Coping with Visitors

by BRENDA VANTA

Osteoarthritis and Having Visitors

At this time of year, having people over is expected. You have several family members and friends who are planning to drop by in the coming weeks, to catch up or help you see in the New Year. What can you do to better manage, and even enjoy, your guests' visits without having joint pain?

1. Get Organized

Reduce stress and osteoarthritis flares simply by being organized and planning well in advance of your gathering. Write a to do list and then simplify it by keeping only the most necessary items on the list. Once you've decided on a plan, stick with it.

2. Order Groceries Online

Grocery shopping can take lots of time, as well as energy. Walking around the store, waiting in line, carrying the bags and sitting in traffic for a long time are not good for your arthritic joints. Here are two options: either ask a family member to help you with shopping or buy everything online.

You can finish all your shopping in an hour just sitting in front of your computer. You can buy fresh fruits and vegetables, meats, baked goods and have them delivered to your door, removing all the hassle of the shopping trip.

3. Cooking with Ease

Fruits and veggies can be served fresh, no cooking time required. To avoid cutting and washing them, you can simply order an already prepared plate.

Frozen meals are quick and easy to prepare, and therefore arthritis friendly. Just make sure you read the labels and you choose healthy dishes – with less than 800 mgs of sodium, and good sources of proteins (i.e. minimum 15 grams) and fiber (at least 4 grams).

Readymade meals are great choices for everyone with arthritis: they are ready to eat in minutes plenty of them available, from soups to pre-roasted chicken.

4. An Arthritis-Friendly Recipe

You don’t need to spend hours in the kitchen to cook a healthy, delicious main dish. Try steamed salmon with zucchini and lemon. Not only is it easy to cook (takes around 15-20 minutes) , but it's also good for your joints, as this dish is packed with arthritis fighting nutrients such as omega 3 fatty acids, minerals like selenium and vitamin

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Ingredients

- Salmon fillets
- Onion
- Lemon
- 2 Zucchini
- White wine
- Salt
- Pepper

Instructions:

- Place one onion, one lemon and two small zucchini (all ingredients thinly sliced) as well as one cup of dry white wine and half a cup of water in a Dutch oven.
- Season 4 salmon fillets with salt and pepper.
- Fit a steamer rack over vegetables in the Dutch oven and start to cook over medium-high heat.
- When the liquid begins to boil you can reduce the heat and place the fish on the rack. Cover the Dutch oven and steam until the fish is fully cooked (about 10 minutes).
- Serve the fish on top of vegetables, and add a few slices of fresh lemon.