat and patties within 3-4 months.



Be sure that eggs are cooked thoroughly as well. Eggs are a common source of salmonella. They are also a very common ingredient in many holiday recipes. Remember too that the elderly are particularly susceptible to foodborne illness. Preventing a foodborne illness is much easier than dealing with the potentially long lasting effects.



Depression is common, especially among the elderly, at holiday time. Loneliness, sadness, and a feeling of being overwhelmed can all be difficult to deal with. Behavioral changes can help improve your mood.



1. Get in a routine: establishing a general daily routine can help you get more structure into your life.
2. Set goals: setting small goals, and then achieving them, can help alleviate the feeling of helplessness that often accompanies depression.
3. Exercise: it temporarily boosts endorphins and may have long term benefits.
4. Eat healthy: if depression tends to make you overeat, gaining some control over your intake may help you feel better.
5. Get enough sleep: simply put, getting too little sleep can make depression worse. Try not to nap. Try to go to bed and get up at the same time each day.
6. Take on responsibilities: staying involved and having daily responsibilities can be a good natural treatment of depression.
7. Check with your doctor before starting supplements: while fish oil and folic acid may improve depression, more definitive studies must be conducted.
8. Try something new: challenging ourselves can also raise the level of “feel good” blood chemicals.
9. Try to have fun: make sure you have time for things that you enjoy.

There are also certain foods that may boost your mood. The following foods have been singled out through scientific research. Increasing your intake of these foods may actually lift your spirits.

- ◇ Chocolate: eating dark chocolate (1.4 ounces) every day for two weeks reduced stress hormones in highly stressed individuals. Researchers believe this is due to the antioxidants that are found in dark chocolate.
- ◇ Fish: eating oily, fatty fish, which are high in omega-3 fatty acids, can positively affect your mood. Omega-3's alter the production of brain chemicals associated with mood, such as dopamine and serotonin.
- ◇ Tea: drinking tea daily may promote a feeling of alertness and overall well being. Researchers believe that theanine (an amino acid found in tea) in combination with caffeine may improve focus and attention. This in turn produces a satisfied feeling, which improves your overall feeling of well being.
- ◇ Carbs: even though carbohydrates are sometimes blamed for causing weight gain, people who follow a very low carb diet experienced more depression, anxiety, and anger than those who ate a diet moderate in carbs. Researchers speculate that carbohydrates may promote the production of serotonin in the body.



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Here is a recipe that can be put together ahead of time and popped into the oven on Christmas morning for a quick, delicious breakfast!

Asparagus and Swiss Cheese Quiche

2 tsp olive oil

1 bunch fresh asparagus, trimmed and cut into 1/2 inch pieces

1 pastry for a 10 inch deep dish pie crust

6 large eggs, beaten

3/4 cup milk

1/2 cup half and half cream



1 (2.8 ounce) can French-fried onions

6 ounces shredded Swiss cheese

5 ounces shredded Cheddar cheese

1 green onion, chopped

Heat olive oil in a skillet over medium heat; cook and stir asparagus until slightly tender, 5 to 10 minutes.

Preheat oven to 375°. Press pie pastry into a 10 inch deep dish pie pan.

Combine asparagus, eggs, milk, half and half, French fried onions, Swiss cheese, cheddar cheese, and green onion in a bowl. Pour into prepared pie pastry.

Bake in the preheated oven until center of quiche is set and a knife inserted in the middle comes out clean, about 45 minutes. Allow to stand for 10 minutes before serving.

Pair with this delicious fruit muffin for a full meal!

Fruit and Yogurt Muffins

2 cups flour

1 cup white sugar

1 tsp baking soda

1 tsp baking powder

1 (8 ounce) container blueberry flavored yogurt

1 egg

1 tsp vanilla

4 tbs butter

2 cups blueberries



Prepare as you would any baked muffin. Be sure to match the type of yogurt to whatever fruit you are using in the muffins.

HEAP

If you received HEAP last year but have not yet received an application for this year, please call our Office at 867-1195.

If you did not receive HEAP last year but want to apply this year, please call our Office at 867-1195.

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