

Healthy LIVING while aging!



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Healthy aging newsletter

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The Holidays in 2020

By Kelley Macmillan, PhD

We all coped and adapted to physical distancing and limited in-person contact for the majority of 2020. The spring, summer, and fall were unlike any seasons in our lifetime, and now we enter the holiday season adapting many of the familiar and delightful traditions.

It might be difficult to think about the holidays because they won't be like other holidays. Nonetheless, we can access the memories of family time, the gift surprises, and holiday meals. We can dwell on the negative aspects of life in this time of COVID-19 and approach the holidays with dread; or we can choose to create, innovate, and engage with a positive attitude and the resilience that have served us throughout life.

The concept of positive thinking is not new, and now is a good time to inspire positive thoughts, which lead to positive action. Positive thinking is not ignoring our feelings and in fact it is important to acknowledge our feelings in the moment. Positive thinking helps us cope with those feelings and the life challenges without a defeatist attitude or belief.

This holiday, accentuate the positive memories by sharing them with others. Write a note or call a family member to share the memory. Be prepared for laughs,

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more stories, and even a few tears. All of this reminds us of our connections with others and the joys of life.

Maintain some of your traditional holiday activities and also try out new ones. As strange as it sounds, people are using video technology during meals, for family gatherings, and celebrations. The video events keep us engaged with others while minimizing the health risks of traveling and limitations because of geographic distance.

Other important behaviors to maintain a positive attitude throughout the year include routines and schedules, which regulate our physical and emotional well-being. Consistent bedtimes and wake up times contribute to positive attitudes and even our memory. Maintaining physical activity is also important, such as taking care of chores around the house, walking to the mailbox, etc.

Plan for how you will celebrate the holidays that brings joy and happiness. Keep in mind that the plan are not restricted to one day. Make small plans for several days, even weeks. Share your plan with two or three people. Invite them to be involved in your plans. You are special. Share yourself with others.

For more information about Healthy Aging education or resources, please visit our website: extension.unr.edu and search "Healthy Aging" or contact Dakota at 702-948-5916.

Smart and Safe Holiday Tips to Home Canned Gifts

by Elizabeth Mapula, Food Preservation Manager, UNR Extension

The holidays are here and we all love to gift or receive delicious home-made goodies. One of the most popular holiday food gifts are soft spreads. They can be anything from specialty jams, jellies, marmalades or preserves. If you are thinking about gifting friends or loved ones a home-made canned item, be sure to use a validated recipe from a reliable source. The National Center for Home Food Preservation (NCHFP) has created a library of delicious recipes that have been tested for both safety and shelf life. Here are some of our tips when creating a home canned gift:



- Use recipes from reliable sources
- Double check that you have all the necessary ingredients
- Throw out any foods or ingredients that are past their expiration dates
- Follow all recipes are directed
- Double check processing times and make altitude adjustments
- Label all products with name and date made
- Check for a seal and store in a cold dry place
- Refrigerate after opening

Sources: University of Georgia Extension, USDA. (2000). The National Center for Home Food Preservation. <https://nchfp.uga.edu/>

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healthyaging@unr.edu

Refrigerated Apple Butter

INGREDIENTS Yield: 4 half-pints

- ❖ 2 tbsp unflavored gelatin powder
- ❖ 1 qt bottle unsweetened apple juice
- ❖ 2 tbsp bottled lemon juice
- ❖ 2 tbsp liquid low-calorie sweetener
- ❖ Food coloring, if desired

DIRECTIONS

Procedure: In a saucepan, soften the gelatin in the apple and lemon juices. To dissolve gelatin, bring to a full rolling boil and boil 2 minutes. Remove from heat. Stir in sweetener and food coloring, if desired. Fill jars, leaving 1/4-inch headspace. Adjust lids. Do not process or freeze. **Caution: Store in refrigerator and use within 4 weeks.**

Optional: For spiced apple jelly, add 2 sticks of cinnamon and 4 whole cloves to mixture before boiling. Remove both spices before adding the sweetener and food coloring.

nchfp.uga.edu/how/can_07/refrig_apple_spread.html



We are excited to be adding Bingocize to our line of virtual physical activity and nutrition programming. It's a fun way to improve your health and quality of life.



We are also excited to be offering Cooking Matters, a virtual food skills education program, teaching healthy shopping and meal preparation on a budget.

For more information, email healthyaging@list.unr.edu

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