Humans need social connections to survive and thrive. One report has found that one-third of adults aged 45 and older feel lonely and nearly one-fourth of adults 65 and older are considered to be socially isolated. Studies have shown that loneliness (distressing feelings of being alone or separated) and social isolation (lack of social contacts or interaction regularly) are associated with increased risk for health problems such as depression, heart disease, and cognitive decline. And, even before the COVID-19 pandemic, the former US Surgeon General, Dr. Vivek H. Murthy declared that loneliness is an epidemic, with the equivalent reduction in lifespan to smoking 15 cigarettes a day!

Although loneliness is a very real challenge for many, there are many things we can do to overcome loneliness. Consider the following tips to combat loneliness:

1. Join a class or club. Whether it’s an exercise class or book club, joining a class or club can help you find others who share at least one similar interest as you.

2. Volunteer. Volunteering for a cause you believe in can help you feel a deeper sense of gratitude for what you do have, help you find more meaning in your life, and help you connect with other volunteers that have similar altruistic goals as your own.

3. Adopt a pet. Pets offer companionship, unconditional love, and can potentially provide ways to connect with others (i.e. while walking your dog).

4. Strengthen existing relationships. Make an effort to reach out to those you already know to get to know them better, or create a deeper connection with individual family members.

5. Talk to strangers. Even small interactions with strangers, such as a cashier at a store can help to keep us feel socially connected.

6. Find support online. Connect with others who have similar interests in Meetup or Facebook groups. Many apps, like workout or fitness apps, also have a social element or discussion board.

continued on page #2
7. Practice self-care. When you are feeling lonely, be sure to take care of yourself. Eating nutritious foods, exercising, spending time in the sunshine, and getting enough sleep can give a boost to your mood.

8. Keep busy. Keep yourself distracted from negative feelings by doing a hobby or home improvement project that you’ve been meaning to do. Take time to invest in yourself and your interests while keeping your mind occupied in the process.

9. Plan ahead. Make plans ahead of time for extra support from family or friends on holidays, anniversaries, or other times that may be particularly challenging.

10. Seek help. Sometimes getting out to meet people isn’t enough. Seeking the help of a professional can help you to have the tools you need to combat the challenges you are facing.

While it can be tempting to just retreat into a corner and hide when we are feeling lonely, doing just one of these small tips can give a boost to your mood.

~Naomi Brower

References:


Shake-it-Up Chicken Nuggets

These oven-fried nuggets are crisp and golden and don’t have extra fat from deep-frying.

Ingredients:
- 1 ¾ cups herb-seasoned crumb stuffing mix
- 1/4 cup grated Parmesan cheese
- 3 tablespoons butter or margarine, melted
- 1/4 cup low-fat buttermilk
- 1/4 teaspoon ground black pepper
- 2 boneless, skinless chicken breasts, apx. 1 pound

Measure stuffing mix into resealable plastic bag. Seal bag and place on flat surface. Crush crumbs by rolling and pressing rolling pin over bag. Open bag and add Parmesan cheese. Reseal bag and shake to mix thoroughly. Place melted margarine, buttermilk, and pepper in medium shallow bowl. Stir well with spoon; set aside. Rinse chicken breasts and pat dry with paper towels. Place chicken breasts on cutting board. Cut chicken into 16 chunks of the same size. (Each chicken breast should give you 8 chunks or pieces). Dip each chicken piece into buttermilk mixture, covering all sides. Let extra buttermilk mixture drip off. Place 3 dipped chunks at a time into bag of crumbs. Seal bag tightly and shake until chicken pieces are evenly coated with crumbs. Place coated nuggets on an ungreased baking sheet. Repeat with remaining chicken pieces. Place baking sheet in oven. Bake nuggets at 450º for 4 minutes. Using tongs, turn over each nugget. Return to oven and bake 4 to 5 minutes, or until medium golden brown. Serve nuggets immediately. Yield: 4 (4 nuggets per serving)

Source: American Heart Association Kid’s Cookbook

Fun Facts about bike cycling . . .

- It gets your heart pumping
- It’s less monotonous than jogging
- It’s easy on backs, knees, feet, and joints
- You can cover a lot of ground quickly
- Almost all people can bike
- Can do it with friends or with a cycling club
- Most people already know how to ride a bike, so there are no new skills to master
Home Buyer Education
Virtual or In Person Classes

- Saturday, Sept. 11, 9:00 a.m. to 3:30 p.m.
- Saturday, Nov. 13, 9:00 a.m. to 3:30 p.m.

These classes help prepare people for the home buying process. Topics that will be covered are: how much can you afford, mortgage loans, credit, shopping for a home, what to expect at closing and much more. Cost is $30 per household for certificate or free if you only want education. Call 801-399-8207 to register.

Stretch Your Bucks Classes
Zoom Classes

Thursdays, September 9, 16 & 23
5:30 - 7:30 p.m.

Learn to stretch you money with these free classes. You will learn how to budget, what your money personality is, and information on credit, investing, and much, much more. Call 801-399-8207 to register. Once you are registered, you will get an email with a link a few days before the class.

Upcoming Date Night:...

Marriage...Not so Impossible! Scavenger Hunt Date Night

Friday, Sept. 10, 6:00 - 8:00 p.m.
Red Butte Gardens, Salt Lake City
$20 per couple

If you choose to accept, your mission is to work as a team to capture clues to healthy relationships while exploring the Red Butte Gardens on this fun-filled scavenger hunt. Cost includes activity, refreshments, and prizes. To register go to: https://www.eventbrite.com/e/marriagenot-so-impossible-scavenger-hunt-tickets-157673308109

Virtual Marriage Survival Course

Wednesday, Sept. 22, 29, Oct.6, & 13
6:30–8:00 p.m.
$10 per couple

Married, engaged, and seriously dating couples are invited to participate in a virtual fun, hands-on, four-week course that will help enrich relationships and build a healthier marriage. Topics covered include increasing commitment, communication skills, financial harmony, strengthening your relationship, and protecting your marriage. Join us for FUN evenings while learning about healthy relationships. Participant's material will be sent in the mail for the hands-on activities while watching virtually. Tickets are per couple. No refunds. For more information or questions, call 801-399-8207. To register go to: https://www.eventbrite.com/e/virtual-marriage-survival-tickets-162842625677

Hybrid Women in the Money Conference

Online (free) or In person ($25)
Friday, October 8, 2021
8:30 a.m.-4:00 p.m.

For more information on this conference see page 6.
Basic Disaster Supply Kits

Earthquakes. Flash floods. Fires. A worldwide pandemic. We might be aware of or have experienced firsthand these natural disasters and crisis, but have we taken the crucial steps to be prepared for when they strike? Assembling simple 72-hour supply kits for you and your family can be the difference between overwhelming panic and a calm, collected mind during a crisis. September is National Preparedness Month, so this is a great time to review your supply kit. Do you have the basics?

The following list contains recommended items to include in your basic disaster kits:

Basic Supplies

- Water (one gallon per person per day for several days; for drinking and sanitation)
- Food (at least a three-day supply of non-perishable foods)
- Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert
- Flashlight
- First aid kit
- Extra batteries
- Whistle (to signal for help)
- Dust mask (to help filter contaminated air)
- Plastic sheeting and duct tape (to shelter in place)
- Moist towelettes, garbage bags and plastic ties (for personal sanitation)
- Wrench or pliers (to turn off utilities)
- Manual can opener (for food)
- Local maps
- Cell phone with charger and a backup battery

Additional Supplies:

- Masks (for everyone ages 2 and above), soap, hand sanitizer, disinfecting wipes
- Prescription medications
- Non-prescription medications such as pain relievers, anti-diarrhea medication, antacids or laxatives
- Prescription eyeglasses and contact lens supplies
- Infant formula, bottles, diapers, wipes and diaper rash cream
- Pet food and extra water for your pet
- Cash or traveler’s checks
- Important family documents such as copies of insurance policies, identification and bank account records saved electronically or in a waterproof, portable container
- Sleeping bag or warm blanket for each person
- Complete change of clothing appropriate for your climate and sturdy shoes
- Fire extinguisher
- Matches in a waterproof container
- Feminine supplies and personal hygiene items
- Mess kits, paper cups, plates, paper towels and plastic utensils
- Paper and pencil
- Books, games, puzzles or other activities for children

Other Tips for Maintaining and Storing Your Kits:

- Keep canned food in a cool, dry place
- Store boxed food in tightly closed plastic or metal containers
- Replace expired items as needed
- Re-think your needs every year and update your kit as your family’s needs change
- Prepare supplies for home, work, and cars:
  - Home: Keep this kit in a designated place and have it ready in case you have to leave your home quickly. Make sure all family members know where the kit is kept
  - Work: Be prepared to shelter at work for at least 24 hours. Your work kit should include food, water, and other necessities like medicines, as well as comfortable walking shoes, stored in a “grab and go” case
  - Car: In case you are stranded, keep a kit of emergency supplies in your car

~Ally Chambers, USU Intern

https://www.ready.gov/kit?gclid=CjwKCAiwr56IBhAvA16uqGo31Y6CL2XWI_nU8_pbPYsuKZc8aYxUzssutd5H7jhRfAToVVTieFhoClkQQAvD_BwE#
Halloween Safety Tips

Trick or treaters. . .

1. Always ensure that there is adequate adult supervision—never trick or treat alone. We suggest one adult for every three children. Adults—make a regular headcount of trick or treaters.

2. Plan a local route and stick to it. Walk on the pavement and only cross the road at well lit, safe places. Do not go into poorly lit areas. Young children should hold an adult’s hand near roads.

3. Always carry a flashlight or even a glow stick so that you can be seen in the dark—you can hold this under your chin for a scary look.

4. Take care with your Halloween costume—costumes should be large enough so that warm clothes can be worn underneath and should be flame-retardant. Do not run while wearing a costume. Shoes should be comfortable and fit well—even if they don’t match the costume. Incorporate reflective material in a costume to make the wearer more visible in the dark.

5. Be carful when wearing Halloween masks while walking from house to house. If masks or hoods would obstruct a child’s vision, use face paints instead. If an adult is in costume, do not drive while wearing a mask or hood.

6. Do not carry weapons or other props—this may intimidate homeowners, other trick or treaters or adult chaperon’s.

7. Do not cut across lawns or parks as there may be hidden objects.

8. Only visit houses with Halloween decorations such as a carved pumpkin in the window—not everyone will welcome trick or treaters, so please respect their views.

9. Do not enter homes of strangers—accept treats in the doorway and thank the homeowners for the treat. And do not give them a trick.

10. Ask an adult to check the treats before eating them. (for safety and allergy reasons!)

Six Safety tips for homeowners. . .

1. Put a Halloween decoration in your window if you are happy for trick or treaters to visit you.

2. Leave on an external light to enable trick or treaters to approach your door without accident.

3. Take care when lighting pumpkins—ensure that curtains and other flammable materials are tied back.

4. Keep any treats near your front door for security—and don’t invite any trick or treaters into your home unless you know them.

5. Do not give homemade or unwrapped treats in case of allergies.

Halloween Kid Food Idea. . .

Hot Dog Mummies

12 hot dogs
1 (10 oz.) ready-rolled puff pastry sheet
Tiny edible sugar eyes or mayo/mustard/ketchup

Unroll/unfold pastry sheet and cut into thin strips, cutting some a little thicker and some thinner. (Depending on the length of the hot dog you might need two or three strips.) Take a strip and wrap around the hot dog leaving a space for the eyes. Then repeat with strips until the hot dog is covered. Place hot dog on cooking sheet with parchment paper and bake as directed on pastry sheet instructions. Place tiny edible sugar eyes on hot dogs or use mayonnaise, mustard or ketchup in a bottle with a small tip so you can make tiny eyes.
Hybrid Financial Empowerment Conference
Friday, October 8, 2021 | 8:30 AM – 4 PM
Sheraton Salt Lake Hotel and Virtual Platform

Join KSL’s Debbie DuJanovic, State Treasurer Marlo Oaks, RubySnap Bakery’s Tami Steggell, Utah Food Bank’s Ginette Bott, and experts on issues of personal and family finance, fraud, debt management, investing, educational savings, career readiness, entrepreneurship, and more.

Take control of your financial future!

Don’t miss out on:

- Voices of experience
- Hands-on learning
- Support services
- Straight talk from the experts

*Scholarships are available.

Register today:

womeninthemoney.org

Hosted by the Utah Office of State Treasurer and the Utah Financial Empowerment Coalition
Welcome to autumn! School is back in session, temperatures are expected to drop, harvest season is upon us, and Create Better Health is ready to shift gears from summertime fun to all that is unique and exciting about fall.

Going back to school is one of the biggest seasonal adjustments that families experience from summer to fall. While you are settling into your school year routine, do not overlook the impact healthy food and exercise can have on that adjustment. Good nutrition and health practices are proven to support a student’s learning experience by increasing brain function. It can also promote healthy cognition by supporting transmission of dopamine to the brain. Other benefits such as improved perception, concentration, intuition, and reasoning can all be supported by applying simple principles of physical activity and nutrition in your home.

When it comes to physical activity, some families may benefit from structured planned activities such as scheduling to go on regular family walks or hikes. Others may participate in competitive school or community athletic programs. Though these are awesome ways to promote health in your home, they may not be appealing or accessible to everyone, and that is okay! They are not a necessary means of exercise for the benefit of you or your student’s health. Movement in any capacity that is fun for the individual is going to benefit a child’s ability to learn. Whether that is jumping, lifting, fishing, working in the yard, cleaning, or cooking, finding ways every day to simply move more and sit less will help support your child’s learning experience at school this year.

Consuming nutrient dense foods is just as important to a student’s learning experience as being physically active. Shopping for in-season produce is one way to make nutrient dense food more accessible in your home. Luckily, early autumn provides a wide variety of popular in-season produce from apples and pears to peppers and broccoli. Look through the weekly ads from your local grocery store to plan recipes around produce that is on sale or at reduced prices. Or, use your food bucks at the fall farmers market on Saturdays, on 25th Street in Ogden.

Follow us on Facebook and Instagram @CreateBetterHealthWeberCounty for more recipes, seasonal activity ideas, and information on upcoming events and classes. 🌼

~Kayla Lane
Weber County Create Better Health Ambassador

Fiesta Rice Salad

1 cup brown rice, cooked
1 carrot, shredded
1 cup broccoli, chopped fine
1 small red onion, chopped
1 cup tomato, chopped
1 bell pepper, chopped
1 (15 oz.) can kidney beans, drained & rinsed
2 Tbsp. red wine vinegar
2 Tbsp. cilantro, chopped
1 Tbsp. olive oil
Salt & pepper to taste, optional

Cook rice. Wash and chop vegetables; mix with cooked rice. In a small bowl, add vinegar, cilantro, oil, salt, and pepper. Pour over rice mixture. Add beans and toss well. Serve cold and enjoy!

This material was funded by USDA's Supplemental Nutrition Assistance Program. The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1.800.221.5689 or visit online at http://fns.usda.gov/fsp/outreachcoalition/map.htm. In accordance with Federal law and U.S. Department of Agriculture’s policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250 or call (202) 720-5964 (voice and TDD). USDA is an equal opportunity provider and employer.