

SEPTEMBER 2022

Healthy Living

*Did you know?
September is World Alzheimer's Month*



Why is World Alzheimer's Month so Important?

Dementia is a general term for a decline in mental ability severe enough to interfere with daily life. Alzheimer's is a specific disease and is the most common cause of dementia.

Globally, dementia is one of the biggest challenges we face, with nearly 50 million people living with dementia worldwide. To tackle this global dementia challenge we need to work together, and to collaborate and share best practices with one another.



Know the 10 Early Signs and Symptoms of Alzheimer's

Memory loss that disrupts daily life may be a symptom of Alzheimer's or other dementia. Alzheimer's is a brain disease that causes a slow decline in memory, thinking and reasoning skills.

Here are the 10 warning signs and symptoms:

1. Memory loss that disrupts daily life
2. Challenges in planning or solving problems
3. Difficulty completing familiar tasks
4. Confusion with time or place
5. Trouble understanding visual images and spatial relationships
6. New problems with words in speaking or writing
7. Misplacing things and losing the ability to retrace steps
8. Decreased or poor judgement
9. Withdrawal from work or social activities
10. Changes in mood and personality

If these signs are new, they may be a sign of dementia. Dementia is not a part of normal aging. If you think that these problems are affecting your daily life, or the life of someone you know, you should talk to your doctor or seek out more information from www.alz.org.



FEATURED RECIPE

Chicken Enchilada Skillet Casserole



Ingredients

- 2 tablespoons olive oil
- 1 cup fresh or frozen corn kernels
- ½ cup diced green bell pepper
- ½ cup diced red bell pepper
- ½ cup diced onion
- 1 5-ounce package baby spinach
- 2 ½ cups shredded cooked chicken breast
- 1 8-ounce pouch red or green enchilada sauce (such as Frontera)
- 1 ¼ cups prepared fresh salsa
- 8 5-or-6-inch corn tortillas, cut into 1-inch-thick strips
- 1 ½ cups shredded reduced-fat cheddar cheese
- 1 cup coarsely chopped grape tomatoes
- ¼ cup chopped fresh cilantro
- ¼ cup matchstick-cut radishes

Directions

1. Preheat oven to 350°F.
2. Heat oil in a large ovenproof skillet, such as cast-iron. Add corn, green and red peppers, and onion; cook, stirring occasionally, until charred, 7 to 10 minutes. Gradually add spinach in batches; cook, stirring frequently, until wilted, 1 to 2 minutes.
3. Stir in chicken, enchilada sauce, and salsa until combined. Gently stir in tortilla strips. Sprinkle with cheese. Transfer to the oven and bake until bubbly, about 15 minutes.
4. Top the casserole with tomatoes, cilantro, and radishes.