



NUTRITION NEWS

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Happy New Year!

JANUARY 2025

Happy New Year! If you are looking for a New Year’s resolution, improving both your physical and mental health are options. And improving our mental health is often overlooked! Sometimes, the two go hand in hand.

We hear a lot about heart health. But closely related is brain health. A stroke or mini-stroke (or TIA) has been described as a heart attack in the brain. As with a true heart attack, there are preventative measures that can be taken to reduce your risk of stroke. These include dietary changes, as well as adding physical activity.

Exercising the brain itself is also important. The can include reading, doing crossword puzzles or word searches, and just engaging in conversation with others.

We can also include mental health issues under the topic of brain health. As we enter the long winter months ahead, with the holidays behind us, depression is a very real concern for many of us. But there are activities that you can engage in that can also ward off mental health problems.

As with most health issues, not all complications can be prevented. But knowing that you have some control over them can be empowering. Making smart dietary choices, exercising both your mind and body regularly, and engaging in social occasions can all positively affect your brain health. Even choosing one aspect to focus on could be the start of a good resolution for the new year!

Many of the risk factors associated with strokes are the same as those associated with cardiovascular disease. These include elevated cholesterol, high blood pressure, smoking, diabetes, physical inactivity, and being overweight or obese. Certain populations are also at higher risk for stroke, including both African Americans and Hispanics.

Knowing the signs and symptoms of a stroke can help expedite treatment, which may significantly improve the outcome. The acronym **F.A.S.T.** is an easy way to remember the symptoms.

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Monthly Exercise:

Pelvic Tilts

Taking a deep breath, tighten the buttocks and tilt the hips forward slightly.

Hold position for a count of three.

Tilt the hips back for a count of three.

Do 10-12 reps.

-Face Drooping: Does one side of the face droop or is it numb? Asking the person who may be afflicted to smile can help clarify this.

-Arm Weakness: Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?

-Speech Difficulty: Is the speech slurred, are they unable to speak, or are they hard to understand? Ask the person to repeat a simple sentence. Is the sentence repeated correctly?

-Time to call 911: If the person shows any of these symptoms, even if the symptoms go away, call 911 and get the person to the hospital immediately.

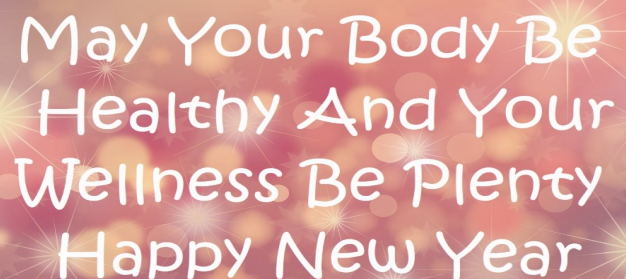
Other symptoms include sudden numbness or weakness of the legs, sudden confusion or trouble understanding, sudden trouble seeing in one or both eyes, sudden trouble walking, dizziness, loss of balance or coordination, and sudden severe headache with no known cause.

It is also important to note that a TIA (also known as a “warning stroke”) produces similar symptoms. However, these symptoms usually go away after only a few minutes. You should still bring the individual to the hospital, as individuals who experience a TIA have a high risk of experiencing a stroke.

Eating a moderate diet, with the focus on incorporating fruits and vegetables, can cut your risk of stroke significantly. Many of the recommendations that were presented to combat cardiovascular disease are the same recommendations to prevent stroke. These include:

- * Try whole grain flours to enhance the flavor of baked goods made with less fat and fewer or no cholesterol containing ingredients.
- * Replace whole milk with low fat or skim milk in puddings, soups, and baked goods.
- * Substitute plain low fat yogurt or low fat cottage cheese for sour cream or mayonnaise.
- * Steam, boil, bake, or microwave vegetables.
- * Try flavored vinegars or lemon juice on salads instead of heavy dressings.
- * Choose lean cuts of meat or trim the fat before preparing; remove the skin from poultry before cooking.
- * Roast, bake, broil, or simmer meat and poultry as opposed to frying.
- * Cook meat or poultry on a rack and allow the fat to drip off.
- * Chill meat and poultry broth until the fat is solid; remove before using.
- * Limit egg yolks to one when making scrambled eggs.
- * Try substituting egg whites in recipes calling for whole eggs.

Remember that small changes can make a big difference. Limiting your intake of saturated fats, increasing your fiber intake by incorporating more fruits, vegetables, and whole grains, and carefully monitoring your portion size can improve your overall health.



May Your Body Be
Healthy And Your
Wellness Be Plenty
Happy New Year

Brain health can also encompass your mental health and well being. This can be a difficult time of year for many of us. The upstate New York weather can be isolating, and at times it seems like winter goes on forever! But when possible, remember that socialization can always help. Maybe you can try meeting friends at one of our congregate dining sites. Not only will you receive a good, nutritious meal, but you will also gain the opportunity for regular contact with others who may be in a similar social situation as you. Regular physical activity and getting adequate sleep at night can also improve your mental health.

Diet also plays a role in mental health, including depression. Here are some nutrients to key in on if you or a loved one is suffering from a mental health problem.

- A deficiency of thiamine (a B vitamin) is thought to contribute to apathy, poor short term memory, confusion, and irritability.
- Insufficient niacin (another B vitamin) can cause depression, fatigue, loss of memory, and headache.
- Lack of Vitamin B6 can cause depression and confusion. However, excessive B6 may cause depression, fatigue, irritability, and headaches.
- A folic acid (folate) deficiency may cause depression, mental confusion, weakness, fatigue, and headache. Similar symptoms may be seen with a Vitamin B12 deficiency. Many elderly people receive B12 injections as their ability to absorb the vitamin decreases with age. Studies have shown that regular injections of the vitamin have improved individuals' depression.
- Lack of Vitamin C and D have been found to cause hysteria, depressions, and Seasonal Affect Disorder.

- Low intake of minerals, including calcium, iron, magnesium, selenium, and zinc may also contribute to depression.

A general vitamin supplement, especially during the winter, may help to meet all of your micronutrient requirements.

Tai Chi 2 Exercise Classes

(for those who have taken Tai Chi before)

Begins on

Tuesday, January 14th , 2025
German Flatts Community Ctr.
555 State Rt 5S, Mohawk

Tai Chi Exercise Classes

(For those new to Tai Chi)

Begins on

Tuesday, January 28th, 2025
German Flatts Community Ctr.
555 State Rt 5S, Mohawk

Please call Kelly for more information
and to register
315-867-1371

T-Mobile classes

Classes will start again in January 2025
however we do not have a set date

To participate in this program:

- You do **not** have to be a T- Mobile customer
 - Bring your own device

Class is Free for participants
Call Kelly at Office for the Aging
315-867-1371

Keep your **BRAIN** Healthy

EAT RIGHT

Eating healthier foods can help reduce your risk of cognitive decline. This includes more vegetables and leaner meats/proteins, along with foods that are less processed and lower in fat. Choose healthier meals and snacks that you enjoy and are available to you.

HEAP

**Emergency HEAP opens up on
January 2, 2025**

If you are income eligible—
Emergency Temporary Assistance
may be available for payment of past due
bills if your utilities are shut off or if you
have a disconnect notice.

Please call the HEAP Office

315-867-1195



**109 Mary Street, Suite 1101
Herkimer, NY 13350**

**Phone: 315-867-1195
Fax: 315-867-1448**

**E-mail: hcofa@herkimercountyny.gov
Web: www.herkimercountyny.gov**

**Sweet Potato, Carrot, Apple,
and Red Lentil Soup**

- 1/4 cup butter**
- 2 large sweet potatoes, peeled and chopped**
- 3 large carrots, peeled and chopped**
- 1 apple-peeled, cored, and chopped**
- 1 onion, chopped**
- 1/2 cup red lentils**
- 1 tsp salt**
- 1/2 tsp minced fresh ginger**
- 1/2 tsp ground black pepper**
- 1/2 tsp ground cumin**
- 1/2 tsp chili powder**
- 1/2 tsp paprika**
- 4 cups vegetable broth**

Melt butter in a large pot over medium high heat. Add sweet potatoes, carrots, apple, and onion; cook and stir until onion is translucent, about 10 minutes.

Stir in lentils, salt, ginger, pepper, cumin, chili powder, and paprika, then pour in broth. Increase the heat to high and bring to a boil. Reduce the heat to medium low, cover, and simmer until lentils and vegetables are soft, about 30 minutes.

Puree soup in the pot with an immersion blender until smooth. Increase the heat to medium high and cook until simmering, about 10 minutes. Add water as needed to thin the soup to your preferred consistency.