

# Bring Holiday Cheer To The Elderly

## Aging Care

The holidays are supposed to be a time of joy, but for some older adults, especially those living alone or in long-term care, holidays can be met with stress, confusion and feelings of sadness and loneliness, often intensified because holidays can be further reminders of the loss of loved ones, health and even independence. During this time of year, older adults can become isolated from their friends, family and community, leading to an increased risk of depression. There are several ways to make the holidays brighter and more tolerable, however.

One of the greatest gifts you can give an older adult is your time. Make it a point to talk with the older adults in your family, neighborhood and those living in long-term care. Listen to their stories, learn from them and try to put yourself in their shoes.

Include older relatives and friends in as much of your family's holiday celebration as possible. This may include taking the holiday celebration to them. Remind older adults why and how they

are important to you and your entire family.

Invite your elderly neighbor over for some of your holiday celebrations, especially if they would otherwise spend the holidays alone.

Holiday cards can mean a lot to older adults, and with loss, it is not uncommon for cards to diminish in number with every passing year. For some older adults, mail is the only communication they receive from friends and family. Make an effort to send a card with an upbeat greeting and update about your life and family. Cards filled with bad news, such as updates on those who died or fell ill, can be upsetting and stressful. If an older adult needs help reading or writing a card, take time to sit with them.

Help older adults decorate for the holidays. Offer to help them hang lights, carry boxes and prepare the house. If they are in an assisted living facility or nursing home, make the holidays brighter by bringing favorite or meaningful decorations. If the person uses a wheelchair, or is confined to a

bed, place the decorations in places that will be most visible to accommodate their needs.

Encourage older adults to attend holiday celebrations and events. Social activities and events to look forward to can be meaningful and can contribute to feelings of belonging and well-being. If an older adult typically throws his or her own party, you can help plan and carry out the event if need be. You may decide to throw a holiday party in honor of a special loved one just to let them know how much they mean to you and others. This can be an uplifting celebration and help keep the older adult connected with their friends and community.

For more information on aging-related topics, contact the Estill County UK Cooperative Extension Service, 76 Golden Court, Irvine at 606-723-4557.

**Source: Amy Hosier, UK Extension specialist for family life**  
Educational programs of the Cooperative Extension Service serve all people regardless of race, color, sex, age, religion, disability or national origin.

## Kitchen Diva

### Hearty Soup Keeps Winter Chill at Bay

by ANGELA SHELF MEDEARIS

For many people, the cold weather is a reason not to exercise outside or not to exercise at all. However, it is possible to get a great workout outdoors this winter, as long as you exercise caution and dress properly.

Exercising in cold weather can put extra stress on the body. It is important to consult your physician if you have a medical condition that puts you at risk before starting a new outdoor regimen.

The two conditions you have to worry about are frostbite and hypothermia. Frostbite is the freezing body tissue. It occurs most often on fingers, toes, ears and face. Symptoms of frostbite include pain, numbness, tingling and burning of the affected site. Hypothermia occurs when the core body temperature drops to below 95 degrees F. Symptoms include chills, fatigue, drowsiness, slurred speech, intense shivering and loss of coordination.

The right clothes are your first line of defense. Dress in layers. The first layer should be a thin synthetic fabric such as polypropylene, which helps draw sweat away from the body. The next layer should be fleece or wool to help insulate the body. The top layer should be waterproof to help keep heat from escaping and keep moisture and wind out.

It's also important to protect areas of the body prone to frostbite. A thin pair of gloves under a heavier pair will protect hands. Thermal socks will help protect the feet. It may be necessary to purchase shoes a half size larger to allow for the thickness of the socks. Don't forget a hat or headband to protect your ears.

Be sure to drink plenty of fluids. Dehydration is not just a risk in the summer. When sweating and increased breathing occur, in any type of weather, dehydration is a possibility.

It is particularly important to warm up properly for cold weather workouts. The body tends to stiffen more easily in cold weather. Do a short warm-up activity to help prevent injury.

Remember that shoveling snow can be a good workout, but also can take a toll on people who are not used to heavy lifting. Take the same precautions you would for any other hard outdoor workout, because that is exactly what it is!

After your winter workout, you can warm up with a hearty bowl of Kale and Potato Chowder. With potatoes replacing the cream traditionally used in chowder recipes, this is a fast, economical and healthy soup that will keep the chill away until spring.



#### KALE AND POTATO CHOWDER

- 4 cups chopped fresh kale, stems removed
- 1 1/2 tablespoons olive oil
- 1 medium onion, diced
- 1 1/2 teaspoons salt
- 1 1/2 teaspoons ground black pepper
- 1 tablespoon poultry seasoning or Italian seasoning
- 4 cloves garlic, diced
- 1 (14-ounce) can diced tomatoes -- no salt added, with liquid
- 4 large baking potatoes, diced with skin
- 3 cups water
- 2 cups low-sodium chicken broth
- 1 large carrot, sliced into thin rounds
- 1 (15-ounce) can kidney beans, drained and rinsed

1. In a large pot, heat the oil. Add onions, salt, pepper and poultry or Italian seasoning; cook until onions are tender, about 3 to 5 minutes. Add garlic and the tomatoes, and cook for 5 minutes, stirring occasionally. Add the potatoes, water and broth to the soup pot. Bring the ingredients to a boil and reduce to a simmer. Cook until potatoes are almost done, about 10 minutes.

2. Remove 2 cups of the potatoes along with some of the liquid. Place the potatoes and liquid into a blender. Carefully loosen the top of the blender to allow air to circulate, and cover the top with a dish towel to prevent the hot liquid from exploding out. Start blending on the lowest setting, and gradually increase to medium and then high. Blend until the potatoes are smooth.

3. Add the potato mixture, kale, carrots and kidney beans to soup pot; stir to combine. Continue cooking for 10 to 15 minutes until kale and carrots are tender. Taste and add more seasoning as needed. Serve in soup bowl along with side salad of fruit or leafy greens, and whole-grain crackers or bread. Makes 6 (1-1/4 cup) servings. (Additional information provided by Tammy Roberts, Nutrition and Health Education Specialist, Bates County, University of Missouri Extension.)

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Angela Shelf Medearis is an award-winning children's author, culinary historian and author of seven cookbooks. Her new cookbook is "The Kitchen Diva's Diabetic Cookbook." Her website is [www.divapro.com](http://www.divapro.com). To see how-to videos, recipes and much, much more, Like Angela Shelf Medearis, The Kitchen Diva!, on Facebook and go to Hulu.com. Recipes may not be reprinted without permission from Angela Shelf Medearis.

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## Community News

Mail announcements to The Estill Tribune, 6135 Winchester Road, Irvine, KY 40336 Call (606) 723-5012; Fax to (606) 723-2743; or E-mail it to <News@EstillTribune.Com>

### First Monday of the Month

### Twin City Kruzerz Car Club

Twin City Kruzerz Car Club will be holding their monthly meeting on the first Monday of each month at Irvine City Hall at 7:00 p.m. If the meeting falls on a holiday it will be held the following day (Tuesday). All members and anyone wishing to join the club are welcome. If you have any questions please call Loyd Flynn at 723-6776, or Kenneth Tipton at 723-7554.

### Daytime

### Al-Anon Daytime Meetings

Al-Anon is a fellowship of relatives and friend of alcoholics who believe their lives have been affected by someone's drinking. Its single purpose is to help families and friends of alcoholics. If you would be interested in a daytime meeting, please contact Amanda Webb/West Care at 726-0385.

### Available Now

### Flu Shots Are Now Available

Flu shots are now available at the Estill County Health Department. Insurances accepted include Medicaid, Medicare and Humana (state employees). Cost for self-pay is \$25.00 Call 606-723-5181 for more information.

### Available Now

### FREE Tdap Vaccines At HD

The Estill County Health Department has FREE Tdap vaccines available for anyone 10 years and older. Tdap vaccinates against Tetanus, Diphtheria and Pertussis (Whooping Cough). Call or walk in any week-day morning for your FREE vaccine! 723-5181

### Fridays, 6:00 to 8:00pm

### Estill Appalachian Dulcimers

The Estill County Appalachian Dulcimer Club meets every Friday from 6 to 8 p.m. at the First Christian Church, Main Street, Irvine. Anyone who plays an Appalachian Dulcimer or anyone who is interested in playing one is welcome to attend.

### Thursday, December 19th @ 6:00pm

### Herb Club's Christmas Tea

The Garden Thyme Herb Club will be having their Christmas Tea during their regular club meeting on Thursday, December 19, beginning at 6 p.m. Finger foods will be served with the tea.

Pat Novak will present a short program on "Fire-starters," and Kathy Puckett will demonstrate live holiday arrangements.

The Estill County Appalachian Dulcimer Club will perform holiday carols. The devotional will be given by Delvin Reece, pastor of New Beginning Fellowship Hall.

Everyone is invited to attend the Christmas tea at New Beginning Fellowship Hall.

### Saturday, January 4th @ 6:00pm

### Masonic Lodge Annual Supper

Irvine Masonic Lodge #137 F & AM will be having their annual supper on Saturday, January 4, 2014 at the Lodge building, located at the corner of Lilly Avenue and Broadway in Irvine. The supper will be served at 6:00 p.m. Fried fish, shrimp, French fries, cole slaw, hush puppies, dessert and drinks will be served.

The public, all Masons, their families and friends are invited to attend. The cost of the supper will be \$10 and includes all you want to eat. Children 12 and under eat for free.

## Attention Veterans

A Veterans Benefits Field Representative will be at the National Guard Armory, 335 Cow Creek Road, Ravenna, on Thursday, January 2, 2013 and the first Thursday of each month. The hours are 1:30 p.m. until 3:30 p.m.

Veterans and their dependants will receive assistance filing for Federal and state veterans benefits. This service is provided free of charge by the Kentucky Department of Veterans Affairs. To apply, veterans need to furnish copies of pertinent documentation to verify eligibility. For further information, please call toll free within Kentucky, 1-866-376-0308, to speak with a Veterans Benefits Field Representative.

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