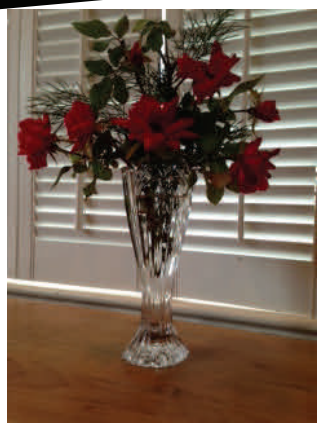
WEST VIRGINIA BUREAU OF SENIOR SERVICES

FOOD AND FITNESS

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'TIS THE SEASON…..



…..for fever, sore throats, congestion, runny noses, and coughing. 'Tis the season for colds and flu—respiratory illnesses that are caused by viruses.

Although you can suffer these illnesses any time during the year, they are much more common during the winter—think throngs of Christmas shoppers!



The CDC—Centers for Disease Control and Prevention—recommends to "Take 3" actions to protect yourself and others:

- Get a flu shot
- Take preventive actions to stop the spread of germs
- Take flu antiviral drugs if your doctor prescribes them



You've probably gotten your flu shot by now and discussed with your doctor the potential benefit of antiviral drugs. What preventive actions can you take to help avoid catching a cold or flu virus? The CDC recommends:

- Avoid close contact with sick people
- Stay home if you are sick
- While sick, limit contact with others to avoid spreading your

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Web sites of interest:

- cdc.gov
- heart.org
- oldwayspt.org
- dashdiet.org

CHRISTMAS KISS PRINCIPLE

Another year has passed and it's time again to plan for Christmas! Do "visions of sugarplums" bring feelings of excitement, stress, or a little of both?!



Christmas holidays are a great time to visit with family and friends—gifts you've been blessed with every day of the year! It doesn't have to be so stressful. It's all about expectations—yours and theirs. Perhaps you can meander through the 2013 holiday season more easily with the KISS principle.



Keep It Simple, Sweetheart!

("To paraphrase the often used "keep it simple, stupid" we'll remember the manners our mothers taught us and change "stupid" to "sweetheart" .) Are you expecting a house full of company?

Of course you must provide clean bed and bath linens for all but if the guests are your family or close friends you can enlist their aid:

- Putting linens on the beds
- Daily bed making
- Decorating the Christmas tree
- Ironing table linens
- Setting the Christmas dinner table
- Fashioning table decorations from Christmas ornaments and whatever branches or blooms can be found in nature



You can easily promote physical activity for your guests by taking them on a neighborhood nature walk. If your neighborhood friends will allow you



to snip, clip, and carry, have each guest collect one awesome item from nature. Then they can use that item in a table decoration.

Also, consider having each guest bring one holiday food item that is very special to them! It is a way to learn different customs, start new traditions, spark conversation about the item and ease the food preparation burden.

The holidays can also

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CHRISTMAS KISS PRINCIPLE

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be a challenge financially. Spending a lot of money on Christmas gifts is rapidly going out of style! If you feel comfortable about suggesting a gift spending limit, talk with family members about it. Other ways to save money include:

- Tone down the quantity of food served—no one needs three entrees per meal or five desserts.
- Serve some meatless meals such as chili with beans or a bean soup.
- Stretch the meat dollar by making stir fry with a little chicken and a lot of vegetables.
- A big "country breakfast" with 3 meats is expensive as well as unhealthy.

Time wise, it goes without saying that some holiday preparation can be done ahead of time:

- You might want to select your fresh Christmas tree early, but don't try to bring it inside until you have plenty of help!
- Gifts can be wrapped



simply in brown paper and adorned with a pretty ribbon, a tag, and a sprig of greenery.

- Homemade bread, vegetable casseroles, and some desserts can often be prepared ahead and frozen. Just don't forget to take them out to defrost in plenty of time!
- Make a list of jobs that need to be done at the last minute and solicit volunteers from your guests. For example, someone can fold and place the napkins;



someone else can light the candles. Make your



hostess job easier by delegating some of the simple chores!

While keeping your life simple, try to go back in time and incorporate at least one or two traditions from your past. In my family, it was a tradition to open Christmas gifts the night before Christmas. We children prepared a simple sandwich supper and were

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CHRISTMAS KISS PRINCIPLE

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allowed to use paper plates to speed up the cleanup time so we could get to "present opening" faster!

A favorite menu was a pot of split pea soup served with hot steaming garlic bread. Another was tuna salad sandwiches with hot chocolate and carrot and celery sticks. Simple, simple, simple!

Santa Claus surprised us on Christmas morning with gifts that remained unwrapped. Wasn't he smart! Can you imagine Santa having to wrap gifts for all the children of the world?!



This month's Recipe Corner follows the KISS principle by limiting the ingredients for each recipe and keeping the preparation simple as well. Relax and enjoy more time with the special people in your lives!

RECIPE CORNER

Hearty Split Pea Soup

Here's a plant based main dish that takes about five minutes to put together and will wait patiently on the stove until you are ready to eat it!

2 Tbs. olive oil

1 small white or yellow onion, chopped

2 cloves garlic, chopped

2 ribs celery, chopped

1# bag split peas

5 cups chicken or vegetable broth



1/4 tsp. salt

1 tsp. Tony Chachere's Creole Seasoning

Optional Garnishes: Tomato salsa, sour cream or fresh parsley

Pour olive oil into a large soup pot that has a fitted top. Chop onions, garlic, and celery a in food processor or by hand.



Sauté vegetables in pot for about ten minutes, then add split peas, seasoning, and chicken broth. Cover and cook over low heat for about an hour.

You may leave soup on stove until you are ready to serve. Garnish with tomato salsa, sour cream or a bit of chopped fresh parsley. For a complete meal you may serve with small sandwiches or a salad.

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RECIPE CORNER

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Festive Cheese Log

Goat's milk produces a deliciously tart cheese. The generic name for goat's milk cheese is *chevre*, the French word for "goat." This cheese is fresh, spreadable, and moist with a slightly sharp and lightly



acidic flavor. Wrapped in holiday colors, it is a great addition to your Christmas party cheese tray.

8 oz. roll Chevre cheese

½ cup dried cranberries, chopped finely

Unwrap goat's cheese and place on countertop. Chop cranberries and sprinkle on a sheet of waxed paper or a clean, flat surface. Roll log in the chopped garnish and wrap in plastic wrap. Chill until ready to serve. This tastes great with crackers or pita bread crisps. It takes about five minutes and looks like Christmas!



KISS Holiday Spinach

1 bag baby spinach leaves, washed and drained

2 Tablespoons olive oil

2 cloves garlic, chopped or sliced

1-2 slices reserved from above "Festive Cheese Log"

Place olive oil in skillet with chopped or sliced garlic. Sauté garlic for a few minutes then add spinach gradually to skillet. Stir until wilted. Top with goat's cheese and turn heat off.

The cheese will soften without totally changing shape. Using the above Festive Cheese Log decorated with cranberries gives



this dish a festive air. May be served directly from skillet or from your fine china, if you prefer! One bag of spinach serves about two adults, so you may want to double or triple the recipe for holiday company!





Variations on a theme!



'TIS THE SEASON…..

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illness to them

- Cover your nose and mouth with a tissue when you cough or sneeze, then throw the tissue away
- Avoid touching your eyes, nose and mouth—germs spread this way
- Clean and disinfect surfaces and objects (like doorknobs, cell phones, keyboards) that may be contaminated with germs



- Wash your hands often with soap and water
- Use alcohol-based hand sanitizer when soap and water are not available

The CDC identifies hand washing as the most important step we can take to limit the spread of germs to others. In fact, hand washing is easy to do and very effective in preventing the spread of many types of infection and illness.

When should we wash our hands?

- Before preparing or eating food
- Before and after caring for someone who is sick
- After using the bathroom
- After blowing the nose, coughing or sneezing
- After changing a diaper or helping a child with toileting
- After dealing with garbage
- After handling pets

What is the correct way to wash hands? The CDC recommends following these guidelines:

- Wet your hands with clean running water—warm or cold
- Apply soap
- Rub your hands together to make a lather and scrub well
- Be sure to scrub the backs of your hands and between your fingers and under your nails



- Continue scrubbing for at least 20 seconds--the amount of time it takes to hum "Happy Birthday" or "Yankee Doodle" from beginning to end two times
- Rinse well under running water
- Dry with a clean towel or air dry

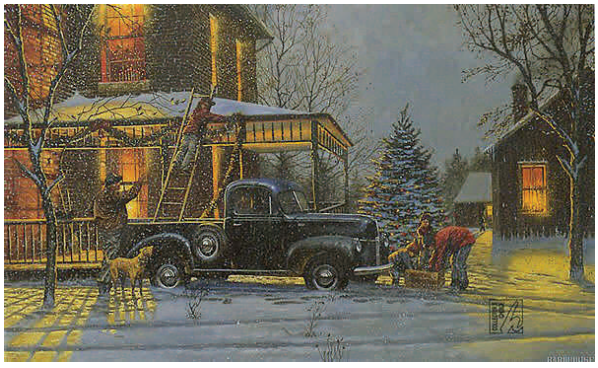


When using alcohol-based hand sanitizer check to see that it contains at least 60% alcohol. Apply the hand sanitizer to the palm of one hand. Rub your hands together and spread the sanitizer over all surfaces of your hands and fingers. Continue to rub until your hands are dry.

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NEWS YOU CAN USE

New Guidelines for Statin Drugs

In the past statin drugs have been prescribed based on cholesterol numbers. New guidelines from the American Heart Association and the American College of Cardiology include recommending the drug for all persons with diagnosed heart disease and all those at high risk for heart disease—middle aged with type 2 diabetes, obesity and hypertension.

Lifestyle intervention—healthy diet and exercise to prevent or treat obesity, cholesterol, and blood pressure—is still the first line of defense against heart disease. A healthy diet includes lots of vegetables, fish, nuts, whole grains, reduced fat dairy foods, and minimal amounts of solid fats, added sugars and salt.

Recommendations for exercise include brisk walking for 40 minutes on 3 -4 days per week. Talk with your doctor about all these recommendations.

