



WISEWOMAN

Update

~ Making Healthier Choices for a Healthier Life ~



September 2009

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HOWDY & WELCOME

The folks at Catherine's Health Center in Grand Rapids have welcomed some new faces, all from the Americorp VISTA program. Let's hear a big hello for **Kelsey Carriere**, **Paul Shotkin**, and **Kylie Cherpes**.

Kelsey started on August 17th as a Lifestyle Counselor. Kelsey originally hails from the UP and recently graduated from Northern Michigan University in Marquette with a major in writing and pre-med. She has also been a Site Supervisor for Child & Family Services in Marquette.

Paul, a graduate of the University of Michigan in Med & Business, also started with Catherine's on August 17th. Paul will be developing a program for men modeled after the WISEWOMAN Program. What's it going to be called? Well, WISEMEN of course.☺ Paul will also be assisting with the WISEWOMAN program.

Kylie works with outreach events and the walking program. She's a graduate of Grand Valley State University with an Interdisciplinary Studies degree emphasizing Global Social Justice and a minor in Political Science



Reflective Listening: Part II

Last month we examined the following Reflective Listening skills – Simple Reflection, Double-Sided Reflection, and Amplified Reflection. Here are some additional examples of Reflective Listening that can help you support the participant as she makes healthy changes in her life.

Elicit **Self-Motivational Statements**: Get participants to describe how they are changing; point out any changes you have observed and ask them how they did this.

- **Lifestyle Counselor**: It sounds like you have made real progress. How do you feel about that?

Affirm (support, encourage, recognize participant's difficulties)

- **Lifestyle Counselor**: It sounds like you are still struggling with making these changes, but you have made some changes. How do you think you might reduce your smoking even further?

Summary Statements: pull together the comments made; transition to next topic

- **Lifestyle Counselor**: You mentioned a number of things about your current lifestyle, such as cutbacks at work and the stress you feel. You also talked about not having much energy for doing some of the things you used to like to do to relax. What do you think might help you get back doing some of the things you once enjoyed?

Excerpted from article by Sobell & Sobell 2003

Working with Groups

By Cheryl Griffin

District Health Department #10 (Newaygo County)

Working with groups can sometimes be intimidating, but after meeting the group members and finding common ground, fear seems to subside. Then, as I learned, the real work begins. One such group of WISEWOMEN clients was formed in Newaygo County in November, 2008. After receiving a request from MDCH WISEWOMAN staff to host a site visit from CDC, I called a group of WISEWOMAN clients asking if they would like to meet and talk about their goals, barriers, and support systems. Nine women volunteered to be a part of the group that was held at the courthouse. Their stories were powerful and help create a bond among the women. One woman explained that she had recently lost everything and was now living in a “tin can” with her husband. Her new trailer was “home” and when described by the client, it brought tears to her eyes. Recession hit this family hard.

Another client was morbidly obese. She wanted to lose over a hundred pounds. She described how the local fitness center gave her a scholarship so she could swim, walk, workout, and attend classes. She and her husband, a retired marine, attend faithfully.

The third client walked her way to a healthy lifestyle. She explained that she walked over 3,000 miles after being given a WISEWOMAN pedometer three years ago. She was a reserved woman in her sixties, and faithfully put on her pedometer in the morning, and recorded in a spiral notebook how many steps she took that day, prior to shutting off the light at night.

This three hour session was so rewarding to me. I witnessed women with such impeccable inter-personal skills that I knew I wanted to do more with groups. As the days went on, some of the women dropped in to visit me at the Newaygo County Health Department. They wanted to continue meeting. So, we did. We recruited Linda Merrill, from MSU Extension. She taught a cooking class over a four week period. Linda discussed how to substitute unhealthy foods for healthy ones. She also talked about proper food storage, preparation, and serving methods.

The group grew with some new faces (and some husbands). Each week, we ate, talked and learned how to stretch the family food dollar. After a four week commitment, the participants received a certificate and new cookbook. We all spoke about getting together again to learn, talk, and eat. It is surprising how food helps us socialize and share some of the most private conversations about our families, personal hurdles, and future dreams.

Coming from a family of ten kids and two beautiful parents, I know there is strength in groups. A person can shine as long as they have a strong support system. Our WISEWOMAN clients started to call each other and me, asking for more group meetings. We talked about getting a grant for a community garden project, recipe sharing meetings, and fitness walks. But, none of these things seemed to get off the ground. Then we were asked to be a part of a program called the Heart Truth. This program sponsored by the National Heart, Lung & Blood Institute trains women to become lay health educators.

I made some phone calls to former group members and also spoke to some new WISEWOMAN clients. In April, we held a half day training session for seven women who were interested in the program. The idea was to educate and train these women to go out and spread the word about the dangers of heart disease for women and how to achieve proper heart health. It was amazing. The seven women reached over 150 women with their healthy heart message. The heart healthy meetings were held in homes, churches, businesses, restaurants, and even at a Habit for Humanity worksite. These women were empowered to educate others without much encouragement from me. They were on fire!

From this group of 150 students, several have made appointments at WISEWOMAN clinics, Tencon clinics, WIC clinics, or were enrolled in the colon cancer screening program. The Health Department typically has programs or services for almost everyone, so I was able to help a lot of women which was a personal blessing to me.

As the summer months progress toward fall, there is talk of another group starting for women who weigh more than 200 pounds and have a strong desire to lose weight and help others with their personal goals. This program must be free and it must include nutrition, education, and fitness classes. Furthermore, it is to encourage other women to make and keep their annual appointments at their local Health Departments (no excuses allowed). I'm excited and look forward to the new friends / clients I will be meeting. I would encourage everyone to start meeting with their clients in a group. Face-to-face contacts can be very beneficial and therapeutic to all participants as long as you keep an open heart.

Meet Lifestyle Counselor: Mary Thrushman, LPN

Agency:

Huron County Health Department

WISEWOMAN Affiliation:

8 years with BCCCP, and WISEWOMAN Counselor the last 5 years.

Professional Experience:

30 years worth, I hope I can remember...

Charge nurse, Clinic Coordinator, Rehabilitation Coordinator, Homecare Nurse, Public Health Nurse, Assistant Coordinator Geriatric Public Health Programs, Supervisor MI Works Programs, and Program Lead for BCCCP, WISEWOMAN, and Geriatrics.



Favorite WISEWOMAN Success Story:

There are two success stories that stand out.

1. Our client challenged family members across the nation to lose weight and they did in the amount of 300+ pounds.
2. Recently a client set her goal to switch to all low-fat or fat-free dairy, she was a smoker that was adamant she did not want to quit. During the next counseling session, she indicated she had reviewed the information given to her at our initial visit then stated "I am now a non-smoker! I did it by myself"

Lifestyle Counseling Tip:

Discuss all lifestyle issues with the clients. Encourage them to make changes in all areas, but only set one goal. Those are the clients that have had better success in all areas. They may not feel pressure to make multiple changes.

Special Skills:

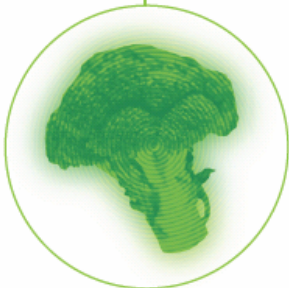
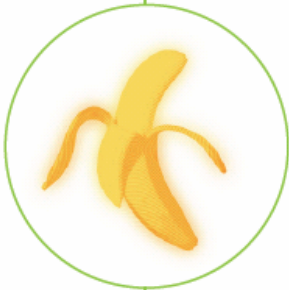
I believe compassion and understanding. I love my job and the changes all the counselors make; one client at a time!

More about Mary:

My wonderful husband is Michael. We have four children, Angela, age 30, is a school teacher in Palm Beach Florida. Kari, age 20, is a full time college student, studying to be an Occupational Therapist. Kyle, age 17, is a senior in high school studying to be a chef, but also has his eye on a career in the US Air force. Reed, age 15, is a sophomore in high school and is determined to be a goalie in the NHL. Our newest addition is two tea cup yorkies - Sir Bentley and Shilo. We all enjoy Hockey, Soccer, Tennis, NASCAR, camping, and golfing.

30 WAYS in 30 DAYS

to Stretch Your Fruit & Vegetable Budget



National Fruits & Veggies—More Matters® Month • September

- 1** Calculate an appropriate **Healthy Food Budget** for your family, based on USDA's **Low-Cost Food Plan**. This easy-to-use calculator, offered by Iowa State University Extension, helps to create a budget for what is a reasonable amount to spend to feed your family healthy meals. (www.extension.iastate.edu/foodsavings/fooddollar/).
- 2** Cook enough for several meals and freeze leftovers. Place enough food for 1-2 meals in each container.
- 3** Create a **meal plan** for the week that uses similar fruits and vegetables, prepared in different ways. Make the most out of the produce that you buy.
- 4** Buy fruits and vegetables **in season** at farmers' markets or at your local grocery store.
- 5** **Grow your own** vegetables. Invest a little in seeds, and get a lot of vegetables in return. Try indoor pots or greenhouse growing for the cooler months. Visit www.cdc.gov/Features/GrowingVegetables/ for more information.
- 6** **Mix it yourself.** 100% juice from frozen concentrate is often less expensive per serving than pre-bottled juice.
- 7** **Minimize waste**, by buying only the amounts your family will eat.
- 8** **Learn basic food math.** Taking the time to make a food budget before grocery trips can make food buying decisions easier. Simple food math can help you decide if the watermelon or the bunch of grapes is a better buy.
- 9** **Enjoy the comforts of home** more often. Eating at restaurants can increase the amount you spend on food. Include fruits and vegetables in quick, simple meals that you prepare at home. Visit http://recipefinder.nal.usda.gov/index.php?mode=pick_search&theme=2&cost_serving_num=&cost_recipe_num=&submit=Search for more information.
- 10** **Be creative!** To get the most out of your purchase, enjoy your fruits and vegetables in different ways. For example, you can use fruits for dessert. Try baking apples or poaching pears with some cinnamon. Visit <http://apps.nccd.cdc.gov/dnparecipe/RecipeSearch.aspx> and www.fruitsandveggiesmorematters.org/?page_id=10 for more information.



National Fruits & Veggies—More Matters® Month • September

- 11** **Homemade soup** is a healthy and tasty way to use vegetables. Make a big batch and freeze leftovers in small lunch-size containers.
- 12** Look for **sales and deals** on fruits & vegetables at the grocery store or through coupons.
- 13** **Cut your fruits and vegetables at home.** Pre-cut produce can cost much more than whole fruits and vegetables.
- 14** **Don't shop hungry.** Eat a healthy snack, such as an apple, before going to the grocery store so that you stick to your budget and avoid spending money set aside for fruit and vegetables on less healthy temptations.
- 15** **Maximize your time and money.** Cut coupons for foods, such as fruits and vegetables, only on your grocery list.
- 16** **Canned fruits and vegetables** will last a long time and can be a healthy addition to a variety of meals. Choose canned vegetables that and fruit that is canned in 100% fruit juice.
- 17** **Frozen fruit** and vegetables store well in the freezer until you're ready to add them to a meal.
- 18** **Pick your own at local farms.** Late summer and early fall is a great time to pick your own fruits and vegetables. This can be a fun and less expensive way to buy in bulk and freeze, can, or dry for later.
- 19** **Dried fruit** lasts for a long time, but can be expensive. Buy in bulk with friends and share the cost.
- 20** **Store-brands** can be a great budget choice for many forms of fruits and vegetables.
- 21** **WIC (Women, Infants, and Children) and Senior Farmers Market coupons** can be used by WIC participants and older adults to purchase locally-grown, delicious fruits and vegetables.
- 22** When trying new fruits and vegetables, buy in **small amounts.** Taste test before you change your grocery list.
- 23** **Keep it simple.** Buy dried beans, peas, and lentils in their raw or uncooked form instead of the processed and packaged versions which cost more.
- 24** **Avoid buying single servings.** Purchasing many small packages of produce is often more expensive than buying in larger amounts.
- 25** **Shop at discount grocery stores** for good deals on fruits and vegetables, especially canned items.
- 26** **Shop at large grocery stores** instead of small convenience stores when possible. There is more choice and the produce is often less expensive at larger stores.
- 27** **To make many fresh fruits and vegetables last longer,** store them in the refrigerator or freezer soon after getting home from your shopping trip. Many cookbooks offer specific freezing instructions.
- 28** **Clearly label your foods** in the freezer and refrigerator with the contents and date to stay within a safe time frame.
- 29** **Get creative with your leftover fruits and vegetables.** Make salsa from your tomatoes and smoothies from your fruits! Visit www.fruitsandveggiesmatter.gov to learn how.
- 30** **Buy frozen fruits and vegetables in large bags** to stretch your budget (e.g., green beans and blueberries). Avoid those with added sugar, salt, or sauce.

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