



WISEWOMAN

Update

~ Making Healthier Choices for a Healthier Life ~



September 2010

Inside this Issue...

Good News

Motivational Interviewing Corner

Successful Collaborative Efforts with MSUE

Meet Lifestyle Counselor: Callie Sierra

What's Local: Grapes

Top Five Farmers Market Tips

30 Days to More Fruits and Veggies

Good News

This month's good news is all about new little ones. First, a big "congratulations" to **Casey Young**, WISEWOMAN Coordinator at Public Health Delta Menominee, on the birth of her son Andrew. Andrew joins his brothers Nathan (5) and Kyle (2).

WISEWOMAN also sends a boatload of congratulations and good wishes to Lifestyle Counselors, **Jen Hansen** and **Jeanne Willis**, in District Department #10. Both just found out that they will be moms in 2011. This is a first for Jen and #3 for Jeanne, who also has Reese (almost 3 ½) and Brooke (22 months). Congratulations all!!



Motivational Interviewing Corner

For the next four months the Motivational Interviewing Corner will be looking at COMMON 'TRAPS' WITH UNMOTIVATED CLIENTS.

There are a number of "traps" Lifestyle Counselors can fall into when trying to facilitate behavioral changes in unmotivated clients. It's easy to fall into these traps when responding to difficult client behaviors (such as ignoring, arguing, denying that there's a problem, interrupting, or changing the subject), which often results in clients becoming more resistant to change.

Confrontation-Denial Trap

When presenting a client with reasons for making changes (reasons why current behavior is problematic or why specific changes would be beneficial), the client may respond with reasons why change isn't needed or possible. It's easy to then counter with additional reasons for changing. For example:

Client: *To tell you the truth, I really don't see a reason why I should stop smoking.*

Counselor: Well, it's harmful to your health and can shorten your life.

Client: *The thing is, I would rather have a shorter life where I can smoke.*

Counselor: Okay, but the quality of your life will be lessened if you smoke.

Client: *The quality of my life is lessened if I don't smoke.*

This type of interaction isn't productive and can easily result in frustration and the client arguing more strongly against change.

When using good motivational interviewing techniques, you don't present arguments for change but, rather, use open-ended questions, reflections, affirmations, and summary statements that encourage the client to argue **for** change.

Successful Collaborative Efforts with MSUE

By Deb Baumann, District Health Department #2

The Market Fresh Project at District Health Department #2 (DHD #2) was a big success this year! Michigan State University Extension (MSUE) participated in all four counties (Ogemaw, Iosco, Oscoda and Alcona) and teamed up with WISEWOMAN program staff to provide a group presentation for clients on how to utilize the coupons. There was also a great deal of information provided on how to use produce in different recipes as well as when specific produce is in season.

WISEWOMAN participants were given an opportunity to express how the program has positively impacted their lives. WISEWOMAN clients who participated in the Entrepreneurial Gardening Project and the Family Nutrition Program were also present and had the opportunity to share their positive experiences with the group.

DHD #2 WISEWOMAN staff addressed the client's goals with them individually after the presentation and distributed Market Fresh coupons at that time. All Market Fresh coupons for our jurisdiction were distributed by August 30, 2010. This year, many women quickly used their initial booklet and returned for a second booklet. Hopefully their enthusiasm will be reflected in our redemption rates.

In 2009 our agency was not nearly as successful in distributing Market Fresh coupons and only utilized a portion of what we received from the state. Collaborating with MSUE to provide clients with an interesting presentation during the distribution has made all the difference.



Entrepreneurial Gardening Project 2008, West Branch



Entrepreneurial Gardening Project 2008, West Branch

DHD #2 plans to expand their collaboration with MSUE over the next fiscal year to increase participation in the WISEWOMAN Entrepreneurial Gardening Project and establish a "Rural Walking Group" for our BCCCP and WISEWOMAN clients.

Meet Lifestyle Counselor: **Callie Sierra**

Agency:

Hackley Community Care Center

WISEWOMAN Affiliation:

2 years

Professional Experience:

I ran a licensed day care for about six years, but then I wanted to get into the adult world so I became a certified nurse aid. After seven years as a certified nurse aid, I went on to become a medical assistant and have been one for the past eight years.



Favorite WISEWOMAN Success Story:

I have a WISEWOMAN client who felt that she was not worth much; she felt unattractive and did not bother taking care of herself. We worked on self esteem and talked about good hygiene. She set goals to shower everyday and do her hair. She then began to wear a little lip gloss and started to feel like an attractive woman. When these steps were achieved, we were able to move forward towards better eating and physical activity. I get phone calls from her about once a week letting me know what she has bought from the grocery store or what she was able to make from the food she received from the food truck. Her 10 year old granddaughter is her biggest supporter and they walk everyday together. The real cool thing about this client is that she helped her granddaughter to know that everyone is worth taking time for.

Lifestyle Counseling Tip:

I really like to look for small changes that clients make. Women tend to think they have to make these really big changes for it to be counted. I get really excited for them and let them know how happy and excited I am for small changes.

Special Skills:

My WISEWOMAN clients tell me that I am full of energy and that I really care. I have developed real friendships with them and love everyone of them. We woman have to stick together. We all come from different walks of life, but we all have something that can be shared to help one another. To me that is so powerful. I am blessed to be a WISEWOMAN lifestyle counselor because the woman I see help me be a better person.

More about Callie:

I am recently married to a wonderful man who is from Manhattan, New York. I went there for the first time last year...wow was that fun! My husband and I love to travel and will be going to Puerto Rico next year to visit some family over there. I have three beautiful daughters who have given me three wonderful grandchildren and one on the way any day. I love spending time with my family.

What's Local: Grapes

September in Michigan brings grapes galore! And I'm talking about the kind you eat, not the kind you ferment and drink. ☺ But however you get your grapes, research suggests that red and purple grapes may provide some great heart healthy benefits such as:

- Reducing the risk of blood clots
- Reducing low-density lipoprotein (LDL) cholesterol
- Preventing damage to blood vessels in your heart
- Helping to maintain a healthy blood pressure

Concord (purple) and Niagara (green) grapes are most plentiful in our state and while much of Michigan's grapes are used to make grape juice and jelly, there's still plenty available for snacking or recipes like this.

Curried Chicken and Grape Salad

Ingredients

3 cups, diced, cooked chicken
1 ½ cups thinly sliced celery
1 cup seedless grapes (purple or green)
1 Tbsp lemon juice
6 Tbsp. mayonnaise
3 Tbsp. roasted slivered almonds
1 ½ tsp. curry powder
¼ tsp. pepper
Salt, to taste

Combine chicken, grapes, lemon juice, salt, pepper and curry powder and toss lightly. Refrigerate for several hours. Garnish with almonds. Serve on lettuce.



Top Five Farmers Market Tips

Here are five top tips to make your trip to the farmers market a treat:

- **Shop early, shop late.** For the best pick of the harvest, get to the farmers market early. The best goods go first. Popular items may even sell out before the day is done. Produce from the farmers market is a bargain. If you're looking for an even better deal, shop late. At some markets vendors may offer discounted produce just before closing time rather than re-packing and taking unsold produce back home.
- **Look before you leap.** Shop around before you choose. Cheaper, better-looking lettuce may be a few stands away. You will end up with the best food for your money when you scan what is available before stocking up.

- **Bring your own bag** and shop for the heavy stuff - sweet potatoes, apples, melon - first.



- Put these at the bottom of your bag so smaller or more delicate produce can go at the top.
- **Just ask!** If you're not sure of what something is or how to cook and eat it, just ask. Vendors are more than happy to give suggestions or advice for the best way to enjoy their produce. Some may even have recipes available.
- **Dollars and cents.** Be sure to bring cash - not all markets accept credit cards or checks. Don't forget to bring change - some items may only ring up at fractions of a dollar.

30

Days to More Fruit & Veggies

As summer winds to an end, fall is a time for harvest. September is many things to many people, including 5-a-Day month, Fruit and Vegetable month, and even Organic Harvest month! Since most people struggle to get the recommended five to nine servings of produce each day, these 30 tips will help you add more fruits and vegetables to your diet—and enjoy every bite!



September

1 **Dip it.** Instead of dipping your chips and veggies into creamy dressings, make a healthy dip out of veggies—hummus, chunky salsa, guacamole, and roasted red pepper dips will help you meet your daily quota.

2 Add flair with fruit. Raisins, apples and tangerine slices add sweetness and texture to salads. Apples complement pork, pineapple is great with fish, and orange slices are perfect with chicken.

3 Choose canned. Canned fruits (without syrup) and veggies (with low sodium) are just as nutritious as fresh. Plus they're easy on your wallet and your schedule, making cooking a breeze.

4 Savor a smoothie. Smoothies, made with any combination of fresh or frozen fruit, low-fat milk or yogurt, ice, and 100% juice are tasty ways to fit more fruit into your day.



5 Buy unripe produce too. Bring home both yellow and green bananas, for example. Eat the ripe stuff now as the rest ripens later in the week. You'll have fresh food without making multiple grocery runs.

6 Follow a recipe. Keep fun and interesting recipes for fruits and vegetables on hand so that eating them is never bland or boring. Vegetarian cookbooks make great resources for everyone.



7 Eat seasonally. Fruits and vegetables are cheaper and more nutritious when you buy them in-season. They taste better too!

8 Don't toss it. If produce is about to go bad, freeze it for later use in smoothies, batters, soup, and stir-fry instead of throwing it out.



9 **Keep them in sight.** Store fruits and vegetables on the top shelf of the fridge, or on the kitchen counter or table in a colorful arrangement. If you see them, you will eat them more often.

10 Try the salad bar. Take advantage of your grocery salad bar, which provides pre-cut varieties of fruit, vegetables, and beans. Eat them as snacks or toss into a salad with less prep time.

11 Create your own yogurt. Add a serving of your favorite fruits, like berries or peaches, to yogurt to boost your fruit intake for the day. The combinations are endless!

12 Cook an omelet. Add flavor (and nutrition) to your morning eggs with veggies. Try onions, potatoes, carrots, broccoli, red peppers and more for a colorful, flavorful breakfast.

13 Start a garden. People (especially kids) take pride in the produce that they grow themselves, making them more likely to eat it. Grow a few of your favorites right in your own backyard!

14 Snack on raw vegetables and fruits instead of chips and pretzels. When you have them on hand, making healthy snack choices becomes easy. Keep sugar snap peas, raisins and carrots in your car, office or backpack.

15 Make extra. When cooking vegetables, makes 2-3 times more than you need. Store the extra away for tomorrow. You'll be more likely to eat them when they're convenient to prepare.

16 Don't forget about dried. It's just as portable as other snacks, but often less messy. Look for sugar-free varieties and keep your portions smaller—calories from dried fruit can add up quickly.

17 Have a berry breakfast! Top your cereal, oatmeal, pancakes or waffles with a handful of fresh berries to start your day with a serving of fruit. Raisins, apricots, and bananas also pair well with these breakfast foods.

18 Support farmers. You'll find a variety of local, seasonal (and often organic) produce at your farmer's market. It's fresher and less expensive than food that travels long distances to get to a store.



19 Chill out. Frozen fruits and veggies can be more nutritious than "fresh" ones that have sat for a several days. Add them to almost any dish to increase your daily intake!

20 Enjoy vegetable-based soups. Look for canned soups that are loaded with veggies. If your favorite is low on veggies, add fresh tomatoes, spinach, peppers or cabbage.



21 Drink up. Enjoy a chilled glass of 100% fruit or vegetable juice instead of coffee, tea or soda. One 6-8 oz glass of juice is a delicious way to down a serving of fruit or vegetables!

22 Dine out smart. Many ethnic dishes are naturally healthy and loaded with veggies. Try Mexican, Indian, Japanese or Thai cuisine, keeping an eye out for vegetable-based meals.

23 Ditch the energy bars. Besides being expensive and highly processed, you can get a better boost of energy and nutrition from portable fruits! Try 100% fruit leathers, dried fruit, apples, bananas, grapes and more.

24 Add pizzazz to pizza. Load up your next pizza with spinach, artichokes, red onion, tomatoes and pineapple instead of fatty meats and extra cheese.

25 Dress up your salad. Trade that iceberg lettuce for a nutritious blend of leafy Romaine, chickpeas, roasted red peppers, carrots and plump tomatoes. Anything goes in salad—even fruit!

26 Call on comfort foods. It's easy to make them healthier! Add broccoli to macaroni & cheese, berries to ice cream, and frozen peas to casseroles to help meet your daily quota.

27 Boost store-bought meals. Most frozen, canned or boxed meals seriously lack fresh ingredients. Add nutrition and health to prepared meals by adding extra veggies to the mix. Heat them together, mix and serve.

28 Prep ahead of time. Wash, slice, and dice as many as you can. Store your prepared produce in clear containers at the front of your fridge. This way you'll see it and can easily reach for quick snacks and meals.

29 Sweeten with fruit. Who needs candy or cookies for dessert? Berries, melon, dates and tropical fruits are naturally sweet ways to end your meal.



30 Call on your creativity. Keep coming up with new and interesting ways to get those fruits in veggies. You'll be on your way to 5 a day (or more) in no time!