

Chicken with Mango & Ginger

Prep: 15 mins * Total Time: 35 mins * Servings: 4

Ingredients:

- * 1 large mango, peeled, pitted, cut into 1/4-inch wedges
- * 8 chicken cutlets (about 1 3/4 pounds total)
- * 1 piece fresh ginger (1 in.), peeled, cut into matchsticks
- * 1/3 cup fresh cilantro leaves
- * 1 medium jalapeno, thinly sliced
- * Coarse salt and ground pepper
- * 2 tablespoons plus 2 teaspoons extra-virgin olive oil
- * Lime wedges, for serving



Directions:

Preheat oven to 400 degrees. Place mango wedges in center of four 18-inch-long pieces of parchment. Top with chicken, ginger, cilantro, and jalapeno. Season with salt and pepper and drizzle each with 2 teaspoons oil. Fold parchment into a twist or envelope shape. Place packets on a rimmed baking sheet and bake until packets are puffed up and chicken is cooked through, 18 to 20 minutes. Serve with lime wedges.

Source: <http://www.marthastewart.com/315599/chicken-with-mango-and-ginger>

Wintertime Health and Safety - Winter Skin Care

Year-round sun protection - While seasons change, one thing remains constant: the sun. No matter what season it is, it's still shining, and you still need a sunscreen to protect your skin against harmful ultraviolet rays. Wear makeup or a moisturizer with sun protection factor (SPF) 15 on your face and all exposed areas of skin throughout the winter to help protect your skin against sun's damaging rays. If you participate in winter sports, apply sunscreen with high SPF. The sunlight-reflecting quality of snow can leave you with a severe sunburn from a day on the slopes. Apply sunscreen especially if you are using a tretinoin-containing product, such as Retin-A or Renova, as it makes you more prone to sunburn. And don't forget your lips. Make sure you wear lip balm or lipstick with sunscreen.

Can't get enough moisture? - Coming in from the cold and can't wait to take a long, hot shower to warm up? Not so fast! While hot showers can warm you up, they can have a drying effect on your skin, as they tend to deplete natural oils from your skin, leaving your skin warm yet dry. Stick to short, warm showers instead. Pat dry, and while your skin is still slightly damp, apply a moisturizer. For those super-dry areas such as hands, elbows, knees, and heels of your feet, use an extra-strength moisturizer formulated especially for dry skin. Take special care if you have sensitive skin. Exfoliating scrubs and products that contain alpha-hydroxy acids may worsen already dry and irritated skin. If you suffer from a severely dry skin, eczema, or "winter itch," ask your pharmacist for a urea-based cream or see your doctor about possible treatment options. And, to help keep your skin from drying out, consider a humidifier to maintain adequate indoor air humidity. Following these tips throughout the winter months can help keep your skin from the chapping, cracking, and irritation that a harsh winter weather, dry air and wind, can cause.

http://bodyandhealth.canada.com/channel_health_features_details.asp?channel_id=9&relation_id=10862&health_feature_id=157&article_id=490

HEALTH BENEFITS OF LENTILS

- Lowers Cholesterol
- High in Iron
- Prevents Constipation
- High in Protein
- Reduces Risk of Heart Disease
- Low in Calorie
- Stabilize Blood Sugar
- Increase Energy
- High in Fiber



Watch your Water intake this Winter!

Drinking the requisite amount of water a day is easy to do in the summer. It's when the weather starts getting cooler and we don't experience as much thirst that we forget to drink as much water as our body really needs. When the weather is hot, most of us are eager to grab the nearest bottle of cold water and glug it down rapidly. But in the winter, many of us can go all day without even thinking about drinking water. This is a highly unhealthy practice as the change in season makes very little difference in diminishing the importance and requirement of water by the body.

Why we don't drink much water in the winter - The reason for not feeling as thirsty in the winter is quite simple. Unlike in the summer, we don't sweat a lot and hence don't feel thirsty that often in the winter.

But I'm not sweating! Do I really need a lot of water? - Thanks to the crisp weather, we tend to get hungry often in the winter and end up eating a lot of food. To aid and hasten the process of digestion, water is needed by the body. By not consuming the right amount of water, digestive problems like constipation and others can take place.

Furthermore, water is also needed to keep the skin supple, soft and moisturized during the dry winter months.

The fact is, that maintaining hydration is vital for the proper functioning of the body, irrespective of season.

Water requirements can vary depending on the gender and activity levels of the person.

Men: 8-10 glasses | Women: 6-8 glasses | Exercising men: 10-14 glasses | Exercising women: 8-12 glasses | Lactating women: 7-10 glasses
All these quantities are in approximation and vary from person to person.

If you find it cumbersome to force yourself to drink plain old water all the time, there are several other interesting ways to ensure you're getting the right amount of water: * Fall in love with herbal teas this winter. Surprise your taste buds with a variety of them such as ginger, lemon, cinnamon, fennel, and peppermint. Herbal teas are known to be rich in antioxidants as well. * Have a bowl of clear soup before each meal. It will not only fill you up and provide nutrition but also increase the water content in your body. * Use water as a humidifier in the room, especially for children. * For adults, a steam bath can be a good option to instill moisture in body.

A word of caution: Avoid going overboard in drinking regular tea and coffee during winters as they are high in calories (because of sugar) and caffeine.

Source: <http://www.mdhil.com/watch-water-intake-winter>



Creating Community
Changing Lives

November 2014
Newsletter



Natural Remedies for Dry Winter Skin



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1. OATMEAL SCRUB

Oatmeal is fantastic, gentle exfoliant, and moisturizer!

2. COCONUT OIL

It is an amazing all-in-one product that you can use for just about anything! Add a dab to the inside of your nose and prevent those pesky winter-dry bloody noses! It can also be used as a body and hair moisturizer!

3. ORGANIC HONEY

Honey is an amazing moisturizer that also has anti-inflammatory properties. Slather a bit on chapped lips before bed and wake up feeling moisturized and less puffy!

4. CALENDULA OIL

This one you might not find in your kitchen, but Boiron makes a wonderful Calendula Lotion that you can find in health food stores. When it comes to skin ailments calendula works wonders, it is an anti-fungal, antibacterial, antiviral, and anti-inflammatory agent that works incredibly well to ease skin discomfort, dryness, and even eczema.

5. ARGAN OIL

It is incredibly moisturizing, and despite it being oil, it doesn't leave you greasy! Just a few drops goes a long way, and it will leave your face and hair wonderfully glowy.

6. OLIVE OIL

Are you noticing an oil trend? They are the best moisturizers around! While you're in the shower post-body wash, rub your skin with olive oil and rinse off, you'll notice a visible difference in how moisturized your skin is afterwards!

<http://www.chickadeesays.com/2014/02/natural-remedies-for-dry-winter-skin.html#more>

Take Five to Prevent Falls

National Senior Safety Week
November 6-12, 2014

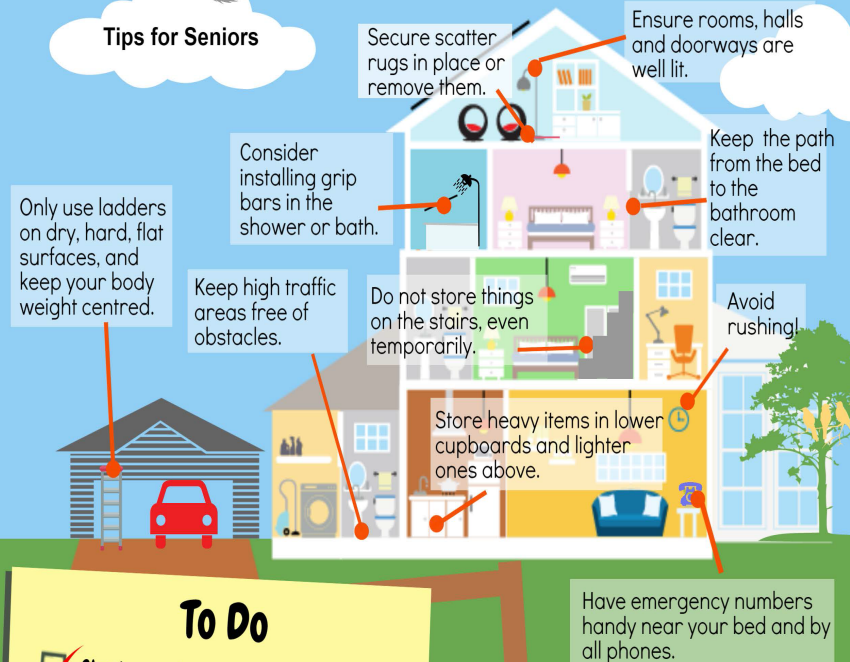
As the Canadian population ages, injury and death from falls are on the rise. This National Senior Safety Week, November 6 to 12, the Canada Safety Council challenges all Canadians to commit to "take five to prevent falls." With these easy steps, we can all reduce the likelihood and severity of a fall:

1. Check your home for **tripping and slipping hazards**. You can use the infographic as a starting point.
2. Bone up on **calcium and vitamin D**. It's easy to add a glass of milk or handful of almonds to your daily routine. Check out the Osteoporosis of Canada Calcium Calculator (<http://www.osteoporosis.ca/osteoporosis-and-you/nutrition/calculate-my-calcium/>) to find out if you're getting enough. Osteoporosis and weakening bones increase your chances falls and fractures.
3. Check your **medications**. If you are on more than three medications a day, or take pills that could impair your balance such as sleeping pills, anti-depressants or blood pressure medications, have a discussion with your doctor about how to best reduce your chance of falling.
4. Get your **eyes checked**. Even if you're not experiencing symptoms, the Doctors of Optometry of Canada recommend that you have your vision checked at least once a year if you are over the age of 65, or every two years if you're younger. Vision impairments are a leading cause of falls.
5. **Exercise** to keep strong. Why not try tai chi? This gentle strength-building exercise works your core balance and has been shown to reduce the risk of falling. The Taoist Tai Chi Society of Canada says anyone can do tai chi -- even if you use a wheelchair or are currently experiencing trouble with your balance. We can all take steps to protect ourselves and our loved ones from preventable falls.

Preventing Falls

National Senior Safety Week
November 6 to 12, 2014

Tips for Seniors



To Do

- Check your home for tripping/slipping hazards: most falls happen at home.
- Bone up on calcium & vitamin D: most of us are not getting enough in our diets.
- Check medications. Consult your doctor, especially if you are on more than three medications a day.
- Make an appointment to get your eyes checked at least once a year after the age of 65.
- Try tai chi, a strength-building, balance exercise that has been shown to reduce the risk of falling.

www.canadasafetycouncil.org

