

Kalos Kares Quarterly Newsletter



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Winter 2021

Welcome to the Kalos Kares quarterly newsletter.
We hope each edition provides information to help improve your quality of life!

Influenza / Corona Virus and the Importance of Vaccination

Why is it Important to get your flu shot this season?

Getting vaccinated for the flu this year is more important than ever. Not only will a flu shot help keep you and your family healthy, it can help reduce the strain on our healthcare system and keep hospital beds and other medical resources available for people with COVID-19. This is no ordinary flu season; it's a flu season amid a pandemic. With two dangerous viruses going around at once, it's time for us to protect our communities by getting vaccinated. A flu shot won't protect you against COVID-19, but it has many other important benefits. Flu vaccines have been shown to reduce other illnesses and death.

When should I get vaccinated?

The CDC recommends getting vaccinated in September or October, but a flu shot anytime during the flu season can help protect you. Flu season begins before early October and usually lasts from December to March. Your body needs two weeks after a shot to develop a protective response to the influenza virus, so your best bet is to get vaccinated before the flu rate begins to climb.

What's the difference between the flu and COVID-19?

Influenza (flu) and COVID-19 are both contagious respiratory illnesses, but they're caused by different viruses. COVID-19 is caused by infection with a new coronavirus (called SARS-CoV2) and flu is caused by infection with influenza viruses. Because some symptoms of flu and COVID-19 are similar, it may be hard to tell the difference based on symptoms alone, and testing may be needed to help confirm a diagnosis.

*****Please practice everyday preventive actions and follow CDC recommendations for running essential errands. Ask your doctor, pharmacist or health department about pandemic guidelines.***

Coping with Seasonal Affective Disorder (SAD) this Winter

Seasonal affective disorder (SAD) is a form of depression that occurs at the same time each year, usually in winter. Otherwise known as seasonal depression, SAD can affect your mood, sleep, appetite and energy levels, taking a toll on all aspects of your life from your relationships and social life to work, school and your sense of self-worth. You may feel like a completely different person compared to who you are in the summer: hopeless, sad, tense or stressed and with no interest in friends or activities you normally love.

Go to page 2 to see "5 Tips to Help You Cope with Seasonal Affective Disorder this Winter"

What is Glaucoma?

Glaucoma is a disease that damages your eye's [optic nerve](#). It usually happens when fluid builds up in the front part of your eye. That extra fluid increases the pressure in your eye, damaging the optic nerve.

Glaucoma is a leading cause of blindness for people over 60 years old. But blindness from glaucoma can often be prevented with early treatment.

There are two major types of glaucoma:

Primary open-angle glaucoma

- This is the most common type of glaucoma. It happens gradually, where the eye does not drain fluid well. This type of glaucoma is painless and causes no vision changes at first.

Angle-closure glaucoma (also called "closed-angle glaucoma" or "narrow-angle glaucoma")

- This type happens when someone's [iris](#) is very close to the [drainage angle](#) in their eye. The iris can end up blocking the drainage angle. Angle-closure glaucoma can cause blindness if not treated right away.

Spiralized Zucchini Mac and Cheese

A healthy mac and cheese makeover

INGREDIENTS:

- 1/2 cup raw cashews, soaked for 2 hours
- 1/2 cup raw Brazil nuts, soaked
- 4 medium zucchini - 2 cloves garlic
- 1/2 to 1 cup filtered water, divided
- 3 tablespoons nutritional yeast
- 1 tablespoon virgin olive oil
- ½ teaspoon lemon juice and apple cider vinegar, mustard, olive oil



DIRECTIONS:

1. Preheat oven to 400 degrees- Use Spiralizer for Zucchini to create noodles
2. Make cheesy sauce, combine the cashews, Brazil nuts, ½ cup water, mustard, garlic, yeast, olive oil, lemon juice, apple cider vinegar and in a blender or food processor and blend until smooth.
3. Boil Zucchini to your tenderness and add cheese sauce.
4. Bake until golden and warm all the way through, about 10 minutes. Serving size of 4

5 Tips to Cope with Seasonal Affective Disorder

1. **Get as much natural sunlight as possible – it's free!** Whenever possible, get outside during daylight hours and expose yourself to the sun without wearing sunglasses (but never stare directly at the sun). Sunlight, even in the small doses that winter allows, can help boost serotonin levels and improve your mood.
2. **Exercise regularly—it can be as effective as medication** Regular exercise can boost serotonin, endorphins, and other feel-good brain chemicals. Exercise can also help to improve your sleep and boost your self-esteem.
3. **Reach out to family and friends—and let them help.** Close relationships are vital in reducing isolation and helping you manage SAD. Participate in social activities, even if you don't feel like it.
4. **Eat the right diet** Eating small, well-balanced meals throughout the day, with plenty of fresh fruit and vegetables, will help you keep your energy up.
5. **Take steps to deal with stress**