

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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Fill up With Fiber

CALLIE BRAY

Dietary fiber is the material in plant-based foods the body cannot break down or digest. There are two types of fiber, soluble and insoluble. Soluble fiber absorbs water during digestion and insoluble fiber remains unchanged during digestion. Most foods are usually higher in one type of fiber but may contain both types. A fiber-rich diet is associated with many benefits. So, what does fiber help with exactly?

- Helps maintain bowel health. A high fiber diet will help normalize bowel movements, relieve constipation, and may lower the risk of developing hemorrhoids and small pouches in the colon (*diverticular disease*).
- Helps control blood sugar levels.
- Lowers cholesterol levels and promotes heart health.
- Aids in achieving and maintaining a healthy weight. Fiber slows the speed of food passing from the stomach to the rest of the digestive system, helping you feel fuller longer.
- Lowers risk of some cancers.

The Academy of Nutrition and Dietetics recommends 14 grams of dietary fiber for every 1000 calories, or about 25 grams for women and 38 grams for men per day. Exact fiber needs for an individual will vary by age and caloric intake. To learn more about your

individual fiber needs, talk with your provider or make an appointment with a dietitian.

The best fiber choices include a variety of fruits, vegetables, whole grain products, nuts, seeds, beans, peas, and other legumes. Here are tips to help increase your fiber intake:

- Enjoy fruits and vegetables throughout the day. Aim for five servings per day.
- Eat whole fruits instead of drinking fruit juices. Most juices do not contain fiber.
- Add a sliced banana or berries to your oatmeal or cereal. Half a cup of berries or one medium banana has about 3 to 4 grams of fiber.
- Replace white rice, bread, and pasta with brown rice and whole grains.
- Choose whole grain cereals with 5 or more grams of fiber per serving.
- Add kidney beans, chickpeas, or lentils to soups, chili, or on top of salads. Each 1/2 cup serving of beans/lentils contains approximately 7-9 grams of fiber!

It is important to drink plenty of water and increase your fiber intake gradually to give your body time to adjust.

Source: Academy of Nutrition and Dietetics

THREE BEAN WILD RICE SALAD

INGREDIENTS: SERVES 10

- 2 cups wild rice blend, cooked
- 1 (15 ounces) can kidney beans, rinsed and drained
- 1 (15 ounces) can black beans, rinsed and drained
- 1 (15 ounces) can garbanzo beans, rinsed and drained
- 1/2 red onion, finely diced
- 1/2 cup cilantro, chopped
- 1 jalapeno, diced

DIRECTIONS:

1. Combine all dressing ingredients in a Mason jar and shake until thoroughly combined or whisk together in a small bowl.
2. Combine all salad ingredients in a large bowl. Toss salad with dressing. Refrigerate for one hour for best flavor or serve immediately.

Note: This recipe provides 10 grams of fiber per serving!

Source: Adapted from My Recipe Magic

Mental Health Benefits of Exercise

SCOTT HADLEY

Regular exercise has many well-known benefits such as improving heart health, building muscle, and lowering blood pressure. Exercise is also an excellent tool for maintaining mental health. Regular exercise has been shown to help reduce stress, improve mood, and decrease symptoms of depression and anxiety. With all the stress and uncertainty going on, now is a great time to reap these benefits.

A strict exercise routine is not necessary to give your mental health a boost. Do not fret if you are unable to exercise in your regular location. If you haven't been very active during the winter months, now is a great time to start moving. Any physical activity that gets you moving will be beneficial. Gardening, walking, washing your car, biking, housework, dancing, and yoga are all examples of activities that will get you moving toward better mental health.

To start, begin with activities you enjoy and aim for 20-30 minutes per day a few times per week. These can be broken up into 5-10 minute segments. Schedule breaks throughout the day for physical activities. Remember, physical activity and exercise are just one ingredient for physical and mental wellness. Staying connected with loved ones, eating healthy, meditation/relaxation, and getting enough sleep among other things are all vital in staying healthy during this difficult time. Stay safe, stay active, stay healthy, and stay positive!

Rethink Your Drink!

ANCHORAGE HEALTH EDUCATION

The benefits of water are endless. Water is cost-effective, zero-calorie, and will not raise blood glucose levels. Additionally, water helps regulate body temperature, aids in weight loss, improves skin health, maintains blood pressure, and lubricates and cushions joints. Drinking water also protects the spinal cord and other sensitive tissues! The recommended water intake is eight, 8-ounce glasses a day for adults. A helpful wellness tip is to reduce sugary beverages by incorporating water mixed with fruit or berries. Decreasing sugary beverage intake will help reduce tooth decay, obesity, heart disease, and type 2 diabetes. Utilize the Alaska Department of Health and Social Services' Play Every Day campaign to learn more about reducing sugars, tips, and tools for hydration and healthy habits.

WAYS TO SPRUCE UP YOUR WATER

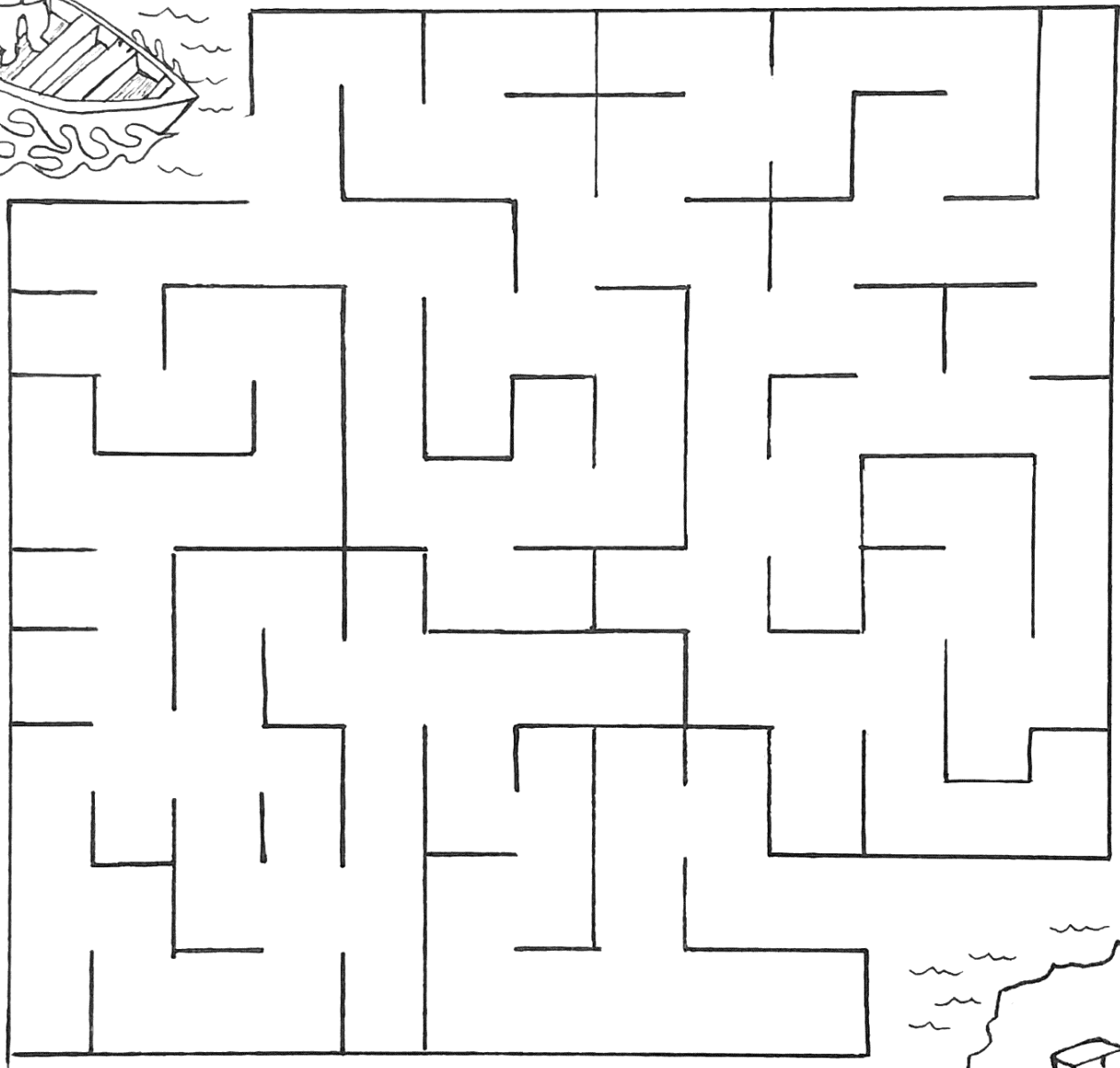
Here are delicious options that may be added to water to reduce added sugars and cut back on sugary beverages. Mix and match fresh or frozen fruits, vegetables, plants, and herbs. The longer it is infused, the stronger the flavor. Infuse the water for at least one hour!

TRY THESE HEALTHY REFRESHING COMBINATIONS:

- » Alaska raspberry + salmonberry + mint
- » Alaska spruce tip + blueberry + mint
- » Cucumber + lime + strawberry + mint
- » Cucumber + mint + spruce tip
- » Lemon + thyme
- » Lemon + raspberry + rosemary
- » Orange + blueberry + basil
- » Watermelon + honeydew + mint



FISHCAMP MAZE



Health Highlight: Using Cleaners Safely in the Home

ASHLEY SCHROEDER

In this time of disinfecting everything from grocery bags to high-touch surfaces, it is important to keep safety in mind and ensure cleaners are being used properly. Many common in-home cleaners are classified as pesticides because their job is to kill organisms, such as bacteria, viruses, and fungi. These cleaners can help decrease the burden of germs in homes but can also increase chemical exposures.

THINGS TO REMEMBER WHEN USING THESE PRODUCTS INCLUDE:

- Safety of self and family
- Directions for use
- Proper disposal

Using appropriate personal protective equipment and ventilation when cleaning with household chemicals will decrease personal and family exposure to and absorption of the cleaner. Many cleaners, including common cleaning wipes, require the use of gloves to protect the user. Reusable dishwashing or cleaning gloves provide that necessary protection, though disposable cleaning gloves may also be used if available. Cleaning gloves must be made of an impermeable (*non-porous*) material such as vinyl, nitrile, or latex. In addition, cleaners should always be stored properly in areas inaccessible by children and pets. These precautions are often listed on the cleaner's instruction label.

When using a cleaner following the instructions is important for both the safety of the user and family members in the household including pets, and for ensuring the cleaner disinfects/sanitizes effectively. Many cleaners require the surface be pre-cleaned of any debris and dirt particles before the cleaner is used. The surface being cleaned with the cleaning agent must then remain fully saturated (*wet*) for a couple of minutes to achieve the desired disinfecting/sanitizing benefits. The specific timing should be listed on the product's instruction label. If the cleaner is not used according to the directions, it exposes the user and family to the chemical and will not provide the intended disinfecting/sanitizing benefit. After use, most household cleaners require the cleaned surface be washed with water and soap to

remove the cleaning agent. Washing the surface after use of the cleaner helps to reduce family exposure to and absorption of the chemical agent(s) in the cleaning product. This final cleaning with soap and water includes any surface where the cleaning product is used. These directions are often listed on the cleaner's label, though some cleaners may not list this extra step. A helpful resource for full cleaning information is the product's chemical fact sheet, called safety data sheets (*SDS*). These factsheets can be found online or at the store where the cleaner was bought.

If a household cleaning product is no longer being used, proper disposal is essential as the chemical agents have the potential to harm Alaska's wildlife, waterways, and people. Disposal directions may or may not be listed on the product label but will be listed on the product's *SDS*. Commonly, proper disposal involves physically transporting the cleaner in its container to a landfill or waste-transfer site separate from household trash. Pouring the cleaner down the sink, septic, on the ground, or in open waterways (*ponds, creeks, lakes, rivers, etc.*) releases chemicals into the environment. Once released, these chemicals build up over time and negatively affect the health of the ecosystem. In areas without solid waste services proper disposal may involve alternate methods, such as storing the chemicals until they can be transported to a disposal site. If you have questions about disposal, call the nearest State of Alaska Department of Environmental Conservation office and they can provide the disposal information needed according to specific geographic location within Alaska.

The Centers for Disease Control and Prevention indicates that cleaning with soap and water can help reduce the load of microorganisms on surfaces. However, cleaning is different from disinfecting and sanitizing. If these results are desired, the CDC recommends following the soap and water cleaning with proper application of a household chemical cleaner, ensuring all product label and *SDS* instructions are followed. These recommendations help keep homes healthy and safe!

Play Your Hand

RUTHI BLATCHFORD

No two people attempting to quit tobacco have the same experience. Each person has a different story and circumstances, so is the recovery process. It is like playing cards, everyone may have a different hand in the beginning. Play your hand wisely, using what you've learned. Studies show that it takes the average person seven attempts to quit before they become tobacco free. Stay with the process and don't give up! If you are ready to quit, please contact your provider today.

Alaska Animals Word Scramble

NICOLE NORDSTROM

Can you unscramble these Alaskan animals, fish, and birds?

****Answers will be in the next newsletter.**

lofw	eavn	gaeel	eenirqlwo
soome	olw	tetro	
obiurca	gmirtapa	nifufp	
malsno	helaw	rslawu	

Fishcamp Maze Answer!

