



# Edgehill Community Health Updates

Fall 2016

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- Fourth Page: Community Events

## Contributors

Photos from Brenda Morrow, Edgehill Family Resource Director and Ruby Dunlap.

From Mary's Desk and Community Garden is from Mary Wakefield, UT/TSU Extension-Davidson County Office.

About Domestic Violence from Tatum Johnson, MPHD

Editing and layout by Ruby Dunlap, Belmont University School of Nursing

Printing by Meharry-Vanderbilt Alliance

## Community Photo Album:

### Community Garden

Below: Marigolds and Lima Beans



Below: Elba's Garden and Peppers





**By: Mary B.  
Wakefield,  
Extension Agent  
Cooperative  
Extension Program  
Tennessee State  
University**

## From Mary's Desk

### Fall for Orange Colored Pumpkin

By Mary B. Wakefield, Extension Agent, Cooperative Extension Program, Tennessee State University

When the fall season of the year begins we look forward to seeing the vivid and colorful shades of orange foliage. Orange is one of the most vibrant colors in the spectrum. During fall we also look forward to decorating with orange pumpkins. Pumpkins are often used to make familiar fall season decoration, such as the Jack-o-Lantern, which is usually carved from large, thin-walled pumpkins, which are easy to carve. Jack-o-Lantern pumpkins can be eaten, but they are not as sweet and flavorful as the smaller, heavier pie pumpkins. Pumpkins are not only useful for decorative purposes, they are useful for preparing nutritious and delicious traditional food dishes as well for fall meals. Nutritionally, pumpkin contains a good amount of the antioxidant beta carotene which is converted to vitamin A in the body. Vitamin A helps support the function of white blood cells which are important for a healthy immune system. Vitamin A also promotes strong bones and good eye sight or vision. Pumpkin is also a source of vitamin C and potassium and is low in sodium. Vitamin C functions by helping the body to resist infection and heal wounds while potassium functions to help maintain normal blood pressure. Pumpkin can be prepared in a variety of ways such as soup or as a vegetable side dish, in muffins and pancakes and in the traditional pie or bread.

### Pumpkin Bread



Serving Size: 1 slice; Yield: 32 servings

#### **Ingredients:**

1 can pumpkin (15 ounce)  
1 cup sugar (8 ounces)  
¼ cup vegetable oil  
1 cup yogurt, plain low-fat  
1 ½ cup flour (all purpose)  
1 ½ cup whole wheat flour  
2 teaspoons baking powder  
2 teaspoons baking soda  
2 teaspoons cinnamon  
½ teaspoon salt  
1 cup raisins

#### **Directions:**

Preheat oven to 350° degrees.

1. In a large mixing bowl, beat together pumpkin, sugar, oil, and yogurt.
2. In a medium bowl, combine the flours, baking powder, soda, cinnamon, and salt; add to pumpkin mixture, stirring until just moistened.
3. Stir in raisins.
4. Pour into 2 greased 9x5x3 inch loaf pans and bake for about 1 hour.
5. Cool on a wire rack for 10 minutes; remove from pan and cool completely.
6. Cut each loaf into 16 slices

**Nutrition Facts:** Calories, 110; Calories from fat, 20 ; Total fat, 2g; Saturated fat, 0g; Trans-fat 0g; Cholesterol, 0mg; Sodium, 150mg; Total Carbohydrate, 21g; Fiber, 1g; Protein, 2g; Vitamin A, 40%; Vitamin C, 1%; Calcium, 4%; Iron, 4%.

*Notes: Substituting yogurt for eggs and oil reduces fat and cholesterol.*

*Source: Iowa State University Extension, Food for Fitness and Fun*

# What is domestic violence?

**Submitted by Tatum Johnson, MPHD**

Domestic violence is any pattern of behaviors that attempts to control and intimidate a partner or family member through fear, manipulation, isolation, financial abuse, physical abuse, sexual abuse and/or verbal abuse. One in four women in the U.S. are victims of domestic violence. Three U.S. women are murdered by their partners every day. There are 15.5 million children in the U.S. exposed to domestic violence each year. Domestic violence costs \$37 million each year. Domestic violence hurts EVERYONE.

Recognize the signs of an abuser:

- ◆ **Wants the relationship to move too fast**
- ◆ **Is jealous**
- ◆ **Isolates partner from friends or family**
- ◆ **Exhibits controlling behavior**
- ◆ **Blames others for problems or feelings**
- ◆ **Has sudden mood swings**
- ◆ **Speaks disrespectfully of opposite gender**
- ◆ **Treats partner differently in public than behind closed doors**
- ◆ **Says hurtful things or makes threats and then apologizes**
- ◆ **Is cruel to children or animals**
- ◆ **Makes inappropriate sexual demands**
- ◆ **Has abused past partners**

Does this sound like someone you love? You are not alone. It's not your fault, Abuse is not okay. Ever. Period. But abuse does happen-and when it does, there is help.

If you or someone you love is being hurt by a loved one, call the 24-hour free and confidential YWCA Crisis & Information Line.

615-242-1199 or 1-800-334-4628

Resource: YWCA Nashville & Middle Tennessee



# Community Photo Album

## Fall Health Fair, Back to School, and Night Out Against Crime





# Edgehill Community Health Updates: Winter 2017

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water?

## CONTRIBUTORS

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Community Health Data article from the Meharry-Vanderbilt Alliance

Editing and layout by Amber Acquaye, Meharry-Vanderbilt Alliance Intern

Printing by Meharry-Vanderbilt Alliance

## Community Photo Album: Highlight Reel



Above: School Party



Above: ONE/FRC Book and Resource Giveaway with the Alpha Delta Omega Chapter of Alpha Kappa Alpha Sorority, Inc.



Below: Fall Health Fair

Below: Edgchill Night Out Against Crime



Below: Halloween Party





**By: Mary B.  
Wakefield,  
Extension Agent  
Cooperative  
Extension Program  
Tennessee State  
University**

**From Mary's Desk:**

**Seasoning Your Food with Herbs and Spices**

Seasoning your food with herbs and spices instead of salt allows you to consume less sodium in your diet. The American Heart Association and the 2015-2020 Dietary Guidelines for Americans recommends that a healthy eating patterns limit sodium to less than 2,300 mg per day for adults and children ages 14 years and older. One teaspoon of salt alone contains puts you at your daily limit and don't forget the sodium already contained in processed foods. Sodium is an essential nutrient and is needed by the body in small amounts so long as you're not a rigorous athlete.

Adults with prehypertension and hypertension (high blood pressure) would particularly benefit from blood pressure lowering. For these individuals, further reduction of salt intake to 1,500 mg per day can cause an even greater blood pressure reduction. Reducing sodium intake includes added table salt, salt used in cooking, and already present in processed foods.

Removing or using less salt during cooking and at the table and using different herb and spices instead to flavor your food can be heart healthy. Try some of these herbs and spices for seasoning vegetables as well as with meat, poultry, and fish. You may find that you can cut back on the amount of salt in your diet.

**Seasoning**

Black Pepper  
Basil  
Cumin  
Curry  
Dill  
Garlic  
Ginger  
Onion  
Rosemary  
Thyme

**Food**

Beef, fish, greens, poultry  
Cucumber, fish, green beans, lamb, peas, pork, tomato, summer squash  
Corn, potatoes, pork  
Beef, corn, fish, lamb, pork, poultry  
Beef, fish, green beans, potatoes, poultry, tomato, summer squash  
Beef, greens, lamb, potatoes, pork, poultry, summer squash  
Beef, fish, greens, poultry, pork, summer squash  
Beef, corn, greens, potatoes, summer squash, tomato  
Fish, lamb, pork, poultry, roasted potatoes, tomato  
Greens, lima beans, potatoes, poultry, summer squash, tomato

**SMOTHERED GREENS RECIPE**

**Ingredients**

- |  |                           |
|--|---------------------------|
| 2 pounds greens (mustard, turnip, collard, kale, or mixture) | 1 teaspoon cloves, ground |
| 3 cups water   | 2 garlic cloves, crushed  |
| 1/4 pound smoked turkey breast, skinless                     | 1/2 teaspoon thyme        |
| 1 tablespoon hot pepper, freshly chopped                     | 1 stalk scallion, chopped |
| 1/4 teaspoon cayenne pepper                                  | 1 teaspoon ginger, ground |
|  | 1/4 cup onion, chopped    |

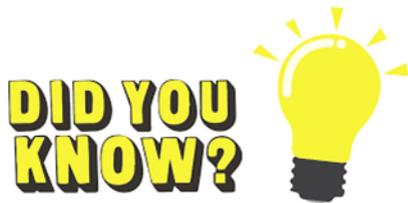
**Directions**

1. Prepare greens by washing thoroughly and removing stems.
2. Tear or slice leaves of greens into bite-sized pieces.
3. Place all ingredients except greens into large saucepan and bring to boil.
4. Add greens to turkey stock. Cook for 20 to 30 minutes until tender.

Yield 5 servings- Serving size: 1 cup, Calories: 80, Total Fat: 2 g, Saturated Fat: less than 1g, Cholesterol: 16 mg, Sodium: 378 mg, Carbohydrates: 9 g, Dietary Fiber: 4 g, Protein: 9 g, Potassium: 472 mg

Resource: NIH Soul Food Makeover Heart Healthy African American Recipes

## 2017 Community Garden Fall Harvest



### Knowing Your Community's Health - DATA

**DID YOU KNOW** that there is lots of data right at your fingertips? Data is information about something or someone.

Two local hospitals, Saint Thomas Health and Vanderbilt University Medical Center (VUMC), have community health profiles available on their websites. Detailed information about the health of Nashville's residents can also be found on **HealthyNashville.org**. The Healthy Nashville website and the VUMC website also feature **funding opportunities, research programs, and ideas for public health programs**.

For information on Healthy Nashville visit: <http://www.healthynashville.org/>

For the Saint Thomas reports visit: <https://goo.gl/rQQkXA>

For the VUMC reports visit: <https://goo.gl/XhoNYY>

Metro Social Services also does an annual Community Needs Evaluation which can be found here: <https://goo.gl/WQx9oh>

Wanting more local health data? Look no further!

**Written by:** Meharry-Vanderbilt Alliance Team



# Are You Drinking Enough Water?

## How Dehydration affects Diabetes and Hypertension

By Amber Acquaye, MVA Intern

### What is dehydration?

Dehydration occurs when your body lacks the water it needs to properly function. We lose fluids through regular processes like sweating, breathing, using the restroom, tears, and even our saliva. That loss balances out through the foods we eat and the water we drink. *We get dehydrated when we lose more water than we gain.*

### What are some causes of dehydration?

We lose water naturally through our everyday actions. The problem is when there are barriers to recuperating those losses or when we cannot make enough up for what has been lost. People that are ill with diarrhea or vomiting are at risk because they are losing water at levels higher than usual. Excessive sweating, burns, and diabetes are also causes.

### What happens when we do not get water? How can I tell I am dehydrated?

For mild to moderate dehydration, you may experience excessive thirst, less trips to the bathroom, dry mouth, dry skin or hair, headaches, or muscle cramps. For more moderate to severe dehydration, you may feel dizzy, faint, a rapid heartbeat or breathing, or sunken eyes and shriveled skin. In babies or younger kids, you can tell by the presence of a dry mouth and tongue, no tears when crying, irritability, sunken eye and/or cheeks, or dry diapers for more than three hours. *One of the best indicators for dehydration is dark, golden urine.*



### Who is at the greatest risk for dehydration?

*Young kids and babies because they experience more diarrhea and vomiting.* Those that are ill because they do not drink as much water. Athletes because of the sweating during activity. Those with chronic diseases like diabetes, kidney disease, cystic fibrosis, alcoholism, etc. and older adults.

### How does dehydration affect my health specifically diabetes and hypertension?

When there is less fluid in our blood, there is more sugar in relation to the levels. Think of putting sugar into a small cup of lemonade, the more water, the more diluted the taste of the sugar. Without the liquid, you just have heaps of sugar at the bottom. The same happens in our blood vessels when there is not enough liquid to in relation to the sugar in your bloodstream. Blood sugar can peak making those with diabetes especially at risk. Furthermore, it tasks already overworked kidneys to do more to excrete the sugar into urine putting the kidneys further at risk and making you even more dehydrated as you are urinating more. *Dehydration with diabetes is a very dangerous, life threatening cycle.*

In relation to hypertension, think of oatmeal. The less water the thicker the oatmeal, the more effort you have to put into mixing it. The same goes for your blood. The less water, the thicker the blood is and the harder your blood vessels must work to push it to the parts of your body that needs it. *Thus, dehydration puts those that already have high blood pressure at an even greater risk.*

### How can we fix it? How to tell if you're hydrated?

**FLUIDS! FLUIDS! FLUIDS!** Clear liquids like water, broths, or sports drinks like Pedialite or Gatorade are all great options. Drinks that contain caffeine like tea, coffee, or sodas should be avoided as they have substances that increase urination. Fluids do not just come from what we drink. Foods such as cucumbers, broccoli, baby carrots, iceberg lettuce, zucchini, melon fruits, strawberries, cauliflower, strawberries, spinach, green peppers, tomatoes, most leafy green vegetables and fruit, contain large amounts of hydration as well.

You can tell you are more hydrated by the color of your urine becoming lighter and the easing of the before mentioned symptoms.

Source(s): WedMD "What is Dehydration What Causes It" (2017); Medical News Today "Dehydration: Symptoms, causes, and treatments" (2017); Optimum Health "Dehydration and High Blood Pressure" (2015).



# Edgehill Community Health Updates: Summer 2018

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## CONTRIBUTORS

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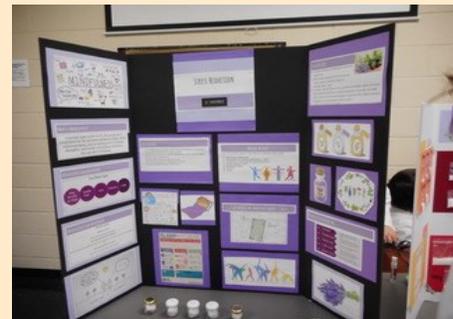
From Mary's Desk and Community Garden is from Mary Wakefield, UT=TSU Extension-Davidson County Office.

My Healthcare Home from the Meharry-Vanderbilt Alliance

Editing and layout by Amber Acquaye, Meharry-Vanderbilt Alliance Intern

Printing by Meharry-Vanderbilt Alliance

## Community Photo Album: April 13th Edgehill Health Fair





**By: Mary B.  
Wakefield,  
Extension Agent  
Cooperative  
Extension  
Tennessee State  
University**

Summer is the time of the year we look forward to enjoying the taste of fresh seasonal vegetables. Specifically, we enjoy fresh summer seasonal produce including lima beans, cantaloupe, sweet corn, cucumber, eggplant, okra, field peas, sweet and hot peppers, summer squash, tomatoes, and watermelon. In Metro Nashville, Davidson County these vegetables can be planted in the home garden in Mid-April, usually after the last spring frost, and harvested in the summer.

Vegetables are included in the diet as part of a healthy eating pattern as they provide essential nutrients for growth and development and the maintenance of good health. Eating fresh vegetables provide a rich source of essential vitamins, minerals, fiber and phytochemicals that our body uses on a daily basis.

Phytochemicals are naturally occurring plant substances that give vegetables their color and may help protect us against some cancers, heart disease, and other chronic health conditions. To get phytochemicals and other nutrients including many vitamins and minerals in our diet we eat a variety of colorful vegetables. Growing vegetables in the home garden can also help promote good health through engaging us in the physical activity of gardening. Vegetables generally add texture, color and appeal to your meals and desserts and they make excellent low calorie nutritious snacks.

**If you choose to grill your seasonal vegetables here are some tips for grilling vegetables that you may find useful.**

- \* Clean your hands and the vegetables before grilling.
- \* Cut vegetables into uniform size such that they cook in roughly the same amount of time. Cut vegetables large enough to avoid having them fall through the grill grates.
- \* Lightly brush the cut vegetables with olive oil before grilling to help seal in moisture and to help prevent the vegetables from sticking to the cooking surface or grill grates.
- \* Season vegetables with herbs and spices to taste if desired before grilling.
- \* Start grilling with a clean grill. Coating the grill cooking surface by spraying or rubbing the grill grates with a nonstick cooking oil before grilling the vegetables will help prevent the vegetables from sticking to the grill grates.
- \* Place vegetables directly onto the grill grate over medium heat.
- \* Grill marks are an acceptable feature of grilled food. Remember to turn vegetables on the grill to avoid burning.
- \* Between 10 – 20 minutes is sufficient time for most vegetables to cook on the grill over medium heat.
- \* Vegetables can be grilled in a wire basket, on aluminum foil, skewered or directly on the grill.
- \* Avoid cross-contamination when grilling by not using the same utensils for turning vegetables, raw meat, poultry and seafood.
- \* Refrigerate leftover grilled vegetables within 2 hours (1 hour if temperature outside is above 90°

**Grilled Yellow Squash**

4 medium yellow squash	1-tablespoon fresh oregano
1/4 cup olive oil	1-tablespoon rosemary
Pepper and salt to taste	

Directions: Preheat the grill to medium heat. Cut off the ends of squash. Cut squash horizontally into 1/4 inch to 1/2 inch thick slices long enough that slices will not fall through the grates of the grill. In a small bowl, combine olive oil, oregano and rosemary. Brush the slices of squash with the herb oil, and season with salt and pepper. Grill squash slices for 5 to 10 minutes per side, until they reach the desired tenderness. Brush with additional herb oil, and turn occasionally to prevent sticking or burning. Zucchini squash can be used instead of yellow squash. Thyme, dill or tarragon can be used instead of fresh oregano and rosemary.

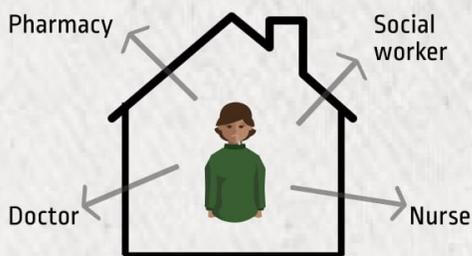


My Healthcare Home (MyHCH) is a new website to help you find affordable, accessible, high quality healthcare in Middle Tennessee

## What is MyHCH?

- A searchable website that includes 50+ non-profit health clinics in and around your community.
- Includes instructions for how to make an appointment.
- MyHCH clinics serve EVERYONE. All people are welcome!
- MyHCH clinics serve many uninsured and low income people.

In your healthcare home, care starts with you. You are in charge!



## Find a Clinic Near You

All Services 

Enter your address or zip 

Miles: Distance from you 

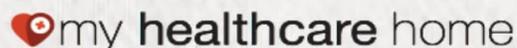
Clinic Name (optional) 

## What is a healthcare home?

- A "healthcare home" means you have a primary care doctor to go to for all your health needs.
- It includes a team of dedicated, caring staff members that provide you with excellent, high quality care.
- Your healthcare home is the best alternative to expensive Emergency Rooms, minute clinics or urgent care visits.
- Your healthcare home is there anytime you need it.

## Do I need health insurance? NO!

- Many MyHCH clinics accept insurance, but it is NOT required!
- Fees are based on income and family size. Staff will work with you to make sure you can afford and get the care you need.



[www.myhchTN.org](http://www.myhchTN.org)



# Self Care in the Sun!



By MVA intern Amber Acquaye

Barbeques, school's out, longer days, higher temperatures, and sunshine...summer is stress free right? Unfortunately, that's not the case for everyone as millions of Americans suffer from some form of anxiety or depression each year. Thankfully, summer a great time to explore activities that care not just for our physical health but mental wellbeing as well. Going outside, exercising, and spending quality time with the family all release happy and stress relieving hormones that alleviate symptoms of depression and anxiety. Below are some activities throughout Nashville that combine self-care and fun in the sun:

## 1. Picnic in Fannie Mae Dees Park

At 2400 Blakemore Avenue, the sometimes nicknamed "Dragon Park", is a child friendly playground containing plenty of play areas equipped with slides, tunnels, and a water area. Studies suggest that soaking up Vitamin D from the sun can alleviate symptoms of depression.



<http://www.nashville.gov/Parks-and-Recreation/Planning-and-Development/>

## 2. Get to Stretchin' at Edgehill Library

Every Wednesday from 4:30 to 5:30 pm Edgehill Public library offers a free, beginner-friendly, community yoga class. You can bring your mat or borrow one of theirs. Yoga is great for decreasing blood pressure and increasing serotonin levels that leave you feeling calm and happy. **Contact:** Edgehill (615) 862-5861

## 3. Splash Around at Cumberland Park

Take the kids for a splash at the free, interactive "Splashground" at Cumberland Park (592 S. First St.). It opens May 26 and closes Sept. 3, with fountains that range from ones that spray tiny bursts up to geysers. With a water wall, amphitheater, walking trails, a wading pool, and picnic area, it makes a perfect day trip for the whole family. There's also an excellent view of the barges and other river traffic on the Cumberland. Similarly to yoga, water activities release endorphins which are associated relieving symptoms of anxiety and depression. **Details:** 615-862-8400.



<https://images.adsttc.com/media/images/5017/45d/28ba/0d49/500/11ce/large.jpg/>

## 4. Movies in the Park

Nashville hosts an annual free "Movies in the Park" series. This year it will be held at Elmington Park (3531 West End Ave.), on Thursdays in June. Before the films begin, they have games, giveaways, food trucks and other vendors. The movies begin at dusk. **Details:** 615-862-8400.

## 5. Take a Stroll at Bicentennial Mall State Park or Centennial on the 1- Mile Walk

Located at 2500 West End Ave., Centennial Park features a 1-Mile Walking trail that encompasses the Parthenon. Enjoy a leisurely stroll on a paved path that can accommodate wheelchairs and strollers while breathing in the summer air.

## 6. Lunchtime at Edgehill Public Library

Keep your bellies full with all the fun you'll be having at Edgehill Public Library. Second Harvest Food Bank will provide lunch 12:30 - 1:30pm from Monday through Thursday for children 17 and under. **Contact:** Edgehill Public Library (615) 862-5861

## 7. Practice Mindfulness Anywhere

Mindfulness is defined as the practice of awareness of the present moment that allows to detach from negative feelings associated with the past or worry of the future. "Relaxation Breathing" is an easy way to begin practicing mindfulness that can be done at home, on your porch or backyard, your car, the park or really any place you have a moment to breathe. Start by closing your eyes and taking a deep inhale for four slow counts then exhale as you continue counting up to eight. As you inhale and exhale, imagine the oxygen moving in and out of your chest, the stress and fear and worry drifting out as you exhale. Repeat five times or as necessary.

<https://providencecenter.org/news/post/7-summertime-activities-to-reduce-stress>

<https://www.tennessean.com/story/life/shopping/ms-cheap/2018/01/19/best-nashville-things-do-events-2018/1003424001/>



# Edgehill Community Health Updates

Fall 2019

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- Second Page: From Mary's Desk
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## Contributors

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Winter Skin by Ruby Dunlap, p. 3

Editing and layout by Ruby Dunlap, Belmont University School of Nursing

Printing by Meharry-Vanderbilt Alliance

Community Photo Album: Garden and Events

Below: Snow on Cabbage



Below: Cabbage and Kale



Below: Ms. Mary Wakefield and Ms. Brenda Morrow at MVA Celebration



Left: Ms. Mildred in Garden



*By: Mary B.  
Wakefield,  
Extension Agent,  
Tennessee State  
University  
Cooperative  
Extension*

## From Mary's Desk

### Fall for Orange Colored Vegetables

When the fall season of the year begins, we look forward to viewing the colorful shades of orange foliage. Orange is one of the most vibrant colors of fall. We also look forward to fall harvest. We look forward to harvesting fresh pumpkin and sweet potato from the garden. We also look forward to preparing traditional food dishes for holiday meals using orange color vegetables to include pumpkin and sweet potatoes. Pumpkin and sweet potato are among the more popular orange color vegetables eaten in the fall and winter at holiday meal celebrations.

Nutritionally, pumpkin and sweet potato contain a good amount of the antioxidant beta carotene which is converted to vitamin A in the body. Vitamin A helps support the function of white blood cells which are important for a healthy immune system. Vitamin A also promotes strong bones and good vision. Pumpkin and sweet potatoes are also a good source of vitamin C and potassium and are low in sodium. Vitamin C functions in helping the body resist infection and heal wounds while potassium functions to help maintain normal blood pressure. Pumpkin and sweet potato contain fiber to help promote a healthy digestive system.

Pumpkin and sweet potato can contribute to a healthy eating pattern and add color to your meal. Additionally, roasted pumpkin seeds can make a nutritious snack.

During this fall and winter, fall for the orange color vegetables of pumpkin and sweet potato and promote good health throughout the 2020 New Year.

### Sweet Potato Bread Recipe

1 3/4 cups flour  
1 teaspoon baking soda  
1/4 teaspoon salt  
1/2 teaspoon ground cinnamon  
1/4 teaspoon ground nutmeg  
1/8 teaspoon ground cloves  
1 1/2 cups sugar  
1/2 cup vegetable oil  
2 eggs  
1/3 cup water  
1 cup cooked and mashed sweet potato  
1/2 cup chopped pecans, toasted

In a medium bowl, whisk together the flour, baking soda, salt, cinnamon, nutmeg and cloves. In a mixer bowl, beat sugar and oil well. Add eggs and beat. Add the flour mixture alternately with the water. Add the sweet potatoes and nuts and mix. Pour into a greased 9"x5" loaf pan. Bake at 350 degrees for 1 hour or until toothpick comes out clean. Cool a few minutes then turn out onto a rack to cool completely.

Source: University of Tennessee Extension Seasonal Eating

### Pumpkin Soup Recipe

1/4 cup finely chopped onion  
 1/4 cup finely diced carrots  
 2 stalks celery finely chopped  
 3 tablespoons butter  
 1 (15-ounce) can pumpkin  
 1 teaspoon salt  
 1/2 teaspoon poultry seasoning  
 1/2 teaspoon dried thyme  
 1 (10 1/2-ounce) can chicken broth  
 1 cup heavy cream



In large saucepan, sauté onion, carrot and celery in butter until softened. Stir in pumpkin, salt, poultry seasoning and thyme. Add chicken broth and whipping cream while stirring. Cook until hot and bubbly.

Source: University of Tennessee Extension Seasonal Eating

## What is Winter Skin?

**Submitted by Ruby Dunlap, Belmont University School of Nursing**

“Winter skin” is the dry, itchy skin which happens in cold weather to lots of us especially as we get older. This can be very miserable especially on your legs where your skin is the driest. You can even get a itchy rash from dry skin. The skin can crack or get broken when you scratch it, setting you up for a skin infection. Winter skin happens because cold air is much dryer than the warm air in summer. When cold air is heated, it gets even dryer, drying out our skin, eyes, and nose. Here are some tips to keep your skin healthy in the winter:

1. Use a humidifier or hang wet towels in your living space to decrease dryness of air.
2. Don't spend as much time in a hot shower or tub; this dries your skin out.
3. Choose a milder, moisturizing soap for the cold months of the year.
4. Use lotions or oils on your skin while still slightly damp after a shower or bath. This will help lock the moisture in. Some people are sensitive to the perfumes in lotions and oils so you might have to try several types to find one that is best for your skin.

5. For more information and source of photo, go to: <https://www.pennmedicine.org/updates/blogs/health-and-wellness/2017/february/dry-skin>



# Community Photo Album

## Fall Health Fair November 12

