IN THIS ISSUE

Nutritious Bites 1
You’ve probably heard of “food-borne” illnesses in restaurants, but you can get sick from food prepared at home if you don’t practice good food safety skills.

Recipe of the Month 2
This Mac ‘n’ Cheese With Greens recipe is a great way to sneak extra vegetables into your (or your grandchildren’s) diet.

Keep On Moving 2
Proper hydration is important during exercise – especially in the hot summer months.

Chair Exercise 2
Strong abdominal, or core, muscles help with balance, walking, and everyday activities. These elbow to knee exercises will increase your core strength.

Living Better 3
Did you know that most falls happen at home? These tips will help you prevent falls in the home environment.

Medication Management 3
Fostering a good relationship with your health care providers is important to ensure good care.

Test Yourself 4

---

Nutritious Bites

Food Safety 101
By Mary Grider, Nutrition Educator

Germs can easily be spread in the kitchen – leading to spoiled foods and even sickness. Keeping certain food preparation goals can help ensure you will stay healthy.

The number one way to keep safe is to always wash your hands before and after preparing food. The proper way to wash is to use soap and warm water and scrub hands and under nails for 20 seconds and then rinse. It's also important to keep a clean work surface and clean cutting boards. If possible, have separate boards for fruits/vegetables and meats. Be sure to rinse fresh fruits and vegetables under cool running water. It’s also a good idea to wipe off the lid of canned goods before opening.

Another hazard is germs that can spread from one food source to another. When you are shopping, storing and preparing food, always keep raw meat, fish, poultry and eggs away from other foods, especially fresh fruits and vegetables.

If you want to reheat leftovers, it's important to heat the food and keep it hot in order to kill germs. Luke-warm is not warm enough to kill the germs. If it is a liquid, such as soup or stew, make sure to bring it to a boil. Many people rewarm their food in a microwave. Be sure to stop to stir the food halfway through the cooking and also turn it if you don't have a turntable in your microwave.

The last key to food safety is to keep food appropriately cool. After you purchase your food or after it has been served, it is important to get it in the refrigerator within two hours. Also, it’s safest to thaw your frozen food in the refrigerator, in cold water, or in the microwave – not sitting on the counter.

Practicing these goals will help keep your food safe!
Monthly Chair Exercise
Elbow to Knee

Strong abdominal muscles are important for balance, walking, and moving through your day with ease.

Seated toward the edge of a chair with good posture and knees bent, start with your right arm extended up overhead. Slowly life the left knee up as you lower your right elbow down toward your left knee, taking about 2 seconds to lower down. Try not to bend over at the waist. Release and go back to the starting position. Repeat 8 to 10 times.

Switch sides and do 8 to 10 repetitions, pulling one elbow to the opposite knee. Rest. Do another set of 8 to 10 repetitions on each side.

Modification: Try this (with a chair nearby for balance) exercise in a standing position for an increased range of motion.

Recipe of the Month
Mac ‘n’ Cheese with Greens (Serves 4-6)

**Ingredients**
- 8 oz. whole wheat elbow noodles (about 2 cups)
- 4 c. chopped collard greens
- 1 ¾ c. low-fat milk, divided
- 3 tbsp. all-purpose flour
- ½ tsp. salt
- ¼ tsp. ground pepper
- 1 c. shredded extra-sharp Cheddar cheese
- 2 oz. reduced-fat cream cheese
- 2 tsp. white-wine vinegar
- ¼ c. panko breadcrumbs
- 1 tbsp. extra-virgin olive oil
- ½ tsp. paprika

**Directions**
1. Bring a large pot of water to a boil. Add pasta and collards, and cook according to directions on pasta package. Drain.
2. Meanwhile, heat 1 ½ c. milk in a large broiler-safe skillet until just simmering. Whisk remaining milk, flour, salt, and pepper in a small bowl. Add mixture to simmering milk, reduce heat to medium-low and cook, whisking constantly, until thickened (1-2 minutes). Remove from heat and whisk in Cheddar and cream cheeses and vinegar until cheese is melted. Stir the pasta and collards into the sauce. Position rack in upper third of oven; preheat broiler to high.
3. Combine breadcrumbs, oil, and paprika in a small bowl. Sprinkle over pasta. Broil until golden brown, about 1 – 3 minutes.

**Keep on Moving**
**Staying Hydrated**

Summer heat is here again – and so is the increased risk for getting dehydrated. It’s especially important for older adults to drink water throughout the day because our thirst sensors tend to become dull as we age, so we’re less likely to feel thirsty even when our bodies need water. Follow these tips to stay hydrated – and decrease your risk for heat exhaustion or heat stroke.

- Aim for 6 – 8 glasses of water or other low/no-calorie beverages each day (individual needs vary, so ask your doctor if you’re concerned)
- Drink water or other low/no-calorie beverages on a schedule throughout the day
- Add flavor to plain water with lemon, lime, or orange slices, or try a “spa-fresh” treat with cucumber slices and mint leaves
- Eat 5 – 9 servings of fruits and vegetables each day – in addition to vitamins, minerals, and fiber, these foods also contain a lot of water to help you stay hydrated.

**Ingredients**
- 8 oz. whole wheat elbow noodles (about 2 cups)
- 4 c. chopped collard greens
- 1 ¾ c. low-fat milk, divided
- 3 tbsp. all-purpose flour
- ½ tsp. salt
- ¼ tsp. ground pepper
- 1 c. shredded extra-sharp Cheddar cheese
- 2 oz. reduced-fat cream cheese
- 2 tsp. white-wine vinegar
- ¼ c. panko breadcrumbs
- 1 tbsp. extra-virgin olive oil
- ½ tsp. paprika

**Directions**
1. Bring a large pot of water to a boil. Add pasta and collards, and cook according to directions on pasta package. Drain.
2. Meanwhile, heat 1 ½ c. milk in a large broiler-safe skillet until just simmering. Whisk remaining milk, flour, salt, and pepper in a small bowl. Add mixture to simmering milk, reduce heat to medium-low and cook, whisking constantly, until thickened (1-2 minutes). Remove from heat and whisk in Cheddar and cream cheeses and vinegar until cheese is melted. Stir the pasta and collards into the sauce. Position rack in upper third of oven; preheat broiler to high.
3. Combine breadcrumbs, oil, and paprika in a small bowl. Sprinkle over pasta. Broil until golden brown, about 1 – 3 minutes.

**Ingredients**
- 8 oz. whole wheat elbow noodles (about 2 cups)
- 4 c. chopped collard greens
- 1 ¾ c. low-fat milk, divided
- 3 tbsp. all-purpose flour
- ½ tsp. salt
- ¼ tsp. ground pepper
- 1 c. shredded extra-sharp Cheddar cheese
- 2 oz. reduced-fat cream cheese
- 2 tsp. white-wine vinegar
- ¼ c. panko breadcrumbs
- 1 tbsp. extra-virgin olive oil
- ½ tsp. paprika

**Directions**
1. Bring a large pot of water to a boil. Add pasta and collards, and cook according to directions on pasta package. Drain.
2. Meanwhile, heat 1 ½ c. milk in a large broiler-safe skillet until just simmering. Whisk remaining milk, flour, salt, and pepper in a small bowl. Add mixture to simmering milk, reduce heat to medium-low and cook, whisking constantly, until thickened (1-2 minutes). Remove from heat and whisk in Cheddar and cream cheeses and vinegar until cheese is melted. Stir the pasta and collards into the sauce. Position rack in upper third of oven; preheat broiler to high.
3. Combine breadcrumbs, oil, and paprika in a small bowl. Sprinkle over pasta. Broil until golden brown, about 1 – 3 minutes.

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

Fight Falls With a Safe Home

For seniors, falls are the number one cause of injuries and about half of the falls needing hospitalization happen at home. Making sure your home is safe may help prevent falls. Some important safety tips include:

- Clean up clutter and don't leave things out that can trip you up
- Repair or remove hazards. Be especially careful of throw rugs or carpet that is pulling up
- Install and use handrails on stairs and grab bars in the shower and toilet area
- Avoid loose fitting clothing or poorly fitting shoes that can cause you to trip
- Make sure all areas inside and out are well lit so you can see where you're going
- Bathrooms, kitchens, and porches can be slippery. Be sure any rugs used to handle water spills are rubber backed and non-slip
- Take your time when walking and use assistive devices if your health care provider has recommended it
- Sign up for a Matter of Balance class that may be offered in your area

Take time to review your habits and examine your home and yard for any hazards that may need to be addressed. When it comes to preventing falls, better safe than sorry!

If you have concerns about falls, ask your local Area Agency on Aging about upcoming A Matter of Balance classes. You can learn more about this 8-week class from MaineHealth here:

https://mainehealth.org/about/healthy-communities/healthy-aging/matter-of-balance

Medication Manager

Talking With Your Doctor

One of the most important relationships you have is with your health care provider. You need to be up front, clear, and thorough when communicating your concerns to your doctor. For a good working relationship with your health care providers, there are several things you can do.

✔ Be prepared for your appointments – keep track of what’s going on between appointments.

✔ Be proactive – ask questions or ask for explanations of test results, diagnoses, treatment options, etc.

✔ Follow your doctor’s instructions.

Also, remember that your doctor is a person, too. They have good and bad days like everyone. A kind word can go a long way toward ensuring a healthy relationship with your health care provider.

Matter of Balance Classes

More classes coming Fall 2017!

Live Strong, Live Long

More classes coming Fall 2017!

Workshops are listed on our web site http://www.negahealthmatters.org/

Want to offer a workshop? Please contact
Whitney Bignell (wellness coordinator) – e-mail web1975@uga.edu or call (706) 542-4067
### Test Yourself

#### Examining Your Habits

**How am I doing?**

1. 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

2. 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

3. 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

4. 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

5. I limit the amount of sodium or salt I eat (circle one)  
   - Yes
   - No

6. I limit how much sugar or sweet foods I eat (circle one)  
   - Yes
   - No

7. I drink 6 – 8 glasses of water each day (circle one)  
   - Yes
   - No

8. I keep my home safe to prevent falls (circle one)  
   - Yes
   - No

9. I have a good relationship with my health care providers (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)

<table>
<thead>
<tr>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
<th>7</th>
<th>8</th>
<th>9</th>
<th>10</th>
</tr>
</thead>
</table>

---

**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) 542-4067 | web1975@uga.edu  
Visit our web site! www.negahealthmatters.org