

BUZZ, BODY & BITES

A newsletter for actively aging adults
Virginia Cooperative Extension
Family & Consumer Sciences
November 2021 Newsletter

Buzz

WE ARE GRATEFUL



Virginia Cooperative Extension Agents have much to be grateful for in 2021. Here are some of things:

- *Beautiful Fall weather*
Katie Strong, Fairfax County
- *Opportunities to be back together*
Kim Butterfield, Roanoke City
- *My family who loves me unconditionally*
Melissa Chase, Montgomery County
- *My health*
Kimberly Costa, Frederick County
- *Front line works in health and other fields*
Ann Vargo, Chesterfield County
- *Accessible, clean water*
Vanessa Santiago, Frederick County
- *The ability to travel*
Samantha Harden, Montgomery County
- *My rewarding career with Extension*
Glenn Sturm, Gloucester County
- *Having very kind and caring neighbors*
Pegi Wright, King George County



Cultivating Gratitude

Contributed by: Tonya Price, Ph.D. Extension Specialist, 4-H Youth Development, Virginia Cooperative Extension

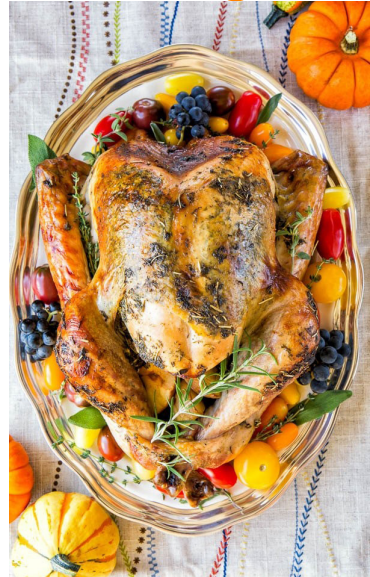
As we enter the month of November many of us start making plans for our Thanksgiving dinners, gathering together with family and friends, getting excited about the big football game, and reflecting on what we are thankful for. Although we are more likely to express our gratitude and appreciation during this time, it is important that we keep the spirit and practice of gratitude alive throughout the entire year. Gratitude is more than saying thank you, it is appreciating the things, people, animals, and aspects of our lives that bring us joy.

Expressing gratitude is a proven way to improve our lives and lift our spirits. Research shows that being grateful can reduce stress and improve our overall health and wellbeing. On average, folks who are truly appreciative of what they have, and not focused or worried about what they don't, have fewer stress related illnesses, experience less depression, have lower blood pressure, are more physically fit, have achieved more wealth, have more satisfying personal and professional relationships, and are genuinely happier!

Even during our most challenging and difficult times, there is always something we can be grateful for. It can be as simple as hearing the birds chirp in the morning, to something more complex, such as appreciating your health, use of your limbs, or being blessed with a new day. Sometimes though, it's hard to see the positives within our lives. Making a daily habit of expressing gratitude can help. One of my favorite ways to express gratitude is by keeping a gratitude jar. Every day, I write down at least one thing I am thankful for, big or small, and put it in my 'gratitude jar'. During difficult times, when it is hard to see the positives, I open my gratitude jar and am reminded of all the things I have to be thankful for. Start a gratitude jar. You will find how helpful it is to staying thankful.

In closing, here is one of my favorite quotes about gratitude from author, Melody Beattie, "Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend. Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow." Wishing you a safe and joyous holiday season filled with gratitude!

Thanksgiving Turkey Tips



Turkey is the centerpiece of most Thanksgiving meals, but making a succulent, moist, flavorful turkey is not as easy as it seems. Here are tips for cooking a delicious bird safely that is juicy from leg to breast.

Tips:

- For birds that are not pre-seasoned, you can immerse in a brine solution for 8 or more hours in refrigeration. See Resources for recipes.
- Salt the bird inside and outside
- Heat 1/2 onion, 1 apple, & 1 cinnamon stick in hot water for 5 minutes. Place in the cavity of the bird with 4 rosemary stems and 6 sage leaves.
- Coat the breast with oil. Shape aluminum foil in a triangle to fit over the breast.
- Cook turkey at 500°F for first 30 minutes. Then reduce to 350°F until done. Remove foil toward the end of cooking to brown the breast.

Safety tips:

- The USDA recommends frozen turkeys be thawed in the refrigerator. Place the turkey on the lower shelf in a container, and allow 24 hours per each 5 pounds to thaw.
- To avoid cross-contamination, wash hands, cutting boards, utensils, and countertops with hot soapy water after preparing turkey and before preparing the next item.
- Cook turkey to an internal temperature of 165°F, place thermometer in thickest part of the thigh and breast, being careful that the thermometer does not touch the bone.
- For safety, cook stuffing separately from the turkey in a container. If you stuff your bird, the stuffing should be cooked to 165°F.

Body

Stretching Exercises

This is the second in a series of four stretching exercises to promote flexibility and balance.

Half Moon Pose

Stretches the sides and shoulders



With feet shoulder width apart, raise arms over your head. Then lift one arm and armpit higher than the other, and slightly lean to the opposite side. If you want a deeper stretch, lift armpit higher and press same side heel into the ground.

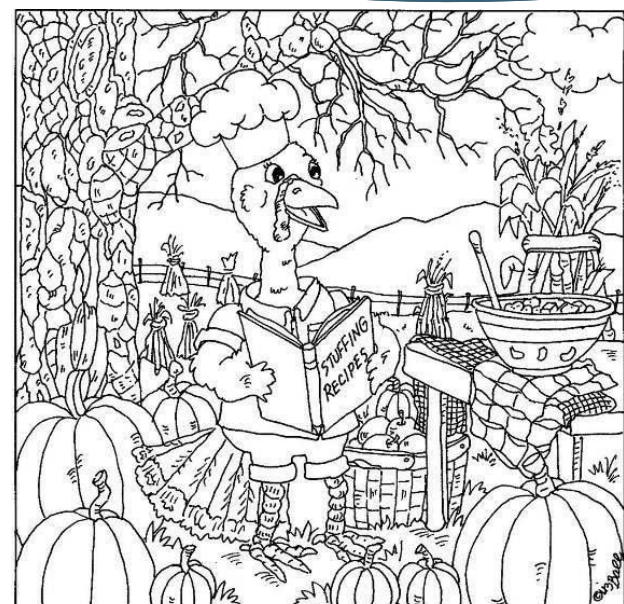
DO:

- Engage your core
- Focus on upward lift more than side lean
- Keep both feet on the ground
- Lift the top arm up

DON'T:

- Focus on the side bend
- Push your hips to the side
- Collapse your neck; keep chin up

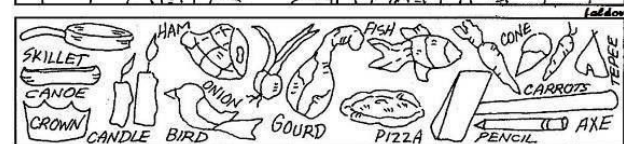
Mind Games



PICTURE FIND

Find the following images in the picture. Color them if you like!

- 1 skillet
- 1 canoe
- 1 crown
- 2 candles
- 1 ham
- 1 onion
- 1 bird
- 1 gourd
- 1 fish
- 1 pizza
- 2 carrots
- 1 cone
- 1 axe
- 1 pencil
- 1 tepee



RESOURCES

Turkey Hotlines:

USDA Meat & Poultry Hotline: 1-888-MPHotline (1-888-674-6854) or <https://ask.usda.gov>

Butterball 1-800-BUTTERBALL (800-288-8372) or text 844-877-3456

Brining a Turkey:

USDA: www.usda.gov/media/blog/2017/11/16/brining-safely-will-bring-tender-flavorful-meat-thanksgiving-table

Other Turkey Info:

www.cdc.gov/foodsafety/communication/holiday-turkey.html

www.foodsafety.gov/blog/food-safety-tips-your-holiday-turkey

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