Wellness Newsletter

WEEK ONE

Stay Connected

With the COVID-19 pandemic affecting services, Southcentral Foundation wants to stay connected with customer-owners and offer information on activities, recipes, and much more. The Wellness Newsletter is a weekly newsletter providing information for customer-owners to help with health and wellness. The newsletter can be found at both the *Benteh Nuutah* Valley Native Primary Care Center Wellness Center and Anchorage Health Education websites.

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Positive on Purpose

RUTHI BLATCHFORD

Tobacco treatment specialists understand the importance of emphasizing the positive to help customer-owners quit tobacco. This includes the benefits of tobacco cessation, and the good things to look forward to when it happens. Being positive incites hope and creates confidence. When the never-ending question of what if is focused on, hope may fade. For the most part, many participants continue to have a positive outlook during this uncertain time; and that is what is needed to quit tobacco. The world is currently in the midst of difficult times, but there is hope for the future. Hope is a simple goal, dream, and vision that releases good thoughts in our minds which helps sweep fear away. Try to focus on the positives when fearful or anxious, think of the good. Everyone can decide what hope looks like for them.

"VEG" with Vegetables

CALLIE BRAY

Don't forget to focus on nutrition while staying home. Did you know eating a variety of vegetables every day is one way to improve health and well-being? Vegetables contain nutrients such as vitamins, minerals, fiber, and antioxidants. These important nutrients can help lower blood pressure, reduce risk of heart disease and some cancers, boost digestive and eye health, and have positive effects on blood sugar, which helps prevent or better manage Type 2 diabetes. According to the 2020 U.S. Dietary Guidelines, the recommended amount of vegetables is two and a half cups per day, based on a 2,000-calorie eating pattern. Which means everyone should aim to fill half your plate with vegetables. All produce counts—fresh, frozen, or canned varieties can help you reach your goal.

ROASTED VEGETABLES

INGREDIENTS:

- 4-5 cups fresh or frozen vegetables, chopped (*i.e. cauliflower, broccoli, carrots, bell pepper, zucchini, onion*)
- 2-3 tablespoons olive oil
- Salt and pepper to taste
- 1 teaspoon Italian seasoning or preferred dried herb blend
- 2-3 cloves garlic, minced

DIRECTIONS:

1. Preheat oven to 400˚F and line a baking sheet with foil or parchment paper. Peel and chop vegetables as needed.
2. Toss vegetables in a mixing bowl with olive oil, salt, pepper, and Italian seasoning and spread evenly on baking sheet.
3. Roast in the oven for 20-25 minutes, tossing halfway through. Add the minced garlic the last 2-3 minutes of cooking so it doesn't burn.
4. Makes 4 servings. Serves well with fish, chicken, or choice of meat. Enjoy!

Notes: Substitute fresh garlic with ½ teaspoon garlic powder and add during step 2 instead.

Reference: U.S. Department of Health and Human Services and U.S. Department of Agriculture. 2015–2020 Dietary Guidelines for Americans. 8th Edition. December 2015. Available at http://health.gov/dietaryguidelines/2015/guidelines/.

Toddler Time Easter Craft: Paper Roll Bunnies

NICOLE NORDSTROM

WHAT YOU'LL NEED:

- Colored card stock or painted toilet paper roll
- White pompom or cotton ball
- Googly eyes*
- Pipe cleaners or straw*
- Marker
- Tape and glue
- Scissors

*If you don't have googly eyes or pipe cleaners, you can use markers to draw them.

DIRECTIONS:

1. From the cardstock, cut out a rectangle that is 6 inches wide and 4 inches tall (*or if you are using a toilet paper roll, paint it*), and a circle for the face that is 2 inches across. You can use a cup to trace the circle. Cut two half circles for the paws that are 1 inch across.
2. Cut out two bunny ear shapes that are 3 inches tall and a nose that is 5/8 inch across.
3. Draw the mouth on the face, and lines on the paws to make them look like paws.
4. For the whiskers, use six pipe cleaners and cut them to be 4 inches long. Tape the middle of the pipe cleaners together, then tape the whiskers to the back of the nose. Tape or glue the completed nose to the face. Tape or glue the googly eyes on the face (*Alternatively, you can draw the whiskers and eyes on*). Tape or glue the paws to the back of the bunny's face.
5. Roll the rectangle into a tube shape and tape the sides together. Tape the face to the bottom of the tube and tape the pompom or cotton ball to the top. Now your bunny is complete!

Source: https://onelittleproject.com/paper-roll-bunnies/

Mom and Baby Highlight: Breastfeeding

ASHLEY SCHROEDER

Breastfeeding has many benefits to both baby and mom! Babies receive mother's breast milk that is unique to their needs. Over time, the breast milk changes based on the needs of the child. At birth, breast milk provides building blocks for the immune and digestive systems. These building blocks include many things: stem cells, hormones, immunity factors like antibodies, and probiotics which are organisms that help with digestion and immunity in the digestive tract. Babies who breastfeed are less likely to get sick with respiratory and ear infections and also have a decreased risk of asthma, obesity, and diabetes. The flavor of breast milk changes according to what mom is eating, allowing babies to be introduced to the family's traditional foods long before they begin eating solids. This flavor introduction increases the likelihood children will continue to eat these foods as they age.

Breastfeeding provides nutrition and immune-boosting qualities for the child, and health protections for the mother. Mothers who breastfeed have a lower risk of breast and ovarian cancers, Type 2 diabetes, and cardiovascular diseases. Mothers also experience hormonal changes during breastfeeding that help their bodies repair after giving birth. Breastfeeding also promotes the release of a hormone called oxytocin, which is the hormone that helps people bond. This hormone causes the uterus to begin shrinking to its original size. Oxytocin also influences mothers' feelings of love and well-being while they breastfeed.

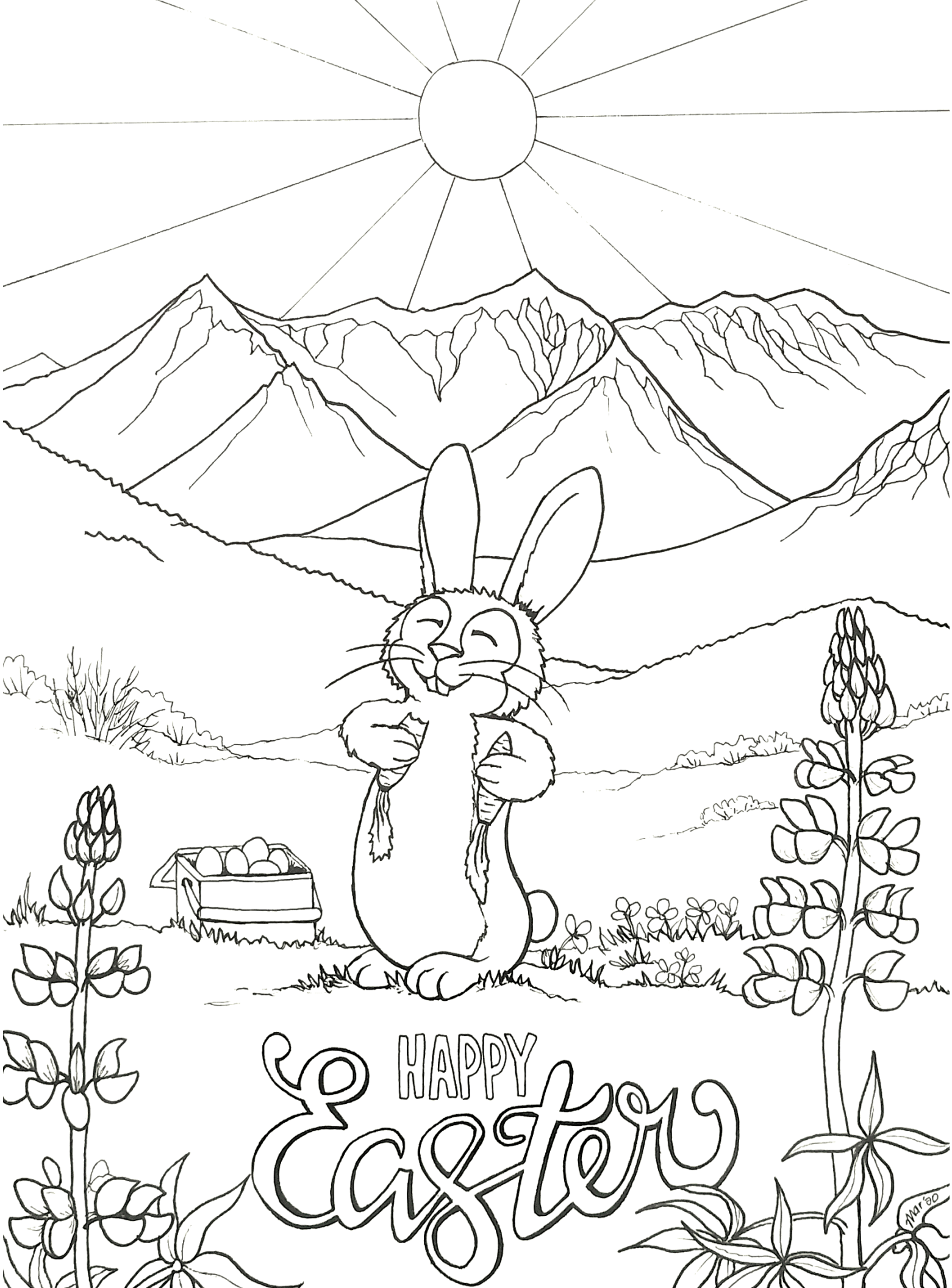
Breastfeeding can benefit the entire family by reducing the time away from work and other costs. Breastfeeding is cheaper without the added cost or additional steps required to access powder or liquid formula. Additionally, there is no need to bring extra feeding equipment when going out. Breastfeeding is also environmentally friendly; there isn't any waste produced from formula cans, scoops, bottles, or water jugs. Fathers can stay actively involved in the feeding process by doing skin-to-skin time with the baby before feedings. Skin-to-skin time involves holding a baby that is only wearing a diaper against a family member's bare chest. Skin-to-skin time increases bonding between parent and baby, and helps babies feel safe and comforted.

What about formula? If formula is preferred, there are feeding approaches parents can use to help increase bonding with baby and ensure nutritional needs are being met. Skin-to-skin time is important for all babies, whether breastfed or formula-fed. Parents can do skin-to-skin time with babies during feeds to help increase comfort and bonding. Holding baby during feeds allows them to make eye contact with you, as well as touch and smell you. Holding baby also helps ensure feeding safety; by holding your baby in a semi-upright, supported position (*versus flat on their back*), the risk of ear infections is decreased. In this position, formula does not pool at the back of the mouth where it can drain into the ear canal. Holding baby during feeds allows parents to learn and read baby's feeding cues. Signs that the baby is full include when the baby pulls away from the bottle, turns their head away from the bottle, or when the baby becomes very relaxed and sleepy. Bottles should never be left propped up by a blanket or other object and left to passively feed the baby. Propping the bottle can cause over or underfeeding and increase risk of choking and dental cavities. All of these recommendations apply whether it is breastmilk or formula used in a bottle.

Keeping an open line of communication with your medical provider about infant feeding is important for the health of your baby. In order to make informed decisions about feeding your baby, ask your provider any questions you may have. There are resources such as lactation consultants, nurses, medical providers, and dietitians available at SCF that can help support you in all types of infant feeding strategies.

FUN FACT: Did you know when a baby breastfeeds, their saliva absorbs through the mother's breasts? This exchange helps the mother's body detect any needs the baby may have and allows the mother's body to adapwt the breast milk to the baby's need. For example, if a baby is exposed to a sickness, like the common cold, the mother's body will begin producing antibodies specific to that strain of common cold. These antibodies are then delivered to the baby through the breast milk. This process occurs even if the mother is not sick.

Source: https://www.onlinelibrary.wiley.com/doi/full/10.1038/cti.2013.1


HAPPY
Easter