

GRASP Newsletter

Volume 10, Issue 10 October 2018



Highlights

Sip Some Cider

When the temperature dips, reach for a cup of warm apple cider and reap the benefits of the favorite fall drink. An 8-ounce cup provides a full serving of fruit, plus fiber, antioxidants and potassium.



To Your Health: Kitchen is Closed

Your body needs a nightly break from food digestion to repair metabolic functions. Breaking that fast with a late-night snack can cause a rise in inflammation, blood sugar and cell aging. After dinner is done, put a mental “closed” sign on the kitchen.

Gratefulness Is Great

Before you go to sleep at night, write down 10 good things about your day, whether it was something that made you feel proud or grateful, an accomplishment, or just something you saw or did that made you happy. The simple act of writing these things down will give you a more positive outlook and improve your mental health.

Soft and Smooth

Dry skin is common in fall and winter. Constant washing can make things even worse for your hands. Alleviate dry, chapped hands by applying petroleum jelly just before you go to bed. In the morning, they will feel moisturized, soft and smooth.



Harnett County Happenings:

- ◆ October is recognized as National Breast Cancer Awareness Month.
- ◆ October 31, 2018 is Halloween. Be ready for the Trick-or-Treaters.
- ◆ We are now scheduling appointments for Medicare Open Enrollment . The Open Enrollment period runs from October 15th — December 7th. For more information call 910-893-7578.

There is always something to be grateful for.

One- Minute Chef: Pumpkin Mac and Cheese

INGREDIENTS

- 1 package (16 oz) elbow macaroni
- 1/4 cup butter
- 1/4 cup Gold Medal™ all-purpose flour
- 2 cups milk
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1/4 teaspoon ground nutmeg
- 1 teaspoon Dijon mustard
- 1 cup canned pumpkin (not pumpkin pie mix)
- 2 cups shredded Cheddar cheese (8 oz)



MAKE IT

1. Heat oven to 350°F. Cook and drain macaroni as directed on package, using minimum cook time.
2. Meanwhile, in 2-quart saucepan, melt butter over low heat. Stir in flour; cook 1 minute, stirring constantly with whisk. Remove from heat; stir in milk. Heat to simmering; cook 1 minute, stirring constantly, until thickened. Stir in salt, pepper, nutmeg, mustard and pumpkin. Add 1 3/4 cups of the cheese. Cook, stirring occasionally, until cheese is melted.
3. Add macaroni to cheese sauce and stir until coated. Pour into ungreased 3-quart casserole. Top with remaining 1/4 cup cheese.
4. Bake uncovered 20 to 25 minutes or until golden brown.

Next Meeting

Due to Hurricane Florence the meeting scheduled for September will be rescheduled for **Tuesday, October 23, 2018 at 11:00am** at the **NC Cooperative Extension Building (126 Alexander Drive Suite 300 Lillington)**. The guest speaker will be **Melissa W. Radcliff Program Director Our Children's Place of Coastal Horizons Center, Inc.** She will present on “Making Them Visible: Recognizing, Supporting, and Advocating for Children of Incarcerated and Returning Parents.” To register for this event please call Latorius at 910-814-6075. Hope to see you there!