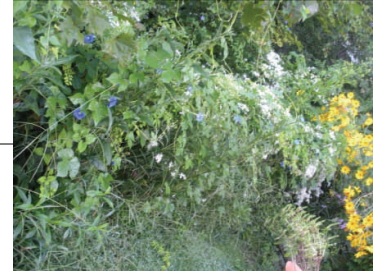


Food and Fitness



The Sandwich Generation of Caregivers

Article inspired by presentation from Shirley M. Neitch, MD, FACP. Information used with permission of and credited entirely to Dr Neitch..

Are you one of the 60 million persons providing unpaid care for relatives or do you know someone who is? Baby boomers who are struggling between responsibilities for elderly relatives and their own families are sometimes referred to as the sandwich generation. Typically the caregiver is a daughter or daughter-in law, 46 years old with

some college education.

Which type “caregiver sandwich”

have you seen (or been)?!

Sandwich Shop Menu

The Hot Dog—jumps in to offer and tries everything, doesn’t last long but makes sure everyone knows she has helped!

The Sloppy Joe—provides some sem-



blance of care but little attention to important details like medications, laundry, weight loss, fever. More companion than caregiver—sons?!

The Grilled Cheese—feels obligated or pressured to be the



caregiver, pressured by other commitments,

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Websites of Interest:

- alz.org
- alz.org/wv
- cleanliving.com
- livestrong.com

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The Sandwich Generation of Caregivers

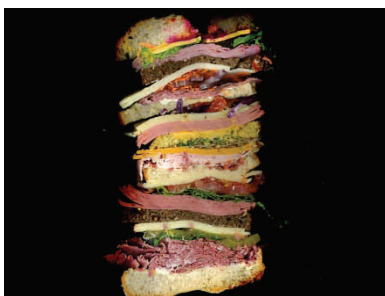
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may melt under the heat and the pressure!

The Hero—swoops in from out of town to save the day,

critical of care and decisions of everyday caregiver, may be aggressive toward regular caregiver, often disrupts previously made decisions such as advanced directives.

The Dagwood—believes she has the stack of respon-



sibilities completely under control, and is devastated when it topples; at serious risk for depression.

The Wrap—wrapped up in care giving to exclusion of other responsibilities; no

one else does it right; could become pathological.

The Sandwich Sign—broadcasts their care contribution; takes on patient as a “pet”.

Getting It ‘To Go’ - long distance caregiver; runs the risk of paid caregiver be-



coming too domineering and aggressive.

The Club Sandwich—manager’s recommendation—perfect blend of:

Caring physically and emotionally for the patient.

Loving—care provided out of love but recognizing you don’t always



have to *like* it!

Umbrella—you may hold an umbrella over your parent and over your family, but you can’t make it stop raining.

Unburden yourself occasionally to a friend or a professional.

Balance—maintain your own inner balance. Arrange for respite for yourself and don’t feel guilty about doing so. The care given while you are away only needs to be adequate!

Chef’s Suggested Condiment—ketchup!

Catch up on your sleep!

Catch up on your own needs!

Catch up on having fun!



A New Kind of Labor: Clean Up Your Plate!

Labor Day was originally designated as a day to honor the



American spirit, its hard-working people, and especially the labor unions. Now the holiday marks a passage between summer and fall, and it is typically our last chance to relax, refresh, and celebrate to usher in a new season.

Looking for labor that will improve your life? Here's a different kind of labor that won't break your back but might be just what you need to energize your life—Clean up your plate with “clean eating” (as opposed to “clean your plate” which means to eat it all!).

“Clean eating” is another way to take care of your mind, body and spirit. The idea is to change your lifestyle by eating things that are healthy, simple, and purely enjoyable. The website

www.cleanlivingmag.com offers a definition for clean

eating—consuming food in its most natural state, or as close as possible thereto..

Five steps for clean eating come from www.livestrong.com. Not coincidentally, these steps are in line with the USDA 2010 Dietary Guidelines.

Step 1: Eat fresh fruits and vegetables grown closer to home—they are less likely to have added food coloring or need preservatives.

Step 2: Balance protein and complex carbohydrate—eat whole grains, lean meat and protein from plant sources.

Step 3: Avoid sugary drinks—consume water and unsweetened tea; make your own juice and don't add sugar.

Step 4: Consume healthier fats and refuse solid fats. Eliminate fast food fat. Instead, enjoy nuts and avocados. Make vegetable oils such as canola oil and olive oil your “fats of choice”.
Step 5: Eat several small meals a day—enjoy healthy snacks, including nonfat dairy foods like cottage cheese and yogurt.

This Labor Day 2011 you might take on a new job that will make a difference in your life. Don't just clean your plate—**clean up** your plate, and you will notice a difference in the way you feel immediately!

In addition to Labor Day September also celebrates apples and mushrooms—healthy additions to your clean plate. This month's recipes feature new ways to use both mushrooms and apples in your healthy cooking. The first two recipes are slightly modified from www.cleanliving.com.

Also featured in this month's Recipe Corner are two “clean” items to pack for a tailgate party.



Recipe Corner

Granny Smith Salad

2 stalks green onions or

shallots,

minced

2 Tbs. ap-

ple cider

vinegar

2 Tbs. ex-

tra-virgin

olive oil

½ tsp. dry mustard

1/2 tsp. freshly ground

black pepper

1 large tart green apple

(such as Granny Smith or

Pippin)

2 cups endive or mixed

greens (from your farmers'

market!)

2 Tbs. crumbled goat

cheese

¼ cup walnuts or pecans

In a medium bowl,
whisk together shallots,

vinegar, oil, salt and pep-
per; set aside.

Cut apple crosswise

(through
core) into
thin slices,
discarding
seeds. (This
makes a

pretty design on the plate!)

Arrange apple slices on a
platter and drizzle with
about half of dressing. Add
salad greens to bowl with
remaining dressing and
toss. Arrange greens on top
of apples, top with goat
cheese and serve.

Portobello Mushroom Stroganoff



*A hearty, Russian classic,
this budget-friendly, clean
version replaces the beef
with mushrooms, making
up for lost protein with tofu
in the creamy sauce. Original
recipe from [cleanliving-
mag.com](http://cleanliving-mag.com)*

12 oz. whole wheat noodles

Vegetable oil cooking spray

2 teaspoons olive oil

1 medium yellow onion,
chopped

1 small fresh tomato,
peeled, seeded and chopped

4 oz.

white

mush-

rooms,

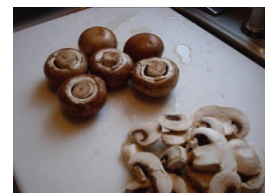
thinly sliced

6 oz. Portobello mush-

rooms, thinly sliced

2 cloves garlic, minced

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Recipe Corner

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14 oz. medium-firm tofu, pureed in food processor
4 oz. low fat sour cream

8 oz. low sodium beef broth

2 tsp. soy sauce

2 tsp. Tony's seasoning

Salt and

fresh

ground

black pepper, to taste

1 tsp. dried

dill

Cook noodles according to package directions. Drain and set aside. Heat a large nonstick or cast-iron skillet over high for 1 minute. Reduce heat to medium-low, mist with



cooking spray and add on-

ion. Sauté for about 5 minutes. Add olive oil, white and

Portobello mushrooms, tomatoes and garlic. Sauté until cooked,

about 6 more minutes.

Add tofu, sour cream, soy sauce and beef broth. Stir until smooth. Stir in seasoning, salt and pepper. Pour mushroom sauce over cooked noodles. Serve topped with fresh or dried dill.

Lagniappe (extra): Mushrooms are not only a very low fat, cholesterol free protein source, they are also a great source of potassium, which helps regu-

late blood pressure and maintain heart health. In fact, 5 ounces of mushrooms contain more potassium than a banana!



Remember—not all backyard varieties of mushrooms are edible!!

Goat Cheese Spread

2 (8-ounce) packages Neufchatel cheese, or low fat cream cheese, room temperature

8 ounces goat cheese

2 cloves garlic, minced

1 tsp. dried oregano or 2

tsp. Greek seasoning

1/8 teaspoon freshly ground

(Continued on page 6)

Recipe Corner

(Continued from page 5)

black pepper

¼ cup basil pesto

½ cup sun-dried tomatoes
in oil, chopped

Garnishes: fruits and/or
vegetables in your team's
colors

French bread slices or
crackers

Line
an 8x4-
inch loaf
pan with
plastic
wrap.



Blend first five ingredients
in mixer or food processor
until smooth. Spread one
third of cheese mixture in
bottom of loaf pan. Top
with pesto. Then spread
one-third of cheese mixture
over pesto. Sprinkle with
dried tomatoes and spread

remaining cheese mixture
on top. Cover and let chill
8 hours or overnight.

To serve, invert onto
a serving plate and discard
plastic wrap. Garnish, if
desired and serve with
French bread slices or
crackers. Use your creativ-

ity in the
garnish to
show your
school spirit!
(Modified
from a recipe
in September

2002 Southern Living
Magazine.)

Cucumber Dill Sand- wiches

6 ounces nonfat Greek yo-
gurt
2 tsp. dried dill or 2 Tbs.
fresh dill, chopped
1 tsp. salt

½ tsp. black pepper

1 teaspoon lemon zest

1 teaspoon Greek seasoning

1 cucumber, thinly sliced



Mix all ingredients
for spread and refrigerate
for an hour to blend fla-
vors. Spread on thinly
sliced bread, with or with-
out crusts. Top with thinly
sliced cucumber and gar-
nish with more fresh dill.

*For a heartier sandwich,
use the same spread, add a
layer of sliced avocado and
a bite of smoked salmon.*



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Can 15 Minutes of Exercise Be Enough for Americans?

Findings from a recent study from the National Health Research Institutes of 416,000 Taiwanese adults suggest that just 15 minutes a day of moderate exercise may be enough to lead to a longer life. Subjects were asked how much they exercised and then were followed for eight years. Those who exercised just 15 minutes per day reduced risk of death by 14% and extended life expectancy by three years.

Typical exercise guidelines by the World

Health Organization, the US, and other countries recommend 30 minutes per day. People often find 30 minutes impossible to achieve, so 15 minutes per day may be more doable.

However, before we extrapolate these results to our American population we should consider that Asian populations are often leaner. In addition, Asian meal portion sizes are



smaller than those of Americans. So before you cut back to 15 minutes from your usual 30 minutes per day of exercise, check your waist measure and your portion sizes. Other health groups say it could take 60-90 minutes per day for us to lose weight.