

# Heart, Body & Soul Newsletter

Caring for the Caregiver ~ Who's taking care of you?



~ submitted by The Self-Care Committee

## PHYSICAL SELF-CARE

~ submitted by Christine Latimore, C-CHW

courtesy of The Lunch Mob

We often spend a lot of time preparing for the holidays planning our menus, gifts, and agendas, but we usually don't have a strategy on how to stay balanced and healthy. For some, when the holidays come, self-control goes out the door. Overindulgence in rich, fatty foods, coupled with a lack of exercise is a recipe for disaster. When we consume unhealthy foods we don't have time to burn off, it makes us feel guilty and even physically ill. This isn't an ideal state to be in when you have so many things to accomplish during the holidays. So what can you and your family do to have a more enjoyable and joyful holiday season? Here are some of our tips to help you be in much better shape:

**Keep the focus on fun** - try focusing on other traditions not centered around food like Christmas caroling or tree trimming.

**Mindful grocery shopping** - keep your kitchen stocked with healthy options especially snacks. Promise to eat the five recommended servings of fruits and vegetables per day to fill up on nutritious foods rather than empty calories.

**Stock the freezer with healthy meals** - skip the takeout and stock up your freezer with healthy meals you can pop into the oven when you're exhausted from all the holiday prepping. Just make big batches the next time you've got the energy. You'll give yourself the gift of more time to be merry!

**Indulge in only the most special holiday treats** - Skip the store-bought cookies and save your calories for homemade treats that are special to you. Remember to exercise some restraint and know what your limits are.

Set realistic expectations for yourself and your family. As much as we love pleasing others, we also need to give ourselves some TLC.

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## PHYSICAL SELF-CARE

~ submitted by Delores "Miss Dee" Collins, C-CHW

courtesy of The Centers for Disease Control & Prevention

### Holiday Food Safety

Feasting with family is part of many holiday celebrations. Follow these tips to help prevent food poisoning, or foodborne illness, during the holidays.

- **Keep foods separated.** Keep meat, chicken, turkey, seafood, and eggs separate from all other foods in the refrigerator. Prevent juices from meat from dripping or leaking onto other foods by storing in containers or sealed plastic bags.
- **Thaw your turkey safely.** It's best to thaw turkey in the refrigerator. If not, in a sink of cold water, changing the water every 30 minutes. Avoid thawing foods on the counter.
- **Cook food thoroughly.** Use a food thermometer to ensure foods have been cooked to a safe internal temperature. Roasts, chops, steaks, and fresh ham should rest for 3 minutes after you remove them from the oven or grill.
- **Keep food out of the "danger zone."** Bacteria can grow rapidly in the danger zone between 40°F and 140°F. Refrigerate or freeze any perishable food within 2 hours. The temperature in your refrigerator should be set at or below 40°F and the freezer at or below 0°F.
- **Use pasteurized eggs for dishes containing raw eggs.** Salmonella and other harmful germs can live on both the outside and inside of normal-looking eggs. Many holiday favorites contain raw eggs, including eggnog, tiramisu, hollandaise sauce, and Caesar dressing.

- **Do not eat raw dough or batter.** They can contain harmful germs, such as E. coli and Salmonella. This includes dough or batter for cookies, cakes, pies, biscuits, or pancakes. Do not let children taste raw dough or batter. Some companies and stores offer edible cookie dough. Read the label carefully to make sure the dough is meant to be eaten without baking or cooking.



Meet Tomika Johnson, honored to receive the Citizen Award for City of Cleveland's Fourth District Awards Ceremony. Ms. Johnson was awarded this honor for her selfless act to save the life of CPD Sgt. Ray O'Connor. Sgt O'Conner was stung by bees at a back to school event and is deathly allergic. While another officer gave aid to the unconscious officer, Ms. Johnson rushed home for an EpiPen. Once Sgt. O'Connor regained consciousness in the ICU the doctors explained that his life was saved by the quick response of Ms.

Johnson. A shining example of how the community can help to save lives.  
Congratulations Ms. Johnson!

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~submitted by Ayehsa Drake-EI, C-CHW

### **Eat & be merry but do not Overeat**

The temptation to overeat may happen to many of us during the holiday season. Being a cook or a guest, one must be a conscious eater to avoid having heartburn, feeling bloated, and weight gain.

When we eat, the stomach secretes hydrochloric acid to help with digestion. It kills bacteria as food progresses through the digestive system. But the more we eat, the more acid is produced and some may travel up into the esophagus which becomes the very uncomfortable feeling known as heartburn. You may experience a full, bloated, gassy feeling from eating larger than normal meals. True enough, the food may be outstanding but you do not want to spend the rest of your day indisposed. Eating slower and smaller portions may be more enjoyable in the long run. A take-home/carry-out/doggy bag may come in good use.

Eating too much can also raise your blood sugar, especially if you are eating a lot of sugary foods, desserts, drinks (alcohol and soda pops), and carbohydrates. Your body will release an excess of the insulin hormone. Lastly but not the least, overeating can make you gain unexpected amount of pounds.

Please be mindful of what you are eating, the rate of your eating, how much and how often you are eating. Take home some for the next day.

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November is:

COPD Awareness Month  
Holiday Safety Month  
Lung Cancer Awareness Month

November 1 ~ One Health Day  
November 2 ~ National Ohio Day  
November 6 ~ Daylight Savings Ends  
November 7-11 ~ Winter Weather Preparedness Week  
November 29th ~ National Day of Giving

## Leftover Turkey Stuffed Peppers

Submitted by Ayesha Drake-el, C-CHW



#### **Ingredients:**

- 4 large bell peppers, sliced in half lengthwise
- 1 teaspoon salt
- 1/2 teaspoon ground black pepper
- 2 tablespoons olive oil
- 2 cups mushrooms, finely chopped
- 1 cup onion, finely chopped
- 1 tablespoon garlic, minced
- 1 cup cauliflower, finely chopped
- 2 cups cooked turkey breast, cut into 1/2-inch cubes
- 1/2 cup tomato sauce
- 1 tablespoon soy sauce
- 1 teaspoon Italian seasoning
- 1 1/2 cups mozzarella cheese, grated and divided
- salt (to taste)
- 1 teaspoon fresh parsley, finely chopped (for garnish)

#### **Directions:**

PREPARE THE BELL PEPPERS:



1. Preheat oven to 375 F.
2. Cut the bell peppers in half lengthwise and remove and discard the seeds. Place the halved peppers on a large half sheet baking pan and lightly season with salt and pepper.
3. Roast the peppers for 15 minutes until softened.

#### MAKE THE FILLING:

1. Meanwhile, heat oil in a large shallow saucepan or Dutch oven for 2 minutes over medium high heat until sizzling hot. Add mushrooms and sauté until golden brown, about 4-5 minutes.
2. Stir in onion and garlic and sauté until fragrant, about 2 minutes. Add cauliflower and turkey. Stir well to combine, and cook for 2 more minutes.
3. Stir in tomato sauce, soy sauce and Italian seasoning. Add 1/2 cup mozzarella cheese and stir well to mix all evenly. Remove from heat and season with salt to taste, if needed.

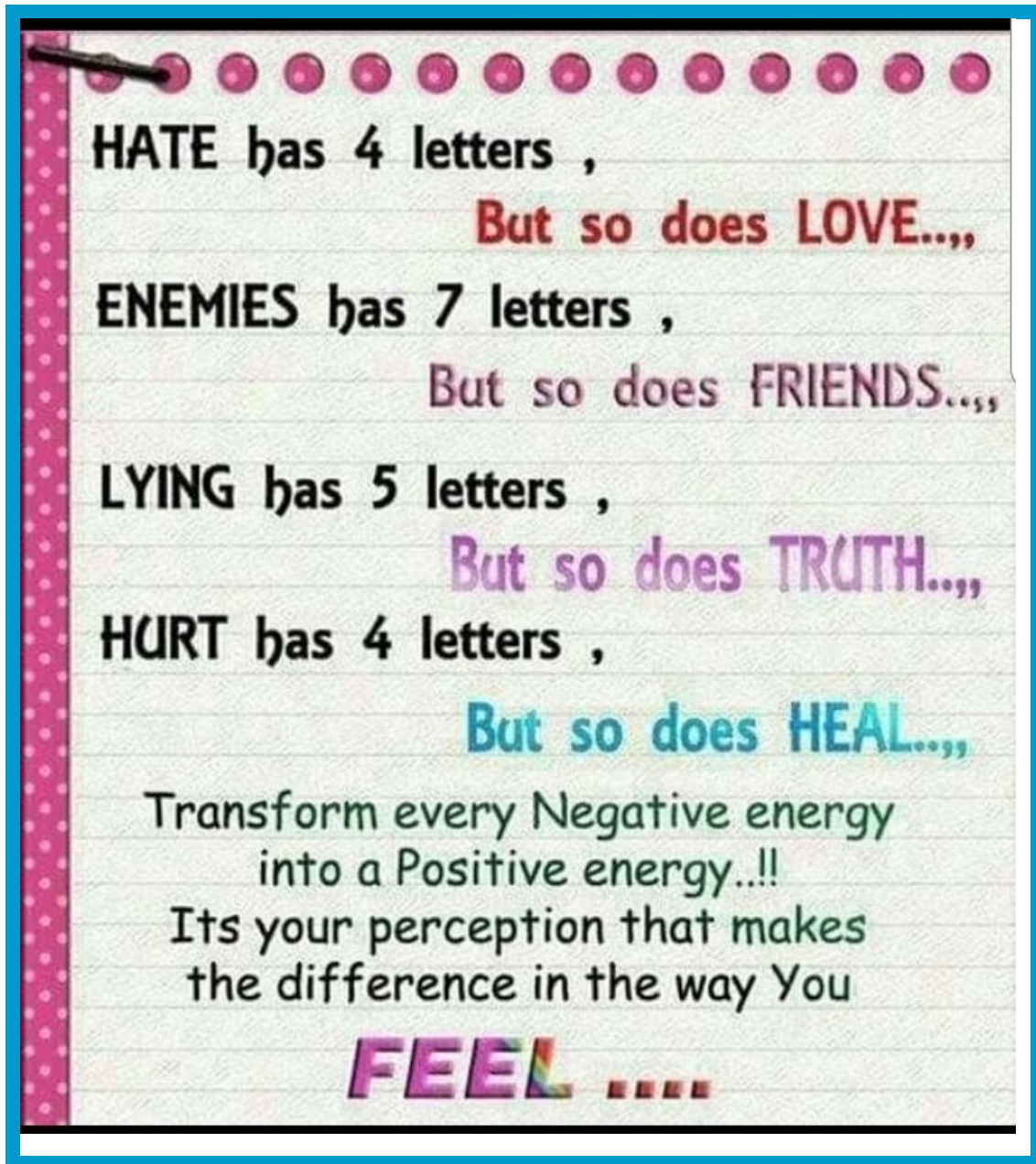
#### ASSEMBLE AND BAKE THE STUFFED PEPPERS:

1. Fill up each roasted bell pepper with the turkey mixture and sprinkle remaining mozzarella cheese on top.
2. Bake the assembled stuffed peppers for 25 minutes until the melted cheese turns golden brown. Let the stuffed peppers rest for 5 minutes before serving. Garnish with fresh parsley on top.

Serves 4; Serving Size: 1 serving (two halves); Calories Per Serving: 320  
Total Fat 9.3g | Cholesterol 63.6mg | Sodium 1096mg | Total Carbohydrate 20.9g  
Sugars 11.8g | Protein 39.1g | Vitamin A 336.5µg | Vitamin C 229.4mg

10403 Somerset Avenue Cleveland, OH 44108 <https://www.gcchwa.org/>  
[gcchwainfo@gmail.com](mailto:gcchwainfo@gmail.com)





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Self-Care Committee Newsletter vol 30, November 2022

**Our mailing address is:**

10403 Somerset Avenue Cleveland, OH 44108 <https://www.gcchwa.org/>  
[gcchwainfo@gmail.com](mailto:gcchwainfo@gmail.com)

