



WISEWOMAN

# Update

~ Making Healthier Choices for a Healthier Life ~



January 2011

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## Howdy & Welcome

Can we hear it for Korina Aghmar, a new Lifestyle Counselor at Public Health Delta Menominee! In her former work life, Korina was a Nutrition Counselor for MSU Extension in Schoolcraft County and a Personal Trainer and Fitness Instructor for SMH Cardiac Rehab & Fitness Center. Korina started with WISEWOMAN on 12/29/10. Welcome aboard!!



## Good News ☺

According to Barb Sheren, Lifestyle Counselor for District Health Department #10:

### Mason County is really going to lighten up!

Following the lead of Nevada County, CA and Albert Lea Medical Center in Minnesota, local businesses are collaborating on a "Win with Wellness" Program.

On the planning committee is Westshore Community College, Ludington Daily News, radio stations, local fitness businesses and the community library. Three wellness challenges are planned with the first ending just before school spring vacation at the end of March. I am working to make it affordable for our WISEWOMAN participants and community health plan members. So far it looks like the cost for the year will be \$10. The major focus will be on increasing physical activity and heart healthy eating.

Weight Watchers is onboard to assist with the weighing in, so it will be confidential. District Health Department #10 will provide education, coordination and fill in the gaps with WISEWOMAN resources and information that is just a mouse click away (thank you colleagues). The Medical Center is planning cooking demonstrations.

The kick off event, "Benefits of an Active Life" presented by Julie Page-Smith, Director of the Westshore Community College Wellness Center, will be held at a Middle School on February 3, 2011. The next day is Wear Red Day and all registrants will be encouraged to wear red. We are hoping to have a minimum of 200 people involved and at least 40 WISEWOMAN participants enrolled through scholarship, if needed.

# Another Season of Health & Happiness

By Kylie Cherpes (Catherine's Care Center in Grand Rapids)

December 21<sup>st</sup> marked the first official day of winter. This time of year you often hear people complain about the weather. "Winter is no good," they say, "The snow, the cold, the ice, the lack of sunshine, urgh, winter... I wish it were summer." It's easy to use the falling temperatures and coordinating precipitation as barriers to improve health—trending towards over-portioned, warm meals and cozying up by the fire; leaving our right minds about diet and exercise to the wayside. But as sure as we live in Michigan, we are also sure that the cold and snow will arrive.

How do you usually spend the majority of your winter? Maybe it is time we have a change in spirit, or a change in attitude, about this time of year. Maybe when we realize how lucky we are to have so many beautiful seasons, we will come to appreciate all that winter has to offer!

There are countless positives about winter, sometimes all it takes is putting a smile on and looking forward to doing something new or something familiar in a new way! Exercise in the snow! Kids can spend hours outdoors: building snowmen, making snow angels, shoveling driveways, having snowball fights, sledding, you name it; obviously, there are fun things to do in the colder weather. And cheap! All you need is snow, lots of layers, a positive attitude (and maybe a nice warm tea afterwards to warm you up!) Why is it that as adults we think, "It's too cold to go outside!"? You don't even get dirty, snow is white! Just hang your wet clothes over the shower rod to dry and wa-lah you can wear them again tomorrow.

So yes, we know, it is cold outside. But, this just means we are less likely to get all sweaty. How about trying a new spin on your workout routine? Instead of lifting in the same old room, get out there and shovel the sidewalk! Come on, try it, it'll be a great workout! The CDC rates lifting less than 10 pounds a minute as moderate exercise, and heavy or rapid shoveling, more than 10 pounds a minute, as vigorous activity. Running and walking can still be done, too! Try on some Yak-Tracks (usually found for less than \$20 on Amazon.com) to help your feet keep a grip on the snow and ice. What a wonderful way to enjoy the changes in nature this time of year; the snow hanging heavy on the trees, the brightly colored birds, and the tracks of animals preserved in the woods. Plus, after your wintertime adventures, you can enjoy taking some time to warm up.

If you are craving something warm, filling, and comforting... whip up a batch of delicious and nutritious soup! You can make soups that will satisfy your wintertime burrowing urges and are also nutritious, because soup can be made hundreds of different healthy ways: vegetables soups, chicken soups, brown rice soups, etc. Another perk of soup is that you can make it out of practically anything. Check out these websites for some great ideas on how to spice up your soup repertoire: [www.allrecipes.com](http://www.allrecipes.com) (which includes a tool where you can search for recipes to go with certain ingredients—what a great idea for all of those loose ends in your refrigerator), <http://www.mayoclinic.com/health/healthy-soup-recipes/RE00122> (includes nutrition facts), <http://www.savvyvegetarian.com> or <http://blog.fatfreevegan.com>.

I may have been born with a crazy bone for loving winter, but I hope you can agree that there are great things to get you moving and keep you warm and healthy when the snow starts falling. This winter season make it your time to get out there and find something you enjoy!

## Meet Lifestyle Counselor: **Barbara Sheren, BS**

### **Agency:**

District Health Department # 10

### **WISEWOMAN Affiliation:**

Almost 7 years

### **Professional Experience:**

I've been a high school teacher, School Food Service Director, Intermediate School District Health Education Consultant and a sewing machine sales person.



### **Favorite WISEWOMAN Success Story:**

I had a woman that received a pedometer and actually wore it out. She loved tracking the miles she walked! She got started doing it though the WISEWOMAN program and used the logs we handed out several years ago. She was so positive about the changes she made in her activity level that it was inspiring to me, also.

### **Lifestyle Counseling Tip:**

I save empty cartons of food to compare the "Nutrition Facts" information. I've had three ½ pint cartons of various fat contented milk in my bag of tricks (emptied and rinsed out of course!). One of them is a low fat chocolate milk. I often compare it to whole milk to demonstrate how it contains the same calories, less fat and less cholesterol with the same amount of calcium.

### **Special Skills:**

As a previous Life Management Educator (formerly known as Home Economics) the counseling portion of WISEWOMAN is an ideal fit for the skills I used to teach to teenagers. Goal setting and problem solving are the mainstays of what teachers in my field do. The lucky difference is that we, as Lifestyle Counselors, are there when individuals are more receptive to making change.

### **More about Barbara:**

I have been married for 38 years to Al. We have two adult daughters and two grandsons (one 16 yrs old and 6'3" tall and one two years old and much shorter). As a family we like to bowl and golf.



## What's Local in Michigan

### Rutabagas Reign in January

Don't turn your nose up just yet. First try this classic pasty recipe and tell me you can't make a rutabaga taste just dandy. It scored big with over 300 die-hard Yoopers! And those rutabagas pulled fresh-from-the-garden at first frost can be stored most all winter long. Vegetarians, just nix the meaty stuff. It's still oh-so-good!

#### (a) Ingredients

- 4 ½ cups all-purpose flour
- 1 cup shortening
- 1 ¼ cups ice water
- 1 teaspoon salt
- 5 cups thinly sliced potatoes
- 2 carrots, shredded
- 1 onion
- 1 cup diced rutabaga
- 1 ½ pounds lean ground beef
- ½ pound lean ground pork
- 1 tablespoon salt
- 1 teaspoon ground black pepper
- 1 cube beef (or vegetable) bouillon
- ½ cup hot water

#### (b) Directions

Whisk together flour and salt in a large bowl. Cut shortening. Make a well in the center of the mixture, and quickly stir in ice cold water. Form dough into a ball. Set aside.

Dissolve the bouillon cube in the hot water. Combine uncooked vegetables, uncooked meats, salt, pepper, and bouillon.

Roll out pastry dough into 6 x 8 inch rectangles. Place about 1 ½ cups of filling in the center of each rectangle. Bring 6 inch sides together, and seal. Cut a slit in the top of each pasty. Place on dull, not black, baking pans.

Bake at 425 degrees F (220 degrees C) for 45 minutes



## Motivational Interviewing Corner

### This is fourth part of a four-part series on **COMMON 'TRAPS' WITH UNMOTIVATED PATIENTS**

#### Premature Focus Trap

It's easy to become focused on a specific issue or problem (improving fruit and vegetable intake) without first determining what the client would like to discuss (such as lack of access to stores selling fresh produce) or before fully assessing other important issues. For example:

**Counselor:** *I see from your health history that you are smoking over a pack of cigarettes a day..*

**Client:** *Yeah, that's true.*

**Counselor:** *Well, I imagine that you are concerned about this. How do you think you can cut down on your smoking.*

**Client:** *Actually, I'm really worried about my husband. He lost his job last week.*

You can avoid this trap by beginning with an open-ended question about what the client would like to focus on during your meeting and then use reflective listening to identify which issue may be the most important one to address.

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

