

The Scoop

Happy
New Year
2024

Greetings from Herb Will, Director of Nutrition at the NEK Council on Aging!

As we usher in the New Year, I'm thrilled to share the January edition of "The Scoop" with all of you, our beloved home delivered meal and congregate meal clients. This month's focus is on the transformative power of Anti-Inflammatory foods, encouraging you to make wholesome choices over processed alternatives. By embracing nutrient-rich, whole foods, you can support your overall health and well-being.

"The Scoop" is carefully crafted to address the unique needs of our home-bound community, offering practical tips, flavorful recipes, and valuable insights. Together, let's kick off 2024 with a commitment to making delicious, nourishing choices that contribute to a healthier, more vibrant you. Wishing you a joyful and nutritious start to the year!

Warm regards,
Herb Will, Director of Nutrition



Protect Your Eyes!

January is National Glaucoma Awareness Month

Glaucoma is a leading cause of vision loss and blindness in the United States. Glaucoma has no early symptoms - that's why half of people with glaucoma don't know they have it!

The only way to find out if you have glaucoma is to get a comprehensive dilated eye exam. Early treatment can often stop the damage and protect your vision.

If you need assistance to arrange a vision screening call 1-800-642-5119

NORTHEAST KINGDOM
Council on Aging

45 years of CARING. CONNECTING & COMMUNITY



Drink
more
water



Eat
WELL
FEEL
good

Eating Well to Ease Inflammation: Simple Tips for a Healthier You

Alicia Armstrong RDN, LD, CDCES

Michael Pollan, a writer, explains that we often eat things that look like food but aren't quite the real deal. Have you ever looked at a list of ingredients and not recognized them? You're not alone. It's essential to check what's in your food, especially for things like sugar, salt, unhealthy fats, and fake food ingredients that can cause inflammation.

Pollan has a simple rule: "Eat food. Not too much. Mostly plants." Many people find this challenging.

The good news is we can make our eating habits healthier and reduce inflammation. Here's what to include more of in your diet: real food, herbs, spices, beans, lentils, nuts, seeds, dark leafy greens, berries, whole grains (not refined grains), fruits, vegetables, and fiber. Try to have less of these: saturated fat, salt, and added sugars. Eating too much of these can cause inflammation and increase the risk of health problems. Unfortunately, many Americans eat more of these than they should. If you need help figuring out what's right for you, consider talking to a Registered Dietitian. Remember, there's no one-size-fits-all approach to eating well.

Are you interested in a complimentary consultation with a registered dietitian? Call 1-800-642-5119

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and put food on your table. Call us to
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Anti-Inflammatory Chicken Ginger Soup

Anti-Inflammatory Chicken Ginger Soup combines chicken breast with healthy vegetables, ginger, and several tasty spices including the medicinal Turmeric. This soup is filling, ultra healthy, and should be on your menu to kick off the new year.



Nutrition

Calories: 343kcal | Carbohydrates: 19g | Protein: 44g | Fat: 10g | Saturated Fat: 2g | Cholesterol: 104mg | Sodium: 329mg | Potassium: 1232mg | Fiber: 5g | Sugar: 7g | Vitamin A: 7335IU | Vitamin C: 31mg | Calcium: 66mg | Iron: 2mg

Qigong - Tai Chi's Ancient Grandmother

Qigong, a traditional Chinese practice, provides an excellent avenue for home-bound elderly individuals who may face mobility challenges but are keen to embark on a gentle yet impactful wellness journey. At its core, qigong integrates mindful breathing with slow, flowing movements, making it accessible for those with limited physical abilities. For seniors who may find conventional exercise challenging, beginning with qigong's emphasis on deep, intentional breathing serves as an ideal starting point. Simple breathwork exercises, such as abdominal breathing and rhythmic inhales and exhales, not only enhance lung capacity but also foster a calming effect on the nervous system.

Moreover, qigong places a significant emphasis on cultivating "qi" or vital energy through deliberate, flowing motions. Even for those restricted to a seated position, modified qigong exercises can be adapted to accommodate their needs. Gentle arm and hand movements, combined with synchronized breathing, create a harmonious practice that promotes relaxation, mental clarity, and improved energy flow throughout the body. Qigong's adaptability makes it an empowering choice for home-bound elderly individuals seeking to enhance their overall well-being, starting with the simple yet profound practice of conscious breathing.

Ingredients

2 Tablespoons olive oil
1 large yellow onion – chopped
4 large carrots – chopped
3 stalks celery – chopped
2 cups shredded cabbage
salt and pepper to taste
1 teaspoon turmeric
1 teaspoon onion powder
1/2 teaspoon rosemary
1/2 teaspoon thyme
3 cloves garlic – minced
4 Tablespoons ginger – minced
9-10 cups lower sodium chicken broth
2.5 pounds chicken breasts – cut into two-inch cubes
2 cups frozen peas

Instructions

In a large stock pot over medium-high heat, add olive oil, and then the chopped onion, carrots, celery, and cabbage. Cook until slightly softened, about 6-7 minutes.

Add the garlic, ginger, and seasonings – salt, pepper, turmeric, onion powder, rosemary, and thyme. Cook for a couple of minutes, stirring constantly.

Then add the chicken broth and bring to a boil. Season the chicken breast with salt and add it to the pot over medium heat. Cook until done, about 15 minutes. Remove chicken and set aside to cool slightly.

Shred chicken with two forks, or add it to a standing mixer to shred. Add it back to the pot, along with the frozen peas.

Continue simmering for about 10 minutes or until peas are warm. Check seasonings, and serve with some freshly ground black pepper.

Beginning Qigong Breathing:

Natural breath: This is a relaxed and unforced way of breathing that helps to calm the body and mind. Start by breathing in slowly through the nose, allowing your breath to fill the lower abdomen first.

Then, let it fill your upper abdomen, followed by the lungs. Exhale in reverse: release air slowly through the nose, allowing your breath to exit the lungs first, followed by the upper abdomen, then the lower abdomen.

Box breath: This is a rhythmic and balanced way of breathing that involves counting and holding the breath for four counts each. Start by inhaling through the nose for four counts, hold the breath for four counts, exhale through the nose for four counts, and hold the breath for four counts. Repeat this cycle for a few minutes.

