



Nutrition News You Can Use

C'mon, Are Spices Really That Good For You?

From our friends at Johns Hopkins Medicine

Spices taste good. That's why we use them. But, from an evolutionary standpoint, the reason our species started using spices regularly was because we discovered we felt better overall after eating them (See last month's The Dish). Questions

1. Does cinnamon lower blood sugar?

Studies say yes. Cinnamon is especially great for people with high blood sugar. It lends a sweet taste to food without adding sugar, and studies indicate it can lower blood sugar in people with type 2 diabetes. Cinnamon may also provide heart-healthy benefits, such as reducing high blood cholesterol and triglyceride levels. That's especially important for people with diabetes who are at greater risk for developing heart disease.

2. Can turmeric reduce inflammation?

One of turmeric's components is a substance called curcumin. Research suggests it may reduce inflammation in the brain, which has been linked to Alzheimer's disease and depression. In a small study of adults over 50, those who consumed curcumin supplements over 18 months had improved memory test scores. They also reported being in better spirits, and scans of their brains indicated significantly fewer markers associated with cognitive decline. Because of its anti-inflammatory qualities, curcumin is also effective at reducing pain and swelling in people with arthritis. And animal studies indicate that curcumin could have powerful anti-cancer properties.

3. Can ginger get rid of nausea?

Ginger has been used in Asia for thousands of years to treat stomach upset, diarrhea and nausea. Research has found that ginger is effective

at calming pregnancy-related nausea and reducing tummy upset after surgery. Some studies have also found that ginger cuts the severity of motion sickness or prevents the symptoms altogether. It may even help with chemotherapy-induced nausea and vomiting when taken along with anti-nausea medications.

4. Is garlic good for your heart?

Eating garlic may protect your heart from changes that lead to heart disease. As you age, some hardening of the arteries is normal. Researchers have linked garlic intake with keeping blood vessels flexible, especially in women. In addition, studies suggest that eating garlic may reduce cholesterol and triglycerides.

5. Can cayenne relieve pain?

Cayenne peppers contain a substance called capsaicin that reduces the number of pain signals sent to your brain. It works on pain caused by arthritis and diabetes-related nerve damage. You can apply creams with capsaicin directly on joints and muscles. Lab research and studies in animals suggest that eating cayenne pepper can also help with ulcers. Although people often associate spicy foods with stomach upset, capsaicin helps reduce ulcers by restricting the growth of an ulcer-causing bacteria (*Helicobacter pylori* or *H. pylori*), reducing excess stomach acid and increasing blood flow. **PP**

Happy New Year!



January 2023 Wellness Trend

New Year Resolutions –

2023 is here, whether we're ready or not! Did you start your New Year resolution or have one in mind? The Wellness team is going to challenge you to push outside your comfort zone and get active within the community. This can be by trying a new fitness class, getting involved with water aerobics, trying the aerobic equipment or walking the building. Jada and Stefanie are here to help you jump start 2023 in an active way!

Balance Clinic using VirtueSense –

Did you ever think virtual reality would assess your balance? On Tuesday, January 24th between 12:45pm and 2pm, make your way to the Fitness Center, where you can get your balance checked with our new VirtueSense (VR) balance device. For those who have done it in the past, we will do the same assessments: Functional Reach, Gait and TUG Test. If you have any questions, call Stefanie at 708-482-6775. We hope to see you there! **PP**

Laudable Luncheon

The History of Champagne

Thursday, January 12th,
11:30 am in the Game Room

Culinary Adventures

Tuesday, January 17th,
4:30 pm in the Game Room



ROMEOS Lunch Outing

Meet at 11:15 am in the lobby on January 20th

JULIETS

JUST US LADIES INTO EATING TOGETHER

Meet at 11:15 am in the lobby on January 27th

Five Lucky Foods for 2023

James P. DeWan

Personally, I think not nearly enough credence is given to the jinx. Rare is the day I can go more than a couple hours without knocking wood because I—or someone in my presence—have said something riskily, dangerously, foolishly hopeful.

“I think the blizzard may miss us (knock knock knock).”

“Looks like gas prices are coming down (knock knock knock).”

“You never see hooded cobras in these parts (knock knock knock).”

Which brings us to the New Year, the superstitious person's dream holiday. Admit it, the New Year is all about good intentions of unbridled and unfounded hopefulness: “I've never once in my whole life followed through on a New Year's resolution, but, by god, this year, I mean it!”

And, as long as we're relying on sunny optimism, with a song in our hearts and a crease in our pants, why not bulk up with a boatload of foods that may bring you just enough luck in the New Year to follow through with those well-intended resolutions. Let's take a gander.

Black-eyed peas. This beanish delicacy is served across the wide American south, often mixed with rice and called “Hoppin' John.” Depending on whom you ask, it's considered lucky either because it looks like little coins (if you don't know what little coins actually look like, apparently), or, less preposterously, because of the following yarn: Supposedly, at some point during the Civil War, Union soldiers destroyed or stole Confederate crops but left the black-eyed peas, believing they were nothing but animal feed. The confederates, thanking their lucky stars, shoveled the succulent legumes into their treasonous pieholes, enjoying one brief last laugh before going down to a well-deserved defeat.

Greens. Whether we're talking collards, turnip or even cabbage and lettuce, greens symbolize money. You know: moolah, gelt, ducats, semolians, kablingy. It's easy to see the association: Greens are green. Like money. Greens are bendy. Like money. And, since nothing's luckier than a pile of spondulicks, it only makes sense—a weird, twisted sense—that if you eat greens, you'll get greens.

Grapes. Oh, the contributions to modern society that have come from Spain. The stapler. Foam on our dinner plates. And grapes for good luck. Specifically, twelve grapes, eaten one by one with each chime of the midnight clock. Sounds easy, right? Trust me, though: better start practicing now. Start with one grape and work your way up.

Soba Noodles. From our pals in Japan, soba noodles are eaten on New Year's in soup. They're long—like your life will be if you're lucky, and good for you—because they're made from buckwheat, a whole grain that's a distant cousin of wheat, and skinny—like you'll be if eat soba noodles in the New Year.

Fish. Travel westward cross the East China Sea from your soba-noshing pals and you'll find yourself in China, where fish is considered lucky. Not coincidentally, the Chinese word for fish also means abundance, an apt description of the number of your blessings if you consume a lot of fish on New Year's.

So, there you have it. A nice New Year's dinner of fish stuffed with black-eye peas, served on a bed of soba noodles with a side of collards and, for dessert, twelve hastily eaten grapes. Or maybe take your luck one dish at a time. **PP**

Cabaret Night, Thursday, January 19, 6:00 pm Dole Hall

We want your feedback... send your comments, suggestions and ideas to Jim at jpdewan@gmail.com.