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## HOWDY & WELCOME

Let's put your hands together for **PEGGY HAMEL**, RN, CPNP, BSN, the new Clinical and Community Health Services Supervisor in Berrien County.

Peggy brings to WISEWOMAN her experience as a Special Education School Nurse for Benton Harbor Schools and early career work in Maternal/Infant Health. Peggy started on February 9, 2009.

Nurse Practitioner **JENNY SCHMITT** is also a new face with WISEWOMAN. Jenny is at DHD#2 and started with WISEWOMAN in February.

**WELCOME PEGGY AND JENNY!**

## Motivational Interviewing Corner: THE BASICS PART IV

**OARS** is the acronym used to define the basic approach to interactions in motivational interviewing: (1) Open-ended questions, (2) Affirmations, (3) Reflective listening, and (4) Summaries. Last month we talked about open-ended questions. This month we're looking at **SUMMARIES**.

### OARS: SUMMARIES

Summaries can be used throughout a conversation but are particularly helpful at transition points (i.e., after the person has spoken about a particular topic or personal experience). Summarizing helps to ensure that there is clear communication between the speaker and listener. It also provides a stepping stone towards change.

### Structure of Summaries

- 1) Begin with a statement indicating you are making a summary. For example:
  - Let me see if I understand so far...
  - Here is what I've heard. Tell me if I've missed anything.
- 2) Give special attention to **Change Statements**. These are statements made by the client that point towards a willingness to change. Four types of change statements have been identified:
  - **Problem recognition**: "My weight has gotten a little out of hand at times."
  - **Concern**: "If I don't stop, something bad is going to happen."
  - **Intent to change**: "I'm going to do something; I'm just not sure what it is yet."
  - **Optimism**: "I know I can get a handle on this problem."
- 3) If the person expresses ambivalence, it is useful to include both sides in the summary statement. For example: "On the one hand..., on the other hand..."
- 4) It can be useful to include information in summary statements from other sources (e.g., your own clinical knowledge, research, or family).
- 5) Be concise.
- 6) End with an invitation. For example:
  - Did I miss anything?
  - If that's accurate, what other points are there to consider?
  - Anything you want to add or correct?
- 7) Depending on the response of the client to your summary statement, it may lead naturally to planning for or taking concrete steps towards the change goal.

# Benefits of Gardening

Kim Harrigan, District Health Department #10

## Exercise

Gardening should be at the top of the list for best total body workouts. Between edging and raking the lawn, walking back and forth to the mulch pile, pulling weeds, digging holes, and planting seeds, gardening uses all of the major muscle groups. For the elderly population gardening can keep joints in good working order and can increase their range of motion. For the average person weeding can burn up to 200 calories an hour & hauling dirt or rocks can burn up to 600 calories an hour.

## Nutrition

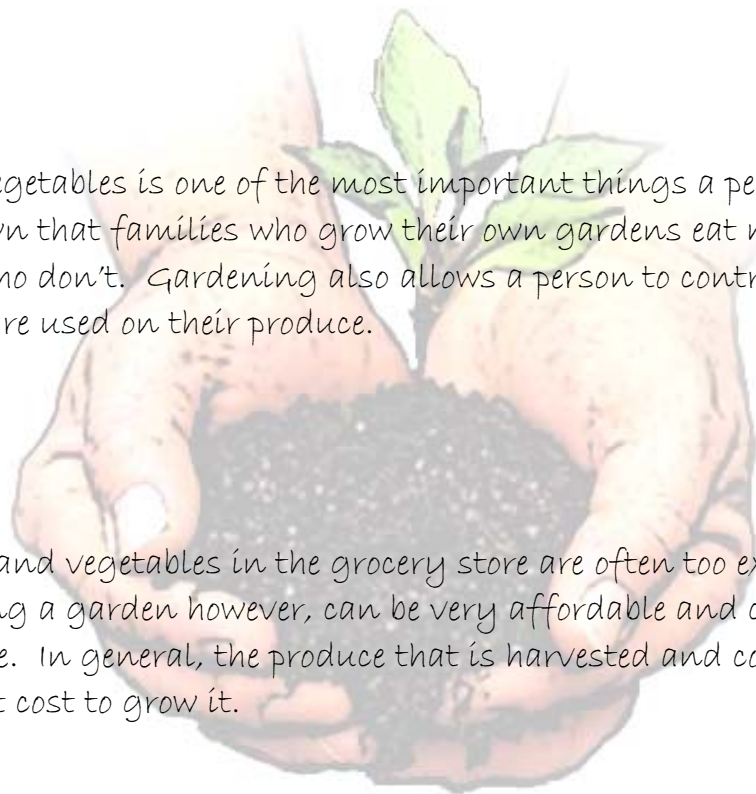
Eating fresh fruits & vegetables is one of the most important things a person can do for their health. It has been shown that families who grow their own gardens eat more fresh fruits and vegetables than those who don't. Gardening also allows a person to control what chemicals, pesticides & fertilizers are used on their produce.

## Money

The cost of fresh fruits and vegetables in the grocery store are often too expensive for those on a limited budget. Growing a garden however, can be very affordable and can be done with a limited amount of space. In general, the produce that is harvested and consumed is worth 20 times more than what it cost to grow it.

## Stress

For many people, the busy pace of life causes a great deal of stress. Gardening is an activity that requires a person to slow down and enjoy the journey. It allows them to escape from their job and other responsibilities and spend time in the fresh air and sunshine.



## Meet Lifestyle Counselor: *Casey Young*

### *Agency:*

Public Health, Delta & Menominee Counties



### *WISEWOMAN Affiliation:*

Just over 4 years. Wow, has it been that long? ☺ I started in the program doing lifestyle counseling and took over coordination a year and a half later. Although the majority of my time is spent in coordination, I continue to serve as a lifestyle counselor. I also fill in for screenings when needed.

### *Professional Experience:*

After completing my B.S. in dietetics from Central Michigan University and before completing my dietetic internship to become a Registered Dietitian, I worked for a year and ½ in the WIC program as a “nutritionist” at InterCare Community Health Network in Holland, MI.

### *Favorite WISEWOMAN Success Story:*

Oh, there have been so many . . . most recently I have been working with a medical care case management client who was referred for “urgent” blood pressure. She was a new client who has no health insurance. With our program, she was able to see a physician and get on BP medication. She has also started working on lifestyle changes such as better eating and physical activity. We were able to get a home BP monitor for her, which she uses on a regular basis to track her BP at home. She will also continue to follow-up w/ the physician. As a result her BP has gone from Urgent to high and continues to go down with time.

### *Lifestyle Counseling Tip:*

We have had a lot of success with our group sessions, including the healthy weight loss challenge and the walking programs. I like seeing the clients on a weekly basis and monitoring their progress. Clients tell me that the accountability is instrumental in helping them stay on track.

### *Special Skills:*

Well, I try to be a good listener because I have learned that our clients often just need a kind ear. I also try to be as supportive, encouraging, and positive as possible. I like to praise even the smallest success as I have found that this empowers women to work towards bigger changes.

### *More about Casey:*

Yea! I love talking about my family and showing off pictures - I have two beautiful boys, actually 3 including my husband, Aaron. Aaron and I have been married for 6 ½ years and we started dating in high school, so we’ve been together for a lot longer than that! Our two sons keep us busy, yet constantly smiling. They both have May birthdays so Nathan will soon be 4 and Kyle will turn 1. We enjoy our time with the kids and we love to spend time as a family outdoors every chance we get. Some of our favorite activities are playing at the playground and beach in the summer time, sitting by the fire pit in our backyard, riding bikes, skiing, spending time at our family’s camp, playing catch/kick/hit - depending on which sport is in season or taking in a football or baseball game.



# Celebrate Good Health and Good Food with Soyfood

Have you had your soyfoods today? April is National Soyfoods Month and a great time to try soyfoods. Whether you're familiar with them or not, you're bound to find a new favorite among the large variety of soyfood offerings. Soyfoods are widely available and are usually found in the produce, deli, frozen foods, or dairy section of the grocery store.

Soyfoods deliver health benefits regardless of age or gender. The essential nutrients in soyfoods boost growth and development, and whether you are interested in being more heart healthy, wanting to lose weight, or seeking healthful snacks, soyfoods can fit into every lifestyle.

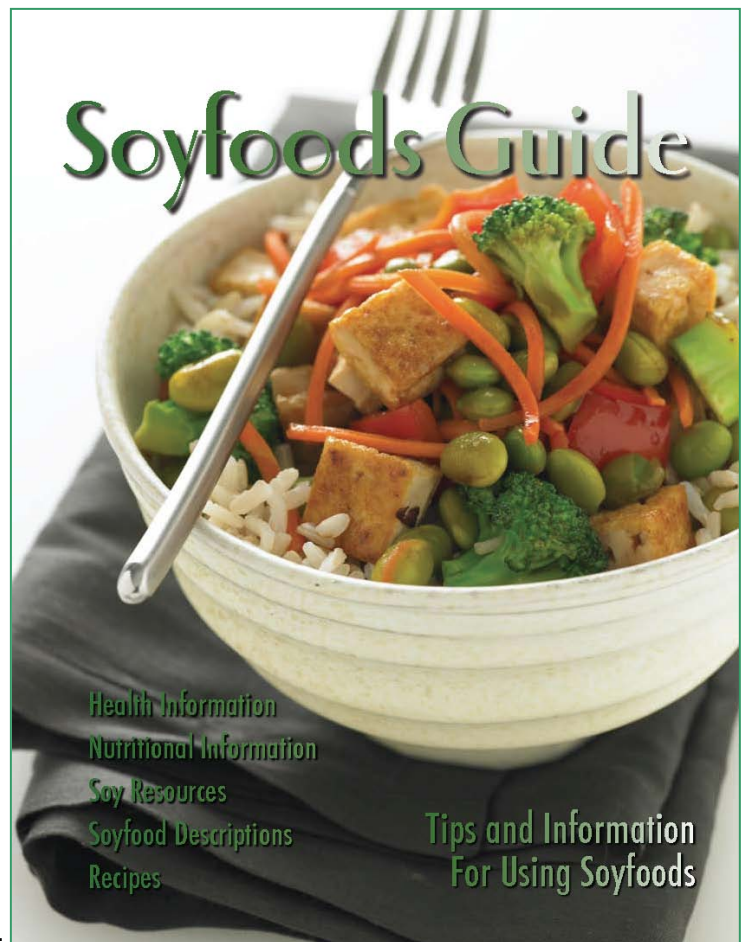
Soyfoods contain no cholesterol, little or no saturated fat, high quality protein and dietary fiber. Many also provide B vitamins, vitamins A and D, calcium, iron and potassium.

Research has demonstrated many potential health benefits are associated with the consumption of soyfoods. For example, soy protein may help to reduce the risk of heart disease, while soyfoods also show promise for relieving menopausal symptoms, maintaining healthy bones and preventing some cancers.

Purchasing soyfoods is a great way to support your health and Michigan agriculture. Michigan soybean producers are represented on the Michigan Soybean Promotion Committee by seven soybean producer directors who direct the state's soybean checkoff investments in well-focused research and educational efforts.

For more information on the Michigan soybean checkoff and its efforts, visit [www.michigansoybean.org](http://www.michigansoybean.org). For information on nutrition programs, visit MSU Extension at <http://msue.msu.edu/fcs> and click on "Nutrition."

Visit [www.soybean.org](http://www.soybean.org) to download the latest *Soyfoods Guide* or contact the Michigan Soybean Promotion Committee, [soyinfo@michigansoybean.org](mailto:soyinfo@michigansoybean.org)



*Those who believe they can do something are probably right – and so are those who believe they can't.*

# Budget Bites for Good Health

You can survive tough economic times without sacrificing good nutrition. Try these simple strategies for finding healthy bargains on your next grocery jaunt:

1) **Meat** can drive up any grocery bill, so start looking for alternatives.

- Why not opt for one or two bean-based, meatless meals each week? Simply substitute **kidney, pinto** or other beans for meat or poultry in casseroles or stews. Remember - beans contain protein, fiber and folate (a B vitamin) and they're fat-free.
- You may find price reductions on lean meat and poultry whose sell-by dates are coming up. The USDA says it's safe to cook and eat (or freeze) up to two days after the "sell-by" date.
- Limiting red meat (beef, pork and lamb) to less than 18 ounces a week is advised for lower cancer risk anyway. Fresh salmon has healthful omega 3 fats, but so does less costly canned wild salmon.

2) Buying large quantities of high-calorie soft drinks can pinch your wallet, supply zero nutrition, and add unwanted pounds, so try something else:



- Turn to tap water – filtered, if you prefer - which is less expensive than bottled water. Flavor your water with a splash of juice or slice of lemon; or make some fresh, unsweetened iced tea, for a dose of cancer-fighting polyphenols.
- "Fruit drinks" may cost less than 100 percent juice, but they have little or no real juice. Frozen juice concentrate can be less expensive than refrigerated 100 percent juice; a 6-ounce serving a day works to limit cost and calories.

3) Avoid pricey **convenience foods** like mixes – they often cost extra while providing less nutrition. Many pre-seasoned rice and pasta mixes, for example, cost three to four times more per serving, tend to be high in sodium, and use refined grains instead of more nutritious whole grains.

- Instead, buy quick-cooking brown rice or whole grain pasta and add your own herbs.

4) **Oatmeal** is a good example of a low-cost, healthy breakfast cereal. But you pay a premium for those pre-packaged, individual serving sized packets.

- If you're looking for oatmeal on-the-go, buy a container of quick-cooking oatmeal and measure out half-cup servings into small, resealable plastic bags for half the cost.

5) Finally, when it comes to **vegetables and fruits**, people often say they cost too much to get the 5 servings a day recommended for good health. Here's some tips.

- You save money when you buy whatever's in season.
- Don't overlook inexpensive staples like carrots, sweet potatoes, cabbage, onions and bananas.
- Check for lower prices on frozen and canned produce and look for bargains at farmers' markets.

6) Beware of **coupons and two-for-one pricing** for unhealthy snacks and processed foods. Coupons may be for brands that are more expensive anyway; store-brand items are often cheaper choices.

7) **Prepare smaller portions** to make your groceries go further. You may be surprised by how well your appetite is satisfied with less.

- As always, using leftovers the next day can also help stretch your food budget.

