

Healthy LIVING while aging!



EXTENSION
College of Agriculture,
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“Be present in all things and thankful for all things.”

Maya Angelou

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Reflections on Aging Thankfully

By Shirley Lindsay

Aging requires intentionality and being thankful for all that life brings in a day. At 81 years old, I can awake each day complaining or with a heart of thanksgiving that I have another day to experience this beautiful season of my life.

I'm thankful that I have a doctor that reminds me I need an annual checkup including regular colonoscopies, mammograms and gynecology check-ups (which I thought were no longer necessary). I'm thankful for the freedom to enjoy a nap when I get tired. I feel renewed again when I wake up.

I listen to my body, not to people or culture telling me what I should or shouldn't be doing.

I'm thankful for being able to live independently and without fear. Fear paralyzes us. We must be cautious but not fearful. Whether it's walking down the street to a neighbor's house or traveling across the country to visit my children, I try to maintain my mobility and carry my own bag even when someone offers to do it for me. I may take longer but I give myself extra time. While I am aware of my limitations, I challenge myself including a daily 10 minute walk. Walking, even with difficulty, helps with my independence. Getting my hearing checked annually helps with my balance.

It's Thanksgiving. I'm thankful for what is good in my life instead of complaining about what is wrong. Age gracefully. Age thankfully.

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10 Tips: Make Healthier Holiday Choices

The holidays are often filled with time-honored traditions that include some of our favorite meals and foods. As you celebrate, think of little changes you can make this holiday season to create healthier meals and active days.

1. **Create MyPlate makeovers** Makeover your favorite holiday dishes. Use choosemyplate.gov to improve holiday recipes and get healthier results.
2. **Enjoy all the food groups at your celebration** Prepare whole-grain crackers with hummus as an appetizer; add unsalted nuts and black beans to a green-leaf salad; include fresh fruit at the dessert table; use low-fat milk instead of heavy cream in your casseroles. Share healthier options during your holiday meal.
3. **Make sure your protein is lean** Turkey, roast beef, fresh ham, beans, and some types of fish, such as cod or flounder, are lean protein choices. Trim fat when cooking meats. Go easy on the sauces and gravies — they can be high in saturated fat and sodium.
4. **Cheers to good health** Quench your thirst with low-calorie options. Drink water with lemon or lime slices. Offer seltzer water with a splash of 100% fruit juice.
5. **Bake healthier** Use recipes with unsweetened applesauce or mashed ripe bananas instead of butter. Try cutting the amount of sugar listed in recipes in half. Use spices to add flavor such as cinnamon, allspice, or nutmeg instead of salt.
6. **Tweak the sweet** For dessert, try baked apples with cinnamon and a sprinkle of sugar instead of apple pie. Invite your guests to make their own parfait with colorful sliced fruit and low-fat yogurt.
7. **Be the life of the party** Laugh, mingle, dance, and play games. Focus on fun and enjoy the company of others.
8. **Make exercise a part of the fun** Make being active part of your holiday tradition. Have fun walking and talking with family and friends after a holiday meal. Give gifts that encourage others to practice healthy habits such as workout DVDs, running shoes, and reusable water bottles.
9. **Enjoy leftovers** Create delicious new meals with your leftovers. Add turkey to soups or salads. Use extra veggies in omelets, sandwiches, or stews. The possibilities are endless!
10. **Give to others** Spend time providing foods or preparing meals for those who may need a little help. Give food to a local food bank or volunteer to serve meals at a shelter during the holiday season.

Green Bean Sauté (Makes 6 servings.)

Jazz up a quick and easy green bean dish for Thanksgiving with mushrooms, onions, and garlic!

Ingredients:

- 1 cup onion (chopped)
- 1 cup mushrooms (sliced)
- 1 teaspoon garlic (minced)
- 1 can green beans (16 ounce, drained, cut)

Directions:

1. Spray a skillet with non-stick cooking spray
2. Sauté onions, mushrooms, and garlic
3. Add green beans and heat thoroughly



Recipe from: <https://www.choosemyplate.gov/recipes/supplemental-nutrition-assistance-program-snap/green-bean-saute>

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