



Welcome

Welcome to the Holiday 2009 edition of the Home Helpers Gazette. We would like to take this opportunity to wish you a wonderful holiday season. We'd also like to thank you for making 2009 such a great year. Our second year of serving the community has flown by and it's because working with you has been such a pleasure. As always, if you have any feedback, comments or questions, you can contact us at 58319@homehelpers.cc or at (718) 261-0158. Check us out on the web at <http://www.homehelpersnyc.com>.

Tips for Holiday Eating



Between family meals, parties, and goodies at the office; the holiday season between Halloween and New Years is probably the yummiest time of the year - but it's also the time when people tend to put on the most weight.

This year, instead of packing on a few extra pounds and then resolving to lose them in January; follow health and fitness expert Jorge Cruise's tips for avoiding the traps of holiday eating.

Usually, there is an abundance of chocolate and alcohol at most gatherings and meals this year.

You can have a big impact on your waistline when choosing a sweet treat or beverage. When choosing chocolate, go for dark chocolate choices. The dark chocolate tends to have less sugar and milk while also providing the added benefit of the antioxidants in the chocolate.

When choosing alcoholic beverages, choose beer or wine instead of cocktails since mixed drinks tend to have sugary mixers such as cranberry juice or tonic. Red wine has the added benefit of resveratrol, which has anti cancer and anti aging properties.

Jorge advocates limiting high sugar and high fat items to reduce the amount of belly fat you accumulate over the season. Limit the amount cranberry sauce, dried fruit, and eggnog you consume. Go for satisfying snacks such as whole grain crackers, nuts, and lowfat cheese. Also, steer clear of diet soda and margarine; they have chemicals that are not healthy for your body.

For more information about Jorge Cruise and his tips for healthy eating and losing weight, visit his website at <http://www.thebellyfatcure.com>.

Senior Style



These days, many mature adults prefer to dress in fashionable yet age appropriate clothing. For a look at some stylish seniors,

check out these two blogs:

<http://www.granpaparazzi.com> and

<http://www.advancedstyle.blogspot.com>.





Granpapparazzi is a Canadian blog run by journalists, photographers and designers. The blog offers wonderful photos of seniors wearing great clothing while also offering fashion advice and even offering viewpoints on fashion debates such as the ethics of using fur.

Advanced style is an American blog with a majority of images from seniors being fashionable in New York City. The blog advocates respecting your elders while also taking the time to learn a thing or two about style from some of them.

If there are any fashionable seniors on your holiday list (or if you are one yourself) be sure to check out these blogs for some great ideas.

Happy Holidays



Delicious Dishes

This column of Delicious Dishes features two recipes – both easy and healthish side dishes that can be prepared for the holidays or any time you'd like. Both recipes can be found on the Food Network website

<http://www.foodnetwork.com>.

Green Beans with Lemon and Garlic

Ingredients:

- 2 pounds fresh green beans with ends cut off
- 1 tablespoon extra virgin olive oil
- 2 tablespoons butter
- 2 large garlic cloves minced
- 1 tablespoon lemon zest
- Salt and pepper to taste



Boil some salt water in a large pot and blanch the green beans for about two minutes (they should be tender-crisp with a bright green color). Remove the beans and immediately submerge in a bowl of ice water to stop the cooking.

In a sauté pan, heat olive oil and butter. Add the garlic and sauté for about 30 seconds. Then add the green beans and sauté for about 5 minutes until cooked through. Add the lemon zest, salt and pepper. Stir and serve.

Smashed Potatoes with Sour Cream and Chives

Ingredients:

- 4-5 medium Yukon Gold potatoes peeled and diced into 1 inch cubes
- ¼ cup low sodium chicken broth warmed
- ¼ cup reduced fat sour cream
- 1 ½ tablespoons fresh chives
- Salt and pepper to taste



Place the potatoes in a steamer basket over some hot water and cover. Steam till tender (15 mins). Transfer to a bowl. Mash with potato masher or fork while adding the chicken broth. Add sour cream, chives, salt and pepper. Serve warm.

