

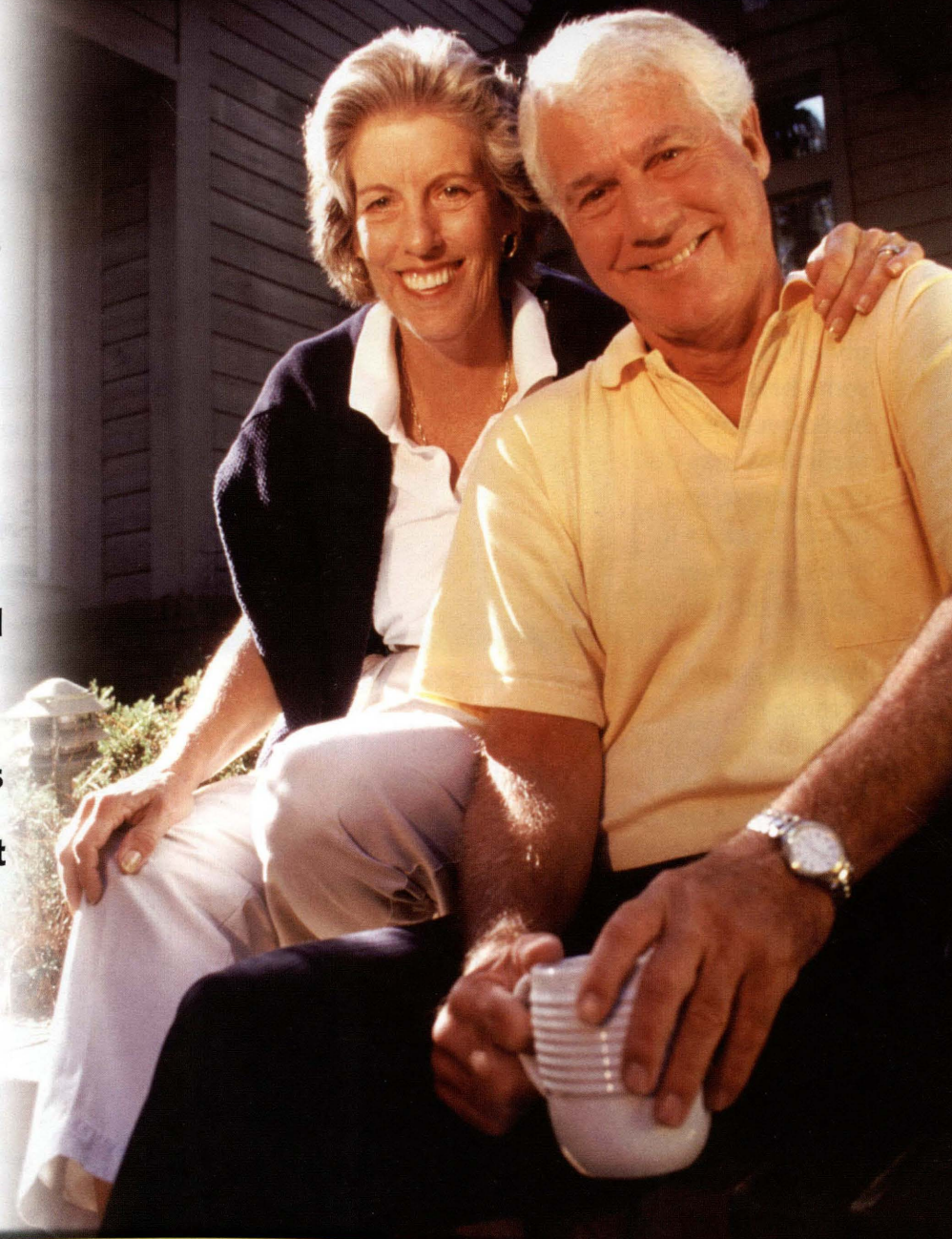
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Smart Choices for **SENIORS**

April

A Newsletter from the EFNEP/SCNEP Programs of Virginia Cooperative Extension

Welcome to the April Issue of Smart Choices for Seniors. Have you ever heard that April showers bring May flowers? Well just like flowers, you, too, need enough water to be healthy! This issue has more about how to get enough water for your body.



Virginia Cooperative Extension

Knowledge for the Commonwealth



VIRGINIA POLYTECHNIC INSTITUTE
AND STATE UNIVERSITY



VIRGINIA STATE UNIVERSITY



MyPyramid.gov
STEPS TO A HEALTHIER YOU

Nutrition and Health Tips for Today

"I Never Seem To Get Thirsty Anymore"

If it seems like you don't get thirsty as you did when you were younger, it is probably true. As we grow older, the part of the brain that controls our thirst becomes less sensitive to our body's supply of water. Also, some heart and blood-pressure medicines may decrease thirst, and others cause us to lose more water through the urine.



Water is great because it:

- makes up body fluids such as blood and saliva
- helps clean the body by sending waste away from the cells to the kidneys
- keeps the body cool
- cushions the body's organs and lubricates the joints

What should I do to get enough fluid every day?

- Drink a glass of water when you get up in the morning.
- Have a glass of water when you come back from a walk.
- Sip on a glass of water between meals.
- Eat your fruits and leafy vegetables; they each can provide extra fluid.
- Drink fluid before you get thirsty.

If you have serious heart or kidney disease, check with your doctor about how much water you should drink.

Spring Activity

Spring is a great time to shake off the cold winter months with some activity. If you have been a couch potato over the winter, start your activity slowly to prevent hurting yourself. Build up your activity throughout the spring so that you are ready to move and play during the summer months.

Tips

According to the National Institutes on Aging:

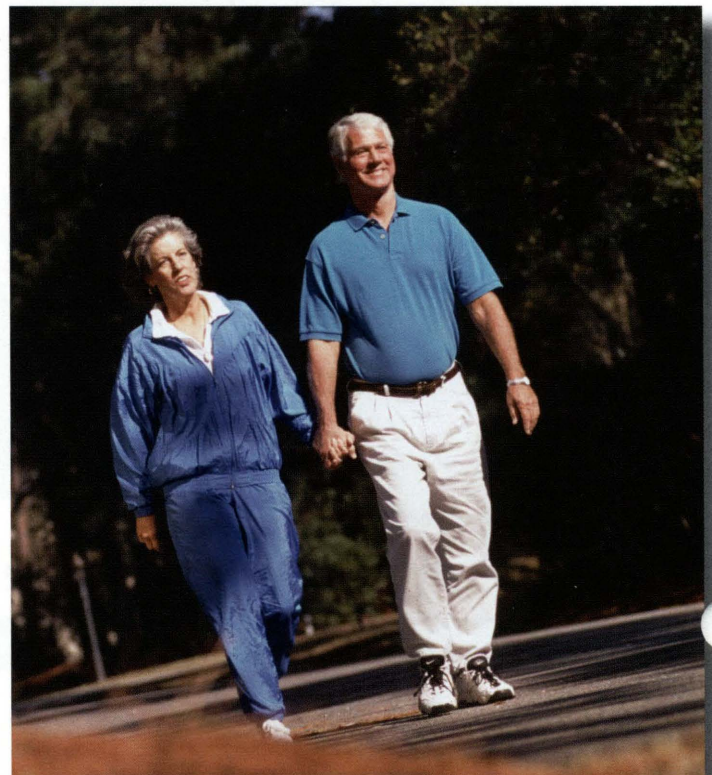
- Check with your doctor before starting an exercise program.
- Wear loose comfortable clothing and well fitting, sturdy shoes!
- Start with exercises that you already feel comfortable with, like walking.

Activity Example

- If you haven't been walking regularly, start walking 5 minutes a day. Then increase your walking time each day until you can walk 10 minutes without stopping.
- Try to walk for 10 minutes 3 times a day on most days of the week.
- Stretch after your activity when your muscles are warm.

For more information:

[http://www.niapublications.org/exercisebook/
ExerciseGuideComplete.pdf](http://www.niapublications.org/exercisebook/ExerciseGuideComplete.pdf)



Cooking Corner

Spring Vegetable Soup

Recipe Yield: 6 servings

Ingredients:

- 1 tablespoon vegetable oil
- 1/2 cup chopped onion
- 1 clove garlic, minced
- 1 medium potato, peeled and chopped
- 1/2 cup chopped broccoli (fresh or frozen)
- 1/2 cup frozen corn
- 1/2 cup torn spinach
- 1/2 cup chopped carrots
- 1 small can of chicken broth
- 1 cup of water
- 6 ounces egg noodles
- 1 cup canned white beans

Directions:

1. Add oil to a large pot on the stovetop. Cook the onion and garlic in oil until tender.
2. Mix in potato, broccoli, corn, spinach, and carrots (or other vegetables that you have).
3. Pour in chicken broth and water and bring to a boil.
4. Reduce heat to low and allow mixture to simmer until potato is tender (about 20 minutes).
5. Stir in egg noodles and white beans and continue cooking 7 minutes, or until noodles are tender and beans are heated through.

Source – www.allrecipes.com

Food Safety Tip

Keep your spring vegetable soup leftovers safe by following these COOL rules:

- Refrigerate leftovers quickly.
- Set your home refrigerator no higher than 40°F (4°C) and the freezer unit at 0°F (18°C). Check the temperature occasionally with a thermometer.
- Refrigerate or freeze perishable foods within 2 hours.
- Divide large amounts of leftovers into shallow containers (2 inch high) for quick cooling in the refrigerator.

Source – www.foodsafety.gov



April Word Search

E	G	M	N	T	W	B	V	C	I	N	Y	H
R	Q	F	V	A	I	B	R	H	J	T	T	P
A	R	B	C	W	R	R	P	O	I	Y	I	M
E	T	A	R	E	G	I	R	F	E	R	V	W
A	S	F	D	W	L	J	M	Q	W	Y	I	Q
G	H	P	A	K	D	B	W	I	T	P	T	W
A	B	L	R	F	W	Z	A	S	G	Q	C	A
R	K	T	T	I	J	M	R	T	J	B	A	T
E	R	N	Q	J	N	I	I	K	E	T	A	E
Y	I	C	P	I	H	G	K	O	N	G	C	R
C	M	P	X	T	O	X	B	N	Z	A	E	Z
H	E	A	L	T	H	Y	E	I	D	N	W	V
D	S	E	R	J	M	T	R	F	L	J	D	X

ACTIVITY

THIRSTY

HEALTHY

VEGETABLE

REFRIGERATE

WALK

SPRING

WATER

April Word Search Answers

E G M N T W B V C I N Y H
R Q F V A I B R H J T T P
A R B C W R R P O I Y I M
E T A R E G I R F E R V W
A S F D W L I M Q W Y I Q
G H P A K D B W I T P T W
A B L R F W Z A S G Q C A
R K T T I J M R T J B A T
E R N Q J N I I K E T A E
Y I C P I H G K O N G C R
C M P X T O X B N Z A E Z
H E A L T H Y E I D N W V
D S E R J M T R F L J D X

**For more information on food, nutrition,
and achieving a healthy weight, contact:**

Or call this toll-free number: 1-888-814-7627

If you have access to the Internet, go to these sites:

Healthy Futures Series:

<http://www.ext.vt.edu/healthyfutures>

MyPyramid Food Guide:

<http://www.mypyramid.gov/pyramid/index.html>

Food Stamps in Virginia:

<http://www.dss.virginia.gov/benefit/foodstamp.html>

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The Food Stamp Program provides nutrition assistance to people with low incomes. It can help you buy nutritious foods for healthy eating. To learn how to apply, call your local county or city **Department of Social Services** (listed under city/county government in phone book). For help in finding the correct local number, call this toll-free number: **1-800-552-3431** (M-F 8:15-5:00, except holidays). By calling the local DSS office, you can get other useful information about services you may need.

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