## GLAUCOMA AWARENESS MONTH

Glaucoma is a leading cause of vision loss and blindness in the United States. Glaucoma has no early symptoms — that's why half of people with glaucoma don't know they have it.

The only way to find out if you have glaucoma is to get a comprehensive dilated eye exam. There's no cure for glaucoma, but early treatment can often stop the damage and protect your vision. Anyone can get glaucoma, but those at higher risk includes: everyone over age 60, especially Hispanics/Latinos, African Americans over age 40, and people with a family history of glaucoma, as stated by the National Eye Institute (n.d.). Even if you're not at higher risk, make eye health your New Year's resolution by getting a dilated eye exam soon.
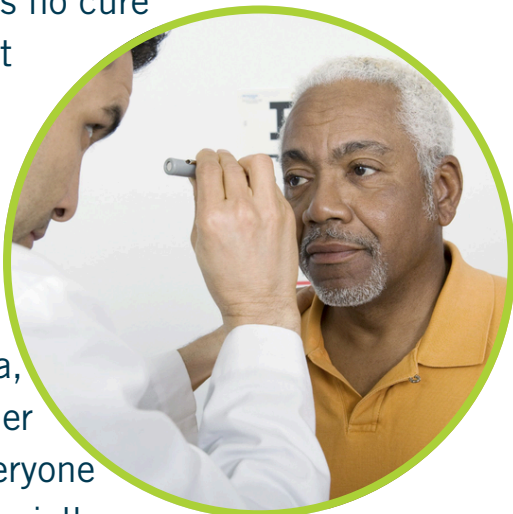
REMINDER:
MOWWM will be closed on January 1.
We wish you a healthy, happy New Year!

JANUARY IS NATIONAL OATMEAL MONTH!

Oats are loaded with fiber, vitamins, minerals, and antioxidants. When eaten regularly, they have been shown to help reduce cholesterol, lower blood sugar, and be protective against heart disease. They also help with weight control, regularity, and maintaining a consistent release of energy for your mind and body. They are a powerhouse whole grain! The most common form of eating oats is oatmeal. What a perfect breakfast or snack especially in the wintertime!

You can add warm milk, fruit, granola, chia seeds, nuts, flax seeds, and even a little honey to your oatmeal to add extra flavor and texture. Every type of oat is nutritious! Whether you eat steel-cut, old-fashioned, quick-cooking, or even instant, they all have the same health benefits.

NATIONAL PUZZLE DAY

Puzzles have become popular among all age groups across the world. Sudoku puzzles, jigsaw puzzles, crosswords, and many other types of puzzles are everywhere. Regardless of your age and the kind of puzzle you choose to work on, they help stimulate your brain cells and make them active.

It is also helpful in keeping your focus intact, so it makes perfect sense to celebrate these brain-developing games in one day. That is why we have a National Puzzle Day every year on January 29th. But you can celebrate with puzzles all month long! Learn more at: https://activities-for-seniors.info/jigsaw-puzzle-brain-games-for-senior/.

TIPS FOR OVERCOMING THE WINTER BLUES

Whether triggered by the winter season or other factors, winter blues in seniors should be addressed with seriousness, as the condition can sometimes escalate to feelings of profound hopelessness or a loss of the will to live. If you know someone struggling, here are a few simple steps you can take to help:

1. Increase light exposure by keeping room lights on longer during the day.
2. Stay active with small movements like walking through the house or seated exercises.
3. Eat Vitamin D-rich foods like eggs, salmon, or fortified cereals to boost mood.
4. Socialize with friends and family as much as possible.

BAKED SPAGHETTI
Prep Time: 15 min   **Cook Time: 30 min**   **Servings: 10**   **Serving Size: 1 piece**

Ingredients

1 lb spaghetti
1 pound ground beef
1 medium onion, chopped
2 cloves of garlic, minced
1 jar (32 ounces) meatless spaghetti sauce
1/2 teaspoon seasoned salt
1 teaspoon Italian seasonings
2 eggs
1/3 cup grated Parmesan cheese
5 tablespoons butter, melted and slightly cooled
16 ounces ricotta cheese

Directions

- Cook spaghetti according to package directions. Meanwhile, in a large skillet, cook beef, onion, and garlic over medium heat until meat is no longer pink; drain. Stir in spaghetti sauce, seasoned salt, and Italian seasonings.
- In a large bowl, whisk the eggs, Parmesan cheese, and butter. Drain spaghetti and cool slightly; add spaghetti to the egg mixture and toss to coat.
- Place half of the spaghetti mixture in a greased 9x13 baking dish. Top with half of the ricotta cheese, meat sauce, and mozzarella cheese. Repeat layers.
- Cover and bake at 350° for 30 minutes. Uncover and bake for 10 minutes longer or until cheese is melted. www.the-girl-who-ate-everything.com