



CALENDAR 2022

THRESHOLDS Health Literacy Center



IMPORTANT PHONE NUMBERS

Emergency	911
Thresholds (CST/ACT) Crisis Line	
Primary Care Doctor	
Psychiatrist	
Team line	
Employment Specialist	
www.Poison.org	1-800-222-1222
Non-Emergency Police	
Warm line	1-866-359-7953

Happy New Year!

At Thresholds, we recognize that mental and physical health are equally important parts of overall recovery and well-being. In support of the agency's mission to promote health and wellness as cornerstones of mental health recovery, function, and community participation, we have developed this calendar for the Thresholds community. With a focus on health literacy and activation, the calendar highlights areas where we see the impact of social determinants of health, prioritizes health disparities that affect the mental health community, and is mindful of the intersection of health and diversity, equity, and inclusion.

Throughout the calendar you will see Wellness Tips and

QR codes (similar to this one)



that link you to more

information about featured

health topics, awareness campaigns, and health literacy

materials. On the next page, we have included the instructions on how to access information using these QR codes.

On behalf of the Thresholds community, we thank the Thresholds Health Literacy Center, Anabel Ruiz, Carla Elliott, Tovah Lieberman, Karley Nelson, Nicole Pashka and Lisa Razzano from the Research Department, Mary Blaney-Rychener and the team from Clinical Best Practices, and our colleagues across the agency who provided input and suggestions for this health literacy and awareness tool.

Wishing everyone all the best in 2022!

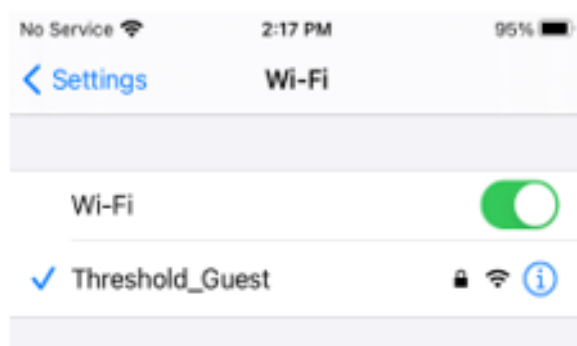
How to Scan Quick Response (QR) Codes

You can use your smartphone to access information on the internet using a QR code icon like this one:



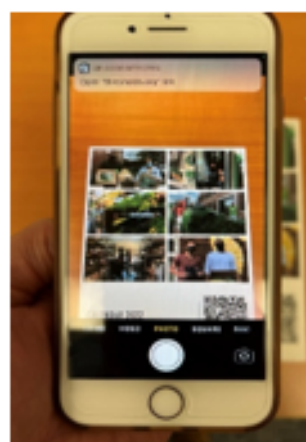
STEP 1:

Make sure you have an internet connection to Wi-Fi or through your phone carrier. The QR code will use the internet to bring you to the website.



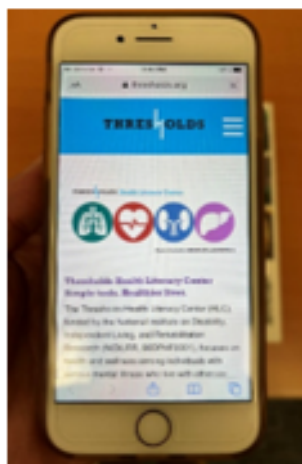
STEP 2:

Open your camera* and point your device at the QR code until a banner or message appears on your screen. Tap on the link.



STEP 3:

The website will appear on your screen within seconds.



*If you have a phone model that cannot scan with a camera, you can download a free QR code reader app such as Google Lens or Kaspersky QR Scanner.

FRUIT/VEGETABLE OF THE MONTH!

The featured vegetable is the Sweet Potato

SWEET POTATO FACTS:

The sweet potato is a sweet, starchy root vegetable. It originated in Peru as early as 750 B.C.

Sweet potatoes vary in shape. They can be oblong or pointed oval. Colors range from white to orange and sometimes purple inside. Outside, they can be light colored to brown, rose or purplish-red.

They are low in fat and cholesterol. All varieties of sweet potato are rich in vitamins, minerals, antioxidants, and fiber.

Christopher Columbus took some home to grow in Europe. From Spain,

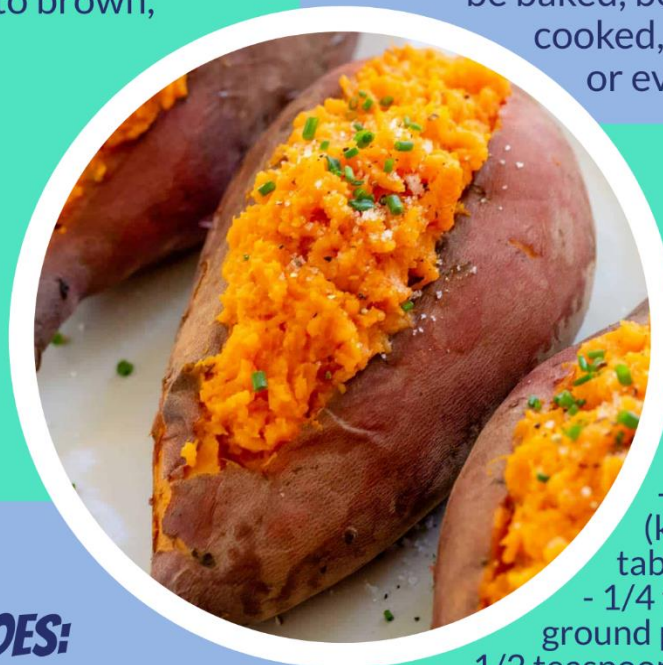
HEALTH BENEFITS OF EATING SWEET POTATOES:

- Low in calories but high in vitamins C and E, fiber, potassium, iron, and beta-carotene.
- May protect against certain cancers
- May help prevent vision loss and improve eye health
- May improve brain health by reducing inflammation and preventing mental decline
- Can help support the immune system
- Can help regulate blood pressure
- Can help control blood sugar
- Can lower "bad" cholesterol (LDL)

they were spread through the warmer regions to Europe.

George Washington was a sweet potato farmer before becoming a general and the first U.S. president.

Easy to add to your diet, sweet potatoes can be baked, boiled, mashed, pan-cooked, fried, steamed, roasted or even added to a smoothie.



SEASONED ROASTED SWEET POTATO RECIPE:

Servings: 6 - 8 | Total time: 45 min

Ingredients:


- 2 pounds (about 3 large) sweet potatoes,
- 2 tablespoons olive oil
- 3/4 teaspoon fine sea salt (kosher salt; use less if using table salt)
- 1/4 teaspoon freshly cracked or ground pepper
- 1/2 teaspoon ground chili powder (optional)
- 1/2 teaspoon paprika (optional)
- 1/2 teaspoon ground cumin (optional)
- 1/2 teaspoon

Directions:

1. Preheat oven to 425 degrees.
2. Peel and cube the sweet potatoes into 1/2 inch pieces. Place in a large bowl.
3. Add the olive oil, salt, pepper, chili powder, paprika, cumin, and garlic powder to the bowl. Toss to coat all the sweet potatoes and then spread out on a large sheet pan. Arrange in an even layer with no overlapping of pieces to ensure a good roast.
4. Flip every 10 minutes cooking for a total of 27-35 minutes.

January

2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
National Blood Donor Month redcross.org Cervical Health Awareness Month cancer.org Thyroid Awareness Month thyroid.org						1 New Year's Day
2	3	4	5	6 Feast of the Epiphany	7	8
9	10	11	12	13	14	15
16	17 Dr. Martin Luther King, Jr. Day observed	18	19	20	21	22
23	24	25	26	27	28	29
30	31	January Wellness Tip: Schedule Your Annual Eye Exam! Promote eye health and prevent or delay vision loss to enjoy a clearer, brighter future.			GLAUCOMA AWARENESS MONTH 	

Notes:

FRUIT/VEGETABLE OF THE MONTH!

The featured fruit is the **Apple**

APPLE FACTS:

Apples are one of the most popular fruits. They are exceptionally nutritious, with many health benefits.

Apples come in many shapes, colors, and flavors. There are over 7,500 varieties grown worldwide with more than 2,500 grown in the U.S. alone. They are America's second favorite fruit, second only to bananas.

The apple is the official fruit of six states: Minnesota, New York, Vermont, Washington, West Virginia, and Illinois!

The heaviest apple ever recorded weighed 4 pounds and was picked in Japan in 2005.



WAYS TO ENJOY APPLES:

Apples can be eaten raw, chopped in salads, dried in slices, added to smoothies, and as juice or cider.

You can also bake them in pies, pastries, and cakes, cook in curries, chutneys and applesauce.

Apples can even be included in Thanksgiving dinner as dressing/stuffing, applesauce or as a simple decoration!

APPLESAUCE RECIPE:

Total time: 30 mins
Yield: 2 Servings

Ingredients

- 2 medium apples, peeled, cored, and chopped into bite-size pieces (sweet apples are best)
- 1/4 tsp ground cinnamon
- 2 to 3 Tbsp water
- 1 tsp lemon juice or apple cider vinegar (for preserving / keeping fresh longer)
- 1 to 2 tsp maple syrup (or other sweetener of choice // optional)

Instructions

1. Add peeled chopped apples, cinnamon, water and lemon juice to a medium saucepan and stir.
2. Cover & cook over medium heat until it simmers, then reduce heat to low /medium-low and continue cooking until the apples are very tender and slightly caramelized (15-20 min). Stir occasionally.
3. Use the back of a fork, or potato masher to mash into a loose sauce. You could also blend in a blender for smoother texture (optional).
4. Add a dash of maple syrup/sweetener of choice to sweeten (optional - depends on sweetness of your apples).
5. Enjoy fresh, or store cooled leftovers in the refrigerator up to 4-5 days, or in the freezer up to 1 month. Eat cold or reheated in the microwave or on the stovetop over low heat until hot (add more water if dry).

HEALTH BENEFITS OF EATING APPLES:

- Good source of fiber, vitamin C, & folate
- May aid weight loss
- Can lower the risk of heart disease and stroke
- May lower the risk of Type 2 diabetes
- Helps decrease the risk for certain cancers
- May help protect against asthma
- May promote bone health & preserve bone mass as you age
- May prevent memory decline

February

2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Lunar New Year Year of the Tiger	2 Groundhog Day	3	4	5
6	7	8	9	10	11	12
13 Super Bowl Sunday	14 Valentine's Day	15	16	17	18	19
Celebrate National Condom Week						
20	21 Presidents' Day	22	23	24	25	26
27	28	Age-Related Macular Degeneration & Low Vision Month aao.org				

February Wellness Tip: Our Heart-Brain Connection!

Did you know that the health of your heart and brain are connected? By keeping your heart healthy, you lower risks for other health conditions like stroke and dementia. Take steps to keep both your heart and brain healthy!

Notes:



FRUIT/VEGETABLE OF THE MONTH!

The featured vegetable is the Carrot

CARROT FACTS:

The carrot is a root vegetable. It was first grown in Afghanistan around 900 AD. In the 17th century, western carrots first appeared in the Netherlands. Dutch carrot growers invented the orange carrot in honor of the House of Orange, the Dutch Royal Family.

While orange is its best-known color, carrots also come in shades of purple, yellow, red, and white. They are usually made up of about **88% water**, 7% sugar, 1% protein and 1% fiber.

China is the largest producer of carrots. Respectively, Russia and the US are the 2nd and 3rd highest producers.

HEALTH BENEFITS OF EATING CARROTS:

- Carrots are full of antioxidants, including beta-carotene. Beta-carotene is a compound your body changes into vitamin A which helps keep your **eyes** healthy.
- Eating carrots can help your **heart**. The potassium in carrots plays a key role in keeping your **blood pressure** in check. Because carrots have a high water content, they are also good for **weight management**.
- They boost your **immune system**. The vitamin C in carrots helps build antibodies that can prevent infections.
- Carrots can also lower your risk of **cancer**.

California produces over 85% of all carrots grown in the United States.

The carrot is in the top 10 most economically important vegetable crops worldwide!

WAYS TO ENJOY CARROTS:

- As a snack, eaten raw with or without dip
- In a smoothie or juiced
- In stir-fry
- Glazed
- Shredded in slaw or your favorite salad
- In soups and stews
- In cakes



EASY SAUTEED CARROTS RECIPE:

Prep Time: 3 minutes
Cook time: 7 minutes
Servings: 4

Ingredients

- 8 medium carrots (1 pound)
- 2 tablespoons olive oil
- 1/4 teaspoon plus 1 pinch kosher salt
- 1 tablespoon chopped thyme (or other herbs)

Directions

1. Peel the carrots. Slice them diagonally
2. Heat the olive oil in a large skillet over medium high heat. Add the carrots and cover. Cook for 4 minutes without stirring.
3. Remove the lid, stir, and add the 1/4 teaspoon salt. Continue to saute uncovered 3 to 4 minutes until browned, stirring occasionally.
4. Remove from the heat and stir in the herbs and a few more pinches of salt to taste.

March

2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Mardis Gras Isra and Mi'raj	2 Ash Wednesday	3	4	5
6	7	8	9	10	11	12
13 Daylight Savings Time starts	14	15	16	17 St. Patrick's Day	18	19 Holi
20 Spring starts World Oral Health Day	21	22	23	24	25	26
27	28	29 National Vietnam War Veterans Day	30	31	 eatrightpro.org	

March Wellness Tip: Lowering Risks for Colorectal Cancer

Getting regular physical activity and keeping a healthy weight may help lower your risk of getting colorectal cancer. Having routine colonoscopy screening also can lead to early detection of any more serious conditions, like cancer.



Notes:

FRUIT/VEGETABLE OF THE MONTH!

The featured fruit is the **Blueberry**

BLUEBERRY FACTS:

Blueberry is a shrub. The flowering shrub produces berries with a bluish, purple color. The popular fruit is naturally sweet.

Some people also use the fruit and leaves to make medicine.

Blueberries ranked #1 in antioxidant health benefits in a comparison with more than 40 fresh fruits and vegetables.

Blueberries can help maintain brain function and improve memory and thinking skills (cognitive function) due to their antioxidant and anti-inflammatory properties.

Blueberries are delicious and **EASY** to use:

Include them on cereal, add to pancakes, yogurt, or make a smoothie! Mix into a spinach salad with walnuts and feta cheese. Fold into muffins.



HEALTH BENEFITS OF EATING BLUEBERRIES:

- Low in calories but high in fiber, vitamin C, and vitamin K.
- May help prevent certain types of cancers and protect against aging
- May decrease “bad” cholesterol (LDL)
- Regular consumption could lower blood pressure
- Can help maintain brain function, improve memory, and delay mental decline
- Can improve insulin sensitivity and lower blood sugar levels
- May help fight urinary tract infections

HEAVENLY BLUEBERRY SMOOTHIE RECIPE:

Servings: 2 | Yield: 2 | Total Time: 10 Min

Ingredients:

- 1 frozen banana, thawed for 10 to 15 minutes
- 1/2 cup milk of choice
- 1 cup vanilla fat-free yogurt
- 1 1/2 teaspoons ground flax seed (optional)
- 1 1/2 teaspoons honey
- 2/3 cup frozen blueberries

Directions:

1. Cut the banana into small pieces and place in blender.
2. Add milk, yogurt, ground flax seed, and honey.
3. Blend on lowest speed until smooth, about 5 seconds.
4. Gradually add the blueberries while continuing to blend on low. Once the blueberries have been added, increase speed, and blend to desired consistency.

April

2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Sexual Assault Awareness Month nsvrc.org Irritable Bowel Syndrome Awareness Month aboutibs.org Women's Eye Health & Safety Month preventblindness.org						1	2 World Autism Awareness Day
3 Ramadan starts	4	5	6 National Walking Day	7 World Health Day	8	9	
10 Palm Sunday	11 National Pet Day	12	13	14	15 Good Friday	16 Passover starts	
17 Easter	18 Tax Day	19	20	21	22 Earth Day	23 Passover ends	
24	25	26	27 Holocaust Remembrance Day	28 Laylat al Qadr	29	30	

April Wellness Tip: Drinking Less Alcohol is healthier living. Monitoring and limiting alcohol use can also reduce the risk for cancer, including liver and colon cancers.

Notes:



FRUIT/VEGETABLE OF THE MONTH!

The featured vegetable is the Zucchini

ZUCCHINI FACTS:

Zucchini, also called courgette. Although, cooked as a vegetable and considered as one in the culinary world, it is technically a fruit because it comes from a flower. It is a variety of summer squash. The zucchini is usually picked and eaten while immature, generally less than 8 inches in length. The most flavorful zucchinis are small to medium sized.

While squashes originated in the Americas, the zucchini was first developed in the early 1800s in Italy. The first records of zucchini growing in the US dates to the 1920s. Today, Spain is the largest producer of zucchini in the world.

The longest zucchini, measured on August 28, 2014, was 8 feet 3.3 inches.

HEALTH BENEFITS OF EATING ZUCCHINI:

- May improve heart health by lowering blood pressure, cholesterol, and other risk factors for heart disease
- May contribute to healthy digestion by reducing the risk of constipation and symptoms of various gut disorders
- Helps to manage diabetes by regulating blood sugar
- May lower the risk of age-related eye conditions
- May aid with weight loss
- May limit the likelihood of developing cancer
- May improve overall health

WAYS TO ENJOY ZUCCHINI:

- Baked into bread or cake
- Cooked with tomato sauce, garlic, and onions
- Stewed with a variety of fruits and vegetables to make ratatouille
- Grilled
- Fried or baked and served with a dip made from yogurt, garlic, and dill
- Blend into a smoothie with milk, banana, and blueberries



CHOCOLATE ZUCCHINI BREAD RECIPE:

Prep time: 30 min

Total time: 1 hr 30 mins

Servings: 20 slices

Ingredients


- 2 (1 ounce) squares unsweetened chocolate
- 3 eggs
- 2 cups white sugar
- 1 cup vegetable oil
- 2 cups grated zucchini
- 1 teaspoon vanilla extract
- 2 cups all-purpose flour
- 1 teaspoon baking soda
- 1 teaspoon salt
- 1 teaspoon ground cinnamon
- $\frac{3}{4}$ cup semisweet chocolate chips

Directions

1. Preheat oven to 350 degrees. Lightly grease two 9x5 inch loaf pans. In a microwave-safe bowl, microwave chocolate until melted. Stir occasionally until chocolate is smooth.
2. In a large bowl, combine eggs, sugar, oil, grated zucchini, vanilla and chocolate; beat well. Stir in the flour, baking soda, salt and cinnamon. Fold in the chocolate chips. Pour batter into prepared loaf pans.
3. Bake in preheated oven for 60 to 70 minutes, or until a toothpick inserted into the center of a loaf comes out clean.

May

2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
1	2	3 Eid al-Fitr	4	5 Cinco de Mayo	6	7	
Children's Mental Health Awareness Week							
8 Mother's Day	9	10	11	12	13	14	
Celebrate National Women's Health Week							
15	16	17	18 HIV Vaccine Awareness Day	19	20	21	
22	23	24	25 Senior Health & Fitness Day	26	27 National "Don't Fry Day" - Council on Skin Cancer Prevention	28	
29	30 Memorial Day	31 World No Tobacco Day with WHO					

May Wellness Tip: Acting F.A.S.T. at the Sign of a Stroke

F: Face: Ask them to smile and look for a face droop on one side.

A: Arms: Ask them to raise both arms and look to see if one arm drifts downward.

S: Speech: Ask them to say a simple phrase and notice if their speech is slurred or strange.

T: Time: If you see any of these signs, call 9-1-1 right away!

If you think someone may be having a stroke, act **F.A.S.T**



Notes:

FRUIT/VEGETABLE OF THE MONTH!

The featured fruit is the **Watermelon**

WATERMELON FACTS:

Watermelon is a delicious and refreshing fruit, especially popular during the summer. **July is National Watermelon Month.**

Watermelon is made up of **92% water**, hence the name. A watermelon is classified as **both a fruit and a vegetable**. It is a relative of pumpkins and cucumbers.

The **first** watermelon ever grown was in Egypt approximately **5000 years ago**. Watermelons were placed in burial tombs in ancient Egypt.

Watermelon is grown in **96 countries**. Today, China is the leading producer of watermelons. The **U.S.** is the **5th largest producer** globally. The watermelon is the most consumed melon in the United States.

HEALTH BENEFITS OF EATING WATERMELON:

- It helps you hydrate and can improve digestion
- It contains compounds that may help prevent cancer
- May improve heart health by lowering blood pressure and cholesterol levels.
- May lower inflammation
- May benefit brain health
- Reduces the severity and frequency of asthma attacks
- It helps you lose weight
- It may help keep the eyes healthy and prevent macular degeneration
- Reduces the risk of developing periodontal disease
- Good for skin and hair



MORE WATERMELON FACTS:

Chinese offer it as a gift to a hostess. In Egypt and Israel it is common for watermelon to be served with feta cheese.

The Japanese grow square watermelon by placing square glass boxes around a growing fruit so it becomes square as it grows.

Watermelon has only about **40 calories** per cup. It does not contain any bad fat or cholesterol.

WAYS TO ENJOY WATERMELON:

- Spice it up
- Juice it
- Serve it with prosciutto
- Add it to Ceviche
- Turn it into a salad
- Grill it
- Pickle it
- Make it into freezer pops
- Turn it into flavored water
- Blend it
- Cut and enjoy

WATERMELON STRAWBERRY SHAKE RECIPE:

Total time: 5 min Servings: 4

Ingredients

- 8 ounces any nonfat yogurt
- 2 cups cubed, seeded watermelon
- 1 pint fresh strawberries, cleaned and hulled
- 1 medium banana, peeled and sliced


Directions:

In a blender or food processor, process yogurt, watermelon, strawberries, and banana until smooth and frothy.

Serve immediately.

June

2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Celebrate LGBTQIA+ Pride Month			1	2	3	4
5	6	7	8	9	10	11
12	13	14 Flag Day	Celebrate Men's Health Week			18
19 Father's Day Juneteenth National Independence Day	20 Thresholds Juneteenth observed	21 Summer starts	22	23	24	25
26	27	28	29	30	Alzheimer's & Brain Awareness Month alz.org PTSD Awareness Month ptsd.va.gov	

June Wellness Tip: For Men at Any Age, Schedule Your Routine Checkups!

Even if we feel fine, we should see our providers for regular checkups to avoid problems in the future. High blood pressure and high blood sugar can be discovered and monitored even without symptoms with a simple blood test.



Notes:

FRUIT/VEGETABLE OF THE MONTH!

The featured vegetable is Corn

CORN FACTS:

Corn, which is also known as maize, is a cereal grain first domesticated by indigenous peoples in southern Mexico about 10,000 years ago.

Corn can be considered either a grain or a vegetable, based on when it is harvested. Whole corn, like you eat on the cob, is considered a vegetable.

There are more than 3500 different uses for corn, and it's found in all sorts of products from peanut butter to batteries.

The United States grows 45% of the world's corn, much of which is processed into animal feed. Americans consume 1/3 of all corn produced in the world.

HEALTH BENEFITS OF EATING CORN:

Corn is rich in vitamins, essential minerals, fiber, and antioxidants possessing numerous health benefits.

- May lower the risk of heart disease and stroke
- Can aid with digestion and prevent constipation, and hemorrhoids
- Helps to manage diabetes by regulating blood sugar
- Can be good for the skin and eyes
- Can help fight anemia
- May help fight colon cancer
- May possess cosmetic benefits
- A quick source of calories, corn is often turned to for quick weight gain.

WAYS TO ENJOY CORN:

- Eaten fresh off the cob
- In soups
- In salads
- Grilled
- In cornbread or other baked goods
- Added to guacamole
- As a corn relish side dish
- Serve sauteed with green chiles and onions
- Toss with Parmesan cheese or some favorite herbs & spices
- Include in a seafood boil
- Enjoy in a savory pie such as Shepherd's pie or pot pie



AVOCADO - CORN SALAD RECIPE:

Servings: 4 | Total time: 25 min

Ingredients

- 1 cup Pearl (Israeli) couscous
- 1 15oz can of corn
- 1/2 cup Cherry tomatoes
- 1/2 cup Mozzarella pearls (balls)
- 1 avocado
- olive oil
- 1/4 cup white balsamic vinegarette
- fresh basil

Directions

1. Cook Couscous according to box directions
2. Drain & rinse corn then pan-roast corn with a little olive oil, salt, and pepper
3. Slice cherry tomatoes in half
4. Cut avocado into cubes
5. When couscous and corn have cooled, add to a mixing bowl
6. Stir in cherry tomatoes, mozzarella pearls and avocado. Add vinegarette and toss salad.
7. Garnish with basil

July

2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
						1	2
3	4 Independence Day (US)	5	6	7	8	9	
10 Eid-al-Adha	11	12	13	14	15	16	
17	18	19	20	21	22	23	
24 Parents' Day	25	26	27	28 World Hepatitis Day	29	30 Muharram	
31	July Wellness Tip: Sun Safety for All Everybody needs some sun exposure to produce vitamin D which helps us use calcium for stronger and healthier bones. Unprotected exposure to the sun's ultraviolet (UV) rays can cause damage to the skin, eyes, and immune system. It can also cause cancers. Use Sunscreen and enjoy the sun safely!						

Notes:

FRUIT/VEGETABLE OF THE MONTH!

The featured fruit is the **Strawberry**

STRAWBERRY FACTS:

The Strawberry is a member of the rose family, and it is the only fruit that has seeds on the outside. It is the first fruit that ripens in the spring season. Strawberries contain more vitamin C than oranges, and they support reducing inflammation in the body.

Romans loved strawberries and not just for their taste. They believed strawberries could cure melancholy, fever, bad breath, chronic fainting, and spleen and liver disorders. During medieval times, it was believed that serving strawberries at important ceremonies would bring peace and prosperity.

American Indians made corn bread with crushed strawberries and cornmeal. This is how the strawberry was introduced to Colonists, serving as an inspiration to make strawberry shortcake.

There is a museum dedicated to strawberries alone in Belgium.

HEALTH BENEFITS OF EATING STRAWBERRIES:

The vitamins, minerals, and antioxidants in strawberries can provide important health benefits such as:

- helping ward off cancer
- lowering blood pressure
- lowering the risk of stroke
- regulating blood sugar
- keeping you regular
- helping to reduce inflammation
- boosting your immunity*
- improving cognitive function and mental health*
- helping to regulate mood
- helping with weight loss
- promoting healthy eyesight
- promoting skin vitality

WAYS TO ENJOY STRAWBERRIES:

- On top of oatmeal
- With whipped cream for a dessert
- In salads and dressings
- In bread recipes
- In salsa recipes
- Served with pancakes
- Frozen
- In homemade milkshakes and smoothies
- Stirred into plain or vanilla yogurt
- Washed and ready to eat for a snack



STRAWBERRY SPINACH SALAD RECIPE:

Total time: 25 min Servings: 6

Ingredients

- 3/4 cup raw pecans
- 1/2 small red onion *thinly sliced*
- 10 ounces fresh baby spinach or a 50/50 arugula and spinach blend
- 1-quart strawberries *hulled and quartered*
- 3/4 cup crumbled feta cheese *buy the block-style feta*
- 1/4 to 1/3 cup Balsamic Poppyseed dressing

Directions

1. Preheat the oven to 350 degrees F. Spread the pecans in a single layer on an un-greased baking sheet. Bake for 8 to 10 minutes, until the pecans smell fragrant and the center of pecan is tan when the pecan is broken in half. Transfer to a cutting board and roughly chop.
2. Place the sliced onions in a bowl and cover with cold water. Let sit while you prepare the rest of the salad
3. Place the spinach in a great big serving bowl. Add the strawberries. Drain the red onion and add it as well. Drizzle about half of the dressing over the salad and toss to coat the leaves. You want the spinach leaves to be nicely moistened but not swimming in dressing. Add a little more if needed to suit your preferences. Add the feta and pecans. Toss lightly to combine. Serve immediately, with extra dressing on the side as desired.

August

2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 National Minority Donor Awareness Day	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20 Dr. Jerry Dincin born, 1930
21	22	23	24	25	26	27
28	29	30	31	Psoriasis Awareness/Psoriasis Action Month psoriasis.org		

August Wellness Tip: MedicAlert Awareness

Do you have diabetes or do you require certain life-saving medication in an emergency? MedicAlert is a type of medical ID that can help healthcare providers in an emergency when you cannot speak for yourself. Talk to your provider about whether a MedicAlert might be right for you.



Notes:

FRUIT/VEGETABLE OF THE MONTH!

The featured vegetable is the **Green Bean**

GREEN BEAN FACTS:

Green beans are a staple in many households. They go by several names, with some of the most popular ones being string beans and snap beans. Green beans are not always green. They can be yellow or purple too!

People have cultivated and eaten green beans for at least 7000 years. The green bean plants originated from Peru and are native to North, South, and Central America. Today, however, they grow all over the world. China, is the biggest producer of green beans. They export over 15 million tons of green beans each year. Although grown year round, the peak season is between May and October.



Green beans are classified by growth habit into two major groups, "bush" beans and "pole" beans. Bush beans are short plants that grow no more than 2 feet in height, often without requiring support. Pole beans have a climbing habit and produce a twisting vine needing to be supported by poles, trellises, or other means. Over 150 varieties of green beans are known.

Enjoy them steamed, sauteed, blanched, fried, or baked in a casserole.

BUTTERY GARLIC GREEN BEANS RECIPE:

Prep: 10 mins Cook: 10 mins Total: 20 mins
Servings: 4

HEALTH BENEFITS OF EATING GREEN BEANS:

- Fiber in green beans may **improve the health of your heart** and helps to keep your digestive system healthy and running smoothly
- Green beans provide plant-based iron that may help avoid anemia
- Many **essential vitamins and minerals** can be found in green beans such as Vitamin A, Vitamin C, calcium, folate, zinc and potassium to name a few
- Folate found in green beans may **aid in a healthy pregnancy and is important for reducing depression**

Ingredients

- 1 pound fresh green beans, trimmed and snapped in half
- 3 tablespoons butter
- 3 cloves garlic, minced
- 2 pinches pepper (can use lemon pepper if available)
- salt to taste

Directions

1. Place green beans into a large skillet and cover with water; bring to a boil. Reduce heat to medium-low and simmer until beans start to soften about 5 minutes. Drain water. Add butter to green beans; cook and stir until butter melts, about 2 to 3 minutes.
2. Cook and stir garlic with green beans until garlic is tender and fragrant, 3 to 4 minutes. Season with pepper and salt.

September

2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5 Labor Day	6	7	8	9 Stand Up to Cancer Day	10 Suicide Prevention Day
11	12	13	14	15	16	17
18	19	20 World Alzheimer's Day	21	22 Fall starts	23 Bi Visibility Day	24
25	26 Rosh Hashanah	27	28	29	30	Sexual Health Awareness Month

September Wellness Tip: Women's Health & Ovarian Cancer

Ovarian cancers come in a variety of different types. Sometimes, ovarian cancer causes signs and symptoms, but not in all cases. It is important to pay attention to your body and what is normal for you. See a doctor, nurse or another health care professional for screening.



Notes:

FRUIT/VEGETABLE OF THE MONTH!

The featured fruit is **Pumpkin**

PUMPKIN FACTS:

Pumpkin is a type of winter squash that is **technically a fruit** because it contains seeds, much like its cousins the cucumber and melons.

Pumpkins are rich in vitamins, minerals and antioxidants which makes them incredibly healthy.

Pumpkins produce about 500 seeds which, when roasted, make for a delicious and nutritious snack.

HEALTH BENEFITS OF EATING PUMPKIN:

- May **reduce the risk of chronic diseases** including type 2 diabetes
- Contain potassium, vitamin C, and fiber that may **benefit heart health**
- Antioxidants found in pumpkins may lower the risk of some cancers
- May **protect and sharpen eyesight**
- Loaded with nutrients which can **boost the immune system**
- Low in calories
- May **promote weight loss and digestive health**
- Promotes **good sleep and healthy skin**
- Contains compounds that ease inflammation



Pumpkins were **first named** by a French explorer in 1584. He called them "**gros melons**," which translated to "pompions" in English. The first known use of the word "pumpkin" was in the fairy tale, Cinderella.

The U.S. produces **1.5 billion pounds of pumpkins annually**, most of which are sold during October. Most of our supply is grown in California, Illinois, Indiana, Pennsylvania, and Texas.

The best ways to enjoy pumpkin is roasted, pureed, in soup or in hummus.

CRANBERRY PUMPKIN MUFFINS RECIPE:

Servings 2 dozen | Total Cook Time 30 Min

Ingredients:






- 2-1/4 cups all-purpose flour
- 1 teaspoon baking soda
- 1 teaspoon pumpkin pie spice
- 1/2 teaspoon salt
- 2 large eggs
- 2 cups sugar
- 1 cup canned pumpkin
- 1/2 cup canola oil
- 1 cup fresh or frozen cranberries, chopped

Directions:

1. Preheat oven to 400°. In a bowl, combine the first 4 dry ingredients.
2. In another bowl, beat the eggs and sugar; add the pumpkin and oil and mix well.
3. Stir into the dry ingredients just until moistened. Fold in the cranberries.
4. Fill foil- or paper-lined muffin cups three-fourths full.
5. Bake at 400° for 18-22 minutes or until a toothpick comes out clean. Cool for 5 minutes before removing from pans to wire racks.

October

2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
 Italian American Heritage Month					 POLISH AMERICAN HERITAGE MONTH	1	
2	3	4	5 Yom Kippur	6	7	8	
9	10 Indigenous Peoples Day	11 National Coming Out Day	Mental Illness Awareness Week				15 Sweetest Day
16	17	18	19	20	21	22	
23	24	25	26 National Day of the Deployed	27	28 Nevada Day	29	
30	31 Halloween						

October Wellness Tip: Promoting Breast Cancer Literacy

Each year in the U.S., about 258,000 cases of breast cancer are diagnosed in women **and** men. You can't change some factors, such as age or your family history, but you can lower risks of breast cancer with exercise, a healthy diet and limiting alcohol. Regular mammograms are important for breast health literacy.

Notes:

FRUIT/VEGETABLE OF THE MONTH!

The featured vegetable is **Cauliflower**

CAULIFLOWER FACTS:

Cauliflower is a cruciferous vegetable that looks like a white version of its cousin, broccoli. Like broccoli, the tightly bunched florets of cauliflower are connected by a thick core, often with a few light leaves surrounding it.

While white is the most common color, you'll also find cauliflower in shades of orange, purple, and green. No matter the color, the taste is the same: mild, slightly sweet, a little nutty.

Originally from the Mediterranean region, it is a type of wild cabbage that is also the ancestor of kale and brussels sprouts.

HEALTH BENEFITS OF EATING CAULIFLOWER

- High in fiber and water, helps prevent constipation, promotes regularity, and can help maintain a healthy digestive tract
- May help reduce high blood pressure, lowering the risk of heart disease
- May lower the risk of developing various types of cancer
- May help achieve better levels of blood sugar, lipids, and insulin
- High in choline, may lower the risk of liver and heart disease in addition to dementia and Alzheimer's disease
- Excellent source of vitamin C which acts as an antioxidant,
- May aid in weight loss



WAYS TO ENJOY CAULIFLOWER:

Cauliflower has exploded in popularity recently. It can be steamed, roasted, pureed, mashed, and grated. Cauliflower has made its way into everything from pizza crust to hot cereal, and also replacing rice in grainless bowls, stir-fries, sushi, and more. Even desserts and sweet treats like cauliflower brownies and smoothies.

ROASTED GARLIC CAULIFLOWER RECIPE:

Servings: 6 | Total time: 40 min

Ingredients

- 1 large head cauliflower, cut into florets
- 3 tablespoons olive oil
- salt and black pepper to taste
- 2 tablespoons minced garlic
- 1/3 cup grated Parmesan cheese, *optional*
- 1 tablespoon chopped fresh parsley, *optional*

Directions

1. Preheat the oven to 450 degrees F
2. Grease a large casserole dish.
3. Place the olive oil and garlic in a large resealable bag. Add cauliflower, and shake to mix.
4. Pour into the prepared casserole dish, and season with salt and pepper to taste.
5. Bake for 25 minutes, stirring halfway through.
6. Top with Parmesan cheese and parsley, *optional*
7. Broil for 3 to 5 minutes, until golden brown

November

2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 All Saints Day	2 All Souls Day	3	4 Mark Ishaug's birthday	5
	6 Daylight Savings Time ends	7	8 General Election Day	9	10	11 Veterans Day
13	14	15	16	17 Great American Smokeout	18	19
20 Trans Day of Remembrance	21	22	23	24 Thanksgiving Day (US)	25	26
27	28	29	30	Lung Cancer Awareness Month lung.org COPD Awareness Month nhlbi.nih.gov		

November Wellness Tip: Prediabetes, Small Steps = Big Results

Prediabetes is when blood sugar levels are higher than normal, but not high enough yet to be diagnosed as diabetes. In the US, 1 in 3 adults has prediabetes, and most don't know they have it. Good news! Making small lifestyle changes, like walking a little more each day or drinking less soda and more water may improve your prediabetes and prevent type 2 diabetes.

Notes:



FRUIT/VEGETABLE OF THE MONTH!

The featured fruit is the Pear

PEAR FACTS:

Pears are sweet, bell-shaped fruits with juicy flesh that have been enjoyed since ancient times. They can be eaten crisp or soft. They were nicknamed "butter fruit" in the 1700s because of their soft, buttery texture. Pears are a part of the rose family.

Pears are native to Asia, Europe, and North Africa. Asian pears were cultivated in China as early as 1134 B.C. In 1620, the first pear tree was planted in North America in the Massachusetts Bay colony.

There are over 3,000 types of pears grown around the world. They vary in size, shape, sweetness, and crispness. The Bartlett is the most popular variety of pear in the United States.

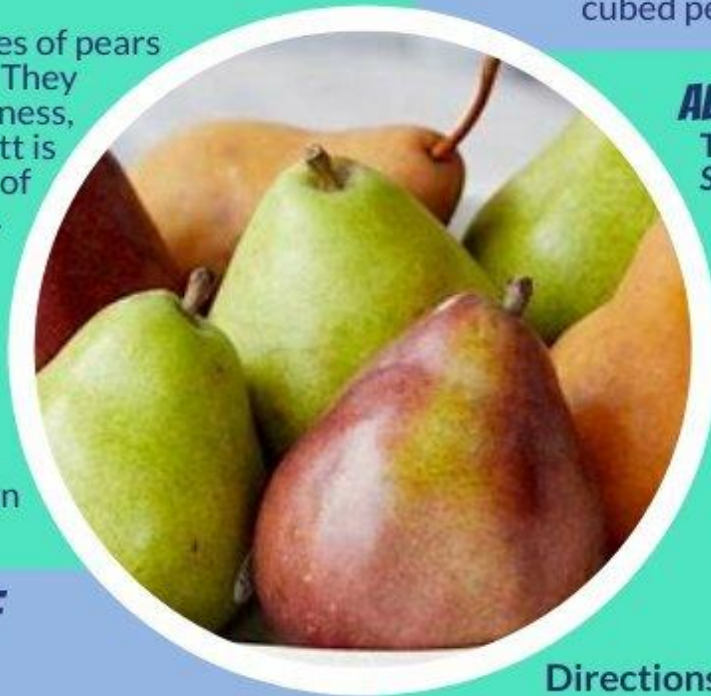
The world's most expensive pear is a Buddha-shaped pear that, as of 2019, sold for over \$9.00 each. These pears look exactly like a Buddha statue, even down to the facial details.

HEALTH BENEFITS OF EATING PEARS:

- Pears are rich in essential antioxidants
- Can boost heart health by improving blood pressure and cholesterol
- Contain beneficial plant compounds that may promote eye health
- May promote digestive health
- May help reduce inflammation and protect against certain diseases
- May reduce risk of type 2 diabetes and stroke
- Have a high water content, which helps you stay hydrated and helps with weight management

WAYS TO ENJOY PEARS:

- Substitute pears for apples in your favorite low-fat cobbler recipe
- Have a delicious fresh pear as a sweet, juicy snack
- Pear slices can change an ordinary salad into a flavorful work of art
- Pears can be a perfect partner for savory dishes
- Try adding thinly sliced pears to a grilled cheese sandwich
- Add a scoop of cottage cheese to a bed of leafy greens and top off with sliced or cubed pears



ALMOND PEAR TART RECIPE:

Total time: 35 mins + cooling

Servings: 8

Ingredients


- Pastry for single-crust pie (9 inches)
- 3/4 cup plus 2 teaspoons sugar, divided
- 3 tablespoons all-purpose flour
- 4 cups sliced peeled fresh pears (about 4 medium)
- 3 tablespoons sliced almonds

Directions

1. On a lightly floured surface, roll dough into a 10-in. circle. Transfer to a parchment-lined baking sheet.
2. In a large bowl, combine 3/4 cup sugar and flour; add pears and toss to coat. Spoon over the crust to within 2 in. of edges. Fold up edges of crust over filling, leaving center uncovered. Sprinkle with remaining sugar.
3. Bake at 450° for 15 minutes or until crust is golden and filling is bubbly. Sprinkle almonds on top; bake 5 minutes longer. Using the parchment, slide tart onto a wire rack to cool.

December

2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 World AIDS Day	2	3 Intl Day of Persons with Disabilities
4	5	6	7	8	9	10
National Flu Vaccination Week						
11	12	13	14	15	16	17
18	19 Hanukkah starts	20	21 Winter starts	22	23	24
25 Christmas Day	26 Hanukkah ends Kwanzaa starts	27	28	29	30	31 New Year's Eve

December Wellness Tip: Seasonal Flu Vaccines - Safe & Effective

Influenza (flu) is a serious illness. Every flu season is different, and flu can affect people differently. It can mean a few days of feeling bad and missing work or it can result in more serious illnesses, like ear or sinus infections. Getting your annual seasonal flu vaccine is the best way to help protect against flu.

Notes:



Happy New Year from the Research Department!

Thresholds Health Literacy Center



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Simple Tools. Healthier Lives.