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Healthy Resolutions that AREN'T losing weight

Data shows that many of us make resolutions for the new year, with the greatest resolution being to lose weight. But, concentrating on a pants size may make us ignore all the other aspects of wellness. So, if losing weight is imperative to your physical health, it's necessary to complete those goals and follow a plan outlined by a doctor. But, if you're looking for a way to prioritize wellness, there are additional options. Try these healthy resolutions that have nothing to do with dropping pounds. Check them out and then vow to make this next year your best one yet!

1. **Sleep** more—commit to those 8 hours. Proper shut-eye is linked to better mental health and lower risk of physical health conditions.



2. **Cut back on sugar**—it's difficult, but it can be life changing if you pull it off.
3. Start **meditating**—the benefits of a meditation practice are boundless, from improved mental health to better concentration to lower risk for disease.
4. Keep a **journal**—this could be a book that gives you

prompts or just an empty place to scribble out your frustrations. Studies show journaling can be good for your mental health.

5. Try a little **yoga**..the stretching is good for your body and the relaxation benefits your overall wellbeing.
6. **Drink more water** !!
7. **Go outside!** The great outdoors not only improves your mood, you get the added perk of exercise.
8. **Floss** regularly—cleaning your gums of bacteria is necessary for oral health.

**Pick one or all eight to make
2018 GREAT!**

Preventing The Flu: AKA Dodging the Bug

The single best way to prevent seasonal flu is to get vaccinated each year, but good health habits can help stop the spread of germs and prevent respiratory illness like the flu.

1. Avoid close contact—avoid close contact with people who are sick.
2. Stay home when you are sick—If possible, stay home from work, school, and errands when you are sick.

3. Cover your mouth and nose—cover your mouth and nose with tissue (or even your arm) when coughing or sneezing.
4. Clean your hands—washing hands often will help protect you from germs. If soap and water are not available, use an alcohol-based hand sanitizer.
5. Avoid touching your eyes,

nose or mouth—Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.

6. Practice good health habits—clean and disinfect frequently touched surfaces, get plenty of rest, manage stress, and drink plenty of fluids.

Crockpot Chicken Noodle Soup

CROCKPOT
chicken noodle soup



family fresh meals

Ingredients:

1 1/2 pounds boneless skinless chicken breasts or thighs
2 cups carrots, chopped
1 medium onion, chopped
3 stalks celery, chopped
3 cloves garlic, minced
3 TBSP olive or other oil
1/2 tsp dried thyme
6 cups chicken broth
1 cup water
Salt and pepper, to taste

2 cups uncooked wide egg noodles

Directions:

1. in a 6 quart crockpot place chicken on the bottom and top with carrots, onion, celery, oil and thyme.
2. Add chicken broth, water, and season with salt and pepper to taste.
3. Cover and cook on low heat for 6-7 hours
4. Remove cooked chicken

and cut into bite-sized pieces. Place chicken back in crockpot.

5. Add egg noodles, cover and cook just until noodles are tender, 5-10 minutes.

Note: this recipe can be made on the stove top. Put all ingredients (minus the noodles) in a large stock pot. Bring to a slow boil, reduce heat to low, and simmer for an additional hour, or longer. Add noodles during last 15 minutes of cooking.

“when you get home from the store, a bounty of fruits and veggies in tow, wash and cut them right away”

Don't Eat Boring Food!

Nutritionists are always saying to eat more vegetables, so cook them in a way that takes them from ho-hum to yum-yum. “I even think that steamed veggies can be very boring!” says Ilyse Schapiro, a greater New York City-area registered dietitian. Always incorporate high-flavor add-ons to jazz up vegetables, like sautéing with olive oil and garlic, or spraying them with

olive oil before throwing them in an oven with salt, pepper, and garlic powder or seasoned salt. That way, you don't equate “healthy” with “tasteless”, a mindset that will knock you off the veggie bandwagon fast.

Another tip, When you get home from the store, a bounty of fruits and veggies in tow, wash and cut them right away and store them in your fridge.

It's all about convenience—if they're ready for you, you'll grab them in a pinch. If not? It's chips and dip time.

You can also do this with other foods, like making a batch of quinoa for the week or roasting a bunch of veggies to throw together for a quick lunch. Maybe add a little tuna or left-over chicken on the side if you want a little extra protein! Yum!

Around our House....



We like to touch base with our clients on occasion to review some of our procedures. As you know, we reserve an appointment time for your pick-up just for you! This avoids long lines and helps us to ensure we have stock on hand to meet your needs.

Please keep to your appoint-

ment times! Please DO NOT come early and just give us a call if you are running late we can usually accommodate you.

NEW HOURS: We are open later on Wednesdays to accommodate working clients. Distribution is from 1:30pm until we close at 6pm.

We close at 4pm on Tuesdays and Thursdays.

Please also remember we may be closed between 12:00-1:15pm for lunch and staffing. We also take care of deliveries during that time. Unless you have a specific appointment, you will NOT be served during those hours. Thank you for your consideration!