



WISEWOMAN

Update

~ Making Healthier Choices for a Healthier Life ~



April 2011

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Howdy & Welcome

Lots of folks to welcome this month; from the UP to the Thumb to Detroit.

First there's Jen Nagy, an LPN at Public Health, Delta & Menominee (PHDM). Although she's been working at PHDM since August of 2010, she's just recently joined the WISEWOMAN team.

Working our way down the state, Brittany Merrifield started with Catherine's Health Center (Grand Rapids) on March 14th. Brittany has worked as a Certified Nurse Assistant at Munson Medical Center in Traverse City on the A2 Cardiothoracic Surgery Unit. She assisted post-open heart surgery patients with activities of daily living, provided recovery education and family support and worked with nurses and physicians to complete various procedures.

Jumping over to Sanilac County, Crystal Walters is completing Lifestyle Counseling at McKenzie Family Healthcare and started on March 22nd.

Olivia Ramsey and Alecia Hardaway are creating connections with the women of Detroit. Both are on staff at the Detroit Department of Health – Herman Keifer Health Center. Olivia is a Supervisor/Manager in the Social Work Office and Alecia is a Senior Social Worker.

Partner Profile

Two years ago, WISEWOMAN was introduced to a wonderful woman who has now become a valuable partner and part of our WISEWOMAN family.

"To live. To live the life you've always imagined. To make a change, tell your truth, take a stand, picture new possibilities for your life. It takes courage to follow your heart and live authentically."

That quote from Megan Raphael, founder and coach for the Courage Project, (<http://www.courageproject.com/about.html>) is the essence of what she has been working to bring to WISEWOMAN. Megan started out by offering our WISEWOMAN Entrepreneurial Gardeners in Ogemaw County a session on Creating the Life You Want to Lead. The feedback from the session was great! So, the next year, we asked her to share some of her skills and knowledge on self care and empowerment with our WISEWOMAN staff at our WISEWOMAN Annual Meeting. This year, she returns to expand on her previous session and offer our Lifestyle Counselors tools, tips and skills to help them empower the WISEWOMAN participants they work with.

While writing her book, *The Courage Code*, Megan heard over and over again from women she was interviewing how rarely they honor their courage. *"All too often, we, as women, are comparing ourselves to other people or to media messages telling us we're not quite enough - not smart enough, beautiful enough, not courageous enough. As a result, we de-value who we are and what we have to offer the world."*

Megan is out to change all of that and we're glad she's teamed up with us!

New NuVal

Candice Lee

You may have noticed a new number appearing on the shelf-mounted price tags at your local Meijer. It's a NuVal score. What is it, what does it mean, and what can it do for you?

NuVal is a revolutionary – and easy – new system for measuring a food's nutrient density. It provides comprehensive nutritional information in one simple number from 1 to 100 (higher numbers mean better nutrition). Reading labels and trying to cut through marketing clutter to make healthy food decisions for you and your family can be confusing and time consuming; NuVal scores cut through that confusion and help you get the most for your money, because you can compare price and nutrition side-by-side on the same shelf tag.

NuVal is not owned by any food manufacturer or grocery store chain. It was developed independently by a team of nutrition and medical experts and funded by Griffin Hospital. No retailers or manufacturers are involved. Meijer is one of several major grocery chains in the US to adopt the system (and currently the only one in Michigan).

How to use it

Look for the NuVal score on shelf tags in the grocery department. Compare a food's overall nutritional value in one easy number between 1 and 100. The higher the NuVal score, the better the nutrition.

To improve the overall health of your diet, 'trade up' within categories for a similar product with a higher NuVal score. You might replace your usual cereal or bread with one with a higher number; such small changes over time add up to eating better overall. While it's not necessary to eliminate low scoring foods altogether, you might consider adding a high scoring food to the same meal. Your children, for example, may not want to give up the boxed macaroni and cheese that scores in the single digits, but they could add a fresh apple that scores in the 90's. Portion control, of course, is still up to you.

For more information on how Meijer is using NuVal, including typical score ranges for food categories and information on how some of your favorite foods rate, go to <http://www.meijermealbox.com/nuval>.

If you feel your organization could use training on NuVal – either to use it yourself, or to teach it to your constituents – contact Candice Lee at LeeC@Michigan.gov , or Kristi Pier at PierK@Michigan.gov.



Shopping By Numbers
Compare overall value in one simple number between 1-100
The higher the NuVal™ score, the better the nutrition!

Meet Lifestyle Counselor: **Kylie Cherpes, AmeriCorps VISTA***

Agency: Catherine's Health Center

WISEWOMAN Affiliation: 21 months

Professional Experience:

Recently and during my time as a student at Grand Valley State University, I have done a lot of work in community building and organizing for the dignity and respect of human and animal rights. Learning to communicate with all kinds of people has been a huge part of my life in outreach.

Favorite WISEWOMAN Success Story:

Right now we have a WISEWOMAN who has completed her training with MSU Extension and is going to be teaching some of our other WISEWOMAN about healthy grilling techniques this spring. I love that she has become empowered, and that she is sharing what she has learned with women around her.

Lifestyle Counseling Tip:

Mostly I think it is important to "stay real." With every counseling session there is a place for both the WISEWOMAN and the counselor to learn and grow, but you really have to keep that in mind. Working with the women in a problem-solving environment, where student and teacher interact and learn from one another is much more effective than a banking concept mode where we overrun the women with information and ask them to regurgitate it.

Special Skills:

Until I was 12 I grew up in a situation similar to what a lot of our WISEWOMAN face, there were a lot of barriers. I saw the struggle that many around me had to endure without access to basic resources and lacking confidence in themselves; but, saying that, those people were also very resilient, and had innate strengths that pulled them through. When I meet a WISEWOMAN I try to feel what they are going through, and then work with their strengths to take the next steps towards a more positive life.

More about Kylie:

My family is really good at one thing, loving each other. Though we all do it in different ways and sometimes it's a little hard to understand, there's no denying, there's a lot of love; especially from my dog, Bruin, my furry little best friend, running partner, personal clown, and cuddle buddy.



What's Local in Michigan

April may not be the best month for finding fresh, Michigan grown produce, but it is a great time to start planning for their arrival. Last fall I started two new vegetable beds hoping to add to my 2011 harvest. Besides all the great muscle building, calorie consuming energy gardening produces, I'm also looking forward to a variety of lettuces, carrots, onions, broccoli, peppers, peas, beans, mushrooms, cucumbers and, of course, an abundance of tomatoes in every shape and size. The plan is to top things off with several hanging baskets of nasturtiums, both edible and beautiful, for decorating those salads.

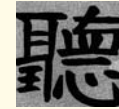
Here's a great vinaigrette recipe to put some punch into any salad.

Ingredients

3 tablespoons of red wine vinegar
3 tablespoons of apple juice
2 teaspoons of olive oil
1 clove garlic, minced
1 teaspoon sugar
1/2 teaspoon of Dijon mustard
1/2 teaspoon of oregano (dried)
1/8 teaspoon of black pepper

Mix them all together in a bowl or salad dressing shaker and serve at room temperature.

* From the Looneyspoons Cookbook by Janet and Greta Podleski



Motivational Interviewing Corner

MI is not limited to asking questions. A critical part of MI is also the way the provider responds to the patient, which requires “reflective listening” – reflecting the patient’s statements and feelings back to him or her. It also involves presenting feedback to the patient in a way that is respectful, emphasizing that the patient has the responsibility and freedom to make decisions to change his or her health behaviors, and helping to instill optimism and confidence. Examples of reflective listening are found in Table 2.

Table 2. Sample Reflective Listening Responses

I'm hearing that you are thinking about losing weight but that you're not sure if you're ready to take action right now. Would you be willing to talk about this again at our next visit?

It sounds as if you are concerned about your weight and that you would like to start making some changes in your lifestyle.

It's up to you to decide if and when you are ready to make lifestyle changes. I am here to support you.

It can be hard to initiate changes in your life. I want to thank you for talking with me about this today.

It's great that you feel good about your decision to make some lifestyle changes; you are taking important steps to improve your health.

Medscape Public Health & Prevention, 2011-02-25



Grocery Store Guide

Navigating your way around the grocery store can be a challenge especially if you are trying to eat healthy and unsure which foods to choose. This Grocery Store Guide will make your trip much easier and will tell you where to look to find the best food choices.



Make a list...

Never go grocery shopping without a grocery list. Before you head out to the store take a minute to plan some meals for the week and check cupboards for what you already have. Make sure your list includes foods from all 5 food groups. Check sale ads and clip coupons ahead of time.



Shop the perimeter...

The outer most aisles of any grocery store are where you will find the healthiest food choices. Things like meat, dairy, eggs, fruits & vegetables are located around the perimeter of the store. Do a complete lap around the outer aisles before you move on to the center isles of the store.

Read everything...

The only way to know exactly what is in the food you are buying is to read the label. Read the ingredients, the shorter the list the better. Compare brands & choose the one that is the healthiest. Look for foods low in fat, sugar & sodium.

Have a snack...

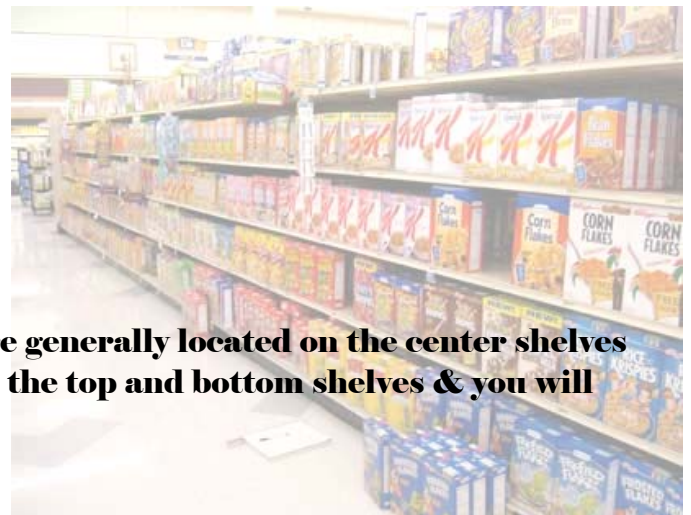
Never, ever go grocery shopping on an empty stomach. You will be more likely to buy junk food & foods that are not on your list. Plan to grocery shop after a

Do not enter...

Do not go down an aisle unless you need something from it. The more foods & products you go past while shopping, the more you will be tempted to buy.

Search high & low...

Foods that are heavily advertised & marketed are generally located on the center shelves (think Captain Crunch & Chips Ahoy). Look on the top and bottom shelves & you will likely find healthier options, and cheaper prices.



'Tis the season...

Buy produce that is in season, you will find it is cheaper, comes from farms closer to home and tastes better. When you can't buy fresh choose frozen fruits and vegetables, they have all the same nutrients as fresh.

