

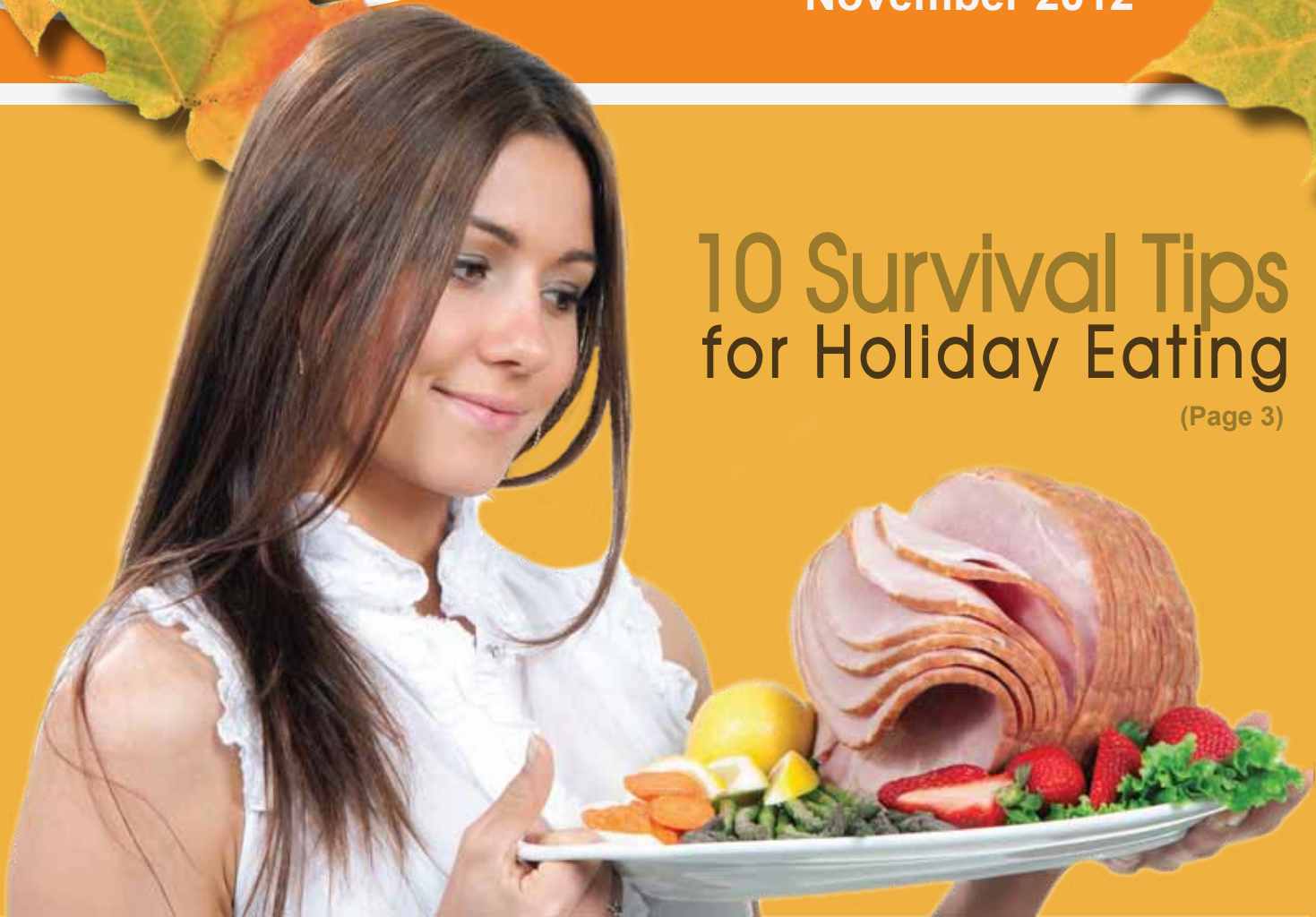
# HEALTHY LIVING

Wellness Newsletter from **AAOA**

November 2012

## 10 Survival Tips for Holiday Eating

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### Spinach Squares

It's time to bring something new to the holiday table.

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### Motivation for the Holidays

Staying active during the holidays can sometimes be challenging.

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# Spinach Squares

Bring something new to the holiday table



## Ingredients:

Canola oil cooking spray  
3 eggs  
½ cup low fat milk (skim or 1%)  
1 cup all-purpose flour (whole-wheat can be substituted for half the flour)  
1 tsp salt  
1 tsp baking powder  
2 Tbsp trans-fat-free spread, melted  
½ cup fat free or light sour cream  
4oz reduced-fat Monterey Jack cheese, cut into ½ inch cubes  
2 boxes (10oz each) frozen chopped spinach, thawed and drained

## Directions:

Preheat oven to 325° F and coat a 9x9 inch baking dish with canola cooking spray. Beat the eggs, milk, flour, salt, baking powder, melted spread and sour cream in a mixing bowl on medium low speed until batter is smooth.

Gently squeeze excess water from the thawed spinach. Stir cheese cubes and spinach into the batter.

Pour mixture into the prepared pan and bake about 35 minutes. When done, test the center to make sure it isn't runny. Let sit about 10 min before serving.

Cut into squares and keep them refrigerated.

# Join the Great American Smokeout

Join the American Cancer Society's Great American Smokeout which is held on the third Thursday in November.

In 1971, a high school guidance counselor in Massachusetts asked people to quit smoking for one day. He also asked them to donate the money they saved on cigarettes that day to a local college scholarship fund. In time, that small-town event grew into what is now known as the American Cancer Society's Great American Smokeout.

An estimated 443,000 people die each year from smoking. About 38,000 of those who die are nonsmokers who have been exposed to secondhand smoke. If you smoke and have been trying to quit, why not join the Smokeout? It has become one of the most successful one-day quit programs in the country. More people quit on this day than any other time of the year - including New Year's Day.

Cigarettes are highly addictive, both mentally and physically. They can serve as a major gateway to drug addiction. According to the National Clearinghouse for Alcohol and Drug Information, children who smoke cigarettes are eight times more likely to use illegal drugs and abuse alcohol than those who don't smoke. And most adult smokers started before they were 18. In fact, research shows that teens can become addicted to nicotine more quickly than adults.

## Tips for kicking the habit

The American Cancer Society offers Quitline for those who are trying to stop smoking. The number is 800-227-2345. Counselors at Quitline can connect you with smoking cessation programs in your community as well as support groups and Internet resources.

## Here are some more tips if you're ready to quit:

- Set a date for quitting.
- Tell your family and friends about your plans.
- To avoid temptation, get rid of all cigarettes, lighters and ashtrays.
- Talk to your doctor about using a medication or nicotine replacement therapy as an alternative to quitting "cold turkey."
- When you first try to quit, change your routine.
- When you quit and still get the urge to smoke, talk with someone, go for a walk, drink water or get busy with a task.
- Lastly, take advantage of the Great American Smokeout.

Even if you're not ready to quit just yet, joining the Great American Smokeout will teach you that you can go a day without cigarettes. And maybe even a lifetime.

# Wild Mushroom Stuffing

## Ingredients

- 10 cups day-old bread, crusts removed, cubed
- 3 cups low-fat milk
- 3 tbsp extra-virgin olive oil, divided
- 1 turkey liver or 2 chicken livers, diced
- 3 tbsp unsalted butter
- 8 cloves garlic, minced
- 4 shallots, finely diced
- 2 cups finely chopped onions
- 2 pounds chanterelle mushrooms or mixed wild mushrooms, stemmed, cleaned and coarsely chopped

- ¼ cup chopped Italian parsley
- 2 tsp finely chopped fresh thyme
- 1 tsp salt
- Freshly ground pepper to taste
- 2 large eggs, lightly beaten

## Directions

1. Preheat oven to 350°F. Coat a 9X13 inch baking dish with cooking spray.
2. Place bread in a large bowl and toss with milk. Let stand, tossing or stirring occasionally, until saturated.
3. Meanwhile, heat 1 tablespoon oil in a Dutch oven or large straight-sided skillet over medium heat. Add liver and cook, stirring once or twice, until browned, about 2 minutes. Transfer to a large bowl.

4. Add the remaining 2 Tbsp oil and butter to the pan and heat over medium heat. Add garlic and shallots and cook, stirring often, until softened and fragrant, about 2 minutes. Add onions and cook, stirring often, until softened, about 5 minutes. Add mushrooms and cook, stirring often, until the mushroom have softened and the liquid released has evaporated, 8 to 12 minutes. Add to the bowl with the liver.

5. Drain and squeeze the bread and add to the bowl with the mushroom mixture (discard any remaining milk). Add parsley, thyme, salt and pepper; stir to combine. Taste and adjust seasoning, if necessary. Stir in eggs. Transfer the stuffing to the prepared baking dish.

6. Bake until heated through and golden on top, about 45 minutes.

# 10 Survival Tips for Holiday Eating

- 1** Plan Ahead. Visualize what you will do at the party or event before you arrive.
- 2** Don't Starve Yourself. Eat a light snack before an occasion involving food.
- 3** Bring Your Own. Offer to bring a healthy side dish or appetizer.
- 4** Buddy Up. Make a goal with a friend to maintain your weight during the holidays.
- 5** Exercise. Sign up for a 5K, fitness walk, work challenge or other fitness event to keep motivation.
- 6** Limit Leftovers. Send your guests home with the high calorie leftovers if you entertained.
- 7** Make Smart Substitutions. Practice making your favorite dish a little healthier.
- 8** Choose Beverages Wisely. Limit alcohol, which is high in calories.
- 9** Maintain Perspective. A single day of overeating won't make or break your eating plan.
- 10** Celebrate the True Meaning of the Holiday. Try to give food less importance by focusing on what the holidays are really about - spending time with friends and family.

## Motivation for the Holidays

Staying active during the holidays can sometimes be challenging. One great way to stay active is by participating in running events; you can do this by running, walking or just volunteering. Even better, make it a family event. There are many great running events happening on and around the holiday season. Grab your family and friends and go check one out. Here are just a few:

**Orting Turkey Trot – November 3rd, 2012**  
Orting, WA

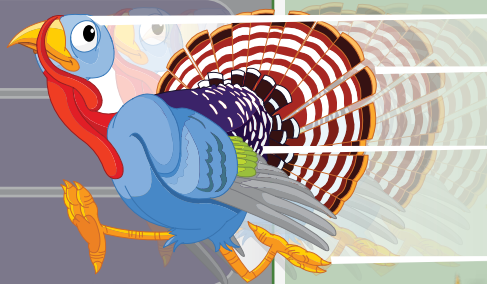
**Run Snoqualmie Turkey Trot – November 10th, 2012**  
Snoqualmie, WA

**Winter Pineapple Classic – November 10th, 2012**  
North Bend, WA

**Seattle Turkey Trot – November 22nd, 2012**  
Golden Gardens (Ballard) Seattle, WA

**Beat the Bird Fun Run – November 22nd, 2012**  
Bellevue, WA

**Tacoma City Turkey Trot – November 22nd, 2012**  
Tacoma, WA



## Shining a Light on Seasonal Affective Disorder

SAD can strike anyone, but it most often affects women. Symptoms usually start between the ages of 18 and 30. The chance of developing SAD decreases with age.

### What causes SAD?

Your heartbeat, blood pressure, hormones, breathing and other bodily functions rise and fall in a 24-hour pattern called circadian rhythm. For some people, decreased exposure to sunlight throws off their circadian rhythm and can lead to symptoms associated with SAD.

### What are the symptoms?

Common symptoms of SAD include:

- Symptoms of depression, such as fatigue, low self-esteem, loss of interest in normal activities and withdrawal from family and friends.
- Weight gain and cravings for carbohydrates, especially sweets and starchy foods.
- Oversleeping or trouble waking up in the morning.

A doctor may diagnose SAD if these mood changes have occurred during late autumn and winter for at least three years, with normal or high mood during the spring and summer.

### How is SAD treated?

Talk with your doctor or mental health specialist about your symptoms. If he or she finds that you may have SAD, proper treatment can be suggested.



# What is Asthma

Asthma is a chronic inflammatory lung disease that affects children and adults. Certain triggers constrict the airways leading to the lungs (called bronchi). The lining of these airways swells and excess mucus builds up. Together, these actions can severely restrict air flow.

## What are the symptoms of asthma?

Symptoms of asthma may include:

- *Wheezing.*
- *Shortness of breath, perhaps only with exercise.*
- *Feeling a tightness in the chest.*
- *Coughing, which may occur only at night.*

Symptoms of asthma occur when a "trigger" sets off this chain reaction. An asthma trigger is often an irritant or allergen (something you're allergic to).

Some common triggers for asthma are:

- *Allergens, such as dust mites, cockroaches, mold and pollen.*
- *Weather.*
- *Exercise.*
- *Airborne irritants such as chemical fumes, tobacco and wood stove smoke.*
- *Respiratory infections.*
- *Strong emotions, such as laughing, crying and stress.*

## Who is at risk?

Asthma tends to run in families. People who have allergies are also at increased risk of developing asthma. Eighty percent of children and half of adults with asthma also have allergies.

You can help take control of your asthma by taking four steps:

- *Work with your doctor to learn asthma self-care.*
- *Learn about your medicines and how to take them.*
- *Identify your asthma triggers, and avoid them.*
- *Know how to self-monitor your asthma and what to do if you have signs of an asthma attack.*

## Are You At Risk for Diabetes? Learn how to reduce your chances of developing this serious disease.

Nearly 21 million Americans have diabetes. Two thirds of them have been diagnosed. That leaves one third (or about seven million people) who don't yet know that they have diabetes.

Diabetes can lead to serious problems, such as kidney failure, blindness and heart disease. Some of these problems can be prevented, but only if the disease is diagnosed and treated.

Don't wait for symptoms. Type 2 diabetes may not cause any noticeable symptoms for years. All too often, people only learn they have diabetes when they develop a major complication, such as kidney disease, heart attack or stroke.

If you could be at risk, get tested so you can take steps to slow or stop the damage that diabetes can cause.

### Am I at risk?

A number of factors increase your risk of developing diabetes. You're more likely to get diabetes if:

- *You are overweight.*
- *You are 45 or older.*
- *You have a parent, brother or sister who has diabetes.*
- *You are African American, Native American, Latino, Asian American or Pacific Islander.*
- *You have high blood pressure (140/90 or higher).*
- *You have a cholesterol problem, such as low "good" HDL cholesterol (35 or lower) or high triglycerides (250 or more).*
- *You don't get much exercise (less than three times a week).*
- *You had gestational diabetes or gave birth to a baby who weighed more than 9 pounds.*

The more of these risk factors you have, the greater your chance of developing diabetes. If you have any risk factors, talk to your doctor about being tested.

Don't forget you can test yourself with BioIQ at Home Test. Covered at 100% as a preventive service. Order your test kit today at [www.myaaobenefits.com](http://www.myaaobenefits.com)

## NOVEMBER WELLNESS TIP



**Sheridah Bennett**  
(AAOA Wellness Champion)

### Healthy Quick Tip

#### Community Outreach

Having a little downtime is great when life gets hectic or when you just need to relax, but if you feel like you are searching for a way to fill that gap in your schedule, try giving back to the community.

There are a number of different organizations and programs that are always looking for a helping hand. Plus, studies have shown that volunteering as little as two hours a week can help to reduce depression and other incidences of bad health.

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

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