

HEALTHY LIVING

Wellness Newsletter from **AAOA**

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The Aging Advantage

The Upside to 50 and Beyond

(Page 2)



Roasted Curried Squash
Soup with Almonds
Recipe for Delicious Squash Soup

(Page 2)



Lift With Care
Think Before You Lift
Heavy lifting - it's more
brawn than brains, right?

(Page 3)

Roasted Curried Squash Soup with Almonds



Ingredients

- 1 large butternut squash
- 1 large acorn squash
- 1 large onion, peeled and cut in half
- 1 whole garlic bulb
- 1/2 tsp. olive oil
- 1 cup slivered almonds, toasted, divided
- 5 cups chicken broth, low sodium, fat-free
- 1/2 cup apple juice
- 1 1/2 tsp. curry powder
- 1/2 tsp. nutmeg
- Salt & pepper to taste
- 1/2 cup fat-free half-and-half
- 6 Tbsp. fat-free sour cream or plain yogurt
- 2 Tbsp. fresh or dried chives

Preparation

1. Preheat oven to 425 degrees F.

2. Cut each squash in half, scoop out seeds and place cut side down along with onion on a cookie sheet sprayed with cooking spray. Cut top off of garlic bulb, drizzle with 1/2 teaspoon olive oil on cut surface, wrap bulb in aluminum foil and place on sheet with other vegetables. Roast vegetables for approximately 45 minutes or until tender.

3. Scoop flesh from both squash, squeeze out garlic flesh from bulb and place in heavy-bottom pot along with onion, 1/2 cup almonds, chicken stock, apple juice and spices. Cook over medium heat for 10 minutes.

4. Using a hand or traditional blender, purée soup in batches until smooth; return to pot and add fat-free half-and-half and cook until thoroughly heated.

5. Serve immediately with a garnish of fat-free sour cream, remaining almonds and a sprinkle of chives.

The Aging Advantage

The Upside to 50 and Beyond



As you look toward the future, here's something to keep in mind: For many people who pass this milestone (50 yrs), the years ahead may be some of the best yet. Here are four good reasons why:

1. Things Are Looking Up

Research shows that as people grow older they're more likely to have optimistic attitudes than those in younger age groups. They also tend to experience fewer emotional storms and enjoy greater inner peace.

2. Mixing and Mingling Come Easier

By midlife, many people feel more confident in social situations and more comfortable with who they are. That's a big plus for building relationships, a key to healthy aging. When you have people you can turn to for support and companionship, it can be a buffer against feeling lonely or depressed.

3. Wisdom Grows With Time

After decades of experience, many people find they're better at:

- Adapting to career and life changes
- Coping with a crisis
- Making good financial decisions

4. Curiosity is Ageless

Learning new things can be revitalizing and help keep your brain and memory sharp. Maybe that's building furniture, starting a blog, studying a new language or taking up salsa dancing.* If you have kids, they may be more independent now. That may mean you have more free time for new pursuits, too.

*Talk with your doctor before significantly increasing your activity level.

Healthy Options

Always have healthy snacks around - at the office, in your car, at home - so that you're less likely to choose unhealthy foods when hunger strikes.

Lift With Care Think Before You Lift

Actually, a little careful thinking before you pick up something hefty is a bright idea. It can help you lift wisely — and protect your back from injury.

Before: 3 Smart Questions

As you prepare to lift an object, ask yourself:

- 1. How heavy is it?** Give it a light push with your hands or feet to see how easily it moves. If it's heavy, get help.
- 2. Is it balanced?** Lopsided items or contents in a box that might shift can make you unsteady.
- 3. Where will you put it?** Choose a place in easy reach. Make sure the path to it is clear and that pets and children are out of the way.

During: Use good form

When it's time to do the actual lifting, get as close to the object as you can. And, follow these steps:

Position Yourself

Place your feet shoulder-width

apart. If you can straddle the object, all the better.

Get set: Tighten your stomach muscles - and bend at the knees, not the waist.

Check your grip: Get a firm hold on the object. If there's a way to attach or use handles, do that.

Take it slow: Straighten your legs to lift gradually, keeping your back straight. Use your leg muscles, not your back.

Keep it close: Hold the object next to your body - in the space between your shoulders and waist, if possible.

Don't twist: To change direction, turn your feet first. Then, pivot your body to line up.



The Truth About Little Ones and Lying



Little Ones, Little Lies

Young children - preschoolers, for instance - often tell fibs for perfectly innocent reasons. For them, the line between fantasy and reality can be blurry. They may really believe what they are saying. Or, they may simply be giving free rein to their imaginations.

On the other hand, lying may be a conscious decision. They may do it to get attention, to avoid disappointing you or to avoid getting in trouble.

In most cases, these types of lies are not a serious problem. If your child bends the truth once in a while, a gentle talk about honesty and trust may be enough to reduce the fibbing.

Sometimes, however, lying can be a sign of a deeper, emotional problem. School-age children are generally old enough to know the difference between a truth and a lie. Take note if a child that age:

- Makes a habit of lying
- Doesn't seem bothered by telling lies
- May be telling lies to cover up other issues, such as problems at school or bullying

In such cases, family counseling* may be helpful to uncover the reason behind the lies - and to find ways to handle it.

Play It Straight

As a parent, you can encourage your child to be truthful. Remember to:

- Set a good example. Let your child see you being honest in your every day interactions.
- Praise your child for telling the truth in a difficult situation.
- Teach kids that a lie is still a lie - even if they're not caught.
- Keep your cool when you spot a lie. Overreacting may just make your child more likely to tell lies in the future - either to get your attention or to avoid making you angry.

*Check your benefits plan to see what services may be covered.

A Few Tip for the Ages



1. Focus on the positives in your life. One simple way to do this is with gratitude. For example, create a journal to note things you're grateful for - both big and small.
2. Reach out to family and friends regularly. And, make an effort to make new pals, too. Volunteering in your community is a great way to meet people. And, you can feel good about what you're doing, too.
3. Let your years boost your confidence. When faced with challenges, remind yourself of all you've managed in the past. And, consider sharing your experience as a mentor.
4. You may find that your interests and preferences change over time. So, be open to new endeavors that may be worth a try.

Satisfying Squash: You Never Had It so Gourd!

Gorgeous gourds are at their peak right now.

Squash are packed with fiber and vitamins. They're pantry-friendly, too. Their tough shells will keep them fresh for months. Just store them in a dry, cool spot.

Think Outside the Pie

Pumpkins may be the best-known gourd, but others are easy to find, too. For example, look for varieties of squash such as acorn, butternut, delicata, Hubbard and spaghetti.

Not sure how to use gourds? Here are a few tasty ideas to get you started:

Roasted Gems. Cut peeled squash into cubes. Coat them lightly with olive oil — and season with herbs and spices, if desired. Bake in a hot oven (325° to 400° F) until tender. Cooking times can vary. These roasted sweet nuggets make a delicious side dish. You can also add them to:

- Casseroles and curries
- Stews and soups — including creamy, pureed soups
- Enchiladas and wraps
- Green salads
- Baked goods

For a taste of Tex-Mex: Mix roasted squash with canned black beans. Add a dash of cinnamon and cumin.

Hubbard Hash. Sauté diced Hubbard squash with onions, garlic and rosemary in a little olive oil until tender. This savory dish goes great with eggs. Or, serve it alongside roasted chicken or pork loin.

Mouthwatering Mash. Steam or roast diced butternut squash and yams until tender. Then mash them together with some fragrant ginger and cinnamon.

Spaghetti Night. Cook thinly sliced strips of squash along with whole-wheat noodles to add flavor and flair to your favorite pasta dish.

Or, introduce your family to spaghetti squash. The inside flesh of this great gourd can be served like pasta. To prepare: Pierce a spaghetti squash several times. Bake it whole at 375° F for 50 to 60 minutes. Cut it in half horizontally. Remove the seeds. Then, use a fork to shred the inside into spaghetti-like strands. Serve it topped with your favorite pasta sauce or sautéed veggies — and a sprinkle of shredded Parmesan cheese.

Stuffed Shells. Cut acorn squash in half. Remove the seeds. And, stuff with a creative filling all your own.

Butternut Squash



Acorn Squash



Spaghetti Squash



Sugar Pie Pumpkin



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SEPTEMBER WELLNESS TIP



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Wellness Tip

Coming of Age

Children of aging parents trust your instincts. If you think a parent needs help, take action before the situation gets worse.

We want your feed-back about the Wellness Newsletter. Please e-mail us at wellness@aaamerica.org with any wellness tips or healthy recipe ideas.