



The Monthly Newsletter of the Plymouth Place Dining Services, Life Enrichment & Wellness Departments

Nutrition News You Can Use

NEW YEAR Resolutions:

Who Needs 'em? | Do They Last? | Here are 10 Ideas for 2022

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As you're looking through these ideas keep in mind:

- 1. Rome wasn't built in a day. 2. Progress isn't linear.**

I suggest starting small and focusing on one goal at a time. Because the best resolutions are the ones you can actually keep.

1. Drink more water each day

We could all use a little more water in our daily lives. You can keep track of your water intake with an app, journal (free printable) or a marked water bottle.

2. Move more, sit less

Make it a goal to start taking daily walks, going for bike rides, or even running. Just something to get you up and moving a little more often.

3. Be consistent with meal times

New research has revealed that breakfast is not the most important meal of the day. So there's no need to feel bad if you're not really a breakfast person.

Now if you want to give your metabolism a boost: Develop regular eating patterns. Several studies have found evidence that irregular meal frequency is linked to negative consequences. Eating irregularly (i.e. snacking at random times) can send confusing signals to your body.

Consistency helps your digestive system know what to expect. Which in turn, helps it function better.

4. Try something new

This idea is pretty open-ended: Try a new food that you don't think you will like. Other ideas: DIY projects, meditation, tai chi, or art classes. The list goes on and on. What's something you've been wanting to try? It's time to finally do it!

5. Ditch one bad habit

It could be nail-biting, smoking, eating out of boredom, not flossing regularly, etc.

Just pick one bad habit that's dragging you down and work on eliminating it from your life.

6. Slow down while eating and savor each bite

Live in the moment, live in the now!

As a bonus: Slow eaters are 42% less likely to be overweight or obese. Food for thought. Listen to music to provide distraction and peace during your meal.

7. Try going Meatless on Mondays and increase this in 2022 to 2 meatless days each week

Cut back on your meat consumption a little and help the planet out. Plant-based meals increase your heart health.

8. Work on lowering your daily sugar intake

Sugar is in EVERYTHING these days. Yet the scary part is sugar causes inflammation in your body. Track how much sugar you consume in a typical day – you might be surprised by the total.

Slowly swap processed food for whole foods and watch your daily sugar intake drop. Try fruit for dessert 6 days out of 7! Your body will thank you.

9. Try an online/recorded fitness class

Are you more motivated by group exercise rather than solo ones? Give at-home Yoga, Pilates, dancing, or belly dancing a try to get your sweat on!

10. Start your morning with a stretching routine

We're all not getting any younger, and you want to preserve the mobility you have now for as long as possible.

That's why adding a stretching routine to your day is in your best interest. I like to do mine in the morning, but really any time of day will work.

Save the Cake

A while back we talked about how foods such as corn and beans, dry naturally; and are preserved through the winter. Brandy has been used as a preservative for centuries. History tells us that when Horatio Nelson was mortally wounded at the site of his greatest victory Trafalgar, his Irish surgeon had him packed in a barrel of Brandy. Rather than giving him the traditional burial at sea, Nelson was shipped back to London. He was then able to be buried with full honors in St. Paul's Cathedral.

Brandy has long been used to preserve wedding cakes. People who attempt to save a piece of modern-day wedding cake by freezing or other means are sadly disappointed later when they go to recreate the joys of their wedding day. They don't realize this tradition started when

wedding cakes were actually fruit cakes! Filled with dried fruit, baked then soaked in Brandy or Rum, the fruit cake would last years. Of course, the alcohol would have to be renewed periodically to keep the cake moist.

Perhaps fruit cakes became associated with Christmas giving as they were very expensive and only the wealthy could afford them. There is no record of the cost of Queen Victoria's wedding cake but it is recorded as being over nine feet tall. When Duchess Kate Middleton married William, Duke of Cambridge; the cake was only three feet tall but it cost \$57,000, or slightly less in English pounds. Given such royal antecedents, perhaps those who claim not to like Christmas cake have not poured enough preservative on it! **PP** ...by Ralph G.



We want your feedback... send your comments, suggestions and ideas to Karrah at KCullers@plymouthplace.org.

January 2022 Wellness Trend

Health Education –

Now that the holiday season has passed us, bring on the New Year resolutions! Join Stefanie in the Hendrickson Fitness Center on Friday January 21st at 2:30 p.m. to learn about the importance of BMI and counting calories. If you have any questions, please call Stefanie at 708-482-6775. **PP**

Blood Pressure Machine –

Located in the South East wing of the Lower Level right outside the Creative Arts room is our blood pressure machine- which is available for all. Place your right arm all the way in the tube, press start and in a minute the machine will provide you with your reading. In addition to saying what your blood pressure is, the machine will also print out your reading for you. If you have any questions or need help using it please contact Ed or Stefanie. **PP**



ROMEOS Lunch Outing

Irish Times Pub & Restaurant

Meet at 11:15 am in the lobby on January 21st

Ladies Lunch

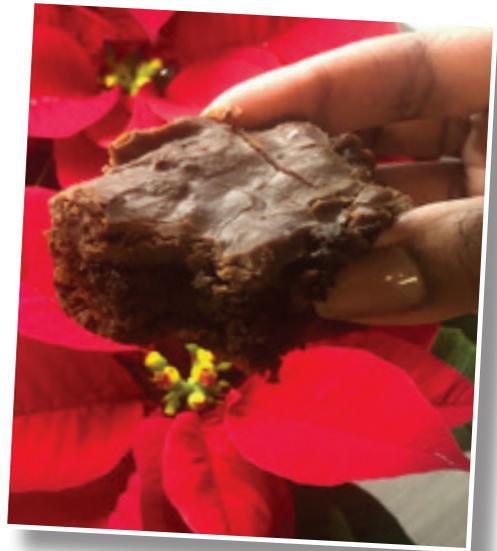
Game Room, 10:30 am on January 12th

Topic: Audrey Hepburn



Tuesday, January 11 | 11:00 am
The Game Room

Topic:
Reducing the Inflammatory
Response with Diet



The Pillsbury Bake-off!

I grew up watching the golden era of Pillsbury Bake-offs. All of the contestants crowded into a large room, anxiously focused on the recipe in front of them. Imagine my excitement when I learned that Plymouth Place Call Center team member, Kathleen McClanathan is a Pillsbury Bake-Off winner; in a somewhat round about way...

McClanathan met her college roommate Terri Heid at Dickinson State University. After graduation the friends kept in touch frequently. Heid is known to her friends and family as someone who does not cook; someone who has no desire to even boil an egg. However, she has a very simple recipe that McClanathan has left behind. It's not a Pillsbury recipe, but it does call for a box mix. At the urging of her mother, Heid decided she would enter the recipe in the Bake-Off.

When McClanathan learns that her friend is going to enter the 1974 Pillsbury Bake-off, she returns to North Dakota to help Heid perfect the recipe.

After a few trials and errors, they decide to swap the flour for Devils food mix, add canned cherries and a few other secret ingredients, et voila! Heid travels to Las Vegas for the Bake-off, wins the preliminaries, finals and is awarded the winner! The prize?? A cool \$25,000 that she graciously split with her friend McClanathan. I had the privilege of tasting this prize winning brownie; it is fudgy, cakey and moist! Definitely worthy of a prize!

PP



HEAR-YE | HEAR-YE

The Pub's new hours will be from 4:00 – 7:00 pm, with an expanded menu beginning January 12th.