



WISEWOMAN

Update

~ Making Healthier Choices for a Healthier Life ~



May 2010

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Howdy and Welcome

WISEWOMAN rolls out the red carpet for two new staff. Let's hear a rousing welcome for Elizabeth Fritz, the new WISEWOMAN secretary in Huron County. Formerly the BCCCP secretary, Elizabeth now meets and greets WISEWOMAN participants and helps them complete their forms.

Michelle Kalafut, RN, BSN, BS is doing great things in District Health Department #2 providing follow-up phone calls for clients and occasionally working in the clinics. Prior to WISEWOMAN, Michelle worked for 13 years at St. Joseph Health System in Tawas City as the program director for a five-county teen pregnancy prevention initiative. She also has experience working in the areas of substance abuse and chronic disease prevention. Michelle arrived on January 4, 2010.



Motivational Interviewing: Normalizing

Normalizing is intended to communicate to clients/participants that having difficulties while changing is common and that they are not alone in their experience(s) or in their ambivalence about changing. Normalizing is not intended to make clients feel comfortable with not changing; rather it is to help them understand that many people experience difficulty changing.

Examples of Normalizing

"A lot of people are concerned about changing their [problem behavior]."

"Most people report both good and less good things about their [problem behavior]."

"Many people report feeling like you do. They want to change their [problem behavior], but find it difficult."

"That is not unusual, many people report having made several previous quit attempts."

"A lot of people are concerned about gaining weight when quitting."

Excerpted from Sobell and Sobell, ©2008

Connect with WISEWOMAN:



Drink to your Health!

By Kelsey Carriere, Catherine's Health Center

It is altogether too easy to become desensitized to the familiar: 5:00 traffic, early morning coffee, lines at the grocery store, the 6:00 news, and never mind the most fundamental substance on the planet—water! Even though there are an estimated one billion people on earth who are without access to clean water, it is all around *us* (in the Great Lake State) everywhere and we have become ultra-acclimated to it. We neglect it, reject it, and rarely give it the appreciation or credit it deserves.

Yes, we know water covers $\frac{3}{4}$ of our planet and is the basis of life as we know it, but how often we forget just how dependent we are on it both collectively and as individuals. Every system and cell in our bodies depends on water—it flushes toxins, carries nutrients, and is the medium in which biochemical reactions take place. Water makes up 70%-80% of our brains, 75% of our muscle, 83% of our blood, and 23% of our bone.

With this in mind, drink more water! Recommended guidelines for appropriate water intake vary according to height, weight, and activity level, but in general, eight glasses (8 oz. each) of water per day is still a good target. Another appropriate guideline: divide your weight by two and try to drink this much water in ounces per day.



Simple Tips for Drinking More Water:

1. Learn to love the taste.
2. Buy a water purification system.
3. Wake up with a glass of water.
4. Carry a water bottle with you wherever you go.
5. Freeze bits of lemon, lime, or orange into your ice cubes.
6. Keep a glass of water with you when you know you'll be sitting at a desk or computer for awhile.
7. Set an alarm on your watch every hour to remind you to pour a glass of water.
8. Substitute a glass of water for a food/cigarette craving.
9. Add lemon, lime, or mint to your water.
10. Eat water-rich foods.
11. When drinking juice, fill half of the glass with water.
12. Substitute hot water with honey for coffee or tea.
13. Add drinking water to your daily skincare regimen.

The benefits of drinking enough water are endless. Water is the catalyst for losing weight and keeping it off—it suppresses your appetite, helps metabolize stored fat, aids in digestion, and helps constipation.

Drinking enough water allows for better exercise, reduces your risk of cramps and sprains, and cushions your joints. Water can help a headache, relieve fatigue, increase energy, and elevate your mood and productivity.

Furthermore, drinking enough water reduces your risk of cancer and heart attack, boosts your immune system, and even keeps your skin healthier.

Meet Lifestyle Counselor: Sally Bellsky, RN

Agency:

Tuscola County Health Department

WISEWOMAN Affiliation:

3 years

Professional Experience:

I worked at a hospital and have done various jobs at the health department like immunizations, WIC, and Public Health.



Favorite WISEWOMAN Success Story:

The person that quits smoking!

Lifestyle Counseling Tip:

I like to listen to their personal stories, then discuss goals they want to obtain

Special Skills:

Since I worked at a hospital Medical floor for 11 years, I have experience taking care of patients with heart disease. I also worked here at the health department in the worksite wellness program, so have knowledge about risk factors for heart disease. I also have empathy for the clients, as I am about the age of the clients.

More about Sally:

I have 4 sisters, 2 brothers and grew up on a farm in the thumb. I have 3 children all graduates of college. I have a dog, Maggie and a cat, Peaches. I have a very close family, which is very important to me.

WISEWOMAN Partner Profile:



While many WISEWOMAN sites had worked with Michigan State University Extension (MSUE) in the past, Extension became a formal WISEWOMAN partner in 2008. Michigan WISEWOMAN now requires that all local coordinating agencies refer their WISEWOMAN participants to Extension for nutrition education. Participants receive nutrition education during classes and one-on-one sessions at various sites or in the participant's home.

WISEWOMAN has also teamed up with Extension on several other projects:

- **Gardening**
Extension in DHD #2 was instrumental in developing a WISEWOMAN Entrepreneurial Gardening program where WISEWOMAN participants garden for personal use as well as profit.
- **Market Fresh Coupons**
Extension was a key player in WISEWOMAN's new Market FRESH coupon program. WISEWOMAN participants received coupons for the purchase of Michigan-grown fruits and vegetables from farmers markets and farm stands throughout Michigan. Extension provided on-site nutrition education and assisted WISEWOMAN with coupon distribution.

The MSUE-WISEWOMAN partnership has proven to be a win-win-win! WISEWOMAN participants receive a wealth of healthy lifestyle information from Extension Educators, Extension receives a steady stream of referrals, and WISEWOMAN Lifestyle Counselors have a great community resource to supplement the healthy lifestyle counseling they provide.

Thanks MSUE for all you do for the women of WISEWOMAN!!

30 Quick and Healthy Ideas for Breakfast

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

1. Tropical Smoothie (see recipe on Page 5); whole grain toast; low fat cottage cheese
2. Whole grain bagel with a slice of low-fat cheese and orange juice
3. Banana; string cheese and a blueberry muffin
4. Yogurt smoothie drink (dairy dept.) and graham crackers
5. Whole grain English muffin with peanut butter; mandarin oranges; glass of fat free milk
6. Baggie of trail mix (cereal, raisins, peanuts) and a 100% juice box blend
7. Whole grain frozen waffles with banana slices and lite syrup
8. Vanilla yogurt topped with low fat granola and sliced strawberries
9. Instant breakfast drink made with fat free milk; fresh tangerine
10. Instant oatmeal with dried fruit and low fat milk; apple juice
11. Whole grain French toast with applesauce and a sprinkle of cinnamon sugar; low-fat milk
12. Microwave whole wheat quesadillas with 2% cheese and salsa; 100% juice blend
13. Cold cereal (choose one with at least 3 gms of fiber); low fat milk and blueberries
14. Grilled lean ham and 2% cheese on wheat bread; low sodium vegetable juice
15. Whole grain pancakes with sliced peaches and vanilla yogurt
16. Whole grain granola bar; grapes; low fat milk
17. Hard boiled eggs; low fat granola bar; orange pineapple juice
18. Whole grain bagel with light cream cheese; orange wedges; hot chocolate
19. Banana muffin; orange shake (mix frozen vanilla yogurt, 1-2 T. orange juice concentrate in blender)
20. Breakfast sandwich (2% cheese and fried egg on a whole-grain English muffin); grape juice
21. Soy burger (such as Boca) on a wheat bun with lettuce/tomato; cranberry juice
22. Whole wheat toast with peanut butter and your choice of toppings (raisins, banana slices, sunflower seeds, wheat germ, granola); low fat milk
23. Cinnamon snails (roll refrigerated breadstick dough into circles with one end sticking out for a head, top with cinnamon sugar; bake. Dip in warm peanut butter); cantaloupe wedges
24. Scrambled eggs and shredded 2% cheese in half wheat pita bread; grapefruit half
25. Whole grain English muffin pizza with tomato sauce and mozzarella cheese; 100% juice
26. Apple Breakfast Cobbler (see recipe on Page 5); low fat yogurt
27. Almond Butter/Fruit Pizza (spread almond butter on whole wheat pita bread; drizzle with honey and top with sliced almonds and fresh fruit; orange juice
28. Apple slices spread with peanut butter then dipped in your favorite cereal
29. Cheddar N Ham Muffins (see recipe on Page 5); 100% juice blend
30. FlatOut Multigrain Peanut Butter & Jelly, Fruit and Granola Wrap (Spread FlatOut with peanut butter. Spread preserves on one half; add 3 sliced strawberries, banana slices and 2 T. granola. Roll and cut in half.); fat free milk



Cheddar N Ham Muffins

3/4 cup lowfat sharp Cheddar cheese
1/4 cup fresh grated Parmesan cheese
1 3/4 cup reduced fat all-purpose baking mix
1 cup 1% low-fat milk
1/2 tsp. black pepper
1/4 cup lowfat ham, finely chopped

Mix cheeses, milk and baking mix together; add pepper, and ham. Mix well and spoon into lined muffin pans half full. Bake in preheated 400 degree oven 12-15 minutes or until golden brown.

Nutrition information per serving: 140 Calories; 4g Fat; 18g Carbohydrate; 8g Protein; 10mg Cholesterol; 470mg Sodium; 0g Fiber; 20% Daily Value of Calcium

What's Local: Mushrooms

The morels are coming! The morels are coming!

This incredible fungi arrives in Michigan in late April, but is at it's tastiest peak in May. It's celebrated at festivals in Mesick and Boyne City.

Here's a recipe that uses another May favorite in Michigan – asparagus!



1. Slice up your morels, asparagus, and some garlic.
2. Sauté the mushrooms for a bit with some butter and the garlic.
3. Add the mushrooms and sauté quickly until asparagus is al dente or tender crisp.

Throw it on a plate, splash with a bit of lemon and fresh cracked pepper. And that's it!

If you're looking to go a bit fancier, try this link to a recipe for Salmon Fillets with Morel Mushrooms

<http://www.absolutemichigan.com/dig/michigan/michigan-morel-hunting-season/>

*But don't forget, morels contain small amounts of toxins that are removed by thorough cooking; **morel mushrooms should never be eaten raw!**

Tropical Smoothie

Makes 2 servings

1 large ripe banana
1 cup frozen whole strawberries
1 ripe mango, peeled and cubed
1 cup cranberry juice
1 cup ice cubes

Place all ingredients in a blender. Cover and blend until thick and smooth.

Nutrition information per serving: 140 Calories; 0g Fat; 36g Carbohydrate; 1g Protein; 0mg Cholesterol; 4mg Sodium; 4g Fiber

Easy Apple Breakfast Cobbler

Makes 4 servings

What could be better than warm apple cobbler for breakfast! Put the ingredients in your crock pot overnight and wake up to the wonderful smell of cinnamon and apples.

4 medium-sized Michigan Apples*, cored, peeled and sliced

1/4 cup honey

1 tsp. ground cinnamon

1 tbsp. butter or trans fat free margarine, melted

2 cups low fat granola cereal

*Try Cortland, Gala, Ida Red, Jonathan, Northern Spy, or Rome apples

Place apples in a crock pot and stir in honey and cinnamon. Top apple mixture with granola and drizzle with butter. Cover and cook on low 7-9 hours or on high 2-3 hours. Serve warm and top with low fat milk or vanilla yogurt.

Nutrition information per serving (with margarine): 395 Calories; 7g Fat; 83g Carbohydrate; 5g Protein; 0mg Cholesterol; 175mg Sodium; 8g Fiber