

◆ APPLE CORE ◆

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NUTRITION & SERVICES FOR SENIORS

January 2019



“For last years words belong to last year’s language and next year’s words await another voice.” -T.S. Eliot

“Tomorrow is the first blank page of a 365 page book. Write a good one.” -Brad Paisley

“In the New Year, never forget to thank your past Year’s because they enabled you to reach today! Without the stairs of the past, you cannot arrive at the future!” -Mehmet Murat Ildan

“Any new beginning is forged from the shards of the past, not from the abandonment of the past.” -Craig D. Lounsbrough

“It’s when you meet 2019 head on that the crash of 2018 will be, but forgotten.” -Anthony T. Hincks

“As the old year retires and a new one is born, we commit into the hands of our Creator the happenings of the past year and ask for direction and guidance in the new one. May He grant us His grace, His tranquility and His wisdom!” -Peggy Toney Horton



Happy New Year

2019

8 Benefits of Eating Oatmeal

Celebrate The New Year & National Oatmeal Month This January

- 1. Oats Are Incredibly Nutritious.** Oats are rich in carbs and fiber, but also higher in protein and fat than most other grains. They are very high in many vitamins and minerals.
- 2. Whole Oats Are Rich In Antioxidants, Including Avenanthramides.** Oats contain many powerful antioxidants, including avenanthramides. These compounds may help reduce blood pressure and provide other benefits.
- 3. Oats Contain A Powerful Soluble Fiber Called Beta-Glucan.** Beta-glucan helps reduce cholesterol and blood sugar levels, promotes healthy gut bacteria and increases feelings of fullness.
- 4. Oats Can Lower Cholesterol Levels and Protect LDL Cholesterol From Damage.** Oats may lower the risk of heart disease by reducing both total and LDL cholesterol and protecting LDL cholesterol from oxidation.
- 5. Oats Can Improve Blood Sugar Control.** Due to the soluble fiber beta-glucan, oats may improve insulin sensitivity and help lower blood sugar levels.
- 6. Oatmeal Is Very Filling and May Help You Lose Weight.** Oatmeal may help you lose weight by making you feel more full. It does this by slowing down the emptying of the stomach and increasing production of the satiety hormone PYY.
- 7. Find Ground Oats May Help With Skin Care.** Colloidal oatmeal (finely ground oats) has long been used to help treat dry and itchy skin. It may help relieve symptoms of various skin conditions, including eczema.
- 8. Oats May Help Relieve Constipation.** Studies indicate that oat bran can help reduce constipation in elderly individuals, significantly reducing the need to use laxatives.

BANANA SPLIT OATMEAL

Ingredients:

- 1/3 cup oatmeal, quick-cooking (dry)
- 1/8 teaspoon salt
- 3/4 cups water (very hot)
- 1/2 banana (sliced)
- 1/2 cup frozen yogurt, non-fat

Preparation:

1. In a microwave safe cereal bowl, mix together the oatmeal and salt. Stir in water.
2. Microwave on high power for 1 minutes. Stir. Microwave on high power for another minutes. Stir again.
3. Microwave an additional 30-60 seconds on high power until the cereal reaches the desired thickness. Stir.
4. Top with banana slices and frozen yogurt.





Q. What does the Easter Bunny say on New Year's Day?
A. Hoppy New Year!!

Q. How do snowmen travel?
A. By icicle!!

Q. What do you call a slow skier?
A. A slopepoke!

Q. How do Eskimos make their beds?
A. With sheets of ice and blankets of snow.

Q. What song does a vampire sing on New Year's Eve?
A. Auld FANG Syne.

I raised my left leg before the ball dropped so I could start the New Year off on the right foot.

Q. What do you tell someone you didn't see on New Year's Eve?
A. I haven't seen you for a year!

Q. What do you call always have a date for New Year's Eve?
A. Social Security

A New Year's resolution is something that goes in one year and out the other!!

Q. What do you call a fake noodle?
A. An impasta!!

Celebrate National Spaghetti Day on January 4th!!

Q. What do farmers give their wives on New Year's Eve?
A. Hogs and kisses!

DISTRIBUTED BY:

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Sudoku Puzzles

Sudoku puzzles improve memory, simulates your mind, reduces the chances of Alzheimer's Disease, increases your concentration power and makes you feel happy. Each puzzle consists of a 9x9 grid containing areas surrounded by gray/black lines. The object is to fill all empty squares so that the numbers 1 to 9 appear exactly once in each row, column and 3x3 box.

			2	6		7		1
6	8			7			9	
1	9				4	5		
8	2		1				4	
		4	6		2	9		
	5				3		2	8
		9	3				7	4
	4			5			3	6
7	3		1	8				

4		1	2	9			7	5
2			3				8	
	7			8				6
			1		3		6	2
1		5					4	3
7	3		6		8			
6				2			3	
		7			1			4
8	9			6	5	1		7

NEW YEAR'S

Resolution

JUMBLE

Oh, resolutions! You come along and try to ruin a perfectly good holiday like New Year's. This year, have a little fun with your resolutions by picking them out from our jumbled list below. We have all of your favorites, and, to make it a little more challenging, all but one include multiple words (total number notes in parenthesis) incorporated into one jumble. Answers below. Enjoy & Happy New Year

- | | |
|---------------------|--------------------------------|
| 1. XRALE (1) | 6. DEBGMEZRRAONOIE (3) |
| 2. HLTEEOIWGS (2) | 7. YTSAOUVIIFCOGTEIRNRN (4) |
| 3. MSYVONEAE (2) | 8. LLEANRAKISWLEN (4) |
| 4. GQSIINOKMUT (2) | 9. LYDNEREOFTMSPIEMHTMIAIW (5) |
| 5. NRMOFOEADRET (3) | 10. GETBETTERATWORDJUMBLES (5) |

- Answer Key:
- | | |
|----------------|--------------------------------|
| 1. Relax | 4. Quit Smoking |
| 2. Lose Weight | 5. Read More Often |
| 3. Save Money | 6. Be More Organized |
| | 7. Visit A Foreign Country |
| | 8. Learn A New Skill |
| | 9. Spend More Time With Family |
| | 10. Get Better At Word Jumbles |