

*Hello
January
2015*

Try NEW Foods



Dare to begin 2015 with BETTER HEALTH

Make a smart move this year and dare to try foods that are not necessarily common in American diets, but will definitely benefit your health and provide nutritious substances to help you live more optimally when eaten frequently. Joy to your health!

Add a flavor of culture

Many Southeast Asians and Pacific Islanders incorporate soups accompanied by the main course. This winter, create a hearty and culturally flavorful soup by combining ingredients that provide good nutritional value. Try buying rice noodles that only have rice as the ingredient, or as close as possible while eliminating preservatives, your choice of white meat fish (cod, herring and tilapia are a few), mint leaves, shredded cabbage or dark leafy greens, bean sprouts, crushed pepper, ginger, sea salt and bok choy! Don't forget the warm low-sodium vegetable or chicken stock.

Add color mystique to the menu

Did you know that there are watermelons with yellow meat and broccoli that is purple? The different color in these "mystically" healthy foods is due to the vitamins and minerals they contain. They also taste good, for instance, the yellow watermelon is described by some as having a sweeter, almost honey-like taste than regular watermelons. They are also rich in anti-inflammatory and antioxidant properties. Lycopene and Vitamin C are well-known antioxidants in yellow watermelon, with the ability to neutralize free radical molecules.



Spruce it up vegan style!

Vegan isn't as boring as it used to be. It has come a long way with very flavorful food recipes that defeat bland and wow your taste buds. Try braised collard greens with pine nuts or almond for a yummy dish!

For vegan recipes, visit English celebrity chef, Jamie Oliver's web page by going to the link below.

Also, enjoy the **winter green** recipe provided!

<http://www.jamieoliver.com/recipes/category/special-diets/vegan/>

Healthy Braised Collard Greens

Ingredients

- 1 bunch collard greens, shredded*
- 2 large cloves garlic, minced
- 3 tablespoons olive oil
- 3 tablespoons of vegetable or low-sodium chicken stock
- 1/4 cup pine nuts (or sliced almonds)
- 1/2 teaspoon smoked paprika
- 1/2 lime
- Sea salt, to taste



**The easiest way to chop the greens is to stack the leaves, roll them tightly like a cigar, and chop the cylinder into thin shreds.*

1. Place a large skillet over medium-high heat. Once hot, add oil and sauté garlic with a pinch of salt until golden.
2. Add greens and toss to coat in oil. Pour in stock, add paprika & salt to taste, and continue to toss greens, while allowing stock to cook off. They will cook quickly, and should still be tender when you remove them from pan.
3. Divide between plates and squeeze lime juice over before serving.

BE A WELLNESS STAR: JOIN OUR COMMITTEE!

The role of the SETA Wellness Committee is to assist with the planning and coordination of events and activities (interventions) that help us reach outcomes identified in our wellness strategic plan.

As a **committee member** you can expect:

- ◆ Participation in our quarterly meetings
- ◆ Ongoing awareness of program offerings
- ◆ Communication and engagement for planned Wellness events/activities
- ◆ Hosting quarterly meetings at your site
- ◆ Positively impacting the well-being of employees



What do I do next in order to get on the committee?

Gain the prior approval of your direct Manager or Supervisor AND contact the wellness staff at SETA to be acknowledged as a new committee member.

We look forward to having you help us shine! Check out our new STARS!



Tammy Banghart
Rancho Cordova Job Center



Patty Perez
Franklin Job Center



Katrina Vo
Hillsdale Job Center

For any inquiries regarding our wellness program, contact Ellen Franz at (916) 263-3907

or email wellness@delpaso.seta.net

"National Caregiver Month" November 2014



All services come at **no cost** to the family caregiver.

For additional information contact Del Oro by email at crc@deloro.org, or call at (916) 728-9333 or (800) 635-0220

To honor and celebrate November as "National Caregiver Month", the SETA Wellness Program invited Michelle Nevins, Executive Director, Del Oro Caregiver Resource Center to speak on the topic of "Caring for Your Aging Parents: Preparing for Your Role as a Caregiver." Michelle spoke about her own personal experience as a caregiver and provided tips, tools and resources family members could utilize in assisting their parents when the need arises. An important tip she gave was for caregivers to take time to care for themselves. She emphasized that caregivers need to be healthy and well to take on this vital role with loved ones. To be eligible for services from Del Oro, a client must be caring for an adult with a cognitive impairing condition that occurred after the age of 18 (for example: dementia, Alzheimer's disease, stroke, traumatic brain injury, Parkinson's disease) or caring for someone 60 and over regardless of diagnosis and requiring assistance with two or more activities of daily living.