

“Stall Talk”

Copies can be obtained by logging onto eHR or by contacting Angela Deem, adeem@scgov.net or 650-9908

Wellness Class:

Take Charge of Your Diabetes
Tuesdays (02/01/05-03/29/05)
4pm-6pm at Admin 2nd FI Conf Rm
To register: log onto TRAC

How to get the most of your next MD appointment...

- Come prepared by jotting down a list of symptoms.
- Create a list of questions in advance.
- Bring a list of your medications, including vitamins and over the counter meds.
- Be honest about your health history & habits.
- Take notes & ask questions. Don't be afraid to ask for another explanation if you didn't understand.

Smoking Cessation Clinic Benefit for all employees, spouses and dependants currently covered on either one of the County's medical insurance plans. With the PPO carrier this is a 100% covered benefit while the HMO carrier has a \$20 co-pay per visit.

Call 330-1696 to make your appointment for the “Smart Shot” an injection to help ease the physical withdrawal associated with quitting smoking.



Genetic manipulation by researchers enabled fruit flies to live 51% longer, the equivalent in human terms of extending average lifespan to the ripe old age of 113.

Scientists from Weil Cornell Medical College in New York City successfully “switched off” one copy of a gene found in fruit flies. The gene is one of only a few such longevity genes to be discovered in the *Drosophila* fly, a favorite model for studies into aging and longevity.

Though the research remains in its infancy, it holds the promise of drugs that could someday “make everyone live longer,” said Xin-Yun Huang, PhD, professor of physiology & biophysics at Weil Cornell Medical College.

Advance for Nurses, December 20, 2004, pg 46

Blueberry Pancakes

Instead of serving this with maple syrup, try topping it with some unsweetened applesauce. Garnish with more blueberries.

- 3/4 cup whole wheat flour
- 3/4 cup all-purpose flour
- 1/4 cup old-fashioned rolled oats
- 2 TB sugar
- 2 tsp baking powder
- 3/4 tsp salt
- 1/2 tsp baking soda
- 1 1/2 cups low-fat (1%) milk
- 2 TB plus 1 tsp extra-light olive oil
- 1 whole egg
- 1 egg white
- 1 1/4 cups blueberries

Prep Time: 20 minutes

1. In a large bowl, combine whole-wheat flour, all-purpose flour, oats, sugar, baking powder, salt, and baking soda. In a medium bowl, whisk together milk, 2 TB of the oil, the whole egg and egg white. Make a well in dry ingredients. Add liquid ingredients and stir until just combined.
2. In a large nonstick skillet, heat remaining 1 tsp oil over medium heat. For each pancake, pour about 1/4 cup of batter. Top each with a spoonful of blueberries. Cook over medium heat until bubbles disappear, 1 1/2 to 2 minutes. Turn over and cook until golden, about 1 minute. Repeat to make a total of about 12 pancakes.

Nutrition Info

Per Serving: 242 calories, 7.5g total fat, 1.5g saturated fat, 4.5g monounsaturated fat, 0.9g polyunsaturated fat, 3.4g dietary fiber, 8g protein, 37g carbohydrate, 38mg cholesterol, 612mg sodium

Good source of: selenium

www.wholefoodsmarket.com