



WISEWOMAN

Update

~ Making Healthier Choices for a Healthier Life ~



October 2009

Inside this Issue...

| | |
|----------------------------------------------------------|---|
| Howdy & Welcome..... | 1 |
| Motivational Interviewing Corner..... | 1 |
| Why Stretch?..... | 2 |
| Meet Lifestyle Counselor: Charlotte Briggs, L.M.S.W..... | 3 |
| Build a Better Breakfast..... | 4 |
| Spinach Quiche..... | 4 |
| Tips to Eat Smart at Home..... | 4 |
| Making Your Favorite Fall Meals Healthier..... | 5 |
| Time to Tailgate..... | 5 |

HOWDY & WELCOME

Let's hear it for two new WISEWOMAN folks in the Thumb. **Kathy Cumper**, LPN, is the new Clinical and Lifestyle Counselor at the Austin Street Clinic site in Sanilac County. She teams up with **Carrie Eugster**, NP-C, a new Nurse Practitioner at the clinic. Both Kathy and Carrie started on September 3rd.

The Health Department of Northwest Michigan also has a new WISEWOMAN face. **Rene' Ames**, RN is the new Lifestyle Counselor for Otsego County. She started October 1.



A great big
WISEWOMAN
welcome to Kathy,
Carrie, and Rene'!



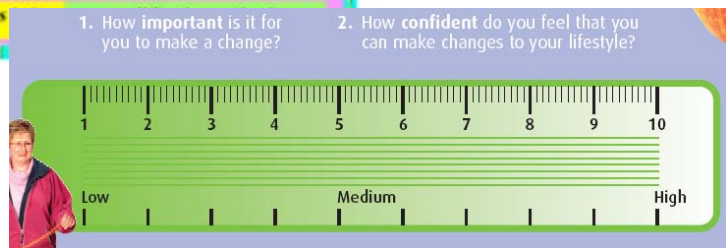
Motivational Interviewing Corner

The **Readiness Ruler** is a great tool for assessing a client's readiness to change. Check out this short article that reviews the fundamentals of the Readiness Ruler and its partner the Confidence Ruler (you'll see that they really need to be used in tandem).

http://www.mcw.edu/FileLibrary/Groups/FamilyCommunityMedicine/Change_readiness_ruler_PDF.pdf

Here are a few additional rulers (very colorful!) that you might find helpful:

- <http://www.healnh.org/staynhealthy/docs/ReadinessRuler.pdf>
- http://www.refhelp.scot.nhs.uk/dmdocuments/Dietetic_Readiness_Ruler.pdf



Why Stretch?

By Jen Hansen, District Health Department #10

Stretching: The Forgotten Part of Fitness

Flexibility Facts

- Flexibility is defined as the range of motion around a joint.
- The level of flexibility is dependent on the condition of the bone, ligaments, muscles, and tendons which make up the joint.
- Tight muscles and ligaments prevent good flexibility.
- Flexible joints are less likely to be injured in a fall or through daily repetitive stresses.
- Flexibility can only be increased through a consistent stretching program.



Do I Really Need to Stretch?

Stretching can assist in preventing problems such as:

- chronic back pain
 - carpal tunnel syndrome
- neck pain and stiffness
- acute back injuries
 - tendonitis

Flexibility is critical in injury prevention. Overuse and repetitive stress cause a significant number of injuries. Some of these injuries can be prevented with good flexibility.

Think Stretching is Only for Athletes?

Stretching can benefit everyone. You can even fit it in while you work at your desk!

- Get up and stretch your back when sitting for prolonged periods of time.
- Stretch wrists and fingers as well when typing or doing repetitive work.
- Stretch your neck and shoulders frequently throughout the workday.

Tight hamstrings are often the culprit in low back pain!



Meet Lifestyle Counselor: Charlotte Briggs, L.M.S.W.

Agency:

Detroit Department of Health and Wellness Promotion

WISEWOMAN Affiliation:

Since it started here in Detroit in October 2008.

Professional Experience:

Prior to working as the Lifestyle Counselor and Clinic Social Worker at Herman Keifer Health Center, I was a Medical Social Worker providing therapy, grief counseling, and crisis intervention services to mothers and children through the Maternal Infant Health Program. I have also worked in the Healthy Start program, and I have provided services as a Grief Counselor through the Michigan SIDS Alliance Organization. I have over 12 years of clinical social work experience.



Favorite WISEWOMAN Success Story:

My favorite success story is of a young woman who was involved in a domestic violence relationship with her live-in boyfriend and wanted him to leave her home. After providing her with law enforcement options, support group referrals, and community mental health services she felt empowered to ask him to leave. He left after causing some damage to her sister's car and has not returned. This young lady attended the support services offered and is now working as a freelance photographer and is moving on with her life. Now she is able to focus on eating healthy and joining a local recreation center for exercise. I believe that the support from face-to-face visits and telephone follow-up gave her the courage she needed to make positive changes in her life.

Lifestyle Counseling Tip:

I actively listen to what each person has to say and try to encourage each person on small changes that they have already made. I am also constantly working on my own self-improvement and let the patients know that each of us is struggling to overcome obstacles in our lives.

Special Skills:

I believe I bring advocacy, a caring heart, and a listening ear to each person that I encounter. I also believe that we as helping professionals provide a link that connects the bridge to services for our patients. Each person is special and should be treated as such.

More about Charlotte:

I am married with three children. My family also includes a cat named Sassy and a dog named Barry. My children are honor roll students and high achievers. My oldest daughter, Alexis, is in the eighth grade, my son, Charles, is in the sixth grade, and my youngest daughter, Chauntanique, is in the third grade.

Build a Better Breakfast

Breakfast sets you up for a day of eating smart. A good breakfast gives you important nutrients you need each day, helps you focus and improves concentration. And those who eat breakfast - both adults and children - are more likely to be at a healthy weight.

When you have healthy basics on hand, it's easy to choose foods that will pack a nutritional punch and keep your hunger in check throughout the morning.

Keep your kitchen stocked with whole grain cereals and whole-wheat bread. Buy lean protein such as low-fat milk, low-fat yogurt, and eggs. Have fresh or dried fruits on hand to add to your cereal and keep fresh or frozen veggies ready to add to your omelet.



Eat Smart, Move More NC Newsletter, September 2009

Spinach Quiche

Makes 4 servings

Ingredients

- 1 medium onion, diced
- 6 oz. fresh baby spinach
- 2 large eggs
- 2 large egg whites
- ½ cup all purpose flour
- ½ tsp baking powder
- ¼ tsp salt
- 1 ⅓ cups low-fat milk
- ½ cup low-fat cheese

Directions

1. Preheat oven to 400 F.
2. Spray 10-inch quiche pan, baking dish, or pie plate with nonstick cooking spray.
3. In medium fry pan, cook onion with small amount of cooking spray over medium-high heat until translucent.
4. Add fresh spinach to frying pan and cook until just wilted. Set aside to cool for a few minutes.
5. In a large mixing bowl, whisk eggs, flour, baking powder, and salt. Whisk in milk. Then stir in spinach-onion mixture.
6. Pour egg mixture into prepared baking dish. Top with cheese.
7. Bake for 25 minutes or until center is set and edges are golden brown.
8. Let stand 5 minutes then slice and serve.
9. Add salt and pepper to taste.

Nutrition Information, per serving:

224 calories, 5 g fat, 2 g saturated fat, 113 mg cholesterol, 368 mg sodium, 2g fiber, 14 g protein

Tips to Eat Smart at Home

Confused about healthy choices when eating out? Take the guesswork out of your meals by cooking at home. Meals eaten at home are healthier - you'll get more fruits, veggies, and have better control over your calories and portions. Use these tips to help you eat smart and prepare more meals at home.

- Plan your meals for the week.
- Make a shopping list of foods and seasonings you need.
- Shop for the foods you'll need for this week's meals. Shop for a week at a time and stick to your list.
- Fix simple, healthy meals for you and your family
- Eat together as a family without the TV.
- Involve the entire family to make mealtimes more enjoyable. Not only are children more likely to eat a meal they helped prepare, but the cooking goes much faster when you have extra help in the kitchen.
- Keep it interesting - involve the kids. This is a great way to give picky eaters a say in what they eat. Kids who help pick out foods are more likely to try them. Guide their choices by giving them two equal options - instead of fries or spinach, give them a choice between broccoli or carrots.
- Try a new recipe each week to continue to build on the meals you know how to make and your family likes.



Eat Smart, Move More NC Newsletter, August 2009

Making Your Favorite Fall Meals Healthier

With the new season come sweaters, holidays, and some of our favorite fall foods like soups, casseroles, and seasonal fruits and vegetables. Unfortunately, these fall foods often bring with them a few unwanted pounds too. How do you enjoy your favorites without eating your way out of your favorite jeans? Simple changes can make all the difference:

Soups

Start with low sodium vegetable, chicken, or beef broth instead of cream. Add your favorite vegetables, legumes like lentils or beans, and whole grains like barley to make a nutritionally complete and hearty meal.



Casseroles

Use whole grain noodles and a variety of vegetables like broccoli, cauliflower, and spinach along with lean proteins like chicken and fish to make a complete meal. Replace "cream of" mixes with broth or non-fat versions of your favorite mixes.



Vegetables

Toss seasonal vegetables like Brussels sprouts, sweet potatoes, and carrots in a small amount of olive oil, season with herbs and spices, then roast in the oven instead of sautéing. This brings out the rich flavors of the vegetables without the extra fat and calories.



Fruit

Skip the apple pie a la mode and simply bake seasonal fruits like apples and pears to avoid the unwanted pounds. Add a small amount of honey and a few shakes of cinnamon or apple pie spice to make your healthy dessert taste truly decadent.



A healthy diet is about making small changes over time and can be easily maintained throughout the fall and winter seasons with simple and often low cost swaps like these.

Healthy Dining Newsletter. September 2009

Time to Tailgate

Tailgates are known for chicken wings, beer, and chips. Instead of waiting for the game and munching on endless game day snacks, have a different game plan. Play games of your own and move more.

Here are a few tailgate favorites to get you started:

- **Beanbag Toss, Corn Hole:** The name may vary, but the game is fun and entertaining for everyone. The rules are simple - individuals or teams take turns throwing a beanbag through a hole cut in a board. In the end, the team or individual with the most bags through the hole wins.
- **Horseshoe:** take turns throwing a horseshoe toward a stake placed in the ground. Assign points for distance closest to the stake, touching the stake and a shoe encircling the stake. The most points wins.
- **Toss a football:** You can't have a tailgate without a football. Just a simple game of catch can keep you and your fellow sports fans entertained and active.



Eat Smart, Move More NC Newsletter, September 2009