



HEALTHY AT 80

www.communityhealthdayton.org

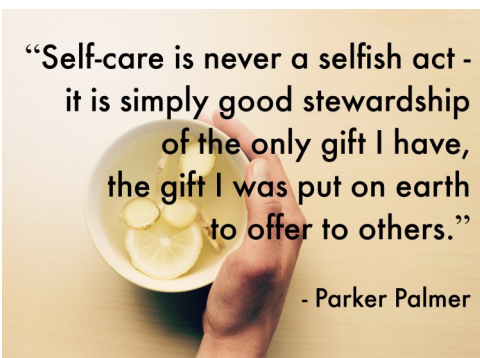
January 2016

Happy New Year, Happy You!

As you head into a new year, it's only natural to look back on your successes and disappointments, and to ask yourself how to use those experiences to become a better person. There is value in this process of self-examination, but only if you avoid the tendency to dwell on past frustrations and instead focus on new opportunities for personal growth. Let's make 2016 the year to focus on self-care—you deserve it!

- **Prioritize caring for your body.** Your body is your home—cherish it! Take good care of your “home” by starting with the basics: stretch, move, and exercise your body 5 days out of each 7, be mindful of the foods you chose to nourish your body, and get a good night's sleep.
- **Reframe the Negative.** When something discouraging happens allow yourself time to heal, but don't dwell on it. Realize that although you can't change the event, you can use it as an opportunity for self-improvement.
- **Find a Confidant.** That person can be a friend, a professional counselor or a spiritual advisor you can call on to provide support and comfort, and to help you find your inner strength and resolve in dealing with the curves life throws at you.

Give yourself a head start on the new year—see inside for more self-care tips!



IT'S A GOOD DAY TO TAKE CARE OF YOURSELF (SO IS EVERY OTHER DAY).



Healthy at 80 is Community Health Centers of Greater Dayton's informational newsletter on healthy living, created with the goal of helping you stay healthy and thriving through 80 years old and beyond! To read more Healthy at 80 articles, please visit the archives on our website:

www.communityhealthdayton.org/healthyat80

In This Issue

- Happy New Year, Happy You!
- Going the Distance
- Cultivate Contentment!
- Smart Start
- Nutrition Bites! Sugar Substitutes
- Delicious & Nutritious: Butternut Squash Soup



Going the Distance

The pace of modern life is maniacal. Regardless of where you are in your life, you probably feel that the demands and expectations, and the time pressure, are exhausting and relentless. It's like trying to drink out of a fire hose. This challenge becomes magnified during and after the holiday season with an additional set of commitments. So how do you keep burnout at bay? Here are 3 tips to get you started:

- ⇒ **Focus on the WIN:** Remember to ask yourself: "What's important now?" If you're driving, pay attention to the road. If you're having dinner with a friend, be engaged. Realistically you can only do one thing at a time, and that's OK.
- ⇒ **Value your time.** Whenever you're planning your day, multiply the estimated time commitment by a factor of 4. If you anticipate that you can run errands in 1 hour, plan for 4 hours. Factoring in extra time will help keep you from feeling rushed, overwhelmed, or stretched between too many commitments at once.
- ⇒ **Make yourself unavailable.** It's OK if you need time to yourself to check things off your to-do list or simply breathe and relax for a moment. You will have more energy for your friends and family when you return and make yourself "available" again.

Cultivating Contentment!

Despite what the fairy tales depict, happiness doesn't appear by magic. It's not even something that happens to you. It's something you can cultivate! If you've been looking for happiness, the good news is that your choices, thoughts and actions can influence your level of happiness. It's not as easy as flipping a switch, but you can turn up your happiness level.

- 1) **Invest in People.** Surround yourself with happy people. Being around people who are content buoys your own mood. And by being happy yourself, you give something back to those around you.
- 2) **Express Gratitude.** Gratitude is more than saying thank you. It's a sense of wonder and appreciation for life. Each day identify at least one thing that enriches your life.
- 3) **Maintain Optimism.** Develop the habit of seeing the positive side of things. You needn't become overly optimistic—after all, bad things do happen. But you don't have to let the negatives color your whole outlook on life. Remember that what is right about you almost always trumps what is wrong around you.

Smart Start

According to research, only 8% of the people who make New Year's resolutions actually achieve them. People tend to blame themselves for not achieving their resolutions, but in reality those goals might just be uninspiring! If you really want to make a New Year's resolution, consider setting a "SMART" goal—one that is Specific, Measurable, Attainable, Realistic and Timely.

When you achieve your goal, you should reward yourself with something worthwhile. Don't wait a whole year to reward yourself! Then, keep your original goal going with more SMART goals after you complete each one. Determine your reward right when you set your goal. That way, when you're tempted to throw in the towel, you can set your sights on the reward and remind yourself how close you are!

How to Make and Keep Your New Year's Resolutions



S-Be **specific**. Specific resolutions make them more concrete and exciting. General resolutions are static and often lack inspiration.



M-Make them **measurable**. Determine benchmarks against which you can determine progress. Without measurable benchmarks, you can't gauge progress and may not feel motivated to continue.



A-Make them **attainable**. Choose resolutions that are important to you and actually inspire you to take action.



R-Be **realistic**. You must be willing and able to work toward something concrete. Set yourself up for success with a resolution that you are realistically able to achieve.



T-Be **timely**. Identify a solid start and finish. Without that, you will have no sense of urgency to accomplish your goal.

Nutrition Bites!



Community Health Centers
of Greater Dayton

There are so many sugar substitutes on the market, it can be difficult to decide on the best one for your lifestyle. The following is a list of some common alternative sweeteners and how they affect your blood sugar!

- ⇒ **Agave Nectar:** A concentrated sugar syrup similar to honey. Although it has twice as many calories as table sugar, it is 1.5 times sweeter than table sugar, so people may tend to use less of it. Still, the American Diabetes Association lists agave nectar as "a sweetener to limit."
- ⇒ **Stevia:** Derived from the stevia plant, Stevia is up to 300 times sweeter than sugar and does not affect blood sugar levels, so it is safe for people who have diabetes.
- ⇒ **Splenda:** A low-calorie sugar substitute found in many processed foods and used as a general purpose sweetener Splenda contains about 1 gram of carbs per teaspoon, which means it could affect blood sugar if it's not consumed in moderation.

Delicious & Nutritious

Earthy, fragrant spices like allspice, cloves, and cinnamon make wonderful accents for the natural sweetness of butternut squash. Make sure to simmer the squash until very tender--the softer it gets, the silkier the puree. If you don't have a blender, the soup is delicious even without pureeing!

Warm-Spiced Butternut Squash Soup

- 4 pounds whole butternut squash
- 1/4 cup extra-virgin olive oil, divided
- 7 cups water
- 1/2 teaspoon whole allspice
- 1/2 teaspoon black peppercorns
- 6 thyme sprigs
- 3 whole cloves
- 1 (3-inch) cinnamon stick
- 1 yellow onion, chopped
- 1 1/2 teaspoons kosher salt
- 1 tablespoon cider vinegar
- 1/8 teaspoon crushed red pepper



- ⇒ Peel and seed squash, reserving peels, trimmings, and seeds. Cube peeled and seeded squash. Heat a large Dutch oven over medium-high heat. Add 1 tablespoon oil; swirl to coat. Add squash scraps; sauté 8 minutes or until lightly browned. Add 7 cups water, allspice, and next 4 ingredients (through cinnamon stick). Bring to a boil; cover, reduce heat, and simmer 45 minutes. Strain mixture into a large bowl; discard solids.
- ⇒ Wipe pan clean with paper towels; heat over medium heat. Add remaining 3 tablespoons oil and onion; cover and cook 5 minutes, stirring occasionally. Add cubed squash; cover and cook 10 minutes, stirring occasionally. Add reserved homemade spiced broth and salt; bring to a boil. Cover and simmer 40 minutes or until squash is very tender.
- ⇒ Place half of squash mixture in a blender. Remove center piece of blender lid (to allow steam to escape); secure blender lid on blender. Place a clean towel over opening in blender lid (to avoid splatters). Blend until smooth. Repeat procedure with remaining squash mixture. Stir in vinegar and red pepper. Serve warm and enjoy! ~ Cooking Light, January 2015

Community Health Centers of Greater Dayton

Give us a call to discuss your health with our caring doctors and nurse practitioners!

Health Centers

Appointment Line:
937-461-6869

Alex Central Health Center

5 South Alexandersville Road Miamisburg, OH 45342
Phone: 937-247-0304

Charles Drew Health Center

1323 West Third Street Dayton, OH 45402
Phone: 937-461-4336

Corwin Nixon Health Center

2351 Stanley Avenue Dayton, OH 45404
Phone: 937-228-0990

East Dayton Health Center

2132 East Third Street Dayton, OH 45503
Phone: 937-528-6850

Southview Health Center

25 Thorpe Drive Dayton, OH 45420
Phone: 937-258-6330

Victor Cassano Health Center

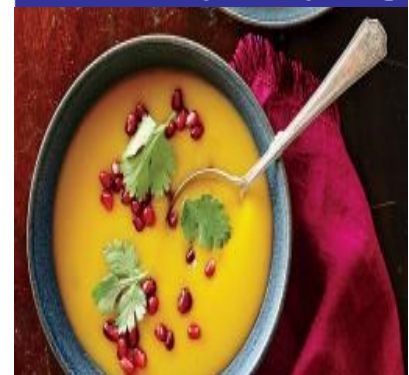
165 South Edwin C. Moses Blvd. Dayton, OH 45402
Phone: 937-558-0180

Dental Center

East Dayton Dental Center

2123 East Third Street Dayton, OH 45403
Phone and Appointments: 937-528-6830

www.communityhealthdayton.org



Community Health Centers of Greater Dayton—Your Medical Home