

## It's Time To Talk Turkey Safety



### FAQ

#### **Is stuffing the turkey the night before a good time saver?**

No! It is a dangerous practice. Why? Harmful bacteria can multiply in the stuffing and cause food poisoning even when the stuffed bird is refrigerated. The cavity of the bird actually insulates the stuffing from the cold temperatures of the refrigerator and acts as an incubator for the harmful bacteria.

#### **What's that plastic thing holding my turkey legs together and is it safe to cook with it still attached to the bird?**

It's a hock lock. A hock lock secures the hind legs—or hocks of a chicken or a turkey. It can be made of heat-resistant nylon or metal and it's perfectly safe to leave it in the bird while cooking.

[http://www.fsis.usda.gov/factsheets/lets\\_talk\\_turkey/index.asp](http://www.fsis.usda.gov/factsheets/lets_talk_turkey/index.asp)

#### **Why is turkey meat (and chicken) sometimes pink close to the bone, even when it is fully cooked to 165 degrees or higher?**

Very young turkeys (and chickens) have immature porous bones, which may allow red pigmentation (hemoglobin) to leach out into the meat. Smoking and grilling can also cause this reaction. If the bird is fully cooked (165 degrees and juices run clear) and meat around the bones is still pink, it is not unsafe to eat.

#### **Once turkey is safely cooked, does it matter how long you leave it out?**

Definitely yes! According to the Centers for Disease Control in Atlanta, each year the number of reported cases of food-borne illness (food poisoning) increases with the holiday season. It is not a good idea to allow leftovers to set out for more than two hours. They will be safer and taste better if you refrigerate them as soon as possible and reheat thoroughly to 165 degrees or until steaming hot. Remove stuffing from the cavity, cut turkey off the bone and refrigerate or freeze all leftovers for later use.

#### **Before You Have A Turkey Emergency**

Call the USDA Poultry Hotline

**1-888-674-6854**

Butterball Turkey Talk Line: **1-800-Butterball**



### Mayo Clinic Finds that Exercise and Computer Use May Reduce the Risk of Mild Cognitive Impairment

A new Mayo Clinic study found that physical exercise and computer use may help protect against [mild cognitive impairment](#), a disorder of the brain that affects nerve cells involved in thinking abilities. In previous studies, both physical exercise and cognitive activities (including computer use) were separately found to help reduce the risk of mild cognitive impairment. In this new study, the combination of these two activities appears to be even more beneficial. The study will be presented at the American Academy of Neurology Annual Meeting in Toronto on April 15.

Individuals with mild cognitive impairment can function reasonably well in everyday activities, but often have difficulty remembering critically important recent events and future engagements. Most (but not all) patients with mild cognitive impairment develop a progressive decline in their thinking abilities over time. [Alzheimer's disease](#) is usually the underlying cause.

"Our study found that engaging in physical exercise at any frequency, be it once a week or five times a week, and engaging in mental activities, computer use in particular, seem to have a joint effect in protecting against mild cognitive impairment. This means that when you add the benefit of physical exercise and the benefit of computer use together, the joint effect is more than the expected arithmetic sum," says [Yonas Endale Geda, M.D.](#), a Mayo Clinic Neuropsychiatrist and the study's lead investigator.

After adjusting for age, sex, education, [depression](#), other medical issues and caloric intake, they found that any frequency of moderate physical exercise (e.g., brisk walking) and any frequency of computer use were separately associated with a reduced risk of mild cognitive impairment. The beneficial joint effect of moderate physical exercise and computer use was greater than what would be predicted from their separate effects.

Reference: Arch Neurol. 2010 Jan;67(1):80-6. **Physical exercise, aging, and mild cognitive impairment: a population-based study.** Geda YE, Roberts RO, Knopman DS, Christianson TJ, Pankratz VS, Tangalos EG, Petersen RC, Rocca WA

#### How about Ones of These For The Home or Office?

Trek Desk at **Amazon.com**



**DIY?**

<http://www.instructables.com/id/Treadmill-Desk/?download=pdf>



# JSC Wellness Program

## November Newsletter



[www.explorationwellness.com](http://www.explorationwellness.com)



### Healthy Cooking Substitutions

#### Eggs

- 1 large egg = 1½ large egg whites
- 1 large egg = 3 tablespoons egg substitute
- 1 large egg white = 2 tablespoons egg substitute

#### Margarine

- Nonfat margarine has 11 grams of fat per tablespoon.
- Choose Non-fat or reduced fat.
- Baking with the low-fat alternative requires 0.75% as much as full-fat

#### Sour Cream

- Choose low-fat or non-fat versions. Note that some will separate when added to hot dishes.
- Choose a brand like Land O Lakes, which holds up well during cooking.

#### Yogurt

- Heat can curdle yogurt.
- To prevent separation, let the yogurt warm to room temperature.
- Then stir in one tablespoon of cornstarch or two tablespoons of unbleached flour for every cup of yogurt used.

#### Rice

- Choose over white rice for fiber and nutrients.
- Brown rice flour. Use in cookies and waffles for a crisp and crunchy texture.

#### Whole Wheat Flour

- Contains nutrient rich germ and bran.
- Nutritional superior to refined flour.
- Try adding part whole wheat flour to refined flour and gradually increase the amount of whole wheat flour used over time.
- 1 cup + 1 tablespoon of regular flour = 1 cup of whole wheat flour





# JSC Wellness Program

## November Calendar



[www.explorationwellness.com](http://www.explorationwellness.com)

## November Classes & Activities

### Nov 10: Just Maintain It!

- Ward off those extra pounds this holiday season with the help of Exploration Wellness.
- A four-class series is being offered on Nov. 10th, and 17th and Dec 1st and 8th at 11am-Noon in B45. Registration is required.
- Contact Rebekah Hart, 281-483-6770, [Email](#)

### Nov 15: Healthy Holidays Challenge – 5 Rewards Points!

- Earn points for tracking your healthy behaviors during the holidays.

### Nov 18: The Great American Smokeout

- Visit us in the Bldg 3 café from 11a – 1p. We'll be available to discuss options for quitting tobacco use and provide info about upcoming wellness activities at JSC.
- Contact Rebekah Hart, 281-483-6770, [Email](#)

### Nov 30: Wellness Walks Deadline - Free Backpack & Prizes!

- The deadline is fast approaching. Get your final walks in to receive a drawstring backpack when you complete 8 walks onsite or 3 walks at Ellington before Nov 30<sup>th</sup>. Play poker while you walk through Nov 30<sup>th</sup>. Top 3 poker hands win a gift card!
- Onsite contact Rebekah Hart, 281-483-6770, [Email](#)
- Ellington contact Tess Knell, 281-244-9832, [Email](#)

### Flu Shots are Coming in November

- Nov 9: Building 2 (Teague Lobby) from 8:30 to 11:30 am and 12:30 to 3:30 pm
- Nov 17: Building 30 Lobby from 8:30 to 11:30 am and 12:30 to 3:30 pm
- Contact Bob Martel for questions, 281-483-8581, [Email](#)

### Wellness Challenges:

Earn 5 points in the Employee Rewards Program for each challenge. [Rewards Program Info](#)



### Nov: [Healthy Holidays](#)

Track your healthy behaviors this holiday season and earn 5 points in the Employee Rewards Program.

### Newsletters:

Exploration Wellness: [Oct](#) [Nov](#)  
Starport Services: [Oct](#) [Nov](#)



### Nutrition Activities

- Nov 2: Nutrition Tour: *Dining Out with the Dietitian*
- Nov 16: Holiday Helpings: *How to survive the holidays without adding extra pounds*
- Contact the JSC Registered Dietitian at 281-244-1503, [Email](#)

### EAP Parenting Seminar Series

- Tue at Noon, B32, Room 132
- Contact EAP at 281-483-6130

### Coed Boot Camp

- Starts Nov 8 and runs for 6 weeks
- MWF, 6:00 – 7:00 am at the Gilruth
- Registration and fee info: 281-483-0304

### Farmer's Market

- B11: First Thu & Fri of the month
- B3: Third Thu & Fri of the month