

WINTER WELLNESS NEWSLETTER

COVID19 BOOSTER SHOTS

Available vaccines have been working well to prevent severe illness, hospitalization, and death. However, public health experts are starting to see reduced protection over time against mild and moderate disease, especially among certain populations, like people age 65+ and those with decreased immune systems.

Already had COVID-19? Studies show that getting a COVID-19 vaccine after you recover from COVID-19 provides added protection to your immune system. Vaccines are a safe way to keep you from getting and spreading COVID-19. COVID-19 vaccination also helps protect you from serious illness if you get sick again.

Find a **COVID-19 vaccine or booster**: Search www.vaccines.gov, text your ZIP code to 438829, or call 1-800-232-0233 to find locations near you.

Resource: <https://www.cdc.gov/>

	PFIZER-BIONTECH	MODERNA	J&J JANSSEN
WHO SHOULD GET A BOOSTER	Adults 18 years and older. Also available for Teens 16-17 yo.	Adults 18 years and older	Adults 18 years and older
WHEN YOU SHOULD GET A BOOSTER	At least 6 months after completing your primary COVID-19 vaccination series	At least 6 months after completing your primary COVID-19 vaccination series	At least 2 months after receiving your J&J/Janssen COVID-19 vaccination
WHICH BOOSTER YOU SHOULD GET	Pfizer-BioNTech or Moderna (mRNA COVID-19 vaccines) are preferred in most situations. Teens 16-17 years old may get a Pfizer-BioNTech COVID-19 vaccine booster	Pfizer-BioNTech or Moderna (mRNA COVID-19 vaccines) are preferred in most* situations	Pfizer-BioNTech or Moderna (mRNA COVID-19 vaccines) are preferred in most situations



ABOUT MILLET

Millet is one of the most common staple grains in other parts of the world. Millet is available from Bob's Red Mill brand and is a naturally gluten-free whole grain. *It has a nutty corn flavor that pairs well with tart cherry tomatoes, thyme, and Parmesan easy side dish.* Cooking millet in a butter or healthy olive oil until it's golden is worth the extra couple minutes to bring out the toasty grain flavor. Serve with seared scallops or shrimp and round out your plate with a baby kale salad.

Millet and Tomatoes Salad and/or Side Dish

INGREDIENTS

- ½ cup dry millet
- 1 cup unsalted chicken stock (vegetable stock)
- ¼ teaspoon kosher salt
- 2 teaspoons unsalted butter or olive oil
- 1 tablespoon olive oil
- 1 minced garlic clove
- 1 lb halved cherry tomatoes
- 3 tablespoons dry white wine (optional)
- ¼ cup shaved Parmesan cheese

Nutritional Information

Calories 210, Fat 9g, Saturated Fat 3g, Unsaturated Fat 5g, Protein 7g, Carb 23g, Fiber 4g, Sugars 4g; Added Sugars 0g; Sodium 264mg, Calcium 9% DV; Potassium 9%

DIRECTIONS

Side Dish: Bring dry millet, unsalted chicken stock, and kosher salt to a boil in a saucepan; reduce heat to low, cover, and simmer 25 minutes. Stir in unsalted butter. Heat olive oil in a large skillet over medium-high. Add minced garlic clove, halved cherry tomatoes, and fresh thyme sprigs; sauté 5 minutes. Discard thyme sprigs. Top millet with tomatoes mixture and shaved Parmesan cheese.

Salad: When preparing as a salad, follow above directions except leave out tomatoes. Put cooked ingredients in fridge 2-3 hours or overnight. Take out of fridge, fold in cherry tomatoes. Serve.

10 Smart Ways to Stay on Track with Your Goals

- 1) Keeping a journal or diary of the small steps involved is one of the best things to do.
- 2) Tell people, this is great accountability
- 3) Get a friend involved. This makes it more fun
- 4) Rewards. Give yourself small rewards throughout the process
- 5) Re-evaluate when you're stuck or not making progress, re-evaluating is a great way to adjust what's not working
- 6) Commitment. Be consistent!
- 7) Take action: Goals aren't going to be met on their own, you have to put some work into it!
- 8) Have a deadline; this gives you timeframe to have it accomplished by
- 9) Be realistic: Setting goals that are not realistic for your lifestyle will be hard to achieve
- 10) Plan: Having a plan can give you concrete strategies for success.

GOAL SETTING FOR THE NEW YEAR!

A new year, a fresh start, and a time to set new goals. *How can we work to sustain our goals?* One trick is to develop **SMART goals**. SMART goals help obtain objectives as described below.

Specific: Narrow goals to create a clear objective.

Measurable: The goal can be measured to determine if it is met or not.

Attainable: The goal is reasonable & accomplishable within a certain timeframe. It is not unrealistic or unlikely to get done.

Relevant: The goals should be important and meaningful for you. It promotes the likeliness of completion.

Time-Based: The goal should have a specific timeline to be met. This will help keep you motivated and determined to meet the goal.

Here is an example of a SMART goals as described above: **I will drink 1 bottle of water daily for the next 30 days to improve overall health.**

RECIPE: SLOW COOKER VEGETARIAN POT PIE SOUP

Ingredients:

- 6 cups of vegetable broth
- 1 medium yellow onion
- 15.2oz can of corn
- 3 carrots
- 3 celery stalks
- 5 potatoes
- 1 cup frozen peas
- 4 garlic cloves
- 1 tbs thyme
- 1 tbs chopped rosemary
- 2 cups of soy milk

Instructions:

- 1) Dice up onion, potatoes, celery, and carrots
- 2) Add all ingredients to the slow cooker, except milk
- 3) Cook on high for 4 hours, or 8 hours on low
- 4) 30 min. before serving, add in soy milk and stir
- 5) Add salt to taste, ladle and serve!

Other Options/Notes:

- Keto Option: Sub out potatoes for parsnips and leave out peas
- Low Sodium: use a salt-free vegetable broth
- Other: You can use almond milk in place of soy
- Idea: Can be served with biscuits for dipping!