IS IT THE FLU, A COLD, OR COVID?
The common cold, flu, and Covid are respiratory illnesses caused by different viruses. They can all cause similar symptoms. If you have symptoms, a health care provider can determine the cause of your illness and help you take steps to feel better.

A cold is often milder than the flu. The flu and Covid have similar symptoms, but Covid spreads more easily and symptoms tend to be more severe. It’s also more common to have a change in your sense of smell or taste with Covid.

People with the flu can have fever, chills, dry cough, general aches and pains, and a headache. They feel very tired. Sore throat, sneezing, stuffy nose, or stomach problems are less common. What some people call "stomach flu" is not influenza. Learn more about the differences between the flu and a cold, and flu and Covid at: https://www.nia.nih.gov/health/flu-and-older-adults

<table>
<thead>
<tr>
<th>Common Symptoms</th>
<th>Cold</th>
<th>Flu</th>
<th>COVID-19</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fever and/or chills</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Headache</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Muscle pain or body aches</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Feeling tired or weak</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Sore throat</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Runny or stuffy nose</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Sneezing</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Cough</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Shortness of breath or difficulty breathing</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Vomiting and diarrhea</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Change in or loss of taste or smell</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
</tbody>
</table>

Funding is provided by the Older Americans Act and Washington State Aging and Disability Services through a grant from the Southeast Washington Office of Aging and Long Term Care Conference of Government and donations made by seniors and private individuals and businesses.

People For People does not discriminate in providing services on the grounds of race, creed, color, religion, national origin, gender, age, marital status, or the presence of any sensory, mental or physical disability. https://mytip.org/
December is just a fun time of year! There is so much hustle and bustle going on. Lots of holiday parties and fun get togethers!

Last month I shared tips for going to holiday parties, so this month I planned to switch it up. However, with so many Holidays in December and New Year’s just around the corner, I thought it would be fun to share this fun Holiday tip list I came across from positivelynaperville.com.

“On the first day of Christmas, my dietitian said to me…

1. **Bring One** dish to share (a low-calorie nutritious choice for the meal)
2. **Two** alcoholic beverages (sticking to two limits our liquid calories)
3. **Three** yummy cookies (have a few cookies but keep track and don’t overdo it)
4. **Four** fruits for snacking (when hungry, choose a serving of fruit instead of sweets)
5. **Five** veggies each day (get all those phytonutrients by meeting this daily minimum)
6. **Six** feet from the buffet (prevent mindless eating by moving away to converse)
7. **Seven** days of exercise (don’t forget to exercise regularly during the holidays)
8. **Eight** glasses of water (daily, and especially before and during parties and gatherings)
9. **Nine** ounces of protein (three 3-ounce portions of lean, natural protein each day)
10. **Ten** pounds we won’t gain (by sticking to a healthy eating routine through the season)
11. **Eleven** new choices (if we tried 1 new healthy food/month, we now eat more variety)
12. **Twelve** counted blessings (count our blessings each and every day).

Cyndi Balk
MOW Registered Dietitian (RDN)

*If you have dietary concerns Cyndi is available to talk with you, call our MOW office at (509) 426-2601 or toll free (855) 426-2601 for a referral.*

Check out our cooking videos on Facebook: [https://www.facebook.com/PeopleForPeopleWA](https://www.facebook.com/PeopleForPeopleWA)

**BOLETIN DISPONIBLE EN ESPAÑOL A PEDIDO, LLAME A LA OFICINA DE MOW**

The **#ShareTheLoveEvent** is back to help deliver meals and support to America’s seniors!

For every new vehicle bought or leased between November 17 and January 3, Subaru of America and Subaru retailers will donate $250 when you choose **#MealsOnWheelsAmerica** as your charity of choice.

We are excited to announce that we have partnered with McCurley Subaru for the **#ShareTheLoveEvent**. If you or someone you know is in the market to purchase or lease a new Subaru, check out McCurley of Yakima at 506 Fruitvale Blvd. in Yakima or [https://www.mccurlleysubaruyakima.com/](https://www.mccurlleysubaruyakima.com/).

To learn more check out [https://www.subaru.com/share](https://www.subaru.com/share)
Chicken Chowder for Two

Makes 2 servings
Prep time: 15 minutes
Cook time: 35-40 minutes

Ingredients
2 teaspoons vegetable oil
½ cup chopped onion
½ cup diced or grated carrot
2½ cups low-sodium chicken broth
1 cup diced potato (fresh or frozen)
½ teaspoon thyme
½ teaspoon garlic powder
¼ teaspoon salt
½ cup (4 ounces) cooked and diced chicken
½ cup low-fat or nonfat milk
1 tablespoon all-purpose flour
¼ teaspoon red wine vinegar (optional)
pepper to taste (optional)

Directions
1. In a medium saucepan, saute onion and carrot on medium heat until softened, about 3 minutes.
2. Add broth, potato, thyme, garlic powder and salt. Bring to a gentle boil and simmer until the potatoes are soft, 15 to 20 minutes.
3. While potatoes are cooking, stir flour and milk together in a small dish.
4. Add chicken to the saucepan and stir 1 to 2 minutes until heated through.
5. Slowly add milk mixture and stir as the soup thickens. Boil gently for 2 to 3 minutes.
6. Before serving, add vinegar and pepper, if desired.
7. Refrigerate leftovers within 2 hours.

Try this: Substitute the diced carrot with any combination of carrot, celery, pepper or leek. Substitute other vegetables such as corn or broccoli for half of the potatoes.
Veggie Omelet in a Mug

Makes 1 serving  Prep time: 10 minutes  Cook time: 3 minutes

Ingredients
2 eggs
2 Tablespoons low-fat or nonfat milk
1/16 teaspoon salt (a dash)
1/16 teaspoon pepper (a dash)
1/4 cup finely chopped vegetables (fresh, frozen, canned or leftover)
2 Tablespoons grated cheese

Directions
1. Spray the inside of a 12-ounce microwave-safe mug with cooking spray.
2. Combine eggs, milk, salt and pepper in the mug with a fork and stir well. Stir in vegetables and cheese.
3. Microwave on HIGH for 45 seconds and then stir. Return to the microwave and cook on HIGH until the mixture has puffed and set, 60 to 90 seconds. The omelet may look wet on the top but it will dry as it cools.

Notes
- Enjoy with a slice of whole grain toast and a serving of fruit for any meal.

Nutrition Facts

<table>
<thead>
<tr>
<th>Serving size</th>
<th>1 omelet (189g)</th>
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<tbody>
<tr>
<td>Amount per Serving</td>
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<tr>
<td>Calories</td>
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</table>

<table>
<thead>
<tr>
<th>% Daily Value*</th>
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<tbody>
<tr>
<td>Total Fat</td>
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<tr>
<td>Saturated Fat</td>
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<tr>
<td>Trans Fat</td>
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<tr>
<td>Cholesterol</td>
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<td>Sodium</td>
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<tr>
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<td>Includes 0g Added Sugars</td>
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<tr>
<td>Protein</td>
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Vitamin D 2mcg 10%
Calcium 203mg 15%
Iron 2mg 10%
Potassium 247mg 6%
Vitamin A 242mcg 27%
Vitamin C 3mg 3%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Overnight Oats for One

In a small bowl or 12-ounce mug, mix 1/2 cup oats, 3/4 cup yogurt, 1/4 cup milk, 2 Tablespoons dry milk and a dash of cinnamon or other spice. Add 1/2 cup bite-size fruit now or add just before eating. Cover and refrigerate oatmeal mixture for 6 to 12 hours.

Nutrition Facts per serving: 290 calories, 5 g fat, 2.5 g saturated fat, 10 mg cholesterol, 150 mg sodium, 46 g total carbohydrate, 5 g fiber,
15 g protein, 0 g added sugar, 388 mg calcium (30% DV), 2 mg iron (10% DV), 604 mg potassium (15% DV)
<table>
<thead>
<tr>
<th>Holiday</th>
<th>Date</th>
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<tbody>
<tr>
<td>New Year's Day</td>
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</tr>
<tr>
<td>observed</td>
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<td>Martin L. King Day</td>
<td>Monday, January 16</td>
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<tr>
<td>President's Day</td>
<td>Monday, February 20</td>
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<td>Memorial Day</td>
<td>Monday, May 29</td>
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<td>Juneteenth</td>
<td>Monday, June 19</td>
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<td>Independence Day</td>
<td>Tuesday, July 4</td>
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<td>Monday, September 4</td>
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<td>Veteran's Day</td>
<td>Friday, November 10</td>
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<td>Thanksgiving</td>
<td>Thursday, November 23</td>
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<td>Christmas Day</td>
<td>Monday, December 25</td>
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CROSSWORD PUZZLE FUN!
Finish both sides & show your driver or site manager for a prize by 01/20/23
Have fun!

Find the words in the grid. When you are done, the unused letters in the grid will spell out a hidden message. Pick them out from left to right, top line to bottom line. Words can go horizontally, vertically and diagonally in all eight directions.

By Jimmy and Evelyn Johnson - www.qets.com
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TOAPECALPERIFF
RECERYREKCARCTUN
IAELAITTESNIOPT
EELFHSTSHOPPING
HOERGABGIFTEAUS
HTYIIMTOFASNORN
WFLEETOLHAKIEE
YTINLSBISTNECTE
EESDISIOGSAAIRNR
NLYSTRGHOFCESIG
MTEANHGTDIAORWR
IUTGICASCSDMNWE
HTHENCNLORNLIIDV
CKCTHAEKACHONLE
QNHNXSJCHCNDDWVY

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Angel  Card  Chimney  Christmas  Evergreens
Friends  Gift  Holly  Icicles  Family
Shopping  Sleigh  Snow  Toboggan  Fireplace
           Lights  Nutcracker  Tree
           Poinsettia  Winter

Wreathe