

# HEALTHY LIVING

Wellness Newsletter from **AAOA**



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A delicious dessert or  
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## Winter Crisp

A delicious dessert  
or breakfast treat



### Ingredients:

#### Filling:

1/3 cup sugar  
2 Tbsp flour  
1 tsp lemon peel  
3/4 tsp lemon juice  
5 large apples, peeled, cored and sliced  
1 cup coarsely chopped cranberries

#### Topping:

2/3 cup rolled oats  
1/3 cup brown sugar, packed  
1/4 cup whole-wheat flour  
2 tsp cinnamon  
2 Tbsp trans-fat-free margarine, melted

### Directions:

Preheat the oven to 375° F.

#### Filling:

Combine the sugar, flour, and lemon peel in a medium bowl; mix well.

Add lemon juice, apples and cranberries; stir to mix.

Spoon into a large baking dish.

#### Topping:

Combine the oats, brown sugar, flour and cinnamon in a small bowl. Stir in melted margarine.

Sprinkle the topping over the filling.

Bake in oven for 40 to 50 minutes or until filling is bubbly and the top is brown.

Serve warm or at room temperature.

## Nutrition Facts

Yield 6 servings

Amount Per Serving

Calories 284

Fat 6g

Saturated Fat 1g

Cholesterol 0mg

Sodium 56mg

Carbohydrates 52g

Fiber 5.5g

Protein 5.5g

# The Importance of Water Intake

## Drink to Your Health

Water is the most abundant  
substance in the human body.

### Benefits of drinking water

Water plays an important role in helping to maintain your health. It's the basis for all body fluids including blood and digestive juices. Water helps the body digest food, carry nutrients to cells, regulate body temperature and remove waste. So, it's essential to stay hydrated by replenishing fluids throughout the day.

### How much should you drink?

The amount of water you need to drink each day varies by individual. Most people can be guided by thirst, but be aware this may not make a good guide for everyone. Those who are in good health, have routine access to fluids and aren't exposed to heat stress tend to get enough water to meet their needs. This includes fluids you drink with meals and also the water content of the foods you eat. Some foods, such as soups and certain fruits and vegetables have a high water content, so they count toward your daily water intake. You may need to drink additional water to stay properly hydrated. Factors include your health status, size, activity level, environment and dietary patterns. Keep in mind that certain beverages, such as caffeinated or alcoholic drinks, may cause some fluid loss by increasing urination.

### Signs of dehydration.

When the amount of fluids in your body is too low, you become dehydrated. It can be caused by losing fluid quickly, not drinking enough water or fluids, or both. Infants, children, older adults, and those with chronic conditions are at greater risk of dehydration. The most common symptoms of dehydration are increased thirst, dry mouth, sticky saliva and reduced urine output with dark yellow urine. Moderate dehydration also may include lightheadedness that may be relieved by lying down. A person with severe dehydration may feel sluggish or even be comatose. This is a life-threatening emergency. It requires emergency medical care. Untreated, severe dehydration may result in seizures, permanent brain damage or death.

### Don't overdo it.

While staying hydrated is important, drinking too much water can lead to a condition known as water intoxication. This happens when the body's balance of salt and water quickly becomes diluted. It can interfere with brain, heart and muscle function.



# Coping with Holiday Stress

Here are nine tips that will help you to avoid stress this holiday season.

*Relax. Don't let stress suck the joy out of your holiday season. These tips can help you keep stress under control so your holidays can be merry and bright.*

1. Create a game plan. Spend a little time up front getting organized. Make a list of what you need to buy and try to shop ahead of time. If you'll be cooking, plan your menu. Think whether some items could be prepared ahead and frozen or refrigerated.
2. Make a budget and stick to it. Money is one of the major stressors during the holidays. Don't dig yourself into a hole by overspending. If money is tight, suggest a family gift exchange with a spending limit.
3. Accept reality. Guests may arrive late. Your mother may get on your nerves. The turkey may be dry. Real life isn't a holiday special. Don't expect perfect decorations, a perfect meal, or perfect people. Try to go with the flow and enjoy what you have.
4. Beware of unhealthy stress relievers. Holiday stress causes some people to fall into bad habits such as smoking, drinking, or eating too much. Think about any unhealthy habits you're prone to and better ways to handle stress.
5. Create new traditions. Stressed out by the usual festivities? Try something different. Instead of cooking a huge meal on your own, make it a potluck. Ask adults to bring gag gifts or have a "white elephant" or used book gift exchange. Attend a local holiday concert, walk the neighborhood to look at holiday lights, or go sledding.
6. Make time for your health. In the holiday rush, don't let your well-being fall by the wayside. Try to stay on your normal sleep schedule and get regular exercise. If you can't find a 30-minute chunk of time for exercise, break it up into three 10-minute sessions spread through the day.
7. Watch out for caffeine and alcohol. Caffeine can raise your stress and interfere with sleep. Alcoholic drinks contain lots of calories, and drinking too much may make you feel depressed. Instead, drink plenty of water or try herb tea or seltzer.
8. Give yourself a break. In the midst of doing things for others, it's easy to forget to take care of ourselves. If you feel stress building up, get away for a few minutes.
9. Enjoy! The holidays are supposed to be a time of joy and togetherness. In the flurry of the holidays, we sometimes forget what we're celebrating. Remember to savor the time with people you love.

# Tips for Hand Washing

Who knew that something so simple could be so important?

Hand washing is a great tool for preventing the spread of germs and illness, plus it is easy to include in your daily routine.

## When should I wash my hands?

It is always important to wash your hands before...

Preparing food	Eating	Caring for the sick
Treating a wound	Putting contact lenses in	

It is always important to wash your hands after...

Preparing food	Using the toilet	Changing diapers
Taking out trash	Blowing your nose	Caring for the sick
Touching your pet	Treating a cut or wound	
If your hands are visibly dirty	Handling cleaning supplies	

## How should I wash my hands?

Hand washing is preferred to hand sanitizer because the act of rubbing your hands together in combination with running water allows for germs and oils to rub off of your skin more effectively. However, while hand washing is preferred, it does not mean that you should disregard hand sanitizer. Hand sanitizer is recommended when dirt is not visible on the hands.

Here are some important tips from the CDC and Mayo Clinic regarding hand washing.

1. Rinse your hands under warm or cold running water
2. Lather your hands with soap
4. Dry your hands with a clean disposable towel or air dryer
3. Rub your hands vigorously with soap and water for 20 seconds, you may sing the ABCs or the Happy Birthday song twice



# Tips for Greener Holidays

Don't fall back on your old habits and forget about your impact on the environment this holiday season.

An estimated 6 million tons of extra garbage is produced in the U.S. between Thanksgiving and New Year's. You can do your part to cut waste, and you may even save money. Now that's something to celebrate.

## Here are just a few tips:

1. Take your own bags. Both to the grocery store and holiday shopping.
2. Buy recycled items.
3. Think outside the box. Give a gift that can't break or wear out such as concert tickets or membership to a local museum or winery.
4. Decorate with LED lights.



## Turkey-Apple Gyros

Use up those turkey leftovers



### Ingredients:

- 2 medium golden delicious apple, cored and thinly sliced
- 2 Tbsp fresh lemon juice
- 1 cup thinly sliced onion
- 1 medium red bell pepper, cut into thin strips
- 1 medium green bell pepper, cut into thin strips
- 1 tsp olive oil
- 8 oz cooked turkey breast, cut into thin strips
- 6 whole-wheat pita bread rounds (6-1/2x diameter)
- 1/2 cup plain low-fat yogurt
- 1 garlic clove, minced

### Directions:

1. Toss apple with lemon juice, set aside.
2. In a large nonstick skillet, sauté onion and peppers in hot oil, stirring frequently until tender. Add turkey to skillet and stir until heated through then add apple slices.
3. Combine garlic and yogurt then set aside.
4. Lightly toast the pita and then cut in half. Fill each half with the turkey mixture.
5. Equally divide yogurt over turkey mixture then serve.

### Nutrition Facts

Serving Size 1 gyro (251 g)

Amount Per Serving 6

Calories 342

Calories from fat 24

Fat 3g

Saturated Fat 1g

Trans Fat 0g

Cholesterol 33mg

Sodium 391mg

Total Carbohydrates 59g

Dietary Fiber 6g

Protein 22g

Sugars 7g

## Spinach Squares Nutrition Facts



For those of you who enjoyed our last edition of the AAOA Healthcare Wellness Newsletter you may have seen those delicious Spinach Squares. Well you may be wondering what the nutrition facts were for those squares. Our apologies for leaving those out.

### Nutrition Facts

Yield 9 servings

Amount Per Serving

Calories 184

Fat 6g

Saturated Fat 4.5g

Cholesterol 45mg

Sodium 525mg

Carbohydrates 17g

Fiber 2g

Protein 13.5g

## DECEMBER WELLNESS TIP



Sheridah Bennett  
(AAOA Wellness Champion)

### Wellness Tip

## The Holiday Advantage

When your relatives get together over the holidays, it may be a good opportunity to investigate your family history, including its health history. Give it a go with your family this holiday season and sit down with your relatives to learn the facts about your family's health.

We want your feed-back about the Wellness Newsletter. Please email us at [wellness@aaoaamerica.org](mailto:wellness@aaoaamerica.org) with any wellness tips or healthy recipe ideas.

### AAOA HEALTHCARE

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