

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.

IN THIS NEWSLETTER:

- **Indoor Family Fun: Creating an Obstacle Course** | Ashley Schroeder
- **Crossword Puzzle** | Nicole Nordstrom
- **Coloring Activity** | Mary Epchook
- **Fishing Around the Kitchen** | Callie Bray

Southcentral
Foundation



southcentralfoundation.com

INDOOR FAMILY FUN: CREATING AN OBSTACLE COURSE

ASHLEY SCHROEDER

Try this boredom buster as a fun way to get some physical activity with your family; it can be customized for all ages!

WHAT YOU WILL NEED:

- Tape
- Scissors
- One of the following:
 - One roll of crepe party streamer
 - Long strips of paper about 1 to 1.5 inches wide. The paper should be long enough to stretch between the walls of a hallway. Another option is to tape to create strips of the needed length or reuse paper grocery bags or wrapping paper
 - Yarn

ACTIVITY INSTRUCTIONS:

1. Create strips of material that are varying lengths, and long enough to stretch between the two walls of a hallway. Examples include from the floor to a spot high on the wall, or strips that are long enough to stretch in a straight line between the walls.
2. Use tape to attach strips to both sides of the wall at varying angles along the hallway.
3. Try going through the course without touching any strips.

TIPS:

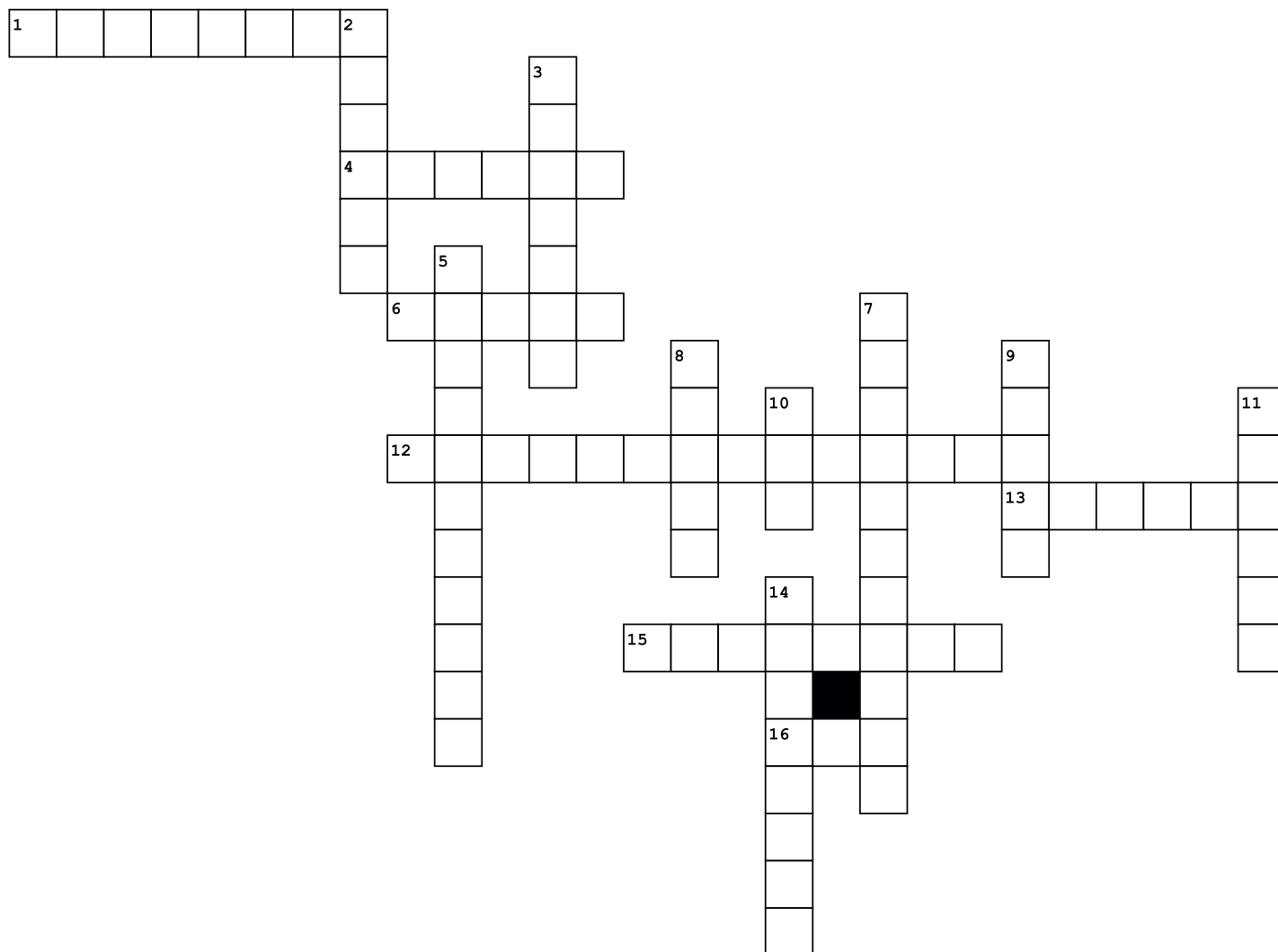
- Add high and low strips to accommodate differing heights.
- Create even more active fun by adding to the course! Have course-runners jump on one foot (or do jumping jacks, bunny hops, push-ups, or any activity) before entering and/or after exiting the course.
- If there isn't a hallway in your residence, you can create the course using a piece of furniture, such as a bench,

table, or chairs. Just line the furniture up about 3.5 to 4 feet from a wall and attach the strips between the wall and the furniture piece(s).

Activity Inspired by: Games
Kaitlyn



Alaska Crossword Puzzle

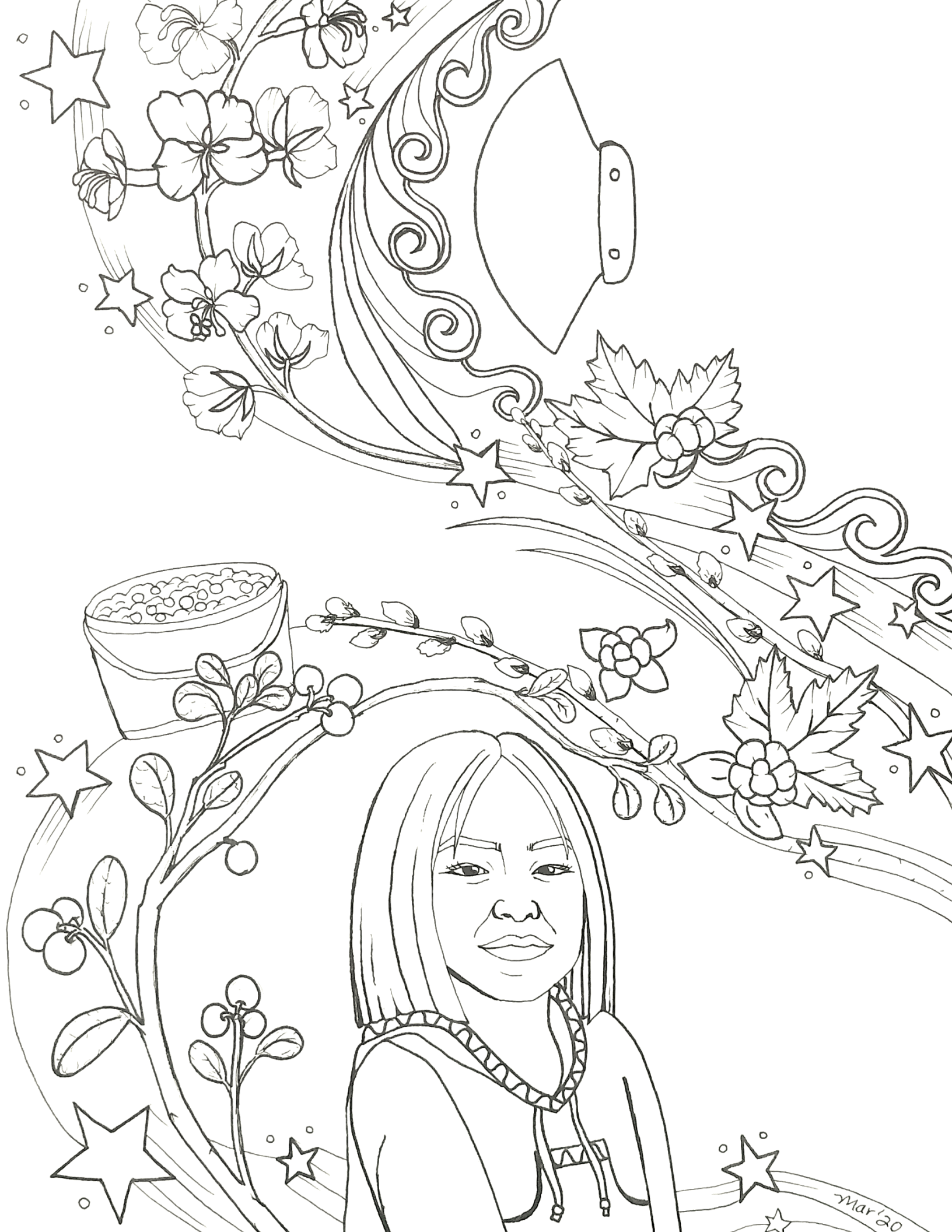


Across

1. A traditional doughnut cooked in oil.
4. Eskimo ice cream.
6. A large black bird, known to be a shape changer in Alaska Native stories.
12. A colorful dancing band the stretches across the sky and is visible during the night.
13. A traditional hooded over-shirt that has a large pocket in the front worn by men and women.
15. A tall plant that has pink flowers that can be made into honey, jelly, and syrup.
16. Games based on the way Alaska Natives tested their skills for hunting and surviving (Acronym).

Down

2. An Alaskan National park that has wild animals.
3. A river of ice.
5. A red-orange berry that looks like a raspberry, also has a fish in its name.
7. The Alaska State flower.
8. A tree that is used for syrup, canoes, and containers.
9. The breed of dog used for dog sledding.
10. A curved knife used for skinning and slicing.
11. Whale skin.
14. This is a domesticated animal, when they are wild they are known as caribou.



Mar'20

FISHING AROUND THE KITCHEN

CALLIE BRAY

As we daydream about fishing in the upcoming months, we can focus on getting our freezers and pantry shelves ready for this year’s bounty by utilizing last year’s harvest. Fish like salmon and halibut are low in calories and offer a rich source of omega-3 fatty acids. Omega-3 fatty acids have been shown to help lower blood pressure and heart rate, improve blood vessel function, and ease inflammation throughout the body. Here are some fun and easy ways you can enjoy Alaskan fish.

SIMPLE BAKED FISH

Line baking sheet with foil or parchment paper; place salmon or halibut fillet in the middle. Drizzle with 1-2 tablespoons olive oil and top with lemon slices, herbs of choice, garlic powder, and/or no-salt seasoning. Bake at 400°F for 20-25 minutes or until fish flakes apart easily. Serve with brown rice and sautéed, steamed, or roasted vegetables.

SMOKED SALMON SNACK:

Smoked salmon is a delicious snack that’s packed with protein. Place smoked salmon on crackers and serve with sliced veggies. Another option is to add to a slice of toast with cream cheese, red onions, sliced cucumbers, or capers.

FISH TACO BOWLS

INGREDIENTS

For the Fish:

- 2 tablespoons olive or vegetable oil
- 1 tablespoon lime juice
- 2 teaspoons cumin
- 2 teaspoons paprika
- 1 teaspoon ground coriander
- 1/2 teaspoon garlic powder
- Salt and pepper to taste
- 1 pound white fish (*cod or halibut*)

For the slaw:

- 2 cups cabbage, shredded
- 3 tablespoons light mayo or plain Greek yogurt
- ½ tablespoon lime juice
- Salt and pepper taste

For the Rest:

- 2 cups brown rice, cooked
- 1 (14.5 oz) can black beans, rinsed and drained
- Toppings of choice: fresh cilantro, avocado, shredded cheese, salsa of choice, or sour cream

DIRECTIONS:

1. Preheat oven to 425° F
2. Prepare brown rice according to package instructions.
3. In small bowl combine: oil, lime juice, cumin, paprika, coriander, garlic powder, salt, and pepper.
4. Dip fish into bowl; turn fish until evenly coated with marinade.
5. Place fish onto lined baking dish; marinate in fridge for 15 minutes.
6. Bake fish for 15 minutes or until fish is cooked through and flakes apart easily.
7. Prepare slaw by mixing all slaw ingredients together in bowl.
8. Warm black beans over stove.
9. Layer rice, slaw, beans, and fish in a bowl or mix together. Top with desired toppings. Enjoy! Serves four.

Source: Callie Bray, VNPCC Wellness Center

SEAFOOD CHOWDER

INGREDIENTS:

- 1 pound fish (*salmon, halibut, cod, or fish of choice*), cut into 1-inch cubes (*you can use already cooked leftovers or uncooked*)
- 2-3 tablespoons olive oil
- 1 medium onion, diced
- 1/2 cup celery, chopped
- 1/2 cup carrots, diced
- 2 cups potatoes, diced
- 2 cups chicken broth
- 1/4 teaspoon salt
- 1 teaspoon pepper
- 1 teaspoon dried dill
- 1/2 teaspoon red pepper flakes
- 1 1/2 cup milk
- 1 cup frozen or canned corn
- 1/2 to 1 cup cheddar cheese, shredded
- 2 cups kale, torn into pieces (*optional*)

DIRECTIONS:

1. Heat olive oil in large pot over medium heat.
2. Add onion, celery, and garlic; sauté until onions are tender.
3. Stir in potatoes, carrots, chicken broth, salt, pepper, dill, and red pepper flakes.
4. Bring to boil.
5. Reduce heat to low, add kale (*if desired*) and simmer covered for 25 minutes.
6. Stir in fish, milk, corn, and cheese.
7. Cook chowder until heated through and fish is cooked through (*if using raw*). Enjoy! Serves 6.

Source: Adapted from the Alaska Life

SALMON SALAD

Use homemade canned salmon for this quick, simple, and kid friendly recipe. Serves 2.

INGREDIENTS

- 6 ounces canned salmon
- 2 tablespoons light mayonnaise or plain Greek yogurt
- 1 stalk celery, chopped
- 1 tablespoon onion, chopped
- 1/4 teaspoon dried dill
- Salt and pepper to taste
- 1/4 teaspoon lemon juice, optional

DIRECTIONS:

1. Combine all ingredients in small bowl; mix well.
2. Serve with sliced veggies and/or low sodium crackers or make salmon salad sandwich. Enjoy!

Source: Callie Bray, VNPCC Wellness Center