



WISEWOMAN

Update

~ Making Healthier Choices for a Healthier Life ~



October 2011

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Howdy & Welcome

Can we have a hearty WISEWOMAN shout-out for some new folks at Catherine’s Health Care Center and a new WISEWOMAN arrival in Saginaw.....

Please join me in welcoming Lifestyle Counselors Lyndi Weener, Andrew Harmon and Meghan Saunders. These AmeriCorp VISTA workers started on August 30th and will be providing Lifestyle Counseling to women in Grand Rapids.

Christina Schaub, will still be functioning in her role as office manager at Lifetime Family Care in Saginaw. But starting on September 9th she added running labs, doing screenings and providing lifestyle counseling to her role. WISEWOMAN welcomes you and all the many hats you wear, Christina ☺



Good News

In the last quarter, it was noted that 19% of all local health department referrals to the Michigan Tobacco Quitline were coming from the Barry-Eaton District Health Department. We asked them if they would be willing to share their secret to success!

1. Our clinic uses a program called, "Office Champions". This is a program that integrates all of our health care practices with tobacco use status. When someone visits our clinic, we ask their smoking status and if they want to quit. Those that want to quit are given a Quit Line referral. Those that don't want to quit may still be given the Quit Line information if they think they will be interested in the future.

2. We have Quit Line flyers in all of our public bathrooms, exam rooms, and high traffic areas. We regularly check the flyers for those getting low on tear-off tabs.

3. Our peer breast feeding counselor gives referrals to all expecting and new mothers who are interested in quitting.

4. In the WISEWOMAN program, we ask all women who smoke what their readiness level to quit is. All of the women are told about the quit line regardless of readiness.

5. When we teach Quit Tobacco workshops, we make referrals to the Quit Line at the end of the class.

6. We also give out Quit Line information at meetings, health fairs, and other events.

7. In addition to in our clinic, we have distributed Quit Line flyers to medical practices, free clinics, and to other community partners (such as DHS, shelters, and others).

I think the big key to our success has been an overall consistency of referral. We have integrated these referrals into our systems throughout the health department.

- From **Kim Thalison**, Barry-Eaton District Health Department

Meet Lifestyle Counselor: **Cathy Booher, BS in Education**

Agency: District Health Department #10

WISEWOMAN Affiliation: 4 years

Professional Experience:

High School Science and Health teacher,
and kickboxing instructor ☺

Favorite WISEWOMAN Success Story:

OMGOODNESS...One of our WW ran in the NYC marathon after entering our program!! She came in a few years ago going through an emotional time in her life, feeling not so good about herself and was crying through her counseling session. We talked about exercise for the sake of mental health and she set a goal for herself to become more active at the gym, including taking my class. I shared with her my own motivator: buying a fun calendar every year and foil stars to put on the days that I am physically active for at least 30 minutes. In a short amount of time, she was very happy with the progress of her stars in relation to her physical activity and then signed up for the NYC marathon. I watched an incredible transformation with this woman and to this day call her a friend. ☺



Lifestyle Counseling Tip:

I am a firm believer in small changes making a HUGE difference. I encourage every woman to think about 1 small thing that they can do that will make a difference.

Special Skills:

I have watched women in my own life struggle with healthy lifestyle decisions and I “get it” that it is not easy to make changes and it is not always a priority. But, like I mentioned earlier, I am a firm believer in small changes making a huge difference and if I can work with a WW to help her set an attainable goal, she’s more likely to be successful. Losing weight is not a good enough goal; tell me HOW? And I LOVE to hear their successes, no matter big or small.

More about Cathy:

I am the very proud mama to my awesomely spunky 6 year old daughter, Kenna. I am also married to the most kind, patient and understanding man, Brian. We live in Cadillac and enjoy family time spent together doing many activities, especially riding bikes...I am hoping we can take the training wheels off yet this fall.





How about a game of squash?

By now the squash should be plentiful in your garden. You may even find yourself wondering “What am I going to do with all this squash?!” Well, here’s an idea. Gather together a group of friends/co-workers and have a squash cook-off. Have each person make their favorite squash recipe and bring the dish to share. After taste testing, have everyone vote for their favorite dish and swap recipes. Makes for a great party.

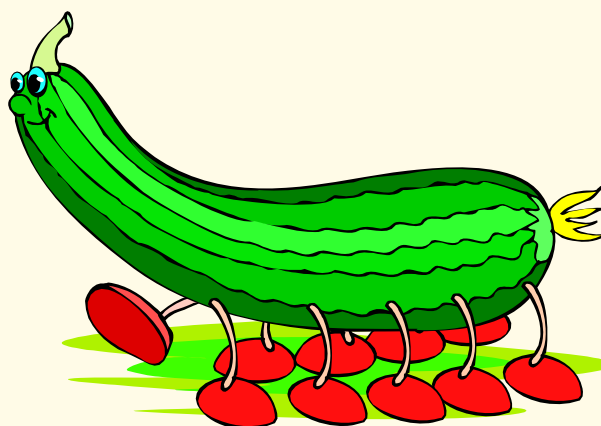
Here’s one from a Genesee County WISEWOMAN staff

Tomato Zucchini Casserole

submitted by Jan Wenstrom

Ingredients:

2 med. summer squash, thinly sliced
2 med. zucchini, thinly sliced
¼ cup olive oil
5 plum tomatoes, thinly sliced
2 tbs. finely chopped onion
¾ cup fine bread crumbs
1/3 cup grated Parmesan cheese
½ cup grated Cheddar cheese
½ tsp. dried oregano
½ tsp. dried basil
2 cloves minced garlic
Salt & pepper to taste



Directions:

Preheat oven to 375 degrees F°
Lightly oil a 9X9” pan

In a large bowl, combine Cheddar, Parmesan, oregano, basil and garlic. Season with salt and pepper, and set aside

Arrange half of the zucchini slices in the pan. Sprinkle ¼ of the cheese and herb mixture on top. Arrange half of the tomatoes, and top with another ¼ of the cheese mixture. Repeat layers.

Heat olive oil in a skillet over medium heat. Stir in onions and cook until soft and translucent. Stir in breadcrumbs; cook until they have absorbed the olive oil. Sprinkle on top of casserole.

Cover loosely with foil, and bake in preheated oven for 25 minutes. Remove foil, and bake until top is crusty and the vegetables are tender, about 20 minutes.

What's Local in Michigan

Plums

From Viki Lorraine

They're one of my all time favorites and you'll still find them fresh and Michigan-grown at farmer's markets and some grocery stores. Enjoy.....

Plum Chutney

From *EatingWell*: [July/August 2007](#)

Ingredients

4 plums, (about 1 pound), pitted and chopped
3 tablespoons red-wine vinegar
3 tablespoons honey
Pinch of crushed red pepper, or to taste

Preparation

Combine plums, vinegar, honey and crushed red pepper in a medium saucepan. Bring to a simmer over high heat. Cover, reduce heat and simmer, stirring occasionally, until the plums start to break down (5 to 10 minutes). Transfer to a blender or food processor and pulse several times into a coarse puree.

Tips & Notes

Make Ahead Tip: Cover and refrigerate for up to 1 week.

Nutrition Info

Per tablespoon: 25 calories; 0 g fat (0 g sat , 0 g mono); 0 mg cholesterol; 6 g carbohydrates; 0 g protein; 0 g fiber; 0 mg sodium; 47 mg potassium.

Carbohydrate Servings: ½

Exchanges: 1/2 fruit



Motivational Interviewing Corner

Creating a Desire for Change

The first step is to move the woman out of her comfort zone into inspiring a need for change. For example, if the counselor is using motivational interviewing techniques to inspire a person to quit smoking, the counselor would begin by discussing the behavior and what is negative about it. These questions may include: What would your life be like 10 years from now if you continue to smoke? What was your life like before you started smoking? What have other people told you about your smoking?

The goal is to get the woman to discuss the never-before-realized effects of her behavior. A counselor should ask for numerous examples. If a person addresses a negative aspect of her behavior, the counselor should ask for an example, then another and possibly another.



Partner Updates

From our MDCH partners in the **Department of Physical Activity and Nutrition:** Barry-Eaton, Lenawee and Northwest Health Departments all joined the Building Healthy Communities Program recently as planning grantees.

From our MDCH partners in the **Tobacco Section:** The Michigan Tobacco Quitline had a record-breaking month in July with nearly 400 enrollments-the busiest July on record! For the past two months now, one of the highest reported ways callers heard about the Quitline was health care providers. WISEWOMAN and all our providers are doing a great job!

Attention:

Professional Health Care Workers

Michigan Department of Community Health, Diabetes Prevention & Control Program provides contact hours via web based Independent Study Modules for continuing education credits for nurses, dietitians, medical assistants & other health care workers.

Earn 2 Contact Hours -- FREE

The participant will receive a certificate for 2.0 contact hours.

Diabetes and Tobacco Use



For More Information Contact:

UPDON - UPPER PENINSULA DIABETES OUTREACH NETWORK

121 N. Front St. Suite B

Marquette, MI 49855

www.diabetesinmichigan.org

906/228-9203

or

Chickeringj1@michigan.gov

517.335.8661

Valid Through 7/12/13

ONA # 15,075-I

This Independent Study Module is offered by the Michigan Department of Community Health, Diabetes Prevention and Control Program & Its partners.

This continuing nursing education activity was approved by the Ohio Nurses Association, (OBN-001-91) an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

The Commission on Dietetic Registration (CDR) has also approved these education modules for 2 contact hours for RD and DTRs.

'Put a Little Soy in Your Life!' – A new soyfood recipe resource

Prepare your palates for the Michigan Soybean Promotion Committee's (MSPC) offering of "Put a Little Soy in Your Life!" – a cookbook containing a compilation of soy recipes from the past 14 years of soyfoods guides that were printed by the United Soybean Board. Visit www.michigansoybean.org to register to receive a soy recipe cookbook while supplies last. The cookbook is also available at public libraries across Michigan. Healthcare professionals such as doctors and dietitians can request multiple copies from the MSPC for use with their patients.

With more than 200 recipes, the cookbook contains dishes for all occasions: starters, salads, sides, main dishes, breakfast items, breads, muffins, smoothies, soups, stews, chilies, sweets, treats and more. Whether you're seeking innovative ways to use favorite soyfood ingredients or something new, this offering will have the whole range to choose from. Recipes will include soyfoods such as soy flour, edamame, soymilk, texturized soy protein, soybean oil, soybeans, soynuts, soynut butter, tofu, soy protein, soy sauce, miso, soy ice cream, soy yogurt and soy cheese.

A comprehensive resource, it includes tips for selecting, storing and cooking a wide variety of soyfood products. A nutrition breakdown of each recipe helps you to make informed choices for your dietary needs. In fact, 25 grams of soy protein a day, as part of a diet low in saturated fat and cholesterol, may reduce your risk of developing heart disease.

"A healthy heart is just one of the reasons to regularly consume soyfoods. Research has also shown soyfoods may have a role in the prevention of some cancers, like breast and prostate; relief of menopausal symptoms; diabetes and weight management; and the reduced risk of developing osteoporosis," says Gretchen Hofing, dietitian and soyfoods nutrition educator with Michigan State University (MSU) Extension.

If soyfoods are a new adventure for you, think about trying one different soyfood a week for a month.

- Week 1: Use soymilk in coffee, added to a smoothie, on cereal, or in pancake or muffin batter.
- Week 2: Try silken tofu pureed with seasonings and cheese and used as the base for a pasta sauce (thinned out with soymilk), pureed with dry ranch dressing mix or curry powder as a vegetable dip or baked potato topping, pureed with frozen fruit for a fruit or graham cracker dip or used in a cheesecake.
- Week 3: Buy canned black or tan soybeans or frozen green soybeans (edamame), and use them in place of other beans. Add to salads, soups or casseroles.
- Week 4: Buy soynuts and eat them on their own as a snack. Crush them and use as a crunchy coating for fish or chicken, or add to salads, ice cream sundaes or cookies.

Purchasing and consuming soyfoods is a great way to support your health and Michigan agriculture.

For more information contact [Gretchen L. Hofing](mailto:Gretchen.L.Hofing@MSU.edu), M.P.H., R.D. 517-264-5300 at Michigan State University Extension