



WISEWOMAN

Update

~ Making Healthier Choices for a Healthier Life ~



June 2011

Inside this Issue...

Howdy & Welcome	1
Good News & More Good News	1
What's Local in Michigan	2
Meet Lifestyle Counselor Alicia Barrios-Reyes	3
There's How Much Salt in There?!?!?	4
Motivational Interviewing Corner	4

Howdy & Welcome

Can you shout it out for Alexis (Lexi) Mills, BSN, RN, the new Lifestyle Counselor in Lenawee County. Prior to joining the WISEWOMAN team on May 24th, Lexi worked as the District Nurse for the Lenawee Intermediate School District, a Health Educator for Planned Parenthood Northern Michigan in Marquette and Midwest Eye Bank and was an RN at Abbott Northwestern Hospital in Minneapolis. Glad to have you with us, Lexi!

Good News

Lots of Good "Growing" News sprouting up this month....

From **Deb Baumann** in District Health Dept #2:

We have applied for, and received, a grant for free seeds through the America the Beautiful Fund. We requested 200 packages of vegetable seeds and 100 packages of herb seeds to distribute free to our WISEWOMAN clients.

More Good News

From **Dianna LaBonte** in Genesee County:



We just wanted to share about the seed planting demonstration we held. Through America the Beautiful Fund, we secured 500 vegetable and herb seed packets to distribute among women enrolled in our program. We decided to have a seed planting class to not only distribute the seeds but also provide women with helpful information on how to plant.

A Master Gardener volunteered her time to discuss seed planting and container gardening during two separate classes. We felt that the container gardening was an important inclusion as many of our women do not have land in which they could plant a garden.

We had 16 women take advantage of our invite. All participants had wonderful comments about the class and really enjoyed themselves. They were able to plant some seeds in a container to take home with them as a class exercise. They were also able to take as many seed packets as they thought they could use.

The remainder seed packets were donated to Edible Flint to be used in the community gardens throughout Genesee County.

Overall everyone was very appreciative of the opportunity to learn, plant and grow.

What's Local in Michigan

Strawberries

From Viki Lorraine

I've picked over 16 quarts from the 7' x 10' patch in my back yard. But with or without your own strawberry patch, this month you'll find strawberries galore at your local grocery store, farmers market or farm stand. Strawberries are naturally high in fiber, vitamin C, folate, potassium and antioxidants and compared to fruits like apples, oranges or bananas, they score highest in most of the nutrients. Check out this great recipe for stay healthy and staying cool.

Fresh Strawberry Granita

Ingredients:

1 pound fresh strawberries, rinsed and hulled
3 tablespoons granulated sugar
1/2 cup water
1 teaspoon lemon juice, optional
Mint leaves, for garnish



Preparation:

Wash, hull, and slice the strawberries. Place sliced strawberries in a large bowl. Toss the strawberries with the sugar; let stand for at least one hour at room temperature, or up to four hours. The strawberries will be very juicy. Puree the strawberries and their juices with the water in a blender. Taste and add fresh lemon juice, if desired. At this point, if you want, strain out any seeds.

Pour strawberry mixture into a 13x9-inch baking dish. Cover tightly with plastic wrap and freeze approximately 45 minutes or until icy at edge of pan.

- 1) Whisk to distribute frozen portions evenly. Cover and freeze again until icy at edge of pan and overall texture is slushy (be sure to scrape the ice crystals off the sides and into the middle of the pan) about 45 minutes.
- 2) Whisk to distribute frozen portions evenly. Cover and return to freezer and freeze about 3 hours or overnight until frozen solid.
- 3) When ready to serve the granita, remove from freezer. Using a fork, scrape granita down length of pan, forming icy flakes. Return to freezer for at least 1 hour. Can be made 1 day ahead. When served, the granita should look like a fluffy pile of dry red crystals.

To serve, scoop flaked granita into tall goblets or parfait glasses. If the granita is too solid you can allow it to sit in the refrigerator for half an hour until you can scrape it with a fork. Garnish with mint leaves, and serve immediately with iced tea spoons.

Yields: 6 servings

Prep time: 15 min

Meet Lifestyle Counselor: **Alicia Barrios-Reyes, MA** in Organizational Leadership/Accounting

Agency: Lenawee County Health Department

WISEWOMAN Affiliation: Since September 2, 2010

Professional Experience:

Office Manager, Finance Consultant, Accountant, Auditor and a Career Specialist

Favorite WISEWOMAN Success Story:

I have many favorite WISEWOMAN success stories, but the one that moves me is the “Walking Their Way to Better Health” story.

<http://www.michigancancer.org/bcccp/WiseWomanProgram/PDFs/SuccessStories/WalkingTheirWaytoBetterHealth.pdf>



I am honored to work with wonderful committed women and to see their dedication is inspiring. I've seen first hand how focusing on physical activity can improve our health. Seeing how WISEWOMAN participants are making healthier changes is so motivating; they are losing weight, decreasing their blood pressure and glucose levels. In the success story it mentions Darlene who has recruited her 72-year-old friend to walk with her regularly; it just proves that we are never too young or too old to start making healthier changes.

Lifestyle Counseling Tip:

This tip is for the women who say that it is difficult to change from drinking whole milk to 2% because their family doesn't like 2%; try purchasing both whole & 2%, then mix ½ into each container. Your family will only notice the color of the cap; they won't know they are drinking ½ whole & ½ 2% milk. I have done this and it worked!

Special Skills:

1. Great organizational skills.
2. Bilingual
3. Computer skills
4. Great listener!

More about Alicia:

Married to a wonderful supportive man, Santos, for 16 years. We have three children; Marcia 15, Santos 13 & Reynaldo 12. We have two beautiful active yellow labs; Sueno & Sonya.



There's How Much Salt In There?!?!

From Elaine McDonald RN, BSN
Lenawee County Health Department



The American Heart Association has released a new dietary recommendation that individuals consume no more than 1,500mg of sodium per day.

Reducing the amount of sodium in most American diets can have significant health benefits. Studies have shown that a reduced sodium intake can lower blood pressure, prevent hypertension, help control existing hypertension and help prevent heart disease.

How can we help our WISEWOMAN clients be "salt sensible"? Here are a few tips:

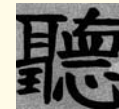
- All that salt in our food isn't just from the shaker! Research shows that processed foods in the diet account for about 77% of sodium consumed. Encourage more unprocessed foods. Fresh is best!
- Just can't give up that salt shaker? Fill your shaker with 1/2 salt and 1/2 salt sense or "fake" salt. You'll never know the difference!
- Use herbs and spices minus the salt. Mrs. Dash, fresh garden herbs and spices to season.
- Always look for reduced sodium or no sodium added products. Watch the sodium in canned products like beans, broths and vegetables.
- Most Americans incorrectly feel that sea salt is a low-sodium alternative to table salt. Kosher salt and most sea salt are chemically the same as table salt (40 percent sodium), and they count the same toward total sodium consumption.

How much salt is in there? Use

www.calorieking.com to show your client's how to read food labels for their favorite products, like these.

Burger King Large French Fries	Calories: 540	Sodium: 830mg
Dinty Moore Beef Stew	Calories: 360	Sodium: 1748mg
Wendy's Fish Sandwich	Calories: 500	Sodium: 1010mg

By reading labels and following a few smart tips we can all be more "salt sensible". Let's reduce our risk of high blood pressure and cardiovascular disease and be more heart smart!



Motivational Interviewing Corner

Showing Respect to Clients (Part 1)

The most common advice given by providers, who are successful in delivering culturally appropriate health care, is to always show respect for patients/clients and their culture.

One way is to ask patients/clients for their opinion during the clinical experience.

The following questions can improve communication and convey respect in patient/client encounters (Klineman, 1988):

1. What do you think is causing your health issue (high cholesterol, diabetes, etc.)?
2. What do you think your health issue is doing to your body?
3. How severe is your health issue? Is there something you can do to make it better?
4. What are the main problems your health issue has caused you?
5. Do you know others who have had this problem? What did they do to treat it?

