



## THE TWELVE DAYS OF CHRISTMAS: HEALTH TIPS FOR THE HOLIDAY SEASON

### A Partridge in a Pear Tree

Forget the partridge and let's focus on the health and nutritional benefits of pears. Did you know that one medium-sized pear contains 5.5 grams of fiber toward a recommended daily goal of 21 to 38 grams? When you eat plenty of fiber, your digestive system works the way it's supposed to. Fiber helps your body absorb the vitamins and minerals from your food. A medium-sized pear supplies 212 milligrams of potassium. Potassium is a mineral that helps your heart beat normally and keeps your muscles working the way they are supposed to. The same pear contains 7.5 milligrams of vitamin C, which helps prevent infection and keeps your immune system strong. Pears also supply a good dose of vitamin K to help clot your blood, as well as vitamin A for your eyes.

### Two Turtle Doves

Dove, a famous maker of chocolates, makes dark chocolate treats that are filled with something called epicatechin. Epicatechin is a particularly active member of a group of compounds called plant flavonoids. Flavonoids keep cholesterol from gathering in blood vessels, reduce the risk of blood clots, and slow down the immune responses that lead to clogged arteries. So it's OK to indulge in a dark chocolate mini-treat or "two" a day. But remember, chocolate is still laden with calories. And the best way to a healthy heart is a balanced diet and exercise.

### Three French Hens

A hen, or as most of us refer to as chicken, is a great source of lean protein. A 100g serving of baked chicken breast contains only 4 grams of fat and 31 grams of protein. The fat is highly concentrated in the skin, so always remove it before you bake. White meat has fewer calories than dark meat, as well as fewer fat grams. If you do get a craving for the crunchiness of "fried" chicken, there are healthy recipes that incorporate delicious coatings to skinless chicken that can be oven-baked.

### Four Calling Birds

Call the special people in your life, especially if you are prone to "getting the blues" during the holiday season. You can brighten your spirits by reaching out to family and friends. Schedule a specific time to call so that you'll be sure to connect and have enough time to enjoy a leisurely and uninterrupted conversation. Also consider volunteering at a community organization that distributes toys and food to families in need. Making someone else's holidays brighter benefits your spirits too.

HAPPENINGS



# THE TWELVE DAYS OF CHRISTMAS: HEALTH TIPS FOR THE HOLIDAY SEASON (CONT'D)

## Five Golden Rings

To avoid getting those dark rings under your eyes during the busy holiday season, remember to get enough sleep each night – eight hours is the right amount for most people. Adequate sleep is a key part of a healthy lifestyle, and can benefit your heart, weight, mind, and more. Sleep plays an important role in your physical health. For example, sleep is involved in healing and repair of your heart and blood vessels. Adequate sleep is also important to your physical safety – when you're tired your reflexes don't work as well and you're prone to making mistakes. On the other hand, sleep deprivation contributes to the risk of obesity and can make you grouchy – not something you want to be especially during the holiday season.

## Six Geese A Laying

Eggs get a bad rap sometimes. Really... eggs are pretty much the perfect food; they contain a little bit of almost every nutrient we need – vitamins A, B2, B5, B6, B12, D, E and K, as well as calcium, folate, phosphorus, selenium and zinc. This is coming with 77 calories, 6 grams of protein and 5 grams of healthy fats. Fixed any way, fried or scrambled (without butter of course), boiled or poached, eggs are an important part of a balanced diet.

## Seven Swans a Swimming

The holidays can bring a lot of joy, but also a lot of stress. To keep your head from swimming with all the things you need to accomplish, remember to do these “seven” things you can control: 1) Take good care of yourself – eat well and sleep well so that you can function at peak performance every day; 2) Don't overcommit to activities – if you've self-imposed too many responsibilities on yourself, determine which ones you really don't need to do; 3) Ask for help from friends and family – they will be pleased that you asked them to contribute; 4) Don't expect everything you do to be “perfect” – your Christmas cookies may be a little overdone or you may not have found the gift you wanted for Aunt Betty – remember – it truly is the thought that counts; 5) Acknowledge that it's okay to feel sad sometimes during the holidays – a song may remind you of a loved one who has passed away – embrace and do not bury these feelings; 6) Take time for yourself – go get a massage or go see a movie for relaxation – you really don't need to attend all 20 parties you've been invited to; 7) When the holidays are over, think about all of your accomplishments and not on the things you could have done better – remember there's always next year!

## Eight Maids a Milking

Milk contains calcium, one of the most important minerals for the human body. Calcium helps your body with: building strong bones and teeth; clotting blood; sending and receiving nerve signals; squeezing and relaxing muscles; releasing hormones and other chemicals; keeping a normal heartbeat. Even if you don't like to drink milk, be sure you get your daily dose of calcium in other foods. Yogurt and most cheeses, as well as green leafy vegetables such as broccoli, mustard greens and kale are good sources of calcium too. So are salmon, sardines, almonds, Brazil nuts, sunflower seeds, and tahini. And be careful about what you eat with calcium-rich foods. Certain fibers, such as wheat bran and foods with oxalic acid (spinach and rhubarb) can bind with calcium and prevent it from being absorbed.

## Nine Ladies Dancing

The next time you shimmy at home to your favorite song or head out for an evening of dancing with friends, consider this: Cutting a rug can be just as good for your body as it is for your social life. From your heart to your bones, dancing is an excellent way to get healthy and have fun. And you don't have to spend a lifetime as a dancer to reap the physical benefits of this weight-bearing exercise. Where can dancing have the biggest effect? Your heart. According to the National Heart, Lung, and Blood Institute, dancing can lower your risk of coronary heart disease and decrease blood pressure. Dancing has also been shown to improve flexibility, reduce stress, aid in weight loss, improve balance, and increase energy!

## Ten Lords a Leaping

As the holidays come to an end, you may start thinking about “leaping” into the new year. Many of us make New Year's resolutions with good intentions of sticking to them; but we often fail. If this happens to you, try following these suggestions in 2019. 1) Don't make unrealistic goals – goals to lose 10 lbs. or working out at the gym four days a week are achievable. 2) Don't set vague goals; be specific such as “eating healthier.” A better resolution would be “to only have dessert on Sunday” or “eat two servings of vegetables and fruit every day.” 3) Don't set too many goals. Trying to accomplish too many resolutions only dilutes your focus and enthusiasm.

## Eleven Pipers Piping

Whether its pipers piping or Bing Crosby singing White Christmas, music benefits our physical and mental health. Research has shown that music can reduce stress, lift moods, help you pick up the pace, and help our cortex to produce faster beta waves so we are better equipped to concentrate and focus our attention on a fairly lengthy task. So whether you are feeling anxious about all you need to accomplish during the holidays or tired this holiday from trying to get too much done in a day, get out your iPod and refresh yourself with the tunes of the season.

## Twelve Drummers Drumming

You might have over-indulged with food and drink at the party last night and now you feel as if there are drummers inside your head and in your stomach. Here are some simple tips: 1) Never go really hungry to a party-type gathering. You can be hungry, but when blood sugar is much too low from lack of protein, you'll find yourself making a bee-line for the pastry table. Nibble on some protein before you leave the house to avoid over-eating. When you level out your blood sugar a bit before you show up to the party, you can still enjoy the food – a bit of everything, if you wish – without the urge to overdo it. 2) Avoid rich, calorie-laden beverages such as egg nog, or fancy specialty drinks. 3) Remember to hydrate. If you are going to have a glass or wine or other alcoholic beverage, alternate with a glass of water. This will help keep you feeling full so you don't overeat, as well as diminish the effects of the alcohol. Holiday gatherings can be just an enjoyable, without overindulging.

# EMPLOYEE SPOTLIGHT

## Tabatha Mitchell



### Where are you from?

I was born and raised in southwestern Kansas. I spent most of my childhood in Moscow, Kansas. For the past 13 years I have resided in Kiowa where my family proudly calls it home.

### Tell us about your family!

My spouse of 16 years, Clayton, and I share 2 children, Camron 14 and Trilbey 12. We also have 2 cats and 3 free range chickens.

### How do you take your coffee?

I like my coffee strong with milk and a little sugar.

### What's something most people don't know about you?

One thing most people don't know about me is that I really turn into a cry baby when I watch sappy movies.

### What aspect of your job do you enjoy the most?

What I enjoy most about working at the Kiowa Manor is getting to become extended family to our residents and the Manor staff.

### What's your favorite thing to do on your days off?

My favorite thing to do on my days off is taking day trips out of town with my family or staying at home and binge watch my favorite shows.

### Where would you go on your "dream vacation"?

I don't really have a "dream vacation" but I would be satisfied with visiting a couple of different locations on an extended vacation. I would love the Colorado mountains and sand between my toes on a warm beach.

### What is the best part about working at Kiowa District Healthcare?

The best part about working at KDH is being able to work in a community that I live in.

# Fa-la-la-la Fun Christmas Facts

1. The tallest Christmas tree ever displayed was in Seattle, Washington. It measured 221 ft. tall.
2. Buying all the gifts from the "12 Days of Christmas" would cost you a ton of money. The most expensive being "Swans a Swimmin'" -- about \$6,300.
3. Black Friday is not the busiest shopping day of the year. The two days right before Christmas are.
4. It is a tradition in Japan to eat KFC for Christmas. Orders must be placed two months in advance!
5. One in three men wait until Christmas Eve to do their shopping.
6. Americans purchase 1.6 billion Christmas cards every year.
7. Oklahoma became the last state to declare Christmas a legal holiday in 1907.
8. Nearly six million dollars are spent during the holiday season on ugly Christmas sweaters.
9. The average Christmas tree takes 7 years to grow to a height of 6-7 feet.
10. US scientists calculated that Santa visits 822 homes a second to deliver all the world's presents on Christmas Eve, travelling at 650 miles a second.

# National Handwashing Awareness Week 2019

You can help yourself and your loved ones stay healthy by washing your hands often, especially during these key times when you are likely to get and spread germs:

- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone at home who is sick with vomiting or diarrhea
- Before and after treating a cut or wound
- After using the toilet
- After changing diapers or cleaning up a child who has used the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After handling pet food or pet treats
- After touching garbage

Washing your hands is easy, and it's one of the most effective ways to prevent the spread of germs. Clean hands can stop germs from spreading from one person to another and throughout an entire community—from your home and workplace to childcare facilities and hospitals.



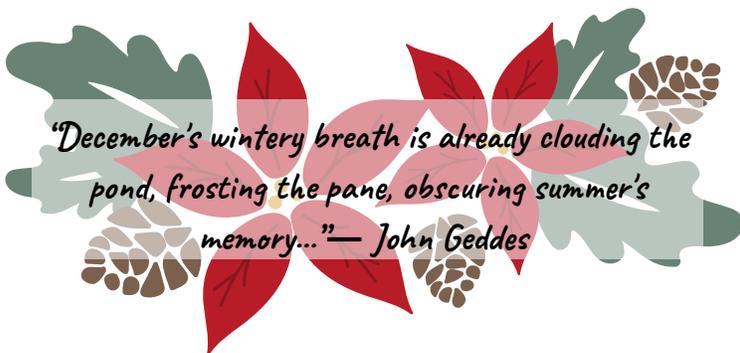


## PREP YOUR CAR FOR WINTER WEATHER

Just like preparing your home for cold weather, it is important to put together emergency supplies in your vehicle. Placing as much as you can in one or two plastic totes with a lid will help keep it contained and readily available. Be sure to remove any snow on your vehicle's windows, lights, brake lights and signals. You have to be able to see and be seen!

The following are good items to have for winter traveling:

- First Aid Kit and emergency numbers in an accessible location
- A can and waterproof matches (to melt snow for water)
- Ice scraper and brightly colored cloth to use as an emergency alert
- Road maps if traveling in an unfamiliar area and extra gas
- Cell phone and charger
- Tools or toolkit and tow rope
- Canned compressed air with sealant for emergency tire repair
- Bag of sand or cat litter to pour on snow for traction or traction mats
- Battery-operated radio and flashlight with extra batteries
- Jumper cables and a collapsible shovel
- Emergency flare and whistle
- Extra winter clothes or blankets
- Container of water and high calorie preserved food



Congratulations to our KDH team for winning 'Best Theme' at the Kiowa Lighted Christmas Paradeon Sunday, December 1st!



### INGREDIENTS

- 1 c. mashed very ripe banana (about 2-1/2 medium)
- 1/4 c. sugar
- 1/4 c. canola oil
- 1 large egg white
- 1 large egg
- 1 3/4 c. whole wheat flour
- 3/4 tsp baking soda
- 1/4 tsp salt
- 1/2 cup good quality dark chocolate chips
- Cooking spray

### INSTRUCTIONS

1. Preheat oven to 350 degrees.
2. Combine first 5 ingredients in a large bowl with a whisk until smooth.
3. Lightly spoon flour into dry measuring cups and level with a knife. Combine the flour, baking soda, and salt in a bowl, stirring with a whisk. Add flour mixture to banana mixture and stir just until moist (do not overmix). Fold in chocolate chips. Spoon batter into an 8x4 inch loaf pan coated with cooking spray.
4. Bake at 350 for 40 minutes or until a wooden pick inserted comes out clean. Cool 10 minutes in pan on a wire rack, remove from pan. Cool completely on rack. Enjoy!