



WISEWOMAN

# Update

~ Making Healthier Choices for a Healthier Life ~



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### Advanced Discoverer Viewer PowerPoint Presentation

The advanced Discoverer Viewer presentation from the 2010 BCCCP/WISEWOMAN Annual Meeting is now available online at:

<https://www.arachneweb.net/micancer/bcccp/WiseWomanProgram/MemosLetters.cfm>

The presentation shows the broad organization of Discoverer reports and contains tips for using newer features of Discoverer Viewer and the online manual. It also shows numerous examples of BCCCP and WISEWOMAN Discoverer reports. A small number of notes have been added to the presentation slides to highlight items that might otherwise be missed.

For assistance with Discoverer Viewer, please contact Mike Carr ([carmi@michigan.gov](mailto:carmi@michigan.gov) or 517-335-9954).

## 聽 Motivational Interviewing Corner

This is the final part of a three-part series on PROVIDING INFORMATION TO CLIENTS...

The final step is to ask the client to discuss her thoughts and reactions to the information provided. The Lifestyle Counselor then responds to the client's thoughts using reflective listening, open questions, affirmation, and summarization.

Examples of questions that can begin this final "ask" step include:

- What are your reactions to what I have told you about the effects of smoking on your circulation?
- I've given you a lot of information about pre-diabetes and the effect it can have on your health. What thoughts or questions do you have about what I have said?
- What do you think about these cholesterol-lowering ideas I've shared with you?

Adapted from: *Motivational Interviewing: An evidence-based approach to counseling helps patients follow treatment recommendations* AJN, American Journal of Nursing, October 2007

# Market Fresh Coupons are here!

Submitted by Yvonne Louiselle, RN, BSN, Lifestyle Counselor, Health Dept. of Northwest Michigan

It's that time again when we have the opportunity to give Market Fresh coupons to WISEWOMAN clients! In our northwest counties, our clients have been asking about them since spring and are so happy to have them available. One way we alert our clients to their arrival is making a call list off of a Discoverer Viewer report and leaving messages with or talking with every client about the Market Fresh program. Our clients enjoy attending the local Farmers Markets to buy their favorite strawberries and corn, try new fruits and veggies, meet new people in their community, and have a chance to enjoy the outdoors. Here are a couple of our favorite recipes that our WISEWOMAN clients enjoy making with the fresh fruits and veggies they have received with their Market Fresh Coupons!



## Fresh Fruit Smoothie

Yield: 2 large or 4 small smoothies

### Ingredients:

1/2 Banana  
1/2 cup Strawberries  
1 cup Plain Yogurt  
1/2 cup 100% fruit juice  
2 handfuls frozen blueberries

### Instructions:

Combine all of the ingredients in a blender until drink is smooth and creamy.

## Spring Vegetable Saute

Yield: 4 servings

### Ingredients:

1 teaspoon olive oil	3/4 cup asparagus pieces
1/2 cup sliced sweet onion	3/4 cup sugar snap peas, or green beans
1 finely chopped garlic clove	1/2 cup quartered radishes
3-4 tiny quartered new potatoes	1/4 teaspoon salt
3/4 cup sliced carrots	1/4 teaspoon black pepper
	1/2 teaspoon dried dill

### Instructions:

1. Heat the oil in a skillet. Cook the onion 2 minutes, add the garlic and cook another minute
2. Stir in the potatoes and carrots. Cover, turn the heat to low, and cook until almost tender, about 4 minutes.
3. If the vegetables start to brown, add a Tablespoon or 2 of water.
4. Now add the asparagus, peas, radishes, salt, pepper, and dill. Cook, stirring often, until just tender - about 4 minutes more.
5. Serve immediately.



## Meet Lifestyle Counselor: Melissa Hammer, BA – Family Studies

### Agency:

Berrien County Health Department

### WISEWOMAN Affiliation:

Since it was re-introduced to Berrien County in 2008.

### Professional Experience:

I have been here at Berrien County Health Department for the last 6 years where I also work as the HIV Prevention Specialist. I have had many interesting jobs in the past including being a Youth Specialist at our county juvenile center and the only teacher at a residential facility where there is a one-room classroom for troubled youth ages 9-17. I have been an Activities Director for an adult foster care center and a Volunteer Coordinator for Habitat for Humanity. My most entertaining job was being a Karaoke Jockey (KJ) for the past 8 years.



### Favorite WISEWOMAN Success Story:

All my women are successes, so each woman is a chapter of my favorite story! One that particularly comes to mind is about a woman who was extremely depressed. She not only suffered from depression, but she had high blood pressure and elevated levels of cholesterol and glucose as well. She and I had several heart to heart talks and after a short while she agreed to seek mental health services. It has been a year since and she routinely calls me for follow-ups. At her last screening, her blood pressure, cholesterol and glucose have all registered in the desirable range. She was able to turn her life around and now is a very happy and motivated person. Before, she wouldn't even leave her house, now she goes walking with neighbors and is becoming quite sociable. She was able to get her mind in the same place as her heart and she is much healthier and happier because of it!

### Lifestyle Counseling Tip:

I like to get the women to focus on "me" time. A lot of my women do so much for others around them that they forget to take time for themselves. I encourage them to set aside a block of time (30-60 minutes) every day. During this time they should focus on only the positive things that have happened in the last 24 hours. It is important that they forget about all their "I still have to...." This creates a more relaxed state of mind thus empowering the women to achieve anything.

### Special Skills:

I am a very optimistic person and I channel that to my women. I also have a very empathetic ear and truly believe that laughter is the best medicine.

### More about Melissa:

I was recently married in September of 2009 – still newlyweds. My husband, Michael, is really funny and loves to cook and clean. He and I have two adopted four-legged children. Ginger is a 43 pound, 3 year old Beagle/Whippet mix who has lots of energy. Our newest addition just arrived less than a month ago; Schatzi (Schatzilla) is a 7 pound, 7 year old Pomeranian who still acts like a puppy. I am completely surrounded by fun and love and wouldn't mind if my family grew even more; two-legged or four-legged children.

## What's Local: Beets

August announces the arrival of fresh Michigan beets and either you love 'em or you hate 'em...although this recipe just might change the minds of some non-lovers.

Plus, their health benefits are many. This high-fiber food increases the production of special immune cells that destroy cancer cells in the colon making it a great food for preventing and battling colon cancer.

Beets also help to keep bad cholesterol at bay and contain a compound known as betaine that is known to reduce inflammation. Not bad for this vegetable that spends most of its life underground.

### Quick Serving Ideas:

- Grate raw beets for a delicious and colorful addition to salads or decorative garnish for soups.
- Add chunks of beet when roasting vegetables in the oven.
- Serving homemade vegetable juice? A quarter of a beet will turn any green drink into a sweet pink concoction, pleasing both the eyes and the taste buds.
- Sauté beet greens with other braising greens such as chard and mustard greens.
- Marinate steamed beets in fresh lemon juice, olive oil, and fresh herbs.



## Beet and Goat Cheese Arugula Salad

### Ingredients

- ¼ cup balsamic vinegar
- 3 tablespoons shallots, thinly sliced
- 1 tablespoon honey
- 1/3 cup extra virgin olive oil
- Salt and freshly ground black pepper
- 6 medium beets, cooked and quartered
- 6 cups fresh arugula
- ½ cup walnuts, toasted, coarsely chopped
- ¼ cup dried cranberries or dried cherries
- ½ avocado, peeled, pitted, and cubed
- 3 ounces soft fresh goat cheese, coarsely crumbled

### Directions

Preheat the oven to 450 degrees F.

Whisk the vinegar, shallots, and honey in a medium bowl to blend. Gradually whisk in the oil. Season the vinaigrette, to taste, with salt and pepper. Toss the beets in a small bowl with enough dressing to coat. Place the beets on the prepared baking sheet lined with foil and roast until the beets are slightly caramelized, stirring occasionally (about 12 minutes). Set aside and cool.

Toss the arugula, walnuts, and cranberries in a large bowl with enough vinaigrette to coat. Season the salad, to taste, with salt and pepper. Mound the salad atop 4 plates. Arrange the beets around the salad. Sprinkle with the avocado and goat cheese, and serve.

smokefree.gov

Women.Smokefree.gov is intended to help you or someone you care about quit smoking and is designed to try to provide information about topics that are often important to women.

Different women need different resources as they try to quit. The information and professional assistance available on this website can help to support both your immediate and long-term needs as you become, and remain, a nonsmoker.

Women.Smokefree.gov allows you to choose the help that best fits your needs. You can get immediate assistance in the form of:

- [An online step-by-step cessation guide](#)
- Information about a wide range of topics related to smoking and quitting
- Self-quizzes about important subjects like depression, withdrawal, and relationships
- Local and state telephone quitlines, 1-800-QUIT-NOW
- NCI's national telephone quitline, 1-877-44U-QUIT
- [NCI's instant messaging service](#)
- [Publications, which may be downloaded, printed, or ordered](#)

Learn more at <http://women.smokefree.gov/>.

## WISEWOMAN Partner Profile:



### Michigan Office of Services to the Aging

P.O. Box 30676  
Lansing, Michigan 48909-8176  
517-373-8230 Fax: 517-3734092

It's a partnership that has created an enormous win-win for the WISEWOMAN of Michigan. In March of 2009, we started discussions with Sherri King at the Michigan Office of Services to the Aging with the idea of creating a coupon program for WISEWOMAN participants that mirrored Project FRESH and Senior Project FRESH.

Sherri, who is one of the world's greatest can-do kind of people, heard us out and in no time at all had coupons for fresh, Michigan-grown fruits and vegetables in the hands of hundreds of our WISEWOMAN clients! We call the program WISEWOMAN Market Fresh.

The redemption of those coupons was great for our first year with lots of success stories around the state – a new farmers market in Lake County (brought to life by Lifestyle Counselor Heather Miller), counties with 93, 94 and 95% coupon redemption rates, clients being introduced to their local farmers market for the first time, and tears of joy at being able to bring home fresh fruits and veggies!

Sherri has also done a wonderful job of smoothing out the tiny bumps in the road that are a part of any start-up program. She has gone above and beyond to make the program work for the unique needs of WISEWOMAN, our agencies, and the women we serve.

WISEWOMAN is proud to partner with the Michigan Office of Services to the Aging, your state resource for information on aging in Michigan.