

SURVEY for HEAL Newsletter

HEAL is looking for feedback on the newsletter.

How frequently would you want the HEAL newsletter?

- Bimonthly
- Quarterly

What do you like about the HEAL Schuylar Newsletter?

What don't you like about the HEAL Schuylar newsletter?

What kind of article would you like to see?

- Recipes
- Events
- Classes
- Articles on fitness
- Articles on Healthy Eating
- Articles on Mental health
- Articles from Public Health issues

Please fill out survey responses online at
<https://tinyurl.com/22asvjen>



Local Nov & Dec Events

- Nov 6– Annual Blood Analysis– Watkins Glen Community Center; 6:00am to 10:00am
- Nov 11– Veteran's Day Service
- Nov 12 -14 Lake County Players, "The Wedding Singer"
- Nov 25- Thanksgiving-
- Nov 27- Small Business Saturday, community tree lighting at Clute Memorial Park
- Dec 3-4 Holiday Fair at Clute Memorial Park
- Dec 10- 28th Annual Village Christmas in downtown Watkins Glen. Starts at 5pm. Visions of a Candy Land Christmas parade starts at 6:30pm Fireworks at 7:30pm
- Dec 11- Watkins Glen Area Chamber of Commerce Fireworks at Pier at 7:30pm
- Dec 25- Christmas
- January 1st– First Day Hike Catharine Valley Trail Fairgrounds Lane at 9am.
- Check out Montour Falls Library and Watkins Glen Library for their monthly book club meetings
- Schuylar Outreach Food Pantry, Tue and Fri 9am-2pm, Thurs 12-4pm.

CDC recommends in areas with high numbers of COVID-19 cases, consider wearing a mask in crowded outdoor settings and for activities with close contact with others who are not fully vaccinated. If you are fully vaccinated, to maximize protection from the Delta variant and prevent possibly spreading it to others, wear a mask indoors in public if you are in an area of substantial or high transmission

Maple Walnut Energy Balls

Ingredients

- 2 cups walnuts plus 1/4 cup for coating
- 1 cup old fashioned oats
- 1/2 cup medjool dates, pitted about 7 dates
- 3 tablespoon maple syrup
- 2 tsp vanilla extract
- 1/4 tsp salt.



Directions:

1. Add 2 cups walnuts, oats, dates maple syrup, vanilla and salt to a food processor. Blend until smooth and dough forms together into cohesive balls about 1 to 2 minutes.
2. Finely diced the remaining 1/4 cup walnuts and add to a plate
3. Form the dough into 16 balls and roll each ball in the diced walnuts to coat. Store the energy balls in an airtight container in the fridge for a week or in the freeze for up to three months.

Source: American Heart Association. <https://recipes.heart.org/en/recipes/hcm-maple-walnut-energy-balls>

Ensuring Veteran's Health in Schuyler County



Have you served honorably in the military? Do you have a copy of your DD-214 (discharge paper)? Schuyler County Veteran Services Agency can help. They specialize in maximum assistance to veterans, their families in all matters pertaining to the problems in the VA system. Under Federal, State and Local Laws that provide special services. Assistance provided in completing and processing claims for burial, compensation, education,

healthcare, home loans, home loan grants, pension, real property tax exemptions. Not everyone is entitled to some these benefits, therefore it's best to make an appointment to see what benefits you may qualify for.

Please call to make an appointment.

Phone: (607) 535-2091

Address: 323 Owego St. Unit 2 Montour Falls, NY 14865

Hours: Monday – Wednesday 9:00 am - 1:00 pm Thursday 3:00 pm - 7:00 pm Friday 9:00 am - 1:00 pm

Boost Your Immunity with Healthy Eating and Staying Active

Nutrition Education and Resources from SNAP-Ed New York – Southern Finger Lakes Region



Keeping up with your health is especially important as we enter the colder months to ensure a stronger immune system. Eating well and staying active are two major aspects to overall well-being. What and how much you eat and drink, along with regular physical activity, can help you manage your weight, lower your risk of disease, and build your immunity.

Consider your food (and beverage!) choices:

- Choose a variety of foods and beverages from each food group to build healthy eating styles. Include choices from all the MyPlate food groups to meet your calorie and nutrient needs when planning or preparing meals and snacks.
- Food is the best way to get all the vitamins and minerals needed to support your immune system and prevent disease. Look for these nutrients to keep your immune system strong:
 - **Beta Carotene:** carrots, spinach, sweet potatoes, broccoli, tomatoes, mango
 - **Vitamin C:** citrus fruits, strawberries, bell peppers
 - **Zinc:** beans, nuts, seeds, beef, seafood
 - **Probiotics:** yogurt, some cottage cheese (check the label for live and active cultures), fermented items such as kimchi and kombucha
- Replace foods high in saturated fat with foods higher in unsaturated fat. Instead of “solid fats” like butter, shortening, or fats from meats, try olive or canola oil. Foods higher in unsaturated fat include nuts, seeds, and fatty fish like tuna, salmon, and sardines.
- Strive for 8, 8-ounce glasses (64 ounces total) of water daily. Infuse water with your favorite fruits, vegetables, or herbs – or try a cup of hot water with lemon and honey on a chilly morning.

Stay active:

- Choose activities that you enjoy. Adults should aim for at least 2½ hours or 150 minutes of physical activity each week. Every little bit adds up and doing something is better than doing nothing.
- Move more at work. Fit more activity into the workday. Stand during phone calls, use a printer farther from your desk, and get up to stretch each hour.
- Take advantage of the winter weather. Go sledding, ice skating, skiing, or snowshoeing. Play in the snow or build a snowman or snow fort – or team up for an epic snowball fight with the whole family.

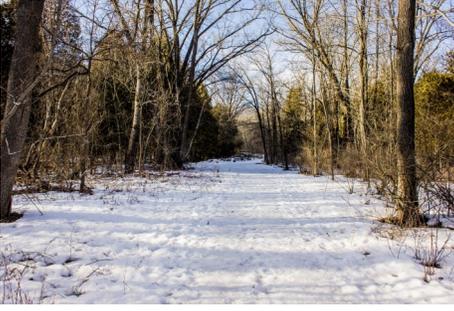
Visit www.snapedny.org for more tips and resources to help you and your family save time, save money, and eat healthy!

Sources: American Heart Association Holiday Healthy Eating Guide; USDA 10 Tips Nutrition Education Series; MyPlate.gov



Please submit articles and HEAL Schuyler events to scph@co.schuyler.ny.us.

Where to be active this November and December



Bone Builders- Jefferson Village – Thursdays at 4pm (only for residents) Hector Presbyterian Church – Mondays at 9 am (full class) Hector Presbyterian Church – Tuesdays at 9:30 am (full class) St. James Episcopal, Watkins – Tuesdays at 9:30 am (2 openings) Silver Spoon Café – Fridays at 10 am (full class) Coming soon... Tyrone Fire Hall – possibly Tuesdays at 9:30 am If anyone is interested in participating in Bone Builders in Schuyler County they would call Kim Pound directly either on the main OFA # 535-7108 or her direct # 535-6834.

Catharine Valley Trail– Starts at the Seneca Harbor Park and ends at Horseheads at Huck Finn Road. Open year round from dawn to dusk.

Exercise Enterprise- 300 S Madison Ave Watkins Glen NY 14891. \$10 to join for a monthly rate of \$45/month or three months for \$111 24/7 access Wifi, sauna, and accepts credit cards.

Four Dragons Martial Arts- 219 N Franklin St, Watkins Glen, NY 14891 Phone 607-284-4040

Finger Lakes National Forest– Hector Ranger Station 5218 State Route 414 Hector NY 14841 607-546-4470.

Finger Lakes Trail- There are hunting closures on some areas of the trail. Please go to Fingerlakestrail.org for up to date information on condition of trails and closures.

Grand Prix Fitness- 140 N. Catharine St Montour Falls NY 14865 Phone 607-210-4058.

Leslie School of Dance– 317 North Franklin St Watkins Glen NY Call 607-535-5350 Friday 7:30pm to 8:45pm Restorative Yoga, Tuesday 7:30pm-8:45pm Friday 6:00pm-7:15pm Hatha Flow. For more detail: <https://www.leslieschoolofdance.com/>

Martin Nature Preserve– 2710 Charles Rd Odessa NY 14869. 1.1 mile trails. <https://www.flit.org/preserves/martin-nature-preserve/>

Selah Yoga– 4485 NY-79, Burdett, NY 14818, Yoga Classes available live or online: Tuesday 10:00am(online), 6:30pm (Live) Wednesday 6:30am(online), Thursday, 10:00am (online), Saturday, 8:30am (online) Yoga classes available through private sessions as well. Yoga classes are accessible to all people.

Seneca Fitness Center- 303 12th St Watkins Glen, New York NY 14891 Daily Drop In \$5 per person per day. Adult \$40/month.\$20/month for senior citizen(65 +) . Mon-Fri 6:00am-7:15am 6:00pm-9:00pm Closed Weekends The indoor track is open the same hours as the Fitness Center, there is no charge for the indoor track.

Seneca Lake Events Ice Skating Program- 3221 NY-414, Burdett, NY 14818. Tentative opening November 19th, Opening Day Saturday November 27th with Tree Lighting Ceremony to St. Patrick's Day Weather pending. Hours of Operation– Thursday 11 am to 5pm, Friday 11am to 7pm, Saturday 11 am to 7pm, Sunday 11am to 5pm. Cost of renting skates is 7 per person for 2 hours.

Watkins Glen State Park– 1009 N Franklin St Watkins Glen NY 14891 Gorge Trail closed October 24, 2021 North Rim and South Rim Trails open from dawn to dusk.



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Flu season: your health is worth a shot!

It's that time of year again

Flu season will be here soon so now is the time to get vaccinated. Influenza (flu) is a serious disease caused by a virus and it can make you feel miserable! Fever, cough, shaking chills, body aches, and extreme weakness are common symptoms. You can catch the flu from people who cough, sneeze, or even just talk around you. It is very contagious.

Flu is dangerous

Tragically, each year, infants, children, teens, and adults die from the flu. The virus is very unpredictable so no one knows how deadly it will be each year. Even if you have a mild case of the flu, you can still pass it on to your friends, family, and coworkers who could get very sick or even die. Anyone can become seriously sick from the flu, but it is most dangerous for people with health conditions like heart and lung disease, young children, and pregnant women. People 65 years and older are especially at risk of developing serious complications, like pneumonia, from the flu.

How can you protect yourself and your loved ones?

You can take 3 Steps to Fight the Flu:

1. Get a flu vaccine. Everyone 6 months and older should get a flu vaccine by the end of October. Getting a flu shot every year provides the best protection against flu. The flu shot works by activating your body's natural immune system. The shot includes inactivated (dead) flu virus – so it can't make you sick. Your immune system responds to the dead virus in the shot and makes antibodies to destroy it. It is best to get your flu shot early, before flu season starts, because it takes about 2 weeks for your body to develop antibodies to protect you from the flu. After that, your body remembers how it destroyed the dead virus in the vaccine and your immune system can quickly stop living flu virus you are exposed to before they can make you sick.
2. Take everyday actions to stop the spread of germs. Try to avoid close contact with sick people, and if you become sick, limit your contact with others. Cover your nose and mouth with a tissue when you cough or sneeze, and wash your hands often. These same steps can also help slow the spread of COVID-19.
3. Take flu antiviral drugs if your doctor prescribes them. If you get sick with flu, prescription flu antiviral drugs can be used to treat flu illness. Antiviral drugs can make illness milder and shorten the time you are sick. They may also prevent serious flu complications.

Where can you get your flu shot?

Influenza vaccine is now available for this flu season. Visit your healthcare provider or a local pharmacy to get your flu shot. Flu vaccination is also available through flu clinics in the community.

Learn more about the flu at <https://www.cdc.gov/flu/>.



To the HEAL Schuyler member:

HEAL Schuyler
106 S. Perry St
Watkins Glen, NY 14891

Our mission is: “To Reduce the rate of adult obesity in Schuyler County to less than the NYS average of 25% (2012-2013) ”

