

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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Staying Positive

RUTHI BLATCHFORD

My mom was an amazing gardener. She knew the effort of preparing the soil, seeding, daily weeding and feeding, and watering for a successful outcome. Many of our goals are like this. One goal that benefits from constant attention and support is committing to being tobacco free. Negative thoughts can be the weeds in our mind. It is important to recognize

those thoughts and remove the negativity from our perspective. For example, I can't do this; I'll never be able to do this, can be replaced with the exact opposite: I can do this; I will do this! This keeps hope alive and allows the potential of your goal to grow strong. While hunkering down remember to keep your eyes on the prize, stay positive, and reap the amazing benefits of quitting tobacco.

Toddler Time Craft: Hedgehog Craft

NICOLE NORDSTROM

MATERIALS:

- Different colored construction paper
- Scissors
- Glue
- Markers
- Hedgehog template [attached]

INSTRUCTIONS:

1. Use the template to draw out hedgehog, feet, and nose. You can use any colors you want!
2. Cut out shapes and glue feet and nose onto hedgehog body.
3. Draw the eye and mouth with markers.
4. Cut out strips of colored paper into 1-inch strips. Then cut those strips into thirds.
5. Fold strips in half and glue only one side of the folded strip so that when you glue it on the hedgehog, the other half of the strip sticks out.

See the last page for the template.

Source: krokotak.com/2018/09/hedgehogs/



Cooking Brings Us Together

CALLIE BRAY

We all need to eat. Even during uncertain times, cooking and sharing meals together can bring a sense of normalcy to our home and lives. Cooking is a way to spend quality time with family, learn and teach new culinary skills, and share traditional values. For some, it is a fun activity to that contributes to a healthy routine. Cooking more at home can also improve overall nutrition by enjoying more whole foods and limiting processed/convenience foods. Here are tips for cooking at home:

- Keep meals simple on the days you are busy and try a new recipe on a night when you have more time.
- Get the whole family involved when planning the weekly menu. If kids are involved from planning to putting food on the plate, they will be more connected to the meals they are eating.

- Prepare what you can ahead of time; this will help you save time when cooking the meal. For example, chop vegetables for the week, make a homemade snack mix, and/or cook multiple meals at once to be eaten throughout the week.
- Get the kids involved in the kitchen, by having them:
 - Rinse fruits and vegetables, measure ingredients, and help stir, supervised. Older kids, ages 8 and up, can even help grate or chop softer produce with supervision
 - Set the table and/or bring dishes to the table
 - Clear the dishes and help wash/dry them

Bonus tip: Want to enjoy a meal with someone that is not in your household? Drop a meal off to their doorstep and/or plan a time to have dinner together via video chat.

Cook, eat, love, share, connect, and stay healthy!

ONE-POT CABBAGE CASSEROLE

INGREDIENTS: SERVES 6 TO 8

- 2 (15 ounces) cans black beans, rinsed and drained, or use
- 2 pounds ground meat (*moose, caribou, beef, chicken, or turkey*)
- Salt and pepper or Creole seasoning
- 1 small onion, chopped
- 1 cup rice or quinoa, uncooked
- 3–4 cups cabbage, chopped
- 1 (8 ounces) canned tomato sauce
- 1 (14 ounces) can tomatoes, diced
- 2 cups water
- Optional: 1 cup shredded cheese (*Colby jack or cheddar*)

DIRECTIONS:

1. If using ground meat, add meat to large saucepan. Season with salt and pepper or one teaspoon of Creole seasoning and brown in pot over medium heat. Add onions while meat cooks. Drain grease. If using beans instead of meat, start by adding onions to pot and add seasoning.

2. Once onions are translucent, add rice, cabbage, tomatoes sauce, diced tomatoes, and water. Stir.
3. Let it come to a boil then reduce heat to medium low and cover. Simmer for 20 to 30 minutes, or until rice is done and cabbage is soft. Do not lift lid before 20 minutes for best results when cooking rice. If using beans, add beans during the last five minutes of cooking.
4. If cheese is desired: Once cooked, top with cheese, and cover pot with lid for two to three minutes to melt cheese.

NOTES:

- Store leftovers in airtight container up to four days in the fridge or freeze up to three months.
- You can use Rotel tomatoes instead of diced tomatoes if you prefer spicy foods.
- Add additional veggies like chopped bell peppers or carrots if preferred.
- If using brown rice, allow extra time for cooking (*about 20+ minutes*) and add an additional half cup of water.
- You can also use a combination of both meat and beans by using one can of beans and one pound of meat, and adding them according to the recipe.

Source: Adapted from Diary of a Recipe Collector

Family Fun Trivia

ASHLEY SCHROEDER

1. What is the outside layer of skin on the human body called?
2. How do birds stay in the air without flapping their wings?
3. What ingredient makes bread rise?
4. What superhero has a sidekick named Robin?
5. How many colors are there in a rainbow?
6. What is tofu made of?
7. What are the three things needed to start a fire?
8. How many hours are there in seven days?
9. What food do giant pandas mainly eat?
10. How many states have towns named “Santa Claus?”

Some questions inspired by: <https://www.challengeyourbrain.com/>

See the next page for answers

Answers to last Week’s Alaska Crossword

ACROSS

1. Frybread
4. Akutuq
6. Raven
12. Northern Lights
13. Kuspuk
15. Fireweed
16. NYO

DOWN

2. Denali
3. Glacier
5. Salmonberry
7. Forget-Me-Not
8. Birch
9. Husky
10. Ulu
11. Muktuk
14. Reindeer

Staying Active

JEFF LAYTON

The spread of COVID-19 has changed so many aspects of our daily lives, however, it is important to remember exercising is an important component of a healthy lifestyle. With gym limitations and hunker down orders in place, finding ways to remain physically active can seem like a difficult task. The good news is that most people can implement the following recommendations with ease and little to no financial investment. The American College of Sports Medicine has recommended all Americans find ways to exercise, while following social distancing and other recommendations currently in place. To do so they have provided some practical ways to exercise in and around your home.

INDOOR ACTIVITIES

- Walk up and down the stairs a few times per hour
- Set a 10-minute timer and walk around your home without stopping (*count how many "laps" you can do*), do this two or three times per day
- Dust off one of those old exercise videos, or find a new one online
- Turn on some music and dance
- Do squats, sit to stands and lunges, or step ups. Optional: hold a 5 to 10-pound bag of sugar for added weight
- Push-ups with hands against the wall, countertop, or floor
- Download a workout app on your smartphone or tablet
- Do yoga, stretching, or deep breathing to help reduce anxiety

OUTDOOR ACTIVITIES (BE SURE TO MAINTAIN SIX FEET OF SOCIAL DISTANCING AND WASH YOUR HANDS WHEN YOU GET HOME)

- Walk or jog near your home
- Go for a walk in the park or on a local nature trail
- Go for a bike ride
- Play games outside with your family such as soccer, kick the can, or hide and seek.

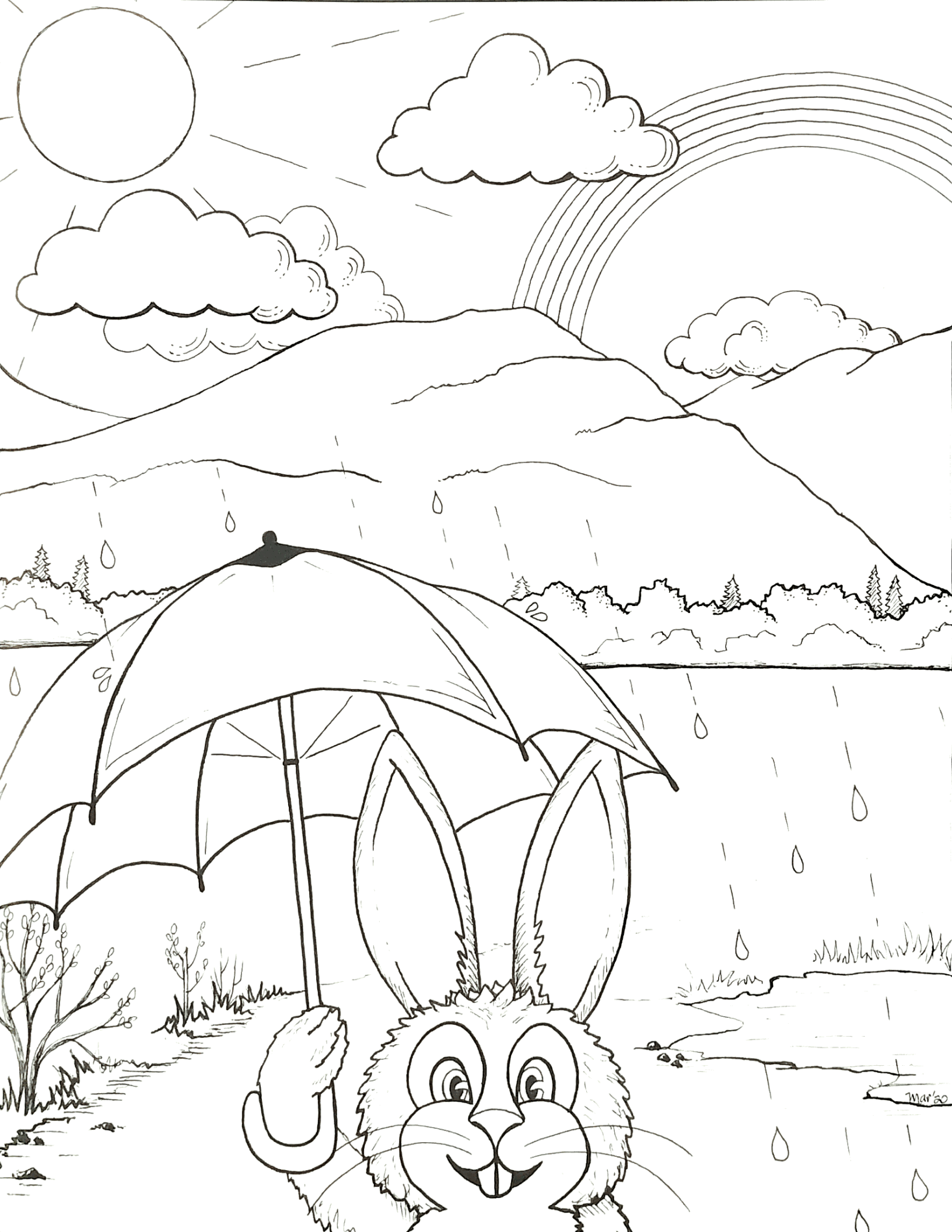
We hope these suggestions are useful. Most importantly, remember to take all the necessary precautions to protect yourself from COVID-19, and whatever you do, make it fun!



FAMILY FUN TRIVIA ANSWERS

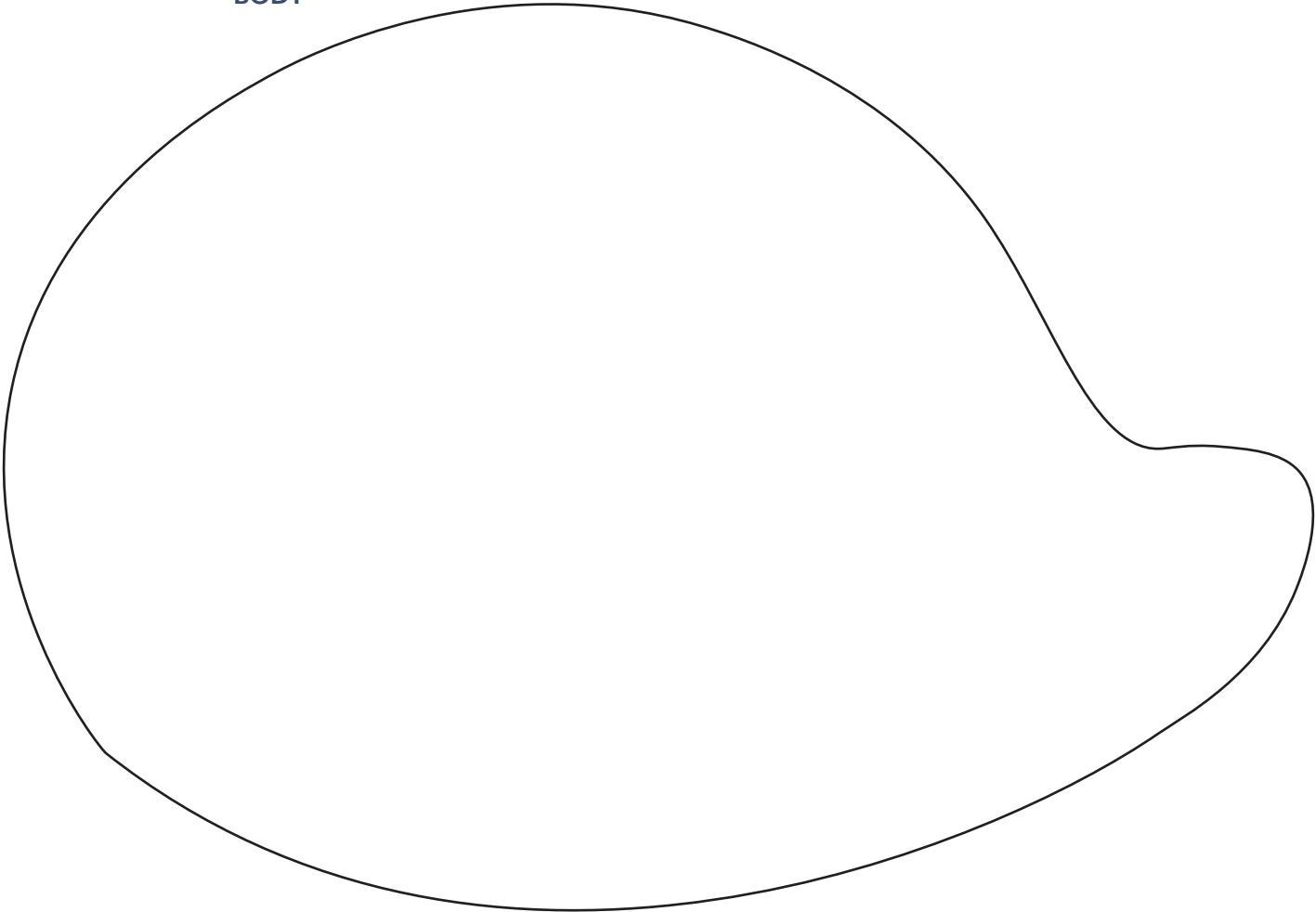
ASHLEY SCHROEDER

1. Epidermis
2. They use changes in the air, called "thermals." Thermals are pockets of warm air that create pressure changes allowing for lift under the birds' wings.
3. Yeast
4. Batman
5. 7: Red, orange, yellow, green, blue, indigo, and violet
6. Soy milk (*from soybeans*)
7. Fuel (*like wood*), heat, and oxygen (*air*)
8. 7 days x 24 hours = 168 hours
9. Bamboo
10. Three States: Indiana, Georgia and Arizona



Hedgehog Craft Template

BODY



FEET AND NOSE

