



# PEAS AND CARROTS

Indiana FSSA's Division of Aging

April 2020

## Volunteer Awareness Month

Volunteer Awareness month is celebrated in the month of April, honoring those who volunteer in their communities. Volunteering has a two-fold purpose, **First**, it helps someone in need and /or helps facilitate the mission of worthwhile causes and strengthens the community. **Secondly**, volunteering is beneficial to the volunteer because it connects you to others, is good for your mind and body, and it brings fulfillment.

When choosing to volunteer consider why you want to volunteer and find opportunities to match both your purpose and goals. Also consider how much time you can commit, what type of skills you have, and the population you would like to work with.

There are several opportunities to volunteer helping Older Adults, such as delivering meals to homebound individuals, leading activities at congregate sites or senior centers, and serving meals at congregate centers to name a few.

Find out how you can get involved by contacting your local Area Agency on Aging/Aging and Disability Resource Center. If you are not sure how to locate your local agency, go to the Division of Aging's home page found at <https://www.in.gov/fssa/2329.htm> and clicking on the INCONNECT ALLIANCE link and then clicking on the "Find an Alliance Member".

Source: <https://www.helpguide.org/articles/healthy-living/volunteering-and-its-surprising-benefits.htm>



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*"It does not matter how slowly you go as long as you do not stop"*

*- Confucius*

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Image courtesy of Gerd Alxtmann from Pixabay.com

## Stress Awareness Month

Stress Awareness Month is celebrated nationally in the month of April to educate about the dangers and misconceptions of stress as well as provide coping strategies for stress.

The National Institute of Mental Health states the following 5 things you should know about stress:

1. **Everyone is affected-** Stressors may occur one time or repeatedly over a long time; however everyone is affected by stress at one time or another.
2. **Not all stress is bad-** Stress can protect you in dangerous situations, urging your body to prepare to fight or flee.
3. **Your health can be harmed from long-term stress-**Continued stressors on your body may contribute to heart disease, diabetes, high blood pressure, depression, or anxiety due to your body never receiving the signal that the threat is gone and can return to its normal functioning state.
4. **Stress can be managed-** The following tips provide ways to cope with stress:

- \*Recognize your body's response to stress
- \*Talk to your health care provider for help
- \*Regularly exercise at least 30 minutes a day
- \*Schedule regular relaxation activities
- \*Establish goals and priorities

5. Ask for help from a health professional, if you are feeling overwhelmed.

Source: <https://www.nimh.nih.gov/health/publications/stress/index.shtml>

## Tips to improve the immune system

- Eat a diet high in fruits and vegetables
- Exercise regularly
- Maintain a healthy weight
- Get adequate sleep
- Try to avoid infection by washing your hands and cooking meats thoroughly

## Immunity Building vitamins and the foods where they can be found

- Vitamin C– citrus fruits, leafy greens like spinach and kale, bell peppers, strawberries
- Vitamin E- almonds, peanuts, sunflower seeds
- Vitamin B6– bananas, lean chicken breast, tuna, chick peas, baked potatoes
- Vitamin A– carrots, pumpkin, sweet potatoes, squash
- Vitamin D– salmon, mackerel, sardines, tuna, fortified milk and orange juice, mushrooms

Source of data:

<https://www.health.harvard.edu/staying-healthy/how-to-boost-your-immune-system>

<https://health.clevelandclinic.org/eat-these-foods-to-boost-your-immune-system/>



# Banana Bran Muffins

Courtesy of: NDSU Extension Service.

## Ingredients

½ c. butter, softened  
2/3 c. sugar  
2 eggs  
3 medium ripe bananas, mashed  
½ c. buttermilk  
1½ c. all-purpose flour  
1½ tsp. baking soda  
½ tsp. salt  
4 c. bran cereal or bran cereal with raisins  
½ c. chopped pecans (optional)

## Directions

Preheat oven to 350 F. In a large bowl, cream butter and sugar together. Add the eggs, bananas and buttermilk. Combine the flour, baking soda and salt; stir into creamed mixture just until moistened. Fold in the cereal and pecans, if desired. Batter will be chunky from the cereal. Fill greased muffin cups. Bake at 350 F for 25 to 30 minutes or until a toothpick comes out clean. Cool for five minutes before removing from pans to wire racks. Serve warm

## Contact Us

Contact the Division of Aging at

1-888-673-0002

Monday through Friday  
8 a.m. to 4:30 p.m. EST

or visit us online:  
[www.in.gov/fssa/2329.htm](http://www.in.gov/fssa/2329.htm)

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**Crossword Answers:**  
**Across-3. Volunteering,**  
**5. Stress**  
**Down- 1. Citrus, 2. Flee,**  
**3. Vitamin A, 4. Exercise**

PLACE  
STAMP  
HERE