



## SENIOR NUGGET – SEPTEMBER 2023

### Germiest Things in the Kitchen ...

Sponges	Dish Towels / cloths
Cutting board(s)	Sink and countertop
Cabinet Handles, Knobs, faucets	Pot Holders
Pre-cut fruits	Refrigerator & oven handles
Timers	Digital devices (cellphones, tablets)
Area rugs	Floor
Shoes – place on washable rug	Microwave buttons

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**Garbage Cans** – place some newspaper on bottom. Paper helps pick up wetness and absorbs odors.

**Recycle Bins** – Wash often (use a mop), add fresh mint to repel ants

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### The difference between ‘clean, wipe, and disinfect’ ...

**Clean** up spills with a paper towel, and toss paper towel away

**Wipes** – after counter has been cleaned off, to avoid spreading germs

**Disinfect** surfaces with a clean cloth, then wash cloth in hot sudsy water

**HAPPY BIRTHDAY TO ALL SEPTEMBER CELEBRANTS**



Check your Bible Birth verse: [www.birthverse.com](http://www.birthverse.com)

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**Coming in October – preparing a home Disaster Kit**



## **INTERESTING FACTS ON FOODS WE ENJOY ...**

**AVOCADOS** – maintains good blood flow to brain, helps stave off strokes.

**BEETS** – Raise your energy level and improve muscle function.

**BLUEBERRIES** – “brain berries” protect against Dementia, macular degeneration and banish belly-fat. Vitamin - Bilberry is beneficial.

**KIWI** – Boost your immunity also Green Tea.

**ORANGES:** hold nutrients and helps block absorption of cholesterol. Folate, a vitamin in oranges, helps clear the bloodstream of harmful compounds that send your risk of heart attack soaring.

**TURMERIC** – Seasoning can help prevent cancer. **CURCUMIN** slows growth of cancer cells, without any side effects!

**GRAPES** – lowers blood pressure, cholesterol, dementia risk, sharpens eyesight.

**CHERRIES** (and its juice) – helps prevent Gout, promote natural melatonin (sleep).

**TANGERINES** – lowers blood pressure.

**ALMONDS** – 5 daily has multiple benefits, including reducing belly-fat.

**WALNUTS** – Just eating 7-9 walnuts a day improves your balance, coordination, memory, and also strengthens the neurons in your brain. A great nut!

**Vitamin C foods** that may slow harm of osteoarthritis and help repair cartilage:

**Papaya, bell peppers, strawberries**

**HONEY** – King Solomon’s advice “eat honey.” Honey soothes sore throat, ends constipation, use in Green tea. Local honey helps with seasonal allergies.

**GINGER** – Fresh ginger tea lowers cholesterol and scrubs arteries clean.

**BLOOD SUGAR** – white rye bread made from inner, white part of rye kernel, beats wheat bread and rye bran for blood sugar control.

**SUNFLOWER SEEDS, NAVY BEANS** – hailed as having healing powers along with other items in your pantry – mustard, sage, and oregano.