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Linda Fiveson



RECIPE FOR RETIREMENT

by Linda Fiveson

After retiring, many seniors go back to school, start their own businesses and begin second careers (related and unrelated) to what they were doing previously. The fact is we're living longer and should be living better. The most logical way to do this is by taking good care of ourselves physically, mentally and emotionally but it isn't always as easy as we think. If it were, I wouldn't be writing this article!

When you retire many things change. There are no more power breakfasts, lunch meetings or business dinners. They will be replaced by various activities and things like book clubs, tennis, golf and card games might become your new daily routine. Even eating on a schedule can change when you retire and it might even stop. Not wanting to fuss in the kitchen or eat alone, seniors often find themselves engaged in a grab and go" eating lifestyle.

When and where you eat changes based on your personal calendar. When you don't feel like cooking or perhaps aren't feeling well, wouldn't it be nice to have some delicious and interesting, quick meal ideas to fall back on?

How about a quick stir fry for example? One of the newest products available is frozen steamed fresh vegetables. The seasoned variety is delicious but if you prefer, you can season the plain ones to your liking! Adding a piece of chicken, meat or fish turns these veggies into an instant healthy, wholesome dish. You can stir fry or even bake everything together in one pan (less clean-up afterwards)! These tasty vegetables also add zest to soups and stews. Try the recipe at the end of this article with meat or a piece of fish like Arctic Char or Halibut for a variation. We all know it's easier and faster to eat unhealthy than healthy. One of the reasons is that it takes

less effort. Think about it – "grab and go" food is already prepared. You just have to open the box, bag or wrapper and "Voilà" – it's ready to eat... Being prepared is the key. If it's there, even your own food can be "grab and go"!

Cooking and shopping might not always be a priority and some seniors might not have the time, money or energy to make nutritious, simple meals. Yet, there are ways to try to make it happen. You can even save money by shopping wisely and cooking rather than eating out. One way is to choose loose, rather than pre-packaged fruits, vegetables and salad ingredients. If something is on sale it's a good idea to buy extra, prepare it and freeze it so you can have it for another meal on another day. Leftovers can be great! Instead of leaving them in the fridge to eat for several days in a row you can try freezing them. You'll probably discover that they have greater appeal a week or two later. You can do this with almost anything; soups, meatballs and sauces to name a few...

Besides thinking about eating healthy what about being mentally healthy? Have you ever wanted to do something that you never got a chance to do? This is the perfect time to make a list and pick **one** thing you will commit to doing. I know that following up on your commitment will make you feel disciplined and motivated.

Many of the local schools offer Adult Education classes and the spring session will be starting soon. Why not check out what courses are being offered and see if one interests you. Is there a new language you'd like to learn or an old one you want to brush up on? Maybe you want to study the history of a place you'd like to travel to or take an art class? Dancing lessons are a popular choice too and they're not exclusively for young people. Actually, ballroom and folk dancing are great forms of exercise and give you a chance to "shake your booty" while having a good time! The options are unlimited and you might find it's hard to make a choice!

Not working doesn't mean that you don't count. You should always take care of yourself, dress well and maintain an attractive, youthful appearance. Act as if you have reached the time of your life when you can do the things you dreamed you would do. What better time is there than now to get started?

Dreams can and do come true...

APRIL, 2010

ZESTY STIR FRY

INGREDIENTS

- 1 medium onion, sliced in thin rings
- 2 scallions, sliced in 1" pieces
- 1 bag of frozen steamed fresh vegetables, defrosted
- 1 tbsp garlic powder
- 1 tbsp cumin
- 1 tbsp chili powder or Cajun spice
- 1 tbsp paprika
- 2 cups zucchini, peeled and julienned (alternative to noodles)
- 2 skinless boneless chicken breast fillets
- 2 tbsp vegetable oil
- ½ cup water
- 2 tbsp light soy sauce



ONE RECIPE – MANY TASTES

(You may substitute fresh vegetables for frozen and fish or other lean protein for chicken)



DIRECTIONS

Bring a pot of water to a boil and add julienned zucchini. Blanch it for 3 minutes and put in colander to strain. Pat dry with paper towel and set aside.

Wash and dry the chicken breasts and cut into thin strips. Heat the vegetable oil in frying pan or wok and add the garlic, chicken and ginger. Stir fry for 2 minutes and add all other ingredients except cooked zucchini. When done you can serve stir fry over "zucchini noodles" or gently stir them into mixture like lo mein.

Word Search

Find the words below. They go in all directions and some letters may overlap.

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 I E R T R I I O M X G K U I E
 P P A O I V R C I K Y O G M S
 S T I L A R L E T T P O T I S
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Linda Says...

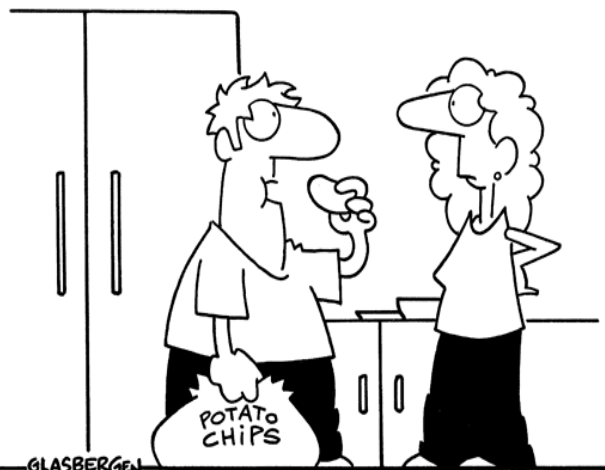
April is Stress Awareness Month

Take good care of yourself.



Stress is bad for your health!

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