

# ◆ APPLE CORE ◆

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NUTRITION & SERVICES FOR SENIORS

January 2018

## JANUARY INSPIRATION

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"Although no one can go back and make a brand new start, anyone can start from now and make a brand new ending." - Carl Bard

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"I hope that in this year to come, you make mistakes. Because if you are making mistakes then you are making new things, trying new things, learning, living, pushing yourself, changing yourself, changing your world." -Neil Gaiman

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"The new year stands before us, like a chapter in a book, waiting to be written. We can help write that story by setting goals." -Melody Beattie

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"A good beginning makes a good end." -English Proverb

## JANUARY is... National Soup Month



### 6 Benefits of Eating Soup

#### 1. Soup is delicious.

Soup can be a comfort food as it is delicious. It is easy to make. With only a few ingredients, one can make a bowl of hearty soup for a cold evening.

#### 2. Soup is good for the health.

Perhaps the easiest way to add vegetables to your daily meals is to make and eat soup. You can make several bowls of soup filled with fruits and veggies each day and you'll be filled. Eating vegetables is part of a healthy diet so veggie soups are highly recommended.

#### 3. Soup can help you lose weight.

Soups are slimming. Of course, that is if you strictly follow a weight-loss plan and exercise more. A bowl of soup packs minimal calorie but is very nutritious.

#### 4. Soup makes you feel full.

Soup fills you up because it stretches the stomach. You easily feel full so it's ideal to eat soup at the beginning of every meal.

#### 5. Soup is affordable to make.

Making soup won't require a lot of money. Go the grocery or market; buy some vegetables and fruits, broth or water, and you can easily make a batch enough to feed the entire family. For a small cost, you can make a lot of people feel full and healthy.

#### 6. Soup can make you feel better.

Ever wondered why chicken soup is always given to the sick? It is because soup is great for people who are sick. It is easily digested and is filled with health benefits.

**HAPPY NEW YEAR**

### 5 New Year's Resolution Ideas for Older Adults

1. LAUGH MORE - studies have shown that the simple act of laughing can reduce stress, enhance learning, reduce short term memory loss, and - in just about every way - benefit your mind, body and spirit.
2. MOVE MORE - Staying active will allow you to more effectively manage symptoms of illness or pain, maintain your independence within your own home, as well as ultimately extend the length of your own life.
3. MAKE HEALTHIER FOOD CHOICES - **Try this out for 2018** - Before you rush to the fridge and have your "usual", try thinking about each snack or meal that you eat as simply an opportunity or chance or choice to practice healthy eating every day, to benefit your whole body, mind and well-being.
4. DRINK LESS ALCOHOL - Older adults who take medications, have health issues and drink heavily can experience a variety of problems from drinking alcohol.
5. BE YOUR OWN CHEERLEADER - Anytime you take positive steps or actions toward your goals, remember to reward yourself!

**A PRAYER FOR THE NEW YEAR**

Thank you Lord for giving me the brand new year ahead. Help me live the way I should as each new day I tread. Give me gentle wisdom that I might help a friend, give me strength and courage so a shoulder I might lend. The year ahead is empty, help me fill it with good things, each new day filled with joy and happiness it brings. Amen.



**20 MINUTE TACO SOUP**



**INGREDIENTS**

- 1 lb. lean ground meat
- 1 15 oz. can Rotel tomatoes
- 1 15 oz. can diced tomatoes
- 1 15 oz. can corn
- 1 15 oz. can pinto or black beans
- 1 15 oz. can kidney beans
- 1 1 oz. packet Hidden Valley Ranch Dressing Mix
- 1 1 oz. packet taco seasoning

**INSTRUCTIONS**

1. In large sauté pan, cook meat until browned, drain fat (if necessary) and add taco seasoning, stirring to coat.
2. Mix all cans (don't drain) and Ranch seasoning in a large pot. Add in meat.
3. Let sit on medium heat for 5 minutes, stirring occasionally, until soup is hot.
4. Top with shredded cheese, sour cream and crushed tortilla chips.

Source: <https://www.liveeatlearn.com/taco-soup/>

**Tips for Preventing Falls**

- Take a couple of minutes a few times each day to stretch your limbs to loosen muscles and increase blood flow.
- Stay inside wherever possible – make arrangements for someone else to shovel and salt your driveways and pavements or other thoroughfares you may wish to use nearby.
- Make sure you wear shoes or boots with a non-skid sole and don't just 'make do'.
- Have handrails installed on outside walls for frequently used walkways.
- If you use a cane or walking frame, check the rubber tips to make sure they are not worn smooth.

Source: <https://www.homeinstead.co.uk/M4447/winter-freeze-tips-for-our-elderly.do>

**Soup Humor**

How do you make a gold soup?



**YOU PUT 24 CARROTS IN IT**



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**Keeping Warm this Winter**

- If you wear several thin layers of clothes, instead of one thick layer.
- Keep a throw or blanket handy to cover your feet or shoulders.
- Wearing fleece slippers around the house will keep your feet warmer.
- Make sure you keep your living room warm and heat your bedroom before going to bed.
- Always close curtains to keep draughts out. Additionally, keep doors closed between each room.
- Eat at least one hot meal a day. Soup is warming, extremely nutritious & inexpensive.
- Make arrangements for assistance in case of a power cut.