



THE HOLIDAY ISSUE

BIG

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Keep Stress At Bay

By Leighanna Konetski,
Community Nutritionist

The holidays are here bringing parties, hustle and bustle, and **STRESS**. Stress alone can increase your snack-attacks, raise your blood sugar, and cause inflammation. Its one of the body's worst enemies, especially if its on-going, over long periods of time. Watching what you eat, getting regular physical activity and plenty of sleep are great "stress busters." Recent research has shown that sleeping less than 7-8 hours each night can make you feel more hungry than normal, and thus lead to



over eating. Over eating can lead to spiking blood sugars and expanding waist lines, which in turn will create more stress. However taking control of what you can and keeping up your healthy habits during these festive times will help. You'll feel better, enjoy the season more, and start the new year off right. Check out the great information in this newsletter to help make this holiday your healthiest yet. For more stress busting advice, read the tips below.



Stress Busters



- Keep moving; go for a walk every day.
- Drink plenty of water.
- Keep up your healthy eating habits.
- Get plenty of sleep; 7-8 hours every night.
- Watch your alcohol intake.
- Say "no" to some party invitations.
- Take time for just you and RELAX.



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Keep in Mind:

- Not getting enough sleep, 7-8 hours each night, could cause you to over eat.
- Stress raises your blood sugar.



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Holiday Fun Word Search



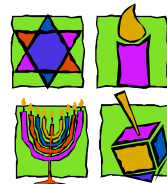
G X U C O H J L F E M V E A Q
 S N D C N F L X Z K I A V U G
 M B I R A I A E E A T Y W Z C
 T F F T W R Y T S L T Q I E R
 U U L D A E O T Z F E T R E E
 N L O B M K B L V W N D Z S J
 E O B D K F S K I O S S G P Z
 G D X F X N J E B N W O Z F K
 S L E D D I N G C S G X C V A
 X V M V R E J Q A I B I S L I
 G E W D G S T T Q P N J F V B
 D N C G Z M S I D E D Z R J R
 K I N A Q H O L U Y E K R U T
 V O D A E G R F X D T N A Z S
 G E Q K V P F Y F J D N D A J



Find the below holiday words in the above word

CAROLIN
 EGGNOG
 FROST
 GOODWIL
 ICESKATIN

MITTENS
 PEACE
 SLEDDIN
 SNOWFLAK
 TURKEY





Quick Fix Recipe of the Month

Gingersnap-Baked Pears

Yield: 4
 Serving size: 2 halves



- Ingredients:**
- 1 (16-ounce) can unsweetened pear halves, drained
 - 12 low-fat gingersnaps, finely
 - 2 tablespoons
 - 2 tablespoons low-fat margarine,

- Method:**
1. Arrange pears, cut side , in a 9-inch cake pan.
 2. Combine remaining
 3. Spread over pears.
 4. Bake at 300 degrees for 20
 5. Serve warm.

*Recipe from, 'Low Fat & Light
 Four Ingredient Cookbook.'*

Nutrition Facts			
Serving Size 2 Halves			
Servings Per Container 4			
Amount Per Serving			
Calories 150	Calories from Fat 30		
% Daily Value*			
Total Fat 3g	5%		
Saturated Fat 0.5g	3%		
Cholesterol 0mg	0%		
Sodium 100mg	4%		
Total Carbohydrate 31g	10%		
Dietary Fiber 2g	8%		
Sugars 21g			
Protein 1g			
Vitamin A 6%	• Vitamin C 4%		
Calcium 2%	• Iron 4%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

Lou's

Food Safety Tip of the Month: Wash Your Hands!

Did you know that the most important thing you can do to stop the spread of germs is to regularly wash your hands? Research has shown that washing your hands frequently, and when cooking foods reduces the spread of germs signifi-



cantly. With colds and the flu being spread from person to person, washing your hands can help you to stay healthy. Wash your hands each time you use the bathroom, before and after you handle food, and after you blow your nose or sneeze.



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WE'RE ON THE WEB!

WWW.VOACOLORADO.ORG

The Volunteers of America is a national non-profit, spiritually-based human services organization. Since 1896 Volunteers of America Colorado Branch has been seeking to identify and serve the basic needs of the most vulnerable individuals and families in our community. If you would like information on how you can get involved, please call us at:

303-297-0408.

Ask for Meals on Wheels.

Meals on Wheels is funded in part by the Denver Regional Council of Governments Area Agency on Aging

Depression—NOT a Normal Part of Aging

Late-life depression affects about 6 million Americans age 65 and older, but unfortunately, only 10% receive treatment. This could be because many of the symptoms of depression get confused with other normal age-related changes. Individuals who are depressed either do not recognize the symptoms or are too embarrassed to share and talk about their feelings. It is important that depression be diagnosed as soon as possible. If it remains untreated it can get worse and/or complicate an already existing medical problem. There is no single sign of depression. The main features of depression is persistent sadness that may last for 2 weeks or more, accompanied by changes in the person's usual patterns, behaviors, or moods. Some of the signs and symptoms that



may accompany depression include:

Physical: aches & pains, weight changes, appetite changes, fatigue, lack of energy, changes in sleeping patterns

Emotional: anxiety, feelings of emptiness, apathy, crying

Thought: hopelessness, pessimism, feelings of helplessness, excessive guilt, memory or concentration problems

Behavioral: loss of interest in previously enjoyed activities, neglect of appearance or hygiene, difficulty with ordinary daily tasks, withdrawal from people, increased drug or alcohol use, pacing, irritability, hostility, agitation

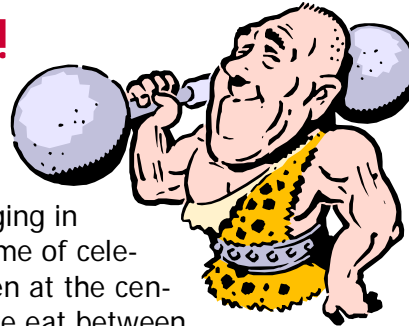
If you think you or someone you know might be depressed, seek medical treatment from your doctor. You are not alone—there is help.

Information for the above article taken from, 'Nutrition News, Information for Senior Citizens', Colorado State University Cooperative Extension.

It Takes EXTRA Effort!

By Leighanna Konetski, Community Nutritionist

With the fragrant smells of holiday baking all around, it's no surprise we find ourselves indulging in many a rich treat or two. The holidays are a time of celebrating with family and friends, and food is often at the center of these joyous times. Many of the foods we eat between Thanksgiving and the end of December pack a wallop of extra calories, fat, sugar, and salt. This can spell trouble for some.



This time of year can be hard to deal with for those with diseases like diabetes, heart disease, hypertension and kidney disease. For you, it takes extra effort. Continuing to manage your disease during this time of year can be difficult, but is very important. Taking a vacation from your regular healthy routine could lead to even more serious problems and complications. Your medications may not work as effectively if you drastically change your eating habits or consume more alcoholic beverages than recommended by your doctor. (Alcohol is not appropriate for many people who are on certain medications, and the side effects of mixing alcohol with some medications could be dangerous).

This doesn't mean you can't enjoy a piece of delicious pecan pie or have a glass of champagne to ring in the New Year. Just don't eat 3 pieces of pie, and speak with your doctor BEFORE consuming alcoholic beverages to make sure they won't interact with your medicines. Depriving yourself of your favorite holiday treats isn't a good idea but eating less of them and modifying the recipe to lessen the sugar, fat, salt, and calories is.

Staying healthy during the holidays will help you to enjoy the time with family and friends. Give yourself an early gift of good health, and make a promise this year not to take a vacation from your usual healthy management of your disease. Ask your family and friends to help you by making small changes and substitutions to their recipes so that everyone can enjoy them. On the backside of this insert is a list of substitutions that can be made in recipes to help lessen the calories, fat, sugar, and salt. Your holidays will be happier, less stressful, and more enjoyable when you continue to take care of yourself.

Lighten' Up Those Recipes

By Leighanna Konetski, Community Nutritionist

When Baking...

Replace	With
½ the oil, butter, margarine or shortening	Applesauce or Buttermilk
Butter or Margarine in Icing	Marshmallow Cream
Evaporated Milk or Whole Milk	Fat Free Evaporated Milk or Fat Free Milk
Sugar	Splenda, or cut the sugar in the recipe by half
Cream Cheese	Low-fat or non-fat cream cheese
Sour Cream	Low-fat or non-fat plain yogurt
Whole Eggs	Egg whites or egg substitutes

When Cooking...

Instead Of	Try
Frying Foods	Grilling, poaching, steaming, broiling, roasting or stir-frying
Adding salt to flavor foods	Herbs, garlic or onion powder, lemon or lime juice, garlic, ginger, or vinegars
Sautéing foods in oil or butter	Sautéing foods in cooking wine, broths or water
Browning foods in oils or butter	Non-stick cookware and brown foods with cooking spray