



IN THIS ISSUE

Nutritious Bites 1

Now is the time to make your plans for a healthy 2017. Check out our suggestions for areas of wellness to consider this year.

Recipe of the Month 2

This **Light Sweet Potato Pie** has less fat and sugar than other versions but tastes just as satisfying.

Keep On Moving 2

Do you make goals for increasing physical activity that you don't always meet? Make your goals **S.M.A.R.T.** in 2017!

Chair Exercise 2

A strong upper body is important if you have a fall and have to pull yourself up onto a chair or sofa. Try this **ball chest press** to strengthen both your chest and back muscles.

Living Better 3

Managing the holidays means making sure you're **communicating your needs** with family and friends.

Medication Management 3

Your doctors are your **medical partners** to keep you healthy.

Test Yourself 4

Nutritious Bites

Planning for a Healthy New Year

By Mary Grider, Nutrition Educator

The new year will be right around the corner, so now is the time to start thinking about how to make 2017 a healthy year.

Diet and exercise are typically on the top of our New Year's resolution lists. It is recommended that we get at least 30 minutes of physical activity most days of the week. Formal exercises like chair exercises or going to the gym, as well as everyday activities like vacuuming or raking leaves, are considered physical activity. One of the best health benefits of exercise is that it is a great way to manage health conditions like high blood pressure, diabetes, arthritis, heart issues and more.



Eating well is another way to ensure a healthy new year. The website choosemyplate.gov (**SuperTracker**) will help you decide the kinds and amounts of foods that are best for your age, weight, and level of physical activity. If you have heart issues, you may also want to cut back on extra fat and salt in your food choices.



If you find that you are having balance problems, improving your stability with strength and flexibility exercises can be helpful. You may want to attend a **Matter of Balance** class that may be offered in your area. Check out <http://www.negahealthmatters.org/> for more information and upcoming class dates and locations.

Recipe of the Month

Light Sweet Potato Pie (Serves 8)

From: *Light & Tasty* October/November 2002

Ingredients

- 2 pounds sweet potatoes (about 3 medium)
- 3/4 cup packed brown sugar
- 1/4 cup all-purpose flour
- 2 teaspoons grated orange peel
- 1 teaspoon pumpkin pie spice
- 1 teaspoon vanilla extract
- 1/8 teaspoon salt
- 1 cup fat-free milk
- 1/2 cup egg substitute
- 1 unbaked pastry shell (9 inches)
- 1/2 cup reduced-fat whipped topping

Directions

1. Bake sweet potatoes at 350° F for 1 hour or until very soft. Cool slightly. Cut potatoes in half; scoop out the pulp and discard shells. Place pulp in a food processor or blender; cover and process until smooth.
2. In a large bowl, combine the pulp, brown sugar, flour, orange peel, pumpkin pie spice, vanilla and salt. Stir in milk and egg substitute until well blended. Pour into pastry shell. Bake at 375° F for 45-50 minutes or until a knife inserted near the center comes out clean. Cool on a wire rack for 2 hours. Garnish with whipped topping. Refrigerate leftovers.

Keep on Moving

S.M.A.R.T. Goals 2017

Thinking about making goals to increase physical activity in 2017? The following suggestions will help you turn a vague goal, such as, “I want to exercise more,” into a “S.M.A.R.T.” goal that you’re more likely to achieve.

- **Specific.** Make sure that your goal includes a specific activity (the what and where). Instead of, “exercise,” say “walk around my neighborhood.”
- **Measurable.** Specify when, how frequently, and how long so you can track if you meet your goal. For example, “I will walk around my neighborhood after dinner three times this week for 15 minutes.”
- **Achievable.** Make sure that you can achieve your goal – challenge yourself, but make sure the goal is within reach.
- **Relevant.** Choose a goal that is important to you – not what you think someone else wants you to do.
- **Timebound.** Give yourself a limited time within which to meet your goal. For example, “over the next two weeks . . .”

Monthly Chair Exercise Ball Chest Press

This exercise targets the chest and upper back muscles, which are very important if you have a fall and need to pull yourself up onto a chair or sofa.

Seated in a chair with good posture, hold a ball with both hands at chest level, palms facing toward each other and elbows bent. Avoid bending forward by keeping your shoulders back at all times. Squeeze the ball slightly as you push the ball away from you in a fluid motion, taking about 2 seconds to extend the arms. Squeeze your shoulder blades together as you pull the ball back toward your chest.

Repeat the push and pull motion 10 to 15 times. Rest. Do another set of 10 to 15 repetitions.

Ball Chest Press



For more exercises, visit the following link:
<http://www.livewellagewell.info/study/2007/12-ChairExercisesUGA113006.pdf>

Living Better Managing the Holidays

We hear that the holiday season is the most wonderful time of the year. But for some, it is a time for added stress, which can cause strain on relationships. With all the additional activities, many people find they become overwhelmed.

One way to overcome this feeling is to set some goals. But the goals I'm suggesting are for you to find ways to enjoy the holidays. Communicate with others the types of things they can do to help make this a wonderful time of year *for you*. Perhaps you need to let others host the festivities or help prepare the food. Being kind yet assertive can help you reach this holiday goal.

The stress of the holidays can often impact our relationships with loved ones. Situations crop up, and we are often so busy we forget to use appropriate communication skills. One good way to let people know how you feel without pointing fingers or starting a fight is to use "I" messages.

For example, you could say:

"I feel that I'm getting overwhelmed. Can we make time to talk about sharing the holiday responsibilities?"

instead of saying,

"Nobody ever helps me and I always end up doing everything!"

The "I" messages help you tell others how you feel without hurting feelings, blowing up, or causing defensiveness in others. Remember to use some positive "I" messages, too. "I'm so grateful for your help!" can often diffuse the tone of your conversation.

Source: Lorig, Kate et al. *Living a Healthy Life with Chronic Conditions* (2012).

Medication Manager Your Medical Partnership

When your doctors prescribe medications for your conditions, one of your responsibilities is to communicate with them about how your medications affect you. You are the only one who knows all the medicines (prescription and over the counter) that you are taking, so it's vital to develop a partnership with your doctor.

Doctors assume that after they see you and prescribe a medication, you are taking it as prescribed. Sometimes, however, there may be barriers that are keeping you from taking your medications. It could be that the pill is too large and hard to swallow, or you are supposed to take it three times a day and it's hard for you to remember, or it could be too expensive and you can't afford it. Others may have unwanted side effects and because of that you stop taking the medication. Always communicate with your doctor about these issues, and let him or her know any problems you have before stopping a medication.

Your doctor is your partner in keeping you healthy.

Matter of Balance Classes

Upcoming Events

Athens Community Council on Aging
Athens, Georgia
Thursday's, 3:30 p.m. – 5:30 p.m.
January 12 – March 2, 2017

Newton County Senior Center
Covington, Georgia
Tuesday's, 9:00 a.m. – 11:00 a.m.
January 24 – March 14, 2017

Live Strong, Live Long

More classes coming in 2017!

Have an event you'd like to include?
Want to offer one of our workshops in
your community?
E-mail Whitney (web1975@uga.edu)

Test Yourself

Examining Your Habits

How am I doing?

- I currently eat _____ servings of fruits most days of the week (circle one)
a. Less than 1 serving b. 1-2 servings c. 3 or more servings
- I currently eat _____ servings of vegetables most days of the week (circle one)
a. Less than 1 serving b. 1-2 servings c. 3 or more servings
- I currently eat _____ servings of whole grain products most days of the week (circle one)
a. Less than 1 serving b. 1-2 servings c. 3 or more servings
- I currently have _____ servings of milk or other dairy products most days of the week (circle one)
a. Less than 1 serving b. 1-2 servings c. 3 or more servings
- I limit the amount of sodium or salt I eat (circle one) Yes No
- I limit how much sugar or sweet foods I eat (circle one) Yes No
- I have a plan to change or maintain healthy eating or exercise in 2017 (circle one) Yes No
- I have a plan to manage stress this holiday season (circle one) Yes No
- I communicate regularly with my doctors about my medications (circle one) Yes No

What do I want to change?

This month, I want to do the following to improve my health and well-being:

On a scale of 1 to 10 (1 = low confidence, 10 = high confidence), how confident am I that I can make the change I wrote above? (circle one)

1 2 3 4 5 6 7 8 9 10

Support for this newsletter is also provided by:

The University of Georgia

- College of Family and Consumer Sciences
 - Dept. of Foods and Nutrition
- College of Public Health
 - Dept. of Health Policy and Management
 - Institute of Gerontology

Questions or Comments? Contact us!

Whitney Bignell, PhD, RDN, LD
Wellness Coordinator
NE Georgia Area Agency on Aging
Postdoctoral Research Associate
The University of Georgia
(706) 542-4507 | web1975@uga.edu
Visit our web site! www.negahealthmatters.org