

JULY 2021 | ISSUE NO. 26



## JULY IS HEALTHY VISION MONTHY



If you have high blood sugar the lens in your eyes can swell causing blurry vision. Blindness in adults ages 20-74 years, is primarily caused by diabetes.

Diabetes heightens your risk for:

- Cataracts- when your eye lens gets cloudy like a smudge on a window.
- Glaucoma- when pressure builds up inside your eye and pinches the blood vessels that carry blood to the retina and optic nerve.
- Diabetic Retinopathy- when damage occurs to the small blood vessels of the light-sensitive tissue in your retina. Two major types are nonproliferative and proliferative.



### COOKING WITH CATHY

Sign-in to Zoom @ 12:00 PM on Thursday, July 15th to watch Cathy make a One-Pot Garlicky Shrimp & Spinach dish! Q&A to follow.



If you pre-register, you will get a reminder email so you don't forget!



### To-do List for Healthy Eyes

- Get a dilated eye exam from your eye doctor at least once a year.
- Keep your next eye doctor appointment.
- Keep track of and tell your eye doctor about any changes in how you see.
- Talk with your eye doctor about the best ways to keep your eyes healthy.
- Ask your eye doctor to send your test results to your other doctors after every visit.
- Keep your blood sugar at a healthy level.

## PRACTICE YOUR BALANCE !

If you don't incorporate balance training in your weekly routine, start now! Balance is essential for your body to control its positioning whether is stationary or while moving. Balance helps you perform every day tasks like walking up and down stairs, reaching something on a high shelf, walking on uneven pavement all without falling. You can practice this anywhere...

How long can you stand on one foot? Try 10 seconds on each side.



Walk heel to toe for 20 seconds (use the wall for support, if needed)



Walk normally in as straight of a line as possible.



Try getting out of a chair and sitting down without using your hands



Tie your right shoe by standing on your left leg and raising your right knee.

## ZUCCHINI LASAGNA ROLL-UPS



### INGREDIENTS:

- 4 Large Zucchini
- 15 Oz Ricotta Cheese
- 1/4 Cup Parmesan Cheese (grated)
- 1 1/2 Cup Mozzarella Cheese (shred)
- 1 Large Egg
- 2 Cups Marinara Sauce
- Salt & Pepper to taste
- 1 Tbsp. Olive Oil

### DIRECTIONS

1. Preheat oven to 400F. Grease pan with 1 tbsp. of oil.
2. Slice zucchini into 1/8" thick slices. Lay on pan and roast for 10-12 mins.
3. Mix ricotta cheese, parmesan cheese, 1/2 cup mozzarella cheese, 1 egg, and salt & pepper to taste. Stir until combined.
4. In a 9/13 casserole dish spread some marinara sauce on the bottom.
5. Assemble zucchini roll ups by putting 2 tbsps. of ricotta mixture on one end of each zucchini strip. roll up and top with marinara sauce and a sprinkle of mozzarella. Bake 220-25 minutes.

\*Serves 6. 1 serving = 297 cal & 11g carbs  
Recipe from gimmedelicious.com