



HEALTHY CHOICES

for a Healthy Clearwater



♥ LIVE:

AVOIDING HOLIDAY WEIGHT GAIN

It seems to happen every holiday season. You attend parties and office gatherings to share a few festive moments with family, friends, colleagues and lots and lots of food. Most adults gain a few pounds during the holidays, but that doesn't have to be you.

- 1. Get moving.** Stay active and find ways to celebrate this time of year with physical activity.
- 2. Aim for seven a day.** Making sure you eat seven or more servings of fruits and vegetables each day is a great way to help fill-up your stomach but not your calorie level.
- 3. Set limits.** You control what and how much you eat. Enjoy your holiday goodies, but in moderation.
- 4. Always plan ahead.** Before you go to a holiday party, eat a healthy snack so you don't arrive famished. If you're going to a potluck dinner, bring a healthy dish to share.
- 5. Be in charge of your party choices.** Focus on small portions or use a small plate. Choose the items you want most and/or have only this time of year. Cheese and crackers, for instance, are available year round. Save those calories for something else.
- 6. Watch the drinks.** Limit yourself to one to two drinks and always designate someone to drive who will not be drinking.



- 7. Say no politely.** Don't feel obligated to say yes to everything in sight. Learn to say no politely, such as "No thank you, I've had enough." "Everything was delicious" or "I couldn't eat another bite. Everything tasted wonderful". You'll find saying no isn't so hard to do after all.
- 8. Focus on socializing.** Don't stand around the food table when you are at a party – focus your energies on making conversation with others instead of focusing on foods. Conversation is calorie-free.

Remember, the holidays are meant to celebrate good times with family and friends. Enjoy the holidays and plan effective strategies to help you maintain your overall health and wellness. The holidays do not need to derail your health goals.

💡 LEARN:

(free programs unless specified)

Diabetes Class: Saturday, Dec. 3 (1-2 p.m.) at Lincourt Pharmacy, 501 S Lincoln Ave. This monthly class is designed to help diabetics learn how to manage their condition by focusing on the "three legged stool"-exercise, nutrition and medication. For more information, call 447-4248.

Alzheimer's Association-Caregiver Stress: Monday, Dec. 5 (11 a.m.-2 p.m.) at the Countryside Library, 2642 Sabal Springs Drive. Learn to manage stress as a caregiver of a loved one with Alzheimer's or other dementia. This program will cover how stress affects the body and mind, the importance of managing stress and some tips and tricks for taking care of yourself. For more information, call 562-4970.

Clearwater Police Department Crime Prevention - Senior Safety: Monday, Dec. 5 (1:30-2:30 p.m.) at the Aging Well Center at the Long Center, 1501 N. Belcher Road. City of Clearwater Police Officer Stewart Phillips will discuss the risks for exploitation of older adults. Learn what to look out for and how to safeguard yourself against such incidents. For more information and to pre-register, call 724-3070.

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LEARN, continued.

Women and Heart Disease: Wednesday, Dec. 7 (noon) at the Aging Well Center at the Long Center, 1501 N. Belcher Road. Learn the signs and symptoms of heart disease in women and the importance of knowing your numbers. Presented by cardiologist Vanessa Lucarella, MD. To register, call 953-6821.

Diabetes Education Workshop:

Wednesday, Dec. 7 (6-7:30 p.m.) at the North Greenwood Library, 905 N. MLK Jr. Ave. Top-rated, licensed and specialty diabetes educator Mary Gynn provides a quality program about diabetes and self-management education. Bring your questions and diabetes recipes. For more information, call 562-4970.

Controlling Holiday Weight Gain:

Thursday, Dec. 8 (6:30 p.m.) at Nature's Food Patch, 1225 Cleveland St. Is it possible to celebrate the season without packing on pounds? You bet! Take home simple strategies for preventing holiday weight gain with Liat Golan, RD, LD/N, from Bee Well Nutrition. For more information, call 443-6703.

Peripheral Vascular Disease: Tuesday, Dec. 13 (noon) at Mease Countryside Hospital, 3231 N. McMullen Booth Road. Learn about Peripheral Vascular Disease, which can cause pain when walking. A cardiologist will discuss the causes, symptoms and treatment options. For more information, call 855-269-4777.

WORK:

STRESS, DEPRESSION AND THE HOLIDAYS

The holidays present a dizzying array of demands like parties, shopping, baking, cleaning and entertaining, difficult guests, stress and depression. Being realistic, planning ahead and seeking support can help ward off stress and depression.

- 1. Acknowledge your feelings.** If someone close to you has recently died or you can't be with loved ones, realize that it's normal to feel sadness and grief. It's ok to take time to cry or express your feelings. You can't force yourself to be happy just because it's the holiday season.
- 2. Reach out.** If you feel lonely or isolated, seek out community, religious or other social events which can offer support and companionship. Volunteering your time to help others is also a good way to lift your spirits and broaden your friendships.
- 3. Be realistic.** The holidays don't have to be perfect or just like last year. As families change and grow, traditions and rituals often change as well. Choose a few to hold on to and be open to creating new ones.
- 4. Set aside differences.** Try to accept family members and friends as they are, even if they don't live up to all of your expectations.
- 5. Stick to a budget.** Before you go gift and food shopping, decide how much money you can afford to spend. Then stick to your budget. Don't try to buy happiness with an avalanche of gifts. Something that works really well at the office (and can be done with family too) is to agree to either donate to a charity in lieu of gift giving, or do a gift exchange, so everyone buys only one gift.
- 6. Plan ahead.** Set aside specific days for shopping, baking, visiting friends and other activities. Plan your menus and then make your shopping list.
- 7. Learn to say no.** Saying yes when you should say no can leave you feeling resentful and overwhelmed. Friends and colleagues will understand if you can't participate in every project or activity.
- 8. Don't abandon healthy habits.** Don't let the holidays become a free-for-all. Overindulging only adds to your stress and guilt.
- 9. Take a breather.** Make some time for yourself. Spending just 15 minutes alone, without distractions, may refresh you enough to handle everything you need to do. Find something that reduces stress by clearing your mind, slowing your breathing and restoring inner calm.
- 10. Seek professional help if you need it.** Despite your best efforts, you may find yourself feeling persistently sad or anxious, plagued by physical complaints, unable to sleep, irritable and hopeless, and unable to face routine chores. If these feelings last for a while, talk to your doctor or a mental health professional. Your company's Employee Assistance Program (EAP) is a great benefit and is typically low cost or even free.

Cause for Applause

The city of Clearwater sponsored the annual Sweet Swap again this year and collected candy, thank you notes and other items for our troops stationed overseas. A big thanks goes out to Hercules Sealing Products Inc. who donated over 80 pounds worth of items to the collection. The company had a contest to encourage employees to bring in items. Thank you Hercules Sealing Products employees for your generous donation and commitment to the community!



😊 PLAY:

(free programs unless specified)

Color Run Clearwater: Saturday, Dec. 3 (9 a.m.) at Coachman Park, 301 Drew St. Participate in the Happiest 5K on the Planet. For more information and pricing, visit thecolorrun.com/Clearwater.

Miracle on Cleveland Street: Saturday, Dec. 3 (5-10 p.m.) along Cleveland Street in downtown Clearwater. This free and fun holiday festival on Cleveland Street features the Little Miss Miracle Pageant. This event is presented by Cleveland Street Business Alliance in Station Square Park. For more information, visit clevelandstreetdistrict.com.

Chainwheel Drive Ream Wilson Trail Ride: Friday, Dec. 9 (8:30 a.m.) at the Ream Wilson Trailhead at the Long Center, 1501 N Belcher Road. You'll be riding on a paved trail in the shade of the tree canopy along scenic waterways, taking in the sights of the foliage along with feathered and furry animals. Ride is approximately two hours at a 12 mph. Bring a helmet and hydration. For more information, contact cycling@chainwheeldrive.com or call 441-2444.

Posada Party: Saturday, Dec. 10 (2-4 p.m.), East Library, 2251 Drew St. Celebrate the coming of Christmas with the Mexican tradition of Las Posadas and the pilgrimage of Joseph and Mary into Bethlehem. There will be musical entertainment, stories and piñatas. For more information, call 562-4970.

28th Annual Say NO to Drugs Holiday Classic: Saturday, Dec. 17 (8 a.m.) Coachman Park, 301 Drew St. Participate in the 5K, 10K or 1-mile fun run over the Clearwater Memorial Causeway, with spectacular views of Clearwater. This is a chip-timed event with a USATF certified course. Relax and enjoy a delicious pancake breakfast (including Gluten Free pancakes) and refreshing beverages during the awards ceremony following the race. For more information and pricing, visit saynotodrugs.com.



Santa & Suds Run/Walk Street Party: Sunday, Dec. 18 (3 p.m.), 400 block of Cleveland Street. This exciting run benefits the deaf and hard of hearing community. Experience a beautiful run/walk across the beautiful Memorial Causeway, stay for the after party and see the bay as the sun sets. For more information and pricing, visit <https://santa5k.racehawk.com>.

Outback Bowl Beach Party: Friday, Dec. 30 (11 a.m.-4 p.m.) at the Hilton Clearwater Beach, 400 Mandalay Ave. Join the teams, their marching bands and cheerleaders as they enjoy the sun and beach at the Hilton Clearwater Beach next to Pier 60. This fun day includes live music, skydivers, a tug-of-war and other contests. For more information, visit outbackbowl.com.

Tips from the Trainer:

Thriving Through the Holidays!

Do you have a love-hate relationship with the holidays? It's common to be excited about the idea of the holidays but also dread the added stress and struggles that accompany this time of year. Most of the time, the stress comes from self-imposed, unrealistic demands and expectations. When this occurs, it's important to release the stress by taking care of yourself properly so you can enjoy the holidays as healthy and stress-free as possible.

The holidays should be fun, but instead, they can be wracked with anxiety and sometimes even depression. To alleviate this, take control and stop placing unrealistic demands on yourself. For instance, when enjoying holiday treats, make a goal to maintain your weight, not weight loss. Achieve the goal by taking multiple movement breaks during the day and then increase the visits to the gym after the holidays.

I am a big believer in celebrating and enjoying holiday goodies. But, you don't need to deny yourself any of your favorite treats, but a good way to proceed is to skip the ordinary and enjoy the extraordinary. Try just a taste of something instead of a whole portion. Don't go to parties hungry. Eat a nutritious meal or snack and drink plenty of water ahead so you will not be tempted to overindulge.

Most importantly, this time of year is about family and friends. This can be a very difficult time for some, as many struggle with a wide variety of issues. It is especially nice during this time of year to reach out and touch the spirit of another person. By doing this, you might make their day or even their holiday season. These acts do not need to be lavish or extravagant. They can be as simple as buying someone a holiday meal, sharing a smile, a kind word or just a few moments of your precious time.

*Jeanmarie Scordino M.Ed., FAFS
Exercise Physiologist*

Give Back with First Choice Dental Care

First Choice Dental Care will be collecting toys for a non-profit organization called Current of Tampa Bay. "Affordable Christmas" is an initiative of Current Initiatives, a 501(c)(3) not-for-profit organization incorporated in Florida. Affordable Christmas is a shopping event for lower-income, working-class families to provide their children with a special Christmas. All gifts are intended for children and teens up to 14 years old. Families can purchase gifts such as bikes, skateboards, arts/crafts kits, video games, sports toys etc. and spend no more than \$10 per item. Having families purchase items rather than free gives empowerment and dignity to these working parents who simply need a hand up. Toys will be collected until Dec. 8 at 2515 Countryside Blvd., Suite A. For more information, call 474-4147 or visit <https://www.christmasbycurrent.org/about-ac>.

Healthy Recipe

Eggplant Ricotta Bites

Serves 6

Total time: 25 minutes



Ingredients:

- 1 medium eggplant
- Kosher salt
- All-purpose flour, for dredging
- 2 large eggs
- 3/4 cup whole wheat breadcrumbs
- 1/4 cup grated parmesan cheese
- 1 tablespoon plus 2 teaspoons extra-virgin olive oil, plus more as needed
- 2 large plum tomatoes, diced
- 2 teaspoons red wine vinegar
- 1 cup ricotta cheese
- Shredded fresh basil, for topping

Directions:

1. Thinly slice the eggplant into rounds and season with salt. Pour some flour into a shallow dish. Beat the eggs in another dish. In a third dish, mix the breadcrumbs and parmesan. Dredge the eggplant in the flour, then dip in the eggs and coat with the breadcrumb mixture.
2. Heat 1 tablespoon olive oil in a large skillet over medium heat. Working in batches, cook the eggplant until golden, about 2 minutes per side, adding more oil between batches, if necessary. Drain on paper towels and season with salt.
3. Toss the tomatoes with the remaining 2 teaspoons olive oil and the vinegar in a bowl. Spoon some ricotta onto each eggplant slice. Top with the tomato mixture and basil.

Recipe courtesy of Food Network Magazine

Clearwater Healthy Choices Challenge

Many Clearwater residents have already signed up to take the Healthy Choices Challenge by promising to make at least one healthy choice each day. This month's prize-winning challenger is **Julie Humble** who has won a **Green Market Cafe** gift card. Fill out and send in your application today, or visit myclearwater.com and complete the application online. Prizewinners will be drawn each month. Also, be on the lookout for businesses displaying the Healthy Choices for a Healthy Clearwater apple logo. These businesses will provide discounts to those who show their Healthy Choices for a Healthy Clearwater Card.

Healthy Choices Partner Spotlight

Lincourt Pharmacy

501 S. Lincoln Ave.

447-4248

lincourtpharmacy.com

Show your card and receive \$10 credit toward any over-the-counter medications.



National Influenza Vaccination Week December 4-10

The National Influenza Vaccination Week (NIVW) raises awareness on the importance of influenza vaccination. Everyone 6 months of age and older should get a flu vaccine every season. Vaccination to prevent influenza is particularly important for people who are at high risk of serious complications from influenza. Flu vaccinations have important benefits. It can reduce flu illnesses, doctors' visits, missed work and school due to the flu, as well as prevent flu-related hospitalizations.

Healthy Choices For a Healthy Clearwater is published each month by the city of Clearwater to encourage community wellness by highlighting healthy ways to Live, Learn, Work and Play.

Apply for a Healthy Choices Card online at myclearwater.com/wellness, call Regina Novak at 793-2339, ext. 238 or email regina.novak@myclearwater.com.

Send your questions, comments, or suggestions about this newsletter to regina.novak@myclearwater.com.

World AIDS Day

World AIDS Day is held on Dec. 1 each year and is an opportunity for people worldwide to unite in the fight against HIV, show their support for people living with HIV and to remember people who have died. World AIDS Day was the first ever global health day, held for the first time in 1988.

Clearwater Healthy Choices Restaurant

Who doesn't like going out to eat? Unfortunately, it can sometimes be difficult to eat healthy when you eat out. To make it a little easier, each month we will recognize a local Clearwater restaurant that offers healthy options on their menu. It's up to you to make Healthy Choices once you get there. This month's Clearwater Healthy Choices Restaurant is **Kara Lynn's Kitchen**.

Location: 421 Cleveland St.

Hours: Monday-Saturday, 11 a.m.-8 p.m.; Closed Sundays

Phone: 447-2536

Healthy Highlight: Organic food including options for vegan and gluten free. Try one of their cakes made with almond flour, honey and oranges.

