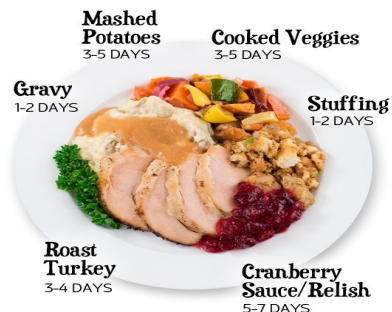


Breakroom Buzz



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- 4 cups white bread cubes (six slices)
- 1/2 cup apple juice
- 1 medium apple, washed and chopped
- 1/4 cup sucralose (Splenda)
- 1 cup raisins
- 1 1/2 tsp. cinnamon
- 2 large eggs
- Cooking Spray
- 12 oz. non-fat evaporated milk

1. Preheat oven to 350°F. Wash hands with soap and water. Spray a 11X7 inch baking dish with cooking spray.
2. Combine breadcrumbs, chopped apple, and raisins in a large bowl.
3. Beat eggs in a medium bowl. Stir in evaporated milk, apple juice, Splenda®, and cinnamon; mix well.
4. Pour egg mixture over bread mixture, pressing bread into egg mixture. Let stand for 10 minutes.
5. Pour into baking dish. Bake for 40-45 minutes, or until internal temperature reaches 160°F on a food thermometer and apples are tender.

PREDIABETES OFTEN HAS NO SYMPTOMS

TAKE THE RISK TEST:
DoIHavePrediabetes.org

Source: CDC, AMA, Ad Council, 2018

I Didn't Know That!

National Family Caregivers Month

November is National Family Caregivers Month. There are about 41.8 million informal caregivers of adults aged 50+ in the U.S. As a reminder caregivers need care too! The demands of caregiving can continue and lead to burnout.

Here are a few tips to managing burnout:

- ◆ **Recognize your limits.** Many caregivers experience frustration, anger, impatience, and/or loneliness. These feelings may indicate that something needs to change.
- ◆ **Make a plan.** After acknowledging your limits, being to make a list of tasks that are beyond your limitations. Then, think of family members, friends or local services that might be a help for each task
- ◆ **Ask for Help and Find Help.** It is so easy to become isolated. You lose sight of your own life when you provide care for someone else. Identify what kind of help is needed. Find out what resources are available and acknowledge that you cannot do it all.
- ◆ **Seek respite care.** It is a big task. It is important to see the warning signs of stress and learn how to cope with pressures you may be experiencing. Respite care is the opportunity for the caregiver to get away.
- ◆ **Take care of yourself.** There are times when caregiver stress cannot be avoided, but it can be managed. Find ways to express your feelings to someone. Explore ways to delegate responsibilities. Eat a balanced diet and keep involved in groups and hobbies.

For a full list of tips for Caregivers see the University of Illinois Extension Family website at <https://extension.illinois.edu/family/caring-caregivers>