

# Super Seniors News

## January 2014 Newsletter

Dear Friends,

This issue of “Super Seniors News” will be dedicated to New Year’s resolutions, tips for healthy living in the new year, and protecting yourself from fraud.

Sincerely,

*Jacquelyn W. Gibson*

Jacquelyn W. Gibson  
Extension Faculty-FCS

**The Family & Consumer Science Program and the  
4-H Youth Development Program has a New  
Home!!**

**New Location: Amelia Earhart Park**

401 East 65th Street  
Hialeah, FL 33013  
Phone: 305-769-4050  
Fax: 305-769-4052

### **Staff**

Jacquelyn W. Gibson, FCS - [jwgibson@ufl.edu](mailto:jwgibson@ufl.edu)  
Cassandra Weston, 4-H - [crweston@ufl.edu](mailto:crweston@ufl.edu)  
Ruth Santos, 4-H - [ruth.santos@ufl.edu](mailto:ruth.santos@ufl.edu)  
Shirley Bender, Secretary - [skbender@ufl.edu](mailto:skbender@ufl.edu)

### **Put In The Big Rocks First**

In “First Things First,” Stephen Covey tells a story that one of his associates heard at a seminar. The seminar presenter pulled out a wide-mouth gallon jar and placed it next to a pile of fist-sized rocks. After filling the jar to the top with rocks, he asked, “*Is the jar full?*”

The group replied, “*Yes.*”

He then got some gravel from under the table and added it to the jar. The speaker jiggled the jar until the gravel filled the spaces between the rocks. Again, he asked, “*Is the jar full?*”

This time, the group replied, “*Probably not.*”



The speaker then added some sand and asked, “*Is the jar full?*”

“*No!*” shouted the group.

Finally, the speaker filled the jar to the brim with water and asked the group the point of this illustration.

Someone replied that you could always fit more things into your life if “*you really work at it.*”

“*No,*” countered the speaker. The point is, if you don’t put the big rocks in first, “*. . . would you ever have gotten any of them in?*”

As you start the new year, think of the “big rocks” in your life as the things you can do to make this a healthier and happier year for yourself and others.

### Some big rocks might be:

- exercising more often;
- eating additional calcium foods;
- trying some new vegetables;
- getting more sleep;
- starting to lift weights;
- spending added time with family and friends;
- doing volunteer work in your community;
- reading inspirational literature.

As you make decisions during the moments, days and months of the year ahead, ask: “Is this a big rock?”

### Quickie Quiz Which activity looks like a big rock to you?

1. Watching a rerun of a less-than-favorite TV show **OR** taking a walk with a friend or family member.

2. Checking your e-mail every few minutes **OR** writing a letter of praise/thanks to a co-worker or friend.
3. Giving your thumb a work out with the TV remote control **OR** lifting some heavier weights to benefit your total body.
4. Spending your time “crawling the mall” **OR** enriching your cuisine by learning how to prepare a healthy vegetable.
5. Doing that “one more thing” on a night you’re extremely tired **OR** going to bed and getting a good night’s sleep.
6. Screaming at other drivers when you’re stuck in heavy traffic **OR** putting a symphony on the tape player and thinking “life’s too short to be uselessly angry.”
7. Trying to follow a “if it tastes good, spit it out” diet **OR** going on a treasure hunt for recipes for lower fat and calorie treats.

As you make choices this year, say “yes” to your “big rocks” first. Don’t feel you need to explain each “no” when the smaller gravel and sand try to fill your time. “No” can be a complete sentence!

Source: Food Reflections Newsletter, University of Nebraska Cooperative Extension in Lancaster county (Lancaster, unl.edu/food/foodtalk.htm)

### Tips to Help you Keep Your New Year/s Resolutions

- Avoid Portion Distortion - Never eat more than you can lift.
- Downsize your portion sizes. Serve food on smaller plates. Eat from plates and bowls rather than packages and bags, so you can see how much you’re eating.
- Resolve to eat more lowfat soups and salads during the week. It is even better if you can eat them before a meal!



- Walk around the block - Try to go farther each time before you go back to watching the TV.
- Trade TV hours for cleaning hours. Did you know that you can burn between 176 and 317 calories per hour by doing light to heavy cleaning? By comparison, if you are watching TV or sitting at the computer you will only burn around 70 calories per hours. (These calculations are for a person who weights around 160 pounds.)
- Take time to listen to your own body. Rather set your goals based on how fast other people walk or jog, how little sleep others can get by, on or how much someone else eats, concentrate on what makes YOU healthy.

## 12 Shopping Steps for the New Year



Complete 1 New Year's Resolution  
Each Time You Shop

- 1) **5 veggies per cart.** Many people fly through the store and pick up packages of “snacks” and prepared foods and they forget veggies. Buy at least 5 and use them up by the end of the week.
- 2) **5 fruits per cart.** See if you can buy more fruit and have more fruit on hand than crackers, cookies, snack bars and chips.
- 3) **Compare sodium.** Take a few weeks to start reading food labels and see if you can collect more items that have 5% or less of the daily value for sodium or say no added salt.
- 4) **Make it.** Use one week to make food from whole ingredients and cook more recipes from scratch. See how easy it is to skip “let’s eat out.”
- 5) **Beans.** Make a meal each week that uses dried beans. Buy some and then find or make favorite recipes.
- 6) **Kitchen makeover.** Good cutting board, good knives, more measuring cups and spoons. This doesn’t mean expensive, it just means you start collecting the right tools so it is easier to cook.
- 7) **Healthy pantry.** Do you need to add more whole grains, better cereals, brown rice an pasta? Take stock of your pantry and shop for these items once a month.
- 8) **Protein better.** What about lean poultry, fish, beans or nuts? Eliminate fatty red meats and processed items that are high in sodium and chemicals.

- 9) **Beverage without sugar.** Focus on buying items that are low in calories and without added sugar.
- 10) **Herbs and spices.** Look at our best list below and start collecting these in your shopping cart.
- 11) **Potatoes.** Buy several different kinds and find great low-fat ways to serve the real thing.
- 12) **Condiments and dressings.** Go for low sodium and higher flavor so you have a good collection of these. See our list below.

## 10 Herbs and Spices Every Kitchen Should Have:

- 1) Black pepper
- 2) Garlic parsley mix
- 3) Italian Seasoning
- 4) Chili powder
- 5) Cinnamon
- 6) Bay leaves
- 7) Cumin
- 8) Coriander
- 9) Nutmeg
- 10) Apple pie spice



## Best Low-Sodium Condiments:

Salt-free ketchup, flavored vinegars, lemon and lime, lowfat dressings and marinades, low sodium sauces.

Source: [communicatingfoodforhealth.com](http://communicatingfoodforhealth.com)

## Broccoli Garden Salad

Serves: 4 | Servings Size: 1 cup  
Total Time: 10 min | Prep: 10 min  
Cook: 0 min

### Ingredients:

- 3 cups broccoli florets
- 1 cup grated carrots
- 1 cup sliced cauliflower
- 1 cup chopped apples
- 1/2 cup sliced green onions
- 1/4 tsp ground cinnamon
- 1 cup nonfat light vanilla yogurt
- 1/4 cup roasted chopped peanuts



**Directions:**

Toss all ingredients together in a large mixing bowl. Refrigerate until ready to serve, up to 6 hours.

**Chef's Tips:**

You can garnish this lovely salad with a sprinkle of ground cinnamon and some greens.

**Allergens:** Milk, Peanut

\*Reported allergens are based on listed ingredients in the recipe. If you are purchasing commercially packaged products such as pie crusts, cereal, or pasta, you need to read the label for additional allergen information.

Source: Food and Health Communications

**AARP Fraud Watch Network**

The AARP Fraud Watch Network gives you access to information about how to protect yourself and your family.

Identity theft, investment fraud and scams rob millions of Americans of their hard earned money every year. Research shows that more than \$20



billion was stolen from about 13 million victims in 2012. Older adults tend to be bilked out of about \$3 billion every year. With AARP's Fraud Watch Network, non-members and members alike can get watch alerts, to learn the tricks of con artist and find out what to do if you've been victimized.

Membership is not required for the Fraud Watch Network. It's free and open—members, non-members and people of all ages—and it allows access to talk to a real, live person, learn about active scans, find resources about what to do to spot and avail them.

In keeping true to its mission of protecting the

financial security of older adults, AARP is launching this local campaign to fight identity theft and fraud in Florida. Get this information, watchdog alerts and more by visiting [aarp.org/fraudwatchnetwork](http://aarp.org/fraudwatchnetwork), or by calling 877-908-3360.