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Holiday Calendar Office Closing

April 19th — Office is Closed

April 26th — Office is Closed



May Food Pantry Schedule

Monday, May 6	5:00 PM — 8:00 PM
Tuesday, May 7	10:00 AM — 1:00 PM
Monday, May 13	5:00 PM — 8:00 PM
Tuesday, May 14	10:00 AM — 1:00 PM



Protecting yourself from the flu

One of the most important steps you can take to protect yourself from the flu is to get a flu shot — also known as the influenza vaccine.

If you are a pre-transplant patient, the recommendations are to work with your primary care physician to get the flu shot annually every flu season, ideally in September. If you are a post-transplant patient, it is also recommended you get flu shot; however, transplant *recipients* are advised to take ONLY the “inactivated influenza vaccine” that contains killed virus and is given by injection into the muscle. Nasally inhaled (live, attenuated) vaccines are not recommended for transplant recipients because post-transplant medications reduce the immune system's ability to protect you. In addition, the nasally inhaled vaccine is no longer recommended due to effectiveness concerns.

Here are some additional tips from the [CDC](http://www.cdc.gov) to protect you from picking up the influenza virus:

- Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.
- Stay home when you are sick. If possible, stay home from work, school, and errands when you are sick.
- Cover your mouth and nose with a tissue when coughing or sneezing.
- Clean your hands. Washing your hands often will help protect you from germs.
- Avoid touching your eyes, nose or mouth.
- Clean and disinfect frequently touched surfaces at home, work or school, especially when someone is ill. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

*Source from

What's Cooking in Gale's Kitchen?

Cucumber Salad with Dill

4 servings

Super easy to make - no fat, healthy!

Ingredients

- 2 large cucumbers
- 1 small or $\frac{1}{2}$ medium sweet white onion (like a Vidalia)
- 3 Tbsp. distilled white vinegar
- 1 Tbsp. sugar
- Salt and freshly ground pepper to taste
- 2 Tbsp. chopped fresh dill



Instructions

Wash cucumbers. Partially remove the peel in length-wise strips, using a vegetable peeler, leaving a little skin between each strip. Thinly slice the cucumber and onion. Break onion into rings.

Place vinegar, sugar, salt and pepper in a bowl and whisk until the sugar is dissolved. Add the cucumbers and onion and toss to mix. Stir in dill.

Let sit for 15 minutes to allow the flavors to blend.



Are eggs bad for your heart? Experts weigh new findings on eggs, cholesterol and health

A new, large study may serve up some confusing advice for egg lovers. Research from Northwestern Medicine finds that adults who ate several eggs per week and high amounts of dietary cholesterol had a significantly higher risk of cardiovascular disease and death from any cause. The findings suggest it may be time to re-evaluate the current U.S. dietary guidelines that no longer limit cholesterol or eggs, the researchers say.

Prior to 2015, nutrition guidelines recommended eating less than 300 milligrams of dietary cholesterol per day. But that year, based on the available data at that time, the recommendations changed, eliminating the daily limit on cholesterol and focusing instead on the reduction of foods high in saturated fats. The new research makes a strong case for bringing that limit back.

The researchers found that eating three to four eggs per week was linked to a 6 percent higher risk of cardiovascular disease and an 8 percent higher risk of any cause of death. The findings were published recently in the Journal of the American Medical Association. It's important to note that no one, including the study authors, is saying you need to cut eggs completely out of your diet. "Eat them in moderation" seems to be the general feeling. Adopting a Mediterranean diet, rich in heart-healthy plant-based foods that are also low in cholesterol, is the way to go. Including fruits and vegetables, whole grains, legumes and nuts is always a good dietary pattern to strive for.



8 simple ways to save money

Sometimes the hardest thing about saving money is just getting started. This step-by-step guide on how to save money can help you develop a simple and realistic plan to save for goals, big or small.

Record your expenses

The first step to saving money is to figure out how much you spend. Keep track of all your expenses—that means every coffee, household item and cash tip. Once you have your data, organize the numbers by categories, such as gas, groceries and mortgage, and total each amount. Consider using your credit card or bank statements to help you with this. *Bank of America clients can use the Spending & Budgeting tool, which automatically categorizes your transactions for easier budgeting in the mobile app or online*

Plan on saving money

Now that you've made a budget, create a savings category within it. Try to save 10 to 15 percent of your income. If your expenses are so high that you can't save that much, it might be time to cut back. To do so, identify nonessentials that you can spend less on, such as entertainment and dining out, and find ways to save on your fixed monthly expenses.

Tip: Consider the money you put into savings a regular expense, similar to groceries, to reinforce good savings habits.

Decide on your priorities

After your expenses and income, your goals are likely to have the biggest impact on how you allocate your savings. Be sure to remember long-term goals—it's important that planning for retirement doesn't take a back seat to shorter-term needs. Learn how to prioritize your savings goals so you have a clear idea of where to start saving. For example, if you know you're going to need to replace your car in the near future, you could start putting money away for one now.

Make saving automatic

Almost all banks offer automated transfers between your checking and savings accounts. You can choose when, how much and where to transfer money or even split your direct deposit so a portion of every paycheck goes directly into your savings account. Splitting your direct deposit and setting up automated transfers are simple ways to save money since you don't have to think about it, and it generally reduces the temptation to spend the money instead.

Make a budget

Once you have an idea of what you spend in a month, you can begin to organize your recorded expenses into a workable budget. Your budget should outline how your expenses measure up to your income—so you can plan your spending and limit overspending. In addition to your monthly expenses, be sure to factor in expenses that occur regularly but not every month, such as car maintenance. You can compare your budget to those of people like you with the Better Money Habits Spending Analysis Tool.

Choose something to save for

One of the best ways to save money is to set a goal. Start by thinking of what you might want to save for—perhaps you're getting married, planning a vacation or saving for retirement. Then figure out how much money you'll need and how long it might take you to save it. *If you have a Bank of America account, you can use the Picture My Goals tool to set up and track your progress toward your goals in the mobile app.*

Pick the right tools

If you're saving for short-term goals, consider using these FDIC-insured deposit accounts: Savings account, Certificate of deposit (CD), which locks in your money for a fixed period of time at a rate that is typically higher than savings accounts. For long-term goals consider: FDIC-insured individual retirement accounts (IRAs), which are tax-efficient savings account.

Watch your savings grow

Review your budget and check your progress every month. Not only will this help you stick to your personal savings plan, but it also helps you identify and fix problems quickly. These simple ways to save may even inspire you to save more money every day and hit your goals faster.

**Source from*