

The Tolland Buzz



Stay Healthy This Winter

It's important to **stay active** in the winter, yet the cold weather can cause people to slow down. With care, you can continue to be active this winter.

As the temperature drops everyone should be careful to **keep warm**, especially the very young and the very old. Changes in your body that come with aging can make it harder for you to be aware of getting cold. A big chill can turn into a dangerous problem before you even knows what's happening. The World Health Organization recommends **indoor environments be at least 64° F** and warmer for young children and older adults.

Prolonged exposure to the cold can cause serious problems such as frostbite and hypothermia. If you suspect frostbite on yourself or someone else, seek medical care. **Hypothermia is a medical emergency.** If you suspect hypothermia, take the person's temperature. If it is below 95° F, get medical attention immediately!

Make stretching and warming-up a part of all physical activity. It helps to

prepare your body for exercise helping to improve your flexibility and range of motion. In cold weather this is even more important to prevent injury.

Avoid overexertion. Cold weather can put a strain on your heart. New exercise, such as shoveling snow or pushing a car, could bring on a heart attack or worsen other medical conditions. Take breaks, and drink plenty of fluids to avoid dehydration. Avoid alcohol as it creates a false sense of warmth. Alcohol also delays shivering and reduces its duration.

Be **very** careful when doing snow removal. If you go out to shovel snow, do a few stretching exercises to warm up your body. When using a snow blower, NEVER use your hands to unclog the machine.



Walk carefully on snowy or icy sidewalks. Wear footwear with good traction and use handrails when available.

Finally, don't forget to protect yourself from illness as we spend more time indoors: **wash your hands frequently, get your flu and Covid-19 booster shots, and avoid crowded, poorly ventilated indoor spaces.**

Tips for Cold Days

- **Wear loose layers of clothing.** The air between the layers helps to keep you warm.
- **Put on a hat and scarf.** You lose a lot of body heat when your head and neck are uncovered.
- **Wear a waterproof coat or jacket** if it's snowy.
- **Change your clothes** if they get damp or wet.
- **Avoid travel** on cold wintery days but if you must travel create an **emergency car kit**.
- **If you use a fireplace or woodstove** have your chimney or **flue inspected every year.**

Source: National Institutes of Health, Centers for Disease and Prevention, New York City Government

HAPPENINGS AROUND TOWN

Christmas Stories with Mrs. Claus, December 2nd with multiple times, 187 Rt 66, Columbia, CT Bring your child/children to join Mrs Claus as she tells Christmas stories. Mrs Claus will also be accepting letters for Santa to bring back to the North Pole. Ten children per reading. First reading is at 4:00, second is at 5:30 and last one is at 7:00 PM. \$5 of each ticket will be donated to the Friends of Andover Library. ***This is not a drop off event. All children must be accompanied by an adult.**

10th Annual Winter Welcome, December 3rd, 4-6:30 PM, Downtown Storrs. This event is free and open to everyone. Join in the fun! Trim-A-Tree Contest, Community Displays, music and more.

Endurance Winter Marathon Virtual December 11-17th. Virtual

Whether you're just finding your footing, or ready for a new challenge... Your next adventure awaits.

On December 11th - 17th 2022, thousands of people will be taking part in one of the biggest virtual marathons of 2022, The Endurance Winter Marathon. This is your invitation to join in the fun. You'll be given the chance to complete your 1k, 5k, 10k, Half Marathon or 26.2 miles over 7 days whilst either running or walking.

Be Well:

Upcoming event: December 5-31 [Fruit and Vegetable Challenge](#)

December 7th [QPR suicide prevention training](#)

Don't forget to send in your Quarterly Fitness information to Be_well@ehhd.org



Sautéed Bok Choy with Cashews 6 Servings

Ingredients:

24 oz baby Bok Choy

2T olive oil

3 cloves of garlic, chopped

1 bunch green onions, chopped

1/2 cup chopped roasted cashews (you can substitute almonds)



Directions: 1. In large sauce pan, heat oil over low heat; stir in onions, garlic and Bok Choy. Cover and cook on low for 3 minutes. Bok Choy will cook down and 'wilt' a bit. 2. Remove cover and cook 2 to 3 minutes longer. 3. Gently stir in cashews or almonds; serve warm as a side dish or over rice with chicken To add a bit of zing to the recipe, grate in fresh ginger and a sprinkle of red pepper flakes. Enjoy!

Don't Forget your Veggies

A diet rich in vegetables and fruits is important to staying healthy. Vegetables provide us with vitamins, minerals, and fiber. During the holidays vegetable intake may go down as people fill up on other foods leaving little room or desire for fruit and vegetables.

According to a review of the data on chronic disease and vegetable intake "For hypertension, CHD (coronary heart disease), and stroke, there is convincing evidence that increasing the consumption of vegetables and fruit reduces the risk of disease". ([European Journal of Nutrition](#)) Eating non-starchy vegetables and fruits like apples, pears, and green leafy vegetables can promote weight loss. In part because of the fiber in vegetables provides a sense of fullness and people eat less. "Experts suggest that men get about 38 grams of fiber a day, and women about 25 grams. Unfortunately, in the United

States we take in an average of only 14 grams of fiber each day. " ([National Institutes of Health](#))

There are many different families of fruits *and* vegetables exist, each with potentially hundreds of different plant compounds that are beneficial to health. By eating a variety of types and colors of produce you give your body the mix of nutrients it needs. This not only ensures a greater diversity of beneficial vegetables but also creates appealing meals.

Creating meals where vegetables shine as the main course can improve vegetable intake. Soups or vegetable rich casseroles with squash carrots and/or iron-rich greens can feed our want for comfort food & help get our supply of veggies.

If you are taking medications check with your pharmacist about food-drug interactions. Some foods have negative inter

actions with medications.

Eight Vegetables to Try

1. [Jerusalem Artichokes](#)
2. [Swiss Chard](#)
3. [Beets](#)
4. [Celery Root](#)
5. [Turnips](#)
6. [Collard Greens](#)
7. [Radicchio](#)
8. [Fennel](#)

Sources: [Harvard School of Public Health](#) and [European Journal of Nutrition](#)

Be Well is an employee wellness program provided through the Eastern Highlands Health District with funding from your employer. The goal of the program is to make the healthy choice the easy choice.

