



WISEWOMAN

Update

~ Making Healthier Choices for a Healthier Life ~



June 2010

Inside this Issue...

Howdy and Welcome

Motivational Interviewing Corner

Coping with Stress

Good News

Meet Lifestyle Counselor: Kim Chandler, BS

Peas, Please

Super Foods for Healthy Living

Greek Pasta with Tomatoes, Spinach & Beans

Simple Peas with Onions

Howdy and Welcome

WISEWOMAN would like to send a big "Welcome!" to Jan Wenstrom, RN, BSN, at the Genesee County Health Department. Jan will be doing the follow-up on all WISEWOMAN clients.

Her extensive nursing career includes work in ICU's, a Burn Unit, field nursing for Genesee County Health Department, Staff Development, and as an Instructor for U of M-Flint and Mott Community College Nursing Programs.

Jan returned to the health department in 2003 to work in the Immunization Clinic. She currently works as a clinic nurse in the Family Planning, STD/HIV, and BCCCP programs. Jan started with WISEWOMAN on May 1st.



Motivational Interviewing Corner

For the next 3 months the Motivational Interviewing Corner will feature a technique/formula for PROVIDING INFORMATION TO CLIENTS.

To provide WISEWOMAN clients with information and recommendations that are consistent with the spirit of motivational interviewing, an "ask-provide-ask" formula is often best. First, the Lifestyle Counselor asks the client what she already knows about the topic that the Counselor would like to discuss. Examples of this first "ask" step include the following:

- Tell me what you already know about pre-diabetes.
- What information have you been given about the impact of smoking on your health?
- It's often difficult for people to get more exercise. What are your thoughts about how you might be able to do this?
- What have you been told already about the importance of lowering your cholesterol?

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

Connect with WISEWOMAN:



Coping with Stress

By Cathy Booher, District Health Department #10

Stress will affect most people in their lifetime. It is said to be the main reason we visit the doctor. But what is the definition of stress?

Stress is a reaction which occurs in the body when it comes up against either an unpleasant feeling or a situation that it is not comfortable with. This reaction can involve a tensing of muscles and a quickening of the heart among other things.

This basic definition of stress involves examples of how stress exists in our lives. By looking at how we define stress we can then start to relieve stress.

Stress Relief Techniques

- Meditation
- Exercise
- Art Therapy
- Stress Journal
- Deep Breathing
- Acupuncture
- Massage Therapy



Schedule Worry Time

Stressors that are not urgent often can be dealt with at a later time, when it's more convenient.

File them away in a little mental compartment, or make a note, then deal with them when the time is right.

Don't let them control you.

Good News

WISEWOMAN in Lenawee County received a \$50 gift card from Meijer for seeds and plants to start their community garden.

There are also plans on the drafting board for a hoophouse (greenhouse with a plastic roof wrapped over flexible piping) to go in at a local Hispanic church that WISEWOMAN has been working with. Way cool!!



Meet Lifestyle Counselor: Kim Chandler, BS

Agency:
District Health
Department #10



WISEWOMAN

Affiliation:

I was first introduced to the WISEWOMAN Program during my internship with the Health Department in 2006 and have been working as a lifestyle counselor ever since!

Professional Experience:

This is my first “real” job since college, but previously I worked at Big Apple Bagels and Center Ice Fitness in Traverse City.

Favorite WISEWOMAN Success Story:

Any small change that the woman is able to maintain over time is a success to me. White to wheat bread, whole to 2% milk, 10 minutes of walking everyday... these are small success stories that can eventually lead to bigger things.

Lifestyle Counseling Tip:

I have a minor in nutrition and I love cooking, so it is always fun to share healthy recipes and cooking tips with the women.

Special Skills:

I try and approach the women in a laid back manner. I don't want them to feel like they are being lectured. I want them to feel comfortable talking to me. I often use personal examples to show them that nobody is perfect.

More about Kim:

I recently got married (summer 2009) to my handsome husband, Greg. We have two Great Danes named Diesel and Tucker. I also have 18 month old twin nieces whom I adore. I am very close with my family, they are THE best!

Peas, Please

Except for asparagus and rhubarb, no food signals the arrival of a Michigan summer like fresh green peas. They should be arriving on grocery shelves and local farmers markets this month.



These members of the legume family are protein rich and a good source of vitamin A, vitamin C, thiamine, folate, iron, and phosphorus. Good seasonings for peas include mint, curry powder, sesame seed, and lemon.

Here are two recipes that let you savor these delectable little guys either hot or cold.

Fresh Green Peas and Sugar Snap Peas in Sesame Dressing

Ingredients

3 cups shelled fresh peas (from 3 lb peas in pods)
12 ounces sugar snap peas, trimmed
2 tablespoons unseasoned rice vinegar
1 tablespoon soy sauce
1 tablespoon oriental sesame oil
1 tablespoon packed brown sugar
1 teaspoon kosher salt
1/2 teaspoon fresh ground black pepper

Directions

Cook shelled peas in a large saucepan of boiling salted water until almost tender, about 1 ½ minutes. Add sugar snap peas and continue boiling 30 seconds. Drain; rinse under cold water and drain again. Transfer to large bowl.

Whisk vinegar, soy sauce, sesame oil, sugar, salt, and pepper in small bowl to blend. Pour dressing over peas in large bowl; toss to coat. Serve at room temperature.

~ Simple Peas and Onions recipe located on page 5

Super Foods for Healthy Living

Submitted by Shari Steinbach, MS, RD, Meijer Healthy Living Manager

Over time, eating the right foods can help us live longer, healthier lives. See how many ways you can incorporate these *super foods* into your daily diet...

- 1. Beans** – Provide protein, fiber, iron, potassium magnesium, phytonutrients, folate, and other B Vitamins
Benefits – Lower cholesterol, stabilize blood sugar, aid digestion, may reduce risk of many chronic diseases (heart disease, cancer, diabetes and high blood pressure).
Try to include 4 (1/2 cup) servings a week.
- 2. Berries** – Provide phytonutrients, fiber, folate, potassium, manganese, magnesium, iron, riboflavin, niacin, Vitamin E.
Benefits – Powerful disease fighting antioxidants (fight free radicals).
Try to eat a serving daily.
- 3. Broccoli** – Provide sulforaphane and indoles (cancer fighters), fiber, folate, calcium, carotenoids, Vitamins C and K.
Benefits – Fights cancer, builds bones, may protect against birth defects and cataracts.
Try to eat a serving daily.
- 4. Oats and other Whole Grains** – Provide fiber, protein, magnesium, potassium, minerals and thiamin.
Benefits – Reduce cholesterol and the risk of heart disease, stabilize blood sugar.
Try to make at least half of your grain servings whole – brown rice, wheat germ, barley, wheat, buckwheat, rye millet, bulgur, amaranth, quinoa.
- 5. Oranges** – Provide fiber, limonene, folate, potassium, polyphenols, Vitamin C.
Benefits – Lower cholesterol, disease fighter.
Try to eat a serving each day.
- 6. Pumpkin** – Provides fiber, potassium, magnesium, carotenes, pantothenic acid (Vitamin B5), Vitamins C and E.
Benefits – May protect skin and counteract aging, promotes eye health, and fights cancers and heart disease.
Try to eat several times a week.
- 7. Salmon** – Provides omega- 3 fatty acids, protein, potassium, selenium, B Vitamins, Vitamin D.
Benefits – Lowers risk of stroke and heart disease. Also linked to brain health.
Try to eat 2 (3 oz.) servings per week.
- 8. Soy** – Provides phytoestrogens, folate, protein, potassium, magnesium, selenium, omega- 3 fatty acids, Vitamin E.
Benefits – Linked to preventing certain cancers, boosts immune system, and lowers cholesterol.
Try to eat 15 gms. of soy protein a day.



Super Foods for Healthy Living cont.

9. **Spinach** – Provides folate, iron, calcium, beta-carotene, lutein, zeaxanthin, magnesium manganese, zinc, thiamine, riboflavin, polyphenols, antioxidants, Vitamins B6, C, E, and K.
Benefits – May help lower the risk of several types of cancer, heart disease, Macular degenerations, and cataracts. Also try kale, collards, Swiss chard, and other greens.
Try to eat 1 cup raw or 2 cups steamed each day.
10. **Tea** – Provides flavonoids, fluoride.
Benefits - Combats viruses, inflammation, and cavities; linked to reducing risk of many chronic diseases (heart disease, cancers, hypertension).
Try to drink 1 cup or more a day.
11. **Turkey** (skinless breast) – Provides protein, niacin, iron, selenium, zinc, vitamins B6, and B12.
Benefits – Improved immune system, lowers risk of certain cancers and heart disease; preserves muscles, organs, skin and hair.
Try to eat 3-4 (3-4 oz.) servings per week. Also try chicken breast.
12. **Nuts and Seeds** – Provide fiber, protein, potassium, magnesium, polyphenols, plant sterols, omega-3 fatty acids, vitamins B3 and B6.
Benefits – Reduce cholesterol and risk of heart attack, diabetes, cancer, and heart disease.
Try to get 5 (1 oz.) servings per week. Walnuts, almonds, pistachios, sesame seeds, peanuts, pumpkin seeds, sunflower seeds, pecans, and hazelnuts.
13. **Tomatoes** – Provide lycopene, fiber, folate, alpha-carotene, beta-carotene, lutein, zeaxanthin, potassium, niacin, thiamin, pantothenic acid, chromium, biotin, vitamins B6 and C.
Benefits – Skin health, cognitive health, neutralize free radicals, protect against cancer and heart attacks.
Try to eat one serving a day. (Sauce, juice, fresh tomatoes)
14. **Yogurt** – Provides live, active cultures, protein, calcium, riboflavin, potassium, magnesium, zinc, vitamin B12.
Benefits – Promotes gastrointestinal health, alleviates allergies, relieves lactose intolerance, helps prevent ulcers, yeast infections, urinary tract infections.
Try to eat 1-2 cups a day.

Greek Pasta with Tomatoes, Spinach & Beans

Makes 6 servings

2 (14.5 oz.) cans Italian-style diced tomatoes
1 (19 oz.) can cannellini beans, drained and rinsed
10 oz. fresh baby spinach
8 oz. penne pasta
½ cup crumbled feta cheese

Cook the pasta according to package directions until al dente.

Meanwhile, combine tomatoes and beans in a large non-stick skillet. Bring to a boil over medium high heat. Reduce heat and simmer 10 minutes.

Add spinach to the sauce; cook for 2 minutes or until spinach wilts, stirring constantly. Serve sauce over pasta, and sprinkle with feta.

Simple Peas and Onions

1 pound shelled peas
½ onion, chopped fine
3 tablespoons butter
½ cup stock (either chicken, gluten-free, or vegetable)
Black pepper
Salt

Heat 2 tablespoons of butter in a sauté pan over medium-high heat. When the butter foam recedes, add the chopped onions. Sauté the onions for a few minutes until they begin to brown. Add the peas and stock and bring to a rolling boil. Taste for salt and add if needed (you might not need to add salt if your stock is salty.)

Stir the peas and onions often – you want the stock to reduce by about half without overcooking the peas. When the stock is reduced, turn off the heat and add the remaining butter and black pepper. Serve immediately.