



NUTRITION NEWS

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Happy New Year!!



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Happy New Year! With the change of another year, it is always important to look at how we can improve our health. Most people tend to focus on weight and weight loss, but there are other changes that you can make that will improve your health.



Exercising is another frequent area of change that people focus on when making their New Year's resolutions. We think about exercising our muscles, but what about exercising our brains? This can keep you mentally intact and can improve your memory and reasoning skills. Brain exercises can include reading, doing cross-word puzzles, or word searches. Even engaging in conversations with others can promote brain health.

Brain health is also closely related to heart health. A stroke has been compared to a "heart attack" in the brain. Preventative measures can be taken to reduce your risk of stroke, just like you can reduce your risk of a true heart attack.

Some of these interventions are dietary changes and adding physical activity.

What factors put you at increased risk of suffering a stroke? Many of the same conditions that predispose you to suffering a heart attack. These factors include smoking, being overweight or obese, being physically inactive, having a history of previous strokes or mini-strokes (TIA's), hypertension (high blood pressure), history of previous heart attack (also known as myocardial infarction), diabetes, atrial fibrillation, high cholesterol, coronary artery disease, excessive alcohol use, and your genetics.



As with most conditions, not all risk factors can be eliminated. But knowing that you have some control over certain risk factors is empowering and can

Monthly Exercise

Do one or two simple balance exercises daily. Wear sturdy, well-fitting, flat-soled shoes with room to wiggle your toes.

Tai Chi Walking

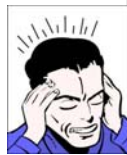
Walking sideways: Very slowly step sideways bending your knees and lifting your foot as if you are stepping over something. Land gently: 2-3 steps one way then the other. The slower, the better.

lead you to make good decisions to reduce your risk of stroke.

A stroke occurs when the blood supply to part of your brain is interrupted or severely reduced. The brain tissue is then deprived of oxygen and nutrients. Within minutes of this deprivation, brain cells begin to die. Prompt treatment is crucial. Early action and intervention can minimize brain damage and thereby prevent potential complications.

There are specific signs and symptoms associated with strokes. Note carefully when the signs and symptoms begin, as the length of time of the symptoms may dictate your physician's treatment plan.

- ♦ **Trouble with speaking and understanding.** You may experience confusion and you may slur your words. You may also have difficulty understanding others speech.
- ♦ **Paralysis or numbness of the face, arm, or leg.** You may develop sudden numbness, weakness or paralysis in your face, arm or leg, especially more prevalent on one side of the body. Try to raise both your arms over your head at the same time. If one arm begins to fall, you may be having a stroke. Similarly, one side of your mouth may droop when you try to smile.
- ♦ **Trouble with seeing in one or both eyes.** You may suddenly have blurred or blackened vision in one or both eyes, or you may see double.
- ♦ **Headache.** A sudden severe headache, which may be accompanied by vomiting, dizziness, or



altered consciousness, may be indicative of a stroke.

- ♦ **Trouble with walking.** You may stumble or experience sudden dizziness, loss of balance or loss of coordination.

Seek immediate medical attention if you notice any of these signs or symptoms, even if they seem to wax and wane or even disappear. Keep in mind the acronym **F.A.S.T.**



Face: ask the person to smile. Does one side of the face droop?

Arms: ask the person to raise both arms. Does one arm drift downward? Or is one arm unable to raise up?

Speech: ask the person to repeat a simple phrase. Is his or her speech slurred or strange?

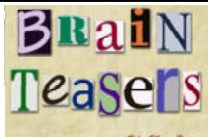
Time: if you observe any of these symptoms, call 911 immediately.

A stroke can cause temporary disabilities. At times, strokes can even cause permanent disabilities. Complications can include: paralysis or loss of muscle movement (especially on one side), difficulty talking or swallowing, memory loss or thinking difficulties, emotional problems (including depression), pain, temperature sensitivities, and changes in behavior and the ability to care for yourself.

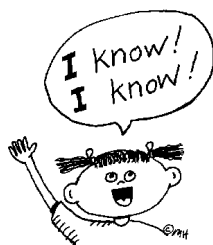
Lastly, there are certain medications that may reduce your risk of stroke, including anticoagulants (blood thinners). Ask your doctor if you are a candidate for medication therapy.

*Some information courtesy of the Mayo Clinic. *

Part of keeping your brain healthy is exercising your mental capabilities. Brainteasers are an easy way to accomplish this! For fun, see how many of the following riddles you can solve. You can find the answers on the last page.



1. A farmer has 17 sheep and all but nine die. How many are left?
2. In a year, there are 12 months. Seven months have 31 days. How many months have 28 days?
3. Jimmy's mother had four children. She names the first Monday. She named the second Tuesday, and she named the third Wednesday. What is the name of her fourth child?
4. Before Mt. Everest was discovered, what was the highest mountain in the world?
5. Which is heavier? A pound of feathers or a pound of rocks?
6. What is full of holes but can still hold water?
7. A plane crashes on the border of the U.S. and Canada. Where do they bury the survivors?
8. Give me food and I will live; give me water and I will die. What am I?
9. When you have me, you immediately feel like sharing me. But, if you do share me, you immediately do not have me.
10. What can you hold without ever touching or using your hands?



Here's a recipe that is loaded with healthy fats to promote brain health.

Brazilian Fish Stew

- 2 cups water
- 1 cup uncooked white rice
- 1 tbs olive oil
- 1 yellow onion, thinly sliced
- 1 tsp salt, plus more to taste
- 2 tbs tomato puree
- 4 cloves minced garlic
- 2 tsp paprika
- 1 tsp ground cumin
- Cayenne pepper to taste
- 1 (14 ounce) can full fat coconut milk
- 1 tsp soy sauce
- 1 red or yellow bell pepper, halved and thinly sliced
- 2 jalapeno peppers, seeded and thinly sliced
- 1/4 cup chopped green onion
- 1 1.2 pounds sea bass fillets, cut into chunks
- 1 pinch salt
- 1/4 cup chopped cilantro leaves
- 2 tbs freshly squeezed lime juice



Bring water and rice to a boil in a saucepan. Reduce heat to medium low, cover, and simmer until rice is tender and liquid has been absorbed, about 20-25 minutes.

Heat olive oil in a skillet over medium heat. Add onions and 1 tsp salt. Cook and stir just

until onions start to get soft., 3-4 minutes. Add tomato paste, garlic, paprika, cumin and cayenne pepper. Continue cooking about 3 minutes. Pour in coconut milk and add soy sauce. When mixture starts to bubble, let simmer for 5 minutes.

Increase heat to medium high. Stir in peppers and onions. Cook fish in skillet about 5 minutes or until it starts to flake. Remove from heat and add salt, cilantro, and lime juice. Stir carefully to avoid breaking up the fish and serve with rice!



HEAP

If you received HEAP last year but have not yet received an application for this year, please call our Office at 867-1195.

Furnace Repair/Replacement is open for this HEAP season now.

Emergency open 1/2/18.

HERKIMER COUNTY OFFICE FOR THE AGING

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Answers to Brain Teasers

1. Nine
2. They all do.
3. Jimmy, because Jimmy's mother had four children!
4. Mt. Everest. It was still the highest in the world. If just had not been discovered yet!
5. Neither. Both weigh a pound!
6. A sponge
7. You do not bury the SURVIVORS!
8. Fire
9. A secret
10. Your breath!



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