

Passumpsic

December 2016

MAKE ME LAUGH



LIFE HACKS

life hacks

#2507

Deep breathing for a few minutes a day is like a massage for your internal organs. It improves your entire bodies circulation.

@1000LifeHacks
1000LifeHacks.com

life hacks

#2662

A great rule to avoid clutter in your home: Bring one thing in, throw two things out.

@1000LifeHacks
1000LifeHacks.com

DECEMBER'S ODD HOLIDAYS

Thursday Dec. 1st: Eat a Red Apple Day

Friday Dec. 9th: Official Lost and Found Day

Monday Dec. 12th: Poinsettia Day

Saturday Dec. 17th: National Maple Syrup Day

Wednesday Dec. 28th: Card Playing Day

ACTIVITIES IN THE COMMUNITY

Victorian Holiday Open House - Fairbanks Museum

- Ring in the holiday season with friends and neighbors with this festive tradition. There are platters of holiday sweets, crafts for giving and for decorating, special planetarium presentations, and plenty of good cheer! FREE and open to all.

Date: Saturday, December 10th

Time: 1:30 pm - 4:00 pm

Location: Fairbanks Museum & Planetarium, 1302 Main Street, St. Johnsbury, VT

Phone: 802-748-2372

Medicare Boot Camp

- For those turning 65, those on disability, and their families. Sponsored by NEK Council on Aging. Registration required. FREE.

Date: Thursday, December 15th

Time: 9:00AM-11:00AM

Location: Business Center Room, NVRH, Hospital Drive, St. Johnsbury, VT

Phone: 802-748-5182

It's Beginning to Look A Lot Like Christmas: Family Time Activity

- Come join in the Family fun as we make Gingerbread Houses and Luminares. Refreshments provided. Donations of candies for the houses and plastic quart and half gallon jugs for the luminares are appreciated.

Date: Friday, December 16th

Time: 4:00PM-7:00PM

Location: The Athenaeum: 1171 Main Street in St. Johnsbury, Vermont

Phone: (802) 748-8291



RECIPE

Oven-Fried Latkes

From Food Network Kitchens:
foodnetwork.com



Ingredients:

- Olive oil cooking spray, for spraying baking sheet
- 1 pound russet potatoes
- 1 large egg white
- 1/4 cup finely chopped scallions (about 2 scallions)
- Kosher salt and freshly ground black pepper
- 1/2 cup no-sugar-added applesauce
- 1/4 cup reduced-fat sour cream

Directions

1. Preheat the oven to 450 degrees F. Mist a baking sheet with the cooking spray.
2. Peel the potatoes and then grate on the large holes of a box grater. Transfer to a fine-mesh sieve and squeeze out as much liquid as possible into a bowl. Let the liquid settle for about 10 minutes, and then pour off the watery liquid, reserving the potato starch.
3. Beat the egg white in a large bowl until it holds a soft peak. Gently fold in the potatoes, scallions, reserved potato starch, 1/2 teaspoon salt and 1/4 teaspoon pepper.
4. Drop the mixture by tablespoons on the prepared baking sheet, spacing the latkes about 2 inches apart. Gently spread and flatten into 2 1/2-inch rounds. Roast until the bottoms are browned, 8 to 10 minutes. Flip and roast until the potatoes are cooked through and the bottoms are spotted brown, 4 to 6 minutes.

*Serve with the applesauce and sour cream.

10 EASY TIPS FOR STAYING HEALTHY THIS WINTER

<https://cenovis.com.au/10-tips-for-staying-healthy-this-winter/>

Boost immunity– Supplements containing herbs and nutrients will help to support healthy immune function.

Keep moving– Keeping active during winter is essential to support our health and wellbeing.

Eating well– Be sure your diet includes winter fruit and vegetables packed with vitamins and minerals such as sweet potato, green leafy vegetables, beetroot, kiwi fruit, mandarins, bananas, garlic, and ginger.

Weight management– Ditching the exercise as well as the salads during winter can often lead to weight gain.

Sleeping well– Proper sleep (eight hours for an adult) can help keep the body's immune system healthy and fight off colds. Avoid alcohol, caffeine, and cigarettes as these substances can affect the quality of your sleep.

Skin health– Using moisturizers daily may help to keep the skin moist. And don't forget the sunscreen, it is important to remember we can still get sunburnt when the weather is cold!

Keeping bugs at bay– Wash or sanitize your hands regularly and avoid close contact with someone who has a cold. Keep household surfaces clean.

Stress and healthy mood– Stress can lower the resistance to nasty bugs by depressing the immune system.

Circulation– Keep moving with gentle exercise to help improve circulation to the extremities of the body and don't forget your socks and gloves!

Stay hydrated– As the weather cools down and our thirst decreases, it is easy to forget to drink enough water. You still need to aim for about two liters/day of water during winter as it is essential for our body to function.