



WISEWOMAN

Update

~ Making Healthier Choices for a Healthier Life ~



August 2009

Inside this Issue...

Howdy & Welcome.....	1
Reflective Listening: Part I.....	1
Take Time to Reflect and Appreciate Your Unique Self.....	2
Hot Weather Exercise: How to Keep Cool.....	2
Meet Lifestyle Counselor: Karen Ripke, BS.....	3
Love Your Life: 5 Simple Steps.....	4
Grilling: Restaurant Inspirations for Your Healthy Summer Meals.....	5
Build a Better Burger.....	5

HOWDY & WELCOME

Let's give a special welcome to the new WISEWOMAN Advisory Committee Members who will be serving for the coming year:

Jackie Anderson	DHD #2
Charlotte Briggs	Detroit
Kim Harrigan	DHD #10
Teresa Jones	Hackley (Muskegon)
Mitzi Korelski	Huron
Elaine McDonald	Lenawee
Heather Miller	DHD #10
Joni Sholtey	DHD #10
Erica VanDam	Northwest
Casey Young	Delta Menominee

Congratulations and thanks for being willing to make Michigan's WISEWOMAN Program the best around!



Reflective Listening: Part I

Here are some examples of different types of Reflective Listening, a core skill to master in Motivational Interviewing. Reflective listening is when you work to clarify what the WISEWOMAN participant is saying and make sure there is mutual understanding between you and her.

Simple Reflection: reflects exactly what is heard

- **Participant:** I don't want to quit smoking.
- **Lifestyle Counselor:** You don't think quitting smoking will work for you.

Double-Sided Reflection: reflection presents both sides of what the participant is saying; extremely useful with pointing out ambivalence

- **Participant:** There is no question that my children come first. But after they go to bed I don't really see any problem with smoking. I'm very careful not to leave any cigarette butts around.
- **Lifestyle Counselor:** So, on the one hand you seem to be very clear that your children are very important to you and they come first. However, you also seem to be saying that you really don't see anything wrong with smoking regularly and even appear to discount any risk you might be taking as far as your health.

Amplified Reflection: amplifies or heightens the resistance that is heard

- **Participant:** I could not quit. All my family smokes. I can't get away from it.
- **Lifestyle Counselor:** It sounds like it makes it even more stressful for you to quit when everyone around you smokes.

Take Time to Reflect and Appreciate Your Unique Self

By Robin Walicki, BSN, RN
District Health Department #10

August is an exciting month for me. My birthday isn't until August 19th, but I celebrate it from the moment the calendar "turns" August 1st. It actually feels like the entire month of August is my special time. I also sometimes celebrate my birthday on the 19th of other months! As you can imagine, this gets a little old for my husband and daughter, but nothing can stop this internal time-keeping and excitement over my birthday.

This year, I will officially be in my "late" thirties, at age thirty-eight. Thirty-eight isn't a typical milestone, so no fuss will be made. The major event will be going to a baseball game with my family (Go Tigers!). While I'm sitting at that game on my birthday, I will be reflecting on how lucky I am to still be here. In September, I will be a ten-year survivor of thyroid cancer.

Ten years after the cancer diagnosis and treatment, there are many things about myself that I have pondered and come to accept. Of course, there's that whole "I love August" thing! I also have a tendency to be obsessive compulsive, which drives me to complete tasks in a timely manner, and sometimes nag others to do so also! I really don't like last minute changes, which can make me cranky when people spring things on me suddenly. I prefer to bring my own lunch to staff meetings, because if I get off track early in the day, I'll eat anything that doesn't eat me first. My favorite color is lime green. Sometimes I just like to be contrary for the sake of being contrary. I won't read Harry Potter because everyone else has! I could go on and on, but overall I'm sure many people already think I'm one odd duck!

All of the above quirks make me an interesting, but sometimes frustrating, person to know. However, I have come to appreciate these unique traits. I've been through a lot, I've survived, and I'm becoming more comfortable with myself with every year that passes. Unfortunately, some people may never get comfortable in their own skin. We see this with some of our WISEWOMEN. A client who is working three jobs, supporting several children, has a challenging spouse, and an unstable housing situation, may not be at a place where she can do any self-reflection. This is what makes Motivational Interviewing so important. It's vital to meet the client somewhere on her personal path to figuring out who she is and appreciating herself as a valuable individual.

I believe that the more I know about myself, and the more confident I am with what I want in life, the better I am at counseling WISEWOMEN. I'm sure that I'm not alone in this, since all of us lifestyle counselors have encountered speed bumps in life. Take some time to reflect on your own little quirks and celebrate them. Make time for your own August. Happy Birthday Everyone!

Hot Weather Exercise: How to Keep Cool

To keep it cool during hot-weather exercise, keep these basic precautions in mind:

- **Take it slow.** If you're used to exercising indoors or in cooler weather, take it easy at first. As your body adapts to the heat, gradually increase the length and intensity of your workouts. If you have a chronic medical condition or take medication, ask your doctor if you need to take additional precautions.
- **Drink plenty of fluids.** Your body's ability to sweat and cool down depends on adequate rehydration. Drink plenty of water while you're working out — even if you don't feel thirsty. If you're planning to exercise intensely or for longer than one hour, consider sports drinks instead. These drinks can replace the sodium, chloride, and potassium you lose through sweating. Avoid drinks that contain caffeine or alcohol, which actually promote fluid loss.
- **Dress appropriately.** Lightweight, loosefitting clothing promotes sweat evaporation and cooling by letting more air pass over your body. Avoid dark colors, which can absorb the heat. A light-colored hat can limit your exposure to the sun.
- **Avoid midday sun.** Exercise in the morning or evening — when it's likely to be cooler outdoors — rather than the middle of the day. If possible, exercise in the shade or in a pool.
- **Wear sunscreen.** A sunburn decreases your body's ability to cool itself.
- **Have a backup plan.** If you're concerned about the heat or humidity, stay indoors. Work out at the gym, walk laps inside the mall, or climb stairs inside an air-conditioned building.

<http://www.mayoclinic.com/health/exercise/HQ00316/NSCTIONGROUP=2>

Meet Lifestyle Counselor: Karen Ripke, BS

Agency:

District Health Department #10, Mecosta County

WISEWOMAN Affiliation:

Since the program first started in 2002.



Professional Experience:

Everything: HIV Prevention/Case Manager, Worksite Health Promotion, Tobacco Prevention, Girls on the Run, Colon Cancer Screening Program, Tencon Health Screenings, Community Outreach, and Emergency Preparedness. I still wear several of these hats.

Favorite WISEWOMAN Success Story:

I had one woman who had set a weight loss goal of 100 pounds in one year. She had several problems with arthritis and her knees as well. She didn't change much about "what" she ate, but cut her portions sizes in half and ate slower. She also began walking on her treadmill at 1.5 to 2 miles an hour for 1-2 miles a day. (She puts it in front of the TV and always walked while she watched her soaps). She lost her 100 pounds in 9 months and has less knee problems, walking a little faster and still enjoying desserts. I use her as an inspirational example to many of my women who want to lose weight.

Lifestyle Counseling Tip:

I think the most important thing is to listen and empathize with them, especially now when financially times are really tough for families. I also try to focus on what a realistic goal is for them. For example starting with walking 2 times a week for 15-20 minutes, and then at a follow up, giving them the praise and support to add more to their goal.

More about Karen:

I am originally from Midland, but spent my summers in West Michigan at my parent's cottage. I moved over here for an internship at DHD #10 and have been here ever since.

I married the brother of my childhood friend just over a year ago, who promptly left six days later for a 2 year contract job in Afghanistan (thank goodness for webcams). We have 2 dogs, who act like children. I enjoy traveling, waterskiing, tubing, sailing, and many summer outdoor activities.

Love Your Life: 5 Simple Steps

What really makes you happy? As new tasks and responsibilities come into your life each year, it can be easy to lose track. Whether it's the little things in life that make you smile, or the joy of working toward a life goal, focusing on your happiness each day not only will protect your emotional well-being, but also your physical health.

Follow these simple steps to rediscover your passion for life and be healthier in the process.

1. Value your daily diversions

When you're adding items to your to-do list, don't forget the good stuff. Do you look forward to reading in bed, going out to breakfast, taking long walks, listening to music, or just sitting quietly outside? **Make sure some of your favorite diversions happen every day.** Not enough time to indulge? Consider crossing out the pesky items on your list that you keep saying you're going to do, but haven't gotten to in over a year, like alphabetizing your bills or organizing your sock drawer. Or, cross out a bigger item that is consuming much of your time but isn't enhancing your life.



2. Build your strength and independence

We all have low-energy days, but if you can resist the urge to skip your daily workout, you'll be rewarded both now and later. Try telling yourself that you need to do only 10 minutes of exercise. Once you're up and moving, it's likely that you'll want to finish your workout. Even if you can't push past the 10-minute mark on bad days, you can feel good about doing at least a little something. **Sticking with an exercise plan will help you feel good about yourself, and also strengthen your immune system and enhance your body's production of mood-boosting hormones.** Keep a notebook with short summaries of how you feel after really good workouts. Refer to these notes when you need inspiration.

3. Squash your stressers

Don't let stress sap you of joy. Diffuse daily hassles by practicing stress-reduction strategies. Try taking little **deep-breathing breaks** throughout the day, inhaling through your nose, and then exhaling slowly through your mouth. Repeating this action 3 or 4 times allows more oxygen to get into your blood stream, resulting in a greater feeling of calm.

In addition to controlled breathing techniques, **progressive muscle relaxation, yoga, and massage** all have been documented as effective means of reducing tension, stress, depression, and anxiety. Taking a brisk 10-minute walk will do far more to dissipate your stress and lift your spirits than eating the sugary and salty snacks you might crave when you're feeling frantic.

4. Celebrate and share your skills

Thumb through the local newspaper or phone book and identify a school, club, or organization with whom you'd like to volunteer or participate. Not only will sharing your unique talents and expertise benefit others, but also research shows that volunteering can improve your well-being. Feeling engaged and involved in your local community is good for your emotional health. It's also an opportunity to learn some new skills, which can help keep your mind sharp.

5. Appreciate the people around you

Unwind and share a few laughs with your family or friends at least once or twice each month. The openness and trust you share with these important people can help give you the perspective you need to cope with everyday challenges. These **regular connections also will have a positive impact on your health**, especially when you share a good laugh. Laughing lowers blood pressure and releases endorphins that can ease pain. Also, don't neglect relationships at work. Colleagues and co-workers can provide valuable support and keep your blood pressure under control during stressful situations.

Feeling satisfied and fulfilled with your life is an essential part of your emotional and physical well-being. As you grow to appreciate your time, your independence, your self-assurance, your skills, and your relationships, you will be amazed at just how good you feel, both in body and spirit.

<http://www.realage.com/WellnessCenter/Articles.aspx?aid=10310>

Grilling: Restaurant Inspirations for Your Healthy Summer Meals

The temperature's soaring, the humidity is high, and you, your family, and friends are hungry. It must be grill season! Not only does taking the kitchen outside this time of year save on energy costs (no more cranking up the air conditioner to counteract the heat of the stove), it also has plenty of health benefits.

When it comes to grilling meat, fat drips off instead of cooking in, lowering the overall fat content as compared to many other cooking methods. Think the grill is just for meat? Think again. Fruits and vegetables are easy to prepare and cook, making it simple to get in the recommended amount each day. Finally, herbs and spices enhance the already rich flavors of anything you choose to grill without adding fat and calories. Not sure where to start?

Take a cue from your favorite restaurants:

1. Cube chicken, tofu, or other lean proteins and roughly chop any fresh vegetables on hand. Marinate and lace onto skewers for fun shish kabobs.
2. Place your favorite fish, vegetables, and herbs into foil and seal to form a flavorful packet. Place on the grill and steam to perfection. For a tasty twist, add some orange slices or juice along with the fish and vegetables.
3. Choose fresh summer fruits like strawberries and pineapple and brush with balsamic vinegar for a healthy grilled dessert.



Healthy Dining Finder Newsletter Summer 2009

Build a Better Burger

Makes: 6 servings

1 slightly beaten egg white
2 tablespoons water
1/4 cup bread crumbs
1/4 cup finely shredded carrot
1/4 cup finely chopped onion
1/4 cup finely chopped red bell pepper
1/4 teaspoon salt
1/8 teaspoon pepper
2 tablespoons grated Parmesan
1 pound lean ground beef
6 whole-grain buns
Lettuce, tomato slices, and red-onion slices

1. Combine egg white, water, bread crumbs, carrot, onion, bell pepper, salt, and pepper in a large bowl.
2. Add Parmesan and beef; mix. Shape into six 1/2-inch-thick patties.
3. Grill burgers on an oiled grill rack for 7 minutes. Turn and grill 8 to 11 minutes more, or until no pink remains.
4. Serve burgers on buns with veggies.



Nutrition facts per serving: 232 calories, 18g protein, 19g carbohydrate, 9g fat (3g saturated), 3g fiber