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May 2021 Edition

COMPLIMENTS OF ASK4CARE SUPPORT SERVICES INC.

## *Savory and Cheese Scones*

These tasty scones are great on the run or at home for breakfast or as a snack. Make a double batch and freeze. Warm in the microwave and enjoy.

Prep Time: 10 minutes

Cook Time: 15 minutes

Servings: 8

### Ingredients:

- 375 mL (1 1/2 cups) whole wheat flour
- 125 mL (1/2 cup) oat bran
- 10 mL (2 tsp) baking powder
- 10 mL (2 tsp) packed brown sugar
- 1 mL (1/4 tsp) ground nutmeg
- 30 mL (2 tbsp) soft non-hydrogenated margarine
- 150 mL (2/3 cup) 0% fat plain Greek yogurt
- 1 ripe pear, cored and diced
- 75 mL (1/3 cup) shredded light old Cheddar or crumbled blue cheese

### Directions:

- In a large bowl, combine flour, oat bran, baking powder, sugar, and nutmeg. Using your fingers or a pastry blender, rub margarine into flour mixture until it looks crumbly. Using a fork, stir in yogurt to make a ragged dough. Add pear and cheese and knead gently to make a soft dough.
- Place dough on a floured surface and pat into a 20 cm (8 inch) circle about 2 cm (3/4 inch) thick and cut into 8 wedges. Separate wedges and place on parchment paper lined baking sheet.
- Bake in preheated 200°C (400°F) oven for about 15 minutes or until golden.

### Tips:

- Your little chefs will be super excited to help out with this recipe. They can help stir the dry ingredients, then use their fingers to mix the margarine into the flour mixture. Older kids can help dice the pear and shred the cheese. Kids will have fun patting the dough into a circle.
- Change up the taste of these scones with different combinations of fruit and cheese. Apple with Swiss cheese, anyone?
- To freeze the scones, cool, wrap individually and pop in the freezer.
- Try using less of the ingredients that are high in added sodium, sugars or saturated fat. Adding salt or sugars directly to your recipe? Remember, a little often goes a long way.

<https://food-guide.canada.ca/en/recipes/savoury-pear-cheese-scones/>

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## ***Why Eating Disorders Surged Through COVID-19?***

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COVID-19 has created broader social risk factors that can harm mental health and ultimately contribute to eating disorders. For example, experiencing a stressful life event such as having a sick relative or losing a job increases someone's risk of developing an eating disorder. Anxiety and social isolation are also associated with eating disorders—two problems that have become more widespread during the pandemic.

“For many people, food becomes one thing that they feel like they can control in a life that feels filled with influences they cannot control,” explained Janis Whitlock, a research scientist at the Bronfenbrenner Center for Translational Research, whose research focuses on understanding and addressing adolescent and young adult mental health challenges. “In the past year, everyday life has come to feel uncertain and unknown, especially for many young people. Controlling food may thus feel like an accessible option for experiencing control in a stressful, uncertain environment.”

For starters, food insecurity—or the lack of consistent access to healthy food—is an exacerbating factor for eating disorders. Preliminary data show that food insecurity in the U.S. has more than tripled during the COVID-19 pandemic. And studies show that young people who are food insecure are more likely to be overweight and more likely to use unhealthy behaviors to control their weight.

As social interactions have been restricted to stop the spread of COVID-19, many people have turned to social media as a substitute. And there is evidence suggesting that media consumption—and specifically what researchers call problematic internet use—increases one's risk of developing an eating disorder, leading to poorer attitudes towards eating and a negative self-image. In addition, research shows that exposure to stressful news coverage leads to heightened psychological distress for the person watching, and ultimately poorer attitudes about eating.

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## ***How Can We Manage Eating Disorders During COVID-19?***

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There are some tools available to address these increased risks and eating disorders:

Telemedicine visits are a good option for those who benefit from therapy.

Limiting media consumption—especially content on social media that promotes a thin body image and media coverage of disasters—is an effective way to reduce your risk.

Hobbies, outdoor physical activities such as walking or biking, connecting with a religious organization, or pursuing online education are a few options.

# May 2021 Calendar of Activities



May 7 - 12, 2021 – National Nurses Day

National Nurses Week, and a number of specific Nurses Days during this week, provides recognition to nurses for their contributions and commitment to quality health care. It brings awareness to the importance of nurses in the care, comfort, and well-being of all of us, and especially our children and the aging, and those in poor health.

May 9, 2021 – Mother's Day

Mother's Day is a holiday honoring motherhood that is observed in different forms throughout the world.

Celebrations of mothers and motherhood can be traced

back to the ancient Greeks and Romans, who held festivals in honor of the mother goddesses Rhea and Cybele, but the clearest modern precedent for Mother's Day is the early Christian festival known as "Mothering Sunday." (<https://www.history.com/topics/holidays/mothers-day>)



May 11, 2021 – Eat What You Want Day

Eat What You Want Day is not a day for diets. It is one single, solitary day in the year to go off your diet and eat something you really enjoy. Today, you can set aside your dietary "No-No" list. Today, you can splurge. Tomorrow, it is back to the diet. It is important to note that today is not intended to eat as much as you want. Rather, the goal is to eat something you otherwise would not have. If you are watching carbs or calories, simply keep within your limits by eating just a small amount of that favorite treat.

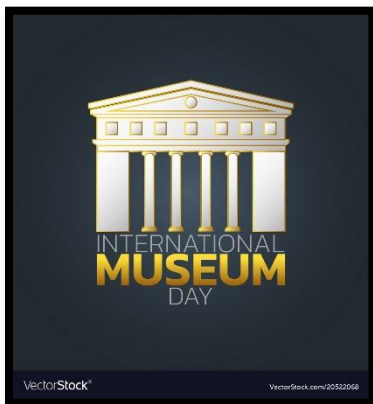
May 12, 2021 – Fatigue Syndrome Day

Fatigue Syndrome Day is quite a tiring day.

Today recognizes the fact that sometimes life is just too tiring. Perhaps you're tired because you are not getting enough sleep. Perhaps, you're stressed out. Some people experience chronic fatigue from worrying, or due to problems. These are all common causes of persistent fatigue. Whatever the cause, use today to identify it, and to correct it.

May 15, 2021 – Armed Forces Day

This is simply a day to salute sharply all men and women in all branches of military, who protect you and our country. They can be called upon at a moment's notice to perform a risky and perilous mission for freedom and country. They train diligently both physically and mentally, so they will be prepared to prevail in any mission they face.



May 18, 2021 – International Museum Day

International Museum Day is a good opportunity to visit, appreciate, and support your local museum.

The goals of International Museum Day are to give museum professionals the opportunity to meet the public, and to make the public aware of challenges faced by museums. Each year, a different theme is promoted.

The largest museum in the world is the Louvre in Paris, France. Established in 1792, the Louvre is located in the Louvre Palace and is 782,910 square feet. It is a historic monument. The Louvre is home to the Mona Lisa.

### May 25, 2021 – National Wine Day

Tap the keg. Crack open a bottle. Today is National Wine Day.

People have been drinking wine since the early days of man (and woman). There are plenty of references to wine in the Bible. Wine has thankfully been around for thousands of years.

There are many varieties of grapes, giving us the opportunity to make and enjoy, hundreds of different varieties of wines. Made from fermented grapes, wine is easy to make. As a result, there are many home vintners among us.



While you don't have to drink wine today to celebrate this day, it certainly would not be as much fun.

### May 28, 2021 – National Hamburger Day



Hamburgers are America's favorite sandwich. What would a Memorial Day, or Fourth of July picnic be without the very American hamburger? So, it only fitting that we have a special day to celebrate our cherished burgers.

Hamburgers are American in origin. However, there is much controversy as to whether Hamburgers were first created in the 19th or the 20th century. We won't fret over when they were first created. We'll just savor the flavor.

Have it your way. The best way to cook a hamburger, is grilled on an outdoor grill. You can also cook them indoors on a frying pan. Add your favorite fixings. Cheese is all but a must. Then, there's lettuce, tomatoes, pickles, onions, bacon, and so much more. And, don't forget the condiments. Mustard, ketchup, and relish are the favorites.

### May 30, 2021 – Memorial Day

Memorial Day is officially celebrated on the last Monday during the month of May. Memorial Day is dedicated to service men and women who gave their lives for freedom and country. It is also a time to remember loved ones who have passed away. The roots of Memorial Day observance, goes back to 1865 and the end of the Civil War.

Memorial Day was traditionally held on the 30th of May. In 1971, Congress changed it to the last Monday, in order to afford a three day holiday weekend. Regardless of the date, we encourage you follow Memorial Day tradition: attend a parade, and visit a cemetery to honor and remember our serviceman. Take time to remember lost loved ones in whatever way you feel appropriate.