

# Health & Wellness Newsletter May 2021

## FOOD for Thought



### Be Grateful in Life!!

Gratitude is a quality of being thankful and readiness to show appreciation for and to return kindness. Gratitude can help increase optimism for life and promote positive thinking. Thinking positively can have a beneficial impact on your life. During this current environment, it is also important because it can help us cope with the stress we experience on a daily occurrence as well as with traumatic events. Each day this month, write down at least 3 good things that went well or that you are grateful for. Then, think about them and focus on what you have achieved, gained, and not what you don't have. It helps if you do it on a regular basis and not just when you are feeling stressed. Research has shown that gratitude enhances health factors such as strengthened immune system, lowering blood pressure, reduced symptoms of illness and better sleep.

One of the things that we should be grateful for this year is communities of strength. Every May, the Administration for Community Living observes Older Americans Month and this year's theme is "Communities of Strength". Older adults have built resilience and strength over their lives through successes, failures, joys, and difficulties. This year, we will celebrate the strength of older adults and the aging network. There are many things we all can do to nurture ourselves, reinforce our strength, and continue to thrive. Connecting with others is one of the most important and I think we all saw the importance of that this past year while we were forced to quarantine and stay home. Connecting with others plays a vital role in our health and well-being. From finding joy in small things and sharing our stories to looking at the big picture and giving to others, join us to promote our communities of strength.

This month, the Extension Office has a variety of workshops scheduled such as:

- May 6, 10, 13: Information Sessions for our Diabetes Prevention Program (DPP)
- May 11th: Drink to Your Health
- May 25th: Diabetes: You Are in Control

To register or find more information on our programs, follow us on social media  
[@persongranvillefcs](#)



Zesty Veggie Pasta Salad

**NC COOPERATIVE  
EXTENSION**



N.C. A&T  
STATE UNIVERSITY

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#### Ingredients

1/2 lb whole-wheat or regular pasta, any shape (~8 oz)  
1 cup low-calorie salad dressing, any flavor  
1 cup canned, fresh or frozen vegetables, cooked and cooled  
2 quarts water

#### Directions

Wash hands and surfaces. Boil water and add pasta. Cook, uncovered, at a rapid boil for 5-10 minutes or until tender, but firm. Gently toss pasta and salad dressing. Fold in vegetables. Cover and chill until ready to serve. Refrigerate leftovers immediately.

Source - University of Missouri - [extension.missouri.edu](http://extension.missouri.edu)