

Special points of interest:

- In 2010, Meals On Wheels provided 79,137 home delivered meals.
- February is National Chocolate Lover's Month
- Welcome Jenny Richardson, the new DCS in Walla Walla



ACES Awards

Direct Care Supervisor

Sharon Brunn—YK

Home Care Provider

Cruz Losoya—YK
Jan Simpson—YK

MOW RECEIVES NATIONAL RECOGNITION

Mid-Columbia Meals on Wheels recently received accreditation with the national Meals on Wheels Association of America.

We join a prestigious group of Senior Nutrition programs across the country which recognizes the highest standards for safety, quality and program efficiency.

Mid-Columbia MOW is the only senior nutrition program in Washington state to receive this accreditation.

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SEE THE GOOD IN OTHERS

What do you notice in people?

Many interactions these days have a kind of bumper-car quality to them. At work, at home, on the telephone, via email: we sort of bounce off of each other while we exchange information, smile or frown, and move on. How often do we actually take the extra few seconds to get a sense of what's inside other people, especially their good qualities?

In fact, because of what scientists call the brain's "negativity bias," we're

most likely to notice the bad qualities in others rather than the good ones: the things that worry or annoy us, or make us critical.

Unfortunately, if you feel surrounded by lots of bad or at best neutral qualities in others, and only a sprinkling of dimly-sensed good ones, then you naturally feel less supported, less safe, and less inclined to be generous or pursue your dreams. Plus, in a circular way, when another person gets the feeling that you don't really see much that's good in him or her, that

person is less likely to take the time to see much that's good in you.

Seeing the good in others is thus a simple but very powerful way to feel happier and more confident, and become more loving and more productive in the world.



Article: Mentalhelp.net
Rick Hansen, PH.D.

INDOOR PHYSICAL ACTIVITIES

If the weather is bad or you prefer the indoors, there are still lots of physical activities you can do.

- Do strength exercises at home using items such as water bottles and canned

foods as dumbbells.

- Walk around the mall.
- Exercise to a TV program.
- Take a water aerobics class.
- Do indoor activities such as racquetball, tennis, roller-

skating, bowling, etc.

- Borrow an exercise video from the library or a friend.
- Join the YMCA
- Put on some music and dance!



Put your computer to sleep and save \$75 or more a year using the standby or hibernating feature.

How Safe is Your Heat Source?

With just 8.5 hours now separating sunrise and sunset in Washington, nothing chases away the gloom like a crackling fire. But before you toss another log into your woodstove, make sure you're not stoking your family's risk for a house fire.

Home heating equipment, woodstoves and

space heaters in particular, rank as the second leading cause of home fires in the United States. Follow these tips to reduce your chances of a house fire.

Clean your chimney flue annually.

Put a barrier made of metal or glass in front

of the wood stove or fireplace to keep sparks from landing on the floor.

Electric heaters should not be left on when not at home.

Keep objects 3 feet or more away from electric unit.

40

People who get about 40 minutes a day of moderate-intensity exercise have a 20 percent lower risk of developing coronary heart disease than non-exercisers.

Chocolate: Friend or Foe?

Sometimes a sweet tooth can be a good thing. In an analysis of research studies that examined the relationship between chocolate and health, scientists found that people who ate more chocolate had a 37 percent lower risk for cardiovascular disease, 31 percent lower

risk for diabetes, and a 29 percent lower risk for stroke.

Of course that's no excuse to chow down with abandon. Chocolate is high in calories, fat, and sugar—three factors that can lead to weight gain and health problems.

When you do indulge your sweet tooth a bit, it's best to pick dark chocolate and practice portion control.

Source: British Medical Journal, published 8/29/11.



WHAT IS YOUR METABOLIC RATE?

The human body is always burning calories, even while you sleep. The amount of calories your body burns at rest in one day is known as your Basal Metabolic Rate (BMR). Each individual has a unique BMR because the rate is based on a number of variables, including

age, genetics, gender, weight, body fat, and diet.

To calculate how many calories you burn in one day, a value known as your Total Daily Energy Expenditure (TDEE), you will also need to factor in the amount of physical ac-

tivity you get during the week.

TDEE is the amount of calories an individual must consume daily to maintain their current body weight.

Continued on page 3

Keep Food Safe During Power Outages

Power outages mean your refrigerator, stove, or microwave cannot work. When food is not kept cold or is not fully cooked the food can make you sick. More than 250 diseases can be caused by bacteria found in contaminated raw or undercooked food, such as meat, milk, eggs, fish, or shellfish. Keeping these foods cold and cooking them prevent foodborne illness.

If you think your power might be out for a long time, use foods that can spoil fast before foods that keep longer.

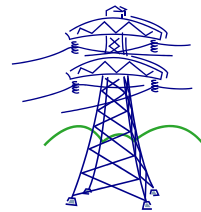
Keep doors to refrigerators and freezers closed to keep cold air

inside. Freezers that are part of a refrigerator-freezer combination will keep food frozen solid for two days if it is fully loaded. A half-full freezer will keep food frozen for a day, especially if the food has been grouped together.

It is most important to keep meat, seafood, and dairy products cold. An ice chest packed with ice or snow can keep food cold. Other items can be stored in a cardboard box in a garage or shed such as jams and jellies, butter, ketchup, mustard, pickles, and similar condiments, and fresh un-cut fruits and vegetables.

Storing food outside during winter isn't recommended. The outside temperature changes from hour to hour. The sun may thaw frozen foods or warm cold foods so that they grow bacteria.

If food is cold to the touch, and you know it has not been above 45 degrees Fahrenheit for more than an hour or two, it is probably safe to keep, use, or re-freeze.



Food Safety Myth

Myth: If you drop food on the floor and pick it up within five seconds, it's safe to eat.

Myth or Not?
Turn to Page 4 for answer



48,000,000

Foodborne pathogens cause an estimated 48 million illnesses a year in the United States.

Metabolic Rate *continued from page 2*

Basal Metabolic Rate—BMR

BMR for Men = $66 + (6.23 \times \text{weight in pounds}) + (12.7 \times \text{height in inches}) - (6.76 \times \text{age in years})$

BMR for Women = $655 + (4.35 \times \text{weight in pounds}) + (4.7 \times \text{height in inches}) - (4.7 \times \text{age in years})$

Total Daily Energy Expenditure—TDEE

Sedentary	BMR x 1.2 (little or no exercise, desk job)
Lightly active	BMR x 1.375 (light exercise/sports 1-3 days/wk.)
Moderately Active	BMR x 1.55 (moderate exercise/sports 3-5 days/wk.)
Very Active	BMR x 1.725 (hard exercise/sports 6-7 days/wk.)
Extremely Active	BMR x 1.9 (hard daily exercise/sports & physical job or 2X a day training)





Americans will buy **35** million heart-shaped boxes of chocolates Valentine's Day.



Food Myth Answer:

Myth. The “five-second rule,” or other timed variations, doesn't prevent bacteria and other germs from getting on fallen food.

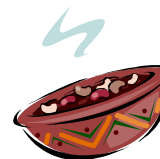
You can view and print the Wellness Newsletter from our website.

www.seniorliferesources.org



Tortilla Soup with Baked Chips

- 1—15-oz can kidney beans, drained and rinsed
- 1 c. prepared salsa
- 1 c. frozen corn kernels
- 1/2 c. white rice
- 3 c. water
- 1 tsp. oregano
- 1 tsp. cumin
- 2 c. baked tortilla chips



Add all ingredients except tortilla chips to large pot (4-6 quart size) and bring to a boil. Cover, reduce heat to simmering and allow to cook for 12 to 15 minutes or until rice is done.

Serve in bowls with 1/2 cup of tortilla chips floating on top of soup. A teaspoon of non-fat yogurt is optional for garnish.

Serves 4; 1 cup per serving
Calories: 260 per 1 cup serving

Diabetic Exchange: 3.0

Chocolate Pecan Tart

- 1 3/4 c. pecan halves
- 1 1/4 c. all-purpose flour
- 1/4 c. unsweetened cocoa powder
- 1/2 tsp. kosher salt, plus a pinch for the filling
- 1/2 c. (1 stick) unsalted butter, at room temperature
- 1/4 c. sugar
- 2 large egg yolks
- 1/2 lb. semi-sweet chocolate, chopped
- 3/4 c. heavy cream

Heat oven to 350 degrees. Spread the pecans on a rimmed baking sheet and toast, tossing once, until fragrant, 6 to 8 minutes. Let cool, then roughly chop. In a medium bowl, whisk together the flour, cocoa powder and salt.

Using an electric mixer, beat the butter and sugar on medium-high until creamy, 2 to 3 minutes. Beat in the egg yolks. Reduce mixer speed to low and gradually add the flour mixture; mix until combined but still crumbly.

Press the dough into the bottom and up the sides of a 4" x 14" rectangular (or 9" round) tart pan. Line with a large piece of parchment paper, leaving an overhang on all sides, and fill with dried beans or pie weights. Place the pan on a rimmed baking sheet and bake until the edges of the

crust are dry, 20 to 22 minutes. Let cool completely.

Meanwhile, in a large bowl combine the chocolate and pinch of salt. In a small saucepan, bring the cream to a bare simmer; pour over the chocolate and let stand 1 minute. Stir gently until the mixture is smooth. Stir in 1 1/2 cups of the pecans. Pour the mixture into the cooled tart shell and sprinkle with the remaining pecans. Refrigerate until set, at least 1 hour.

Serves 8