

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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A Prescription that FITTs You

JEFF LAYTON

What if somebody told you there is a prescription that will give you a boost in every aspect of your life? It would give you increased energy levels, happiness, strength, stamina, and other benefits. If properly dosed, this prescription will reduce your stress levels and lower your risk of diabetes, heart disease, and certain types of cancer. Even if you already have one or more of these conditions, this prescription will help you manage them better. Does this sound like a prescription you want?

The great news is this prescription exists and is available to you today! In fact, you have probably heard of it, maybe even tried it. It is called exercise.



When exercise is prescribed by an industry professional, there are four components that can be adjusted based on individual needs to get the correct dosage. These variables are: Frequency (*how many days of the week you engage in exercise*), Intensity (*how hard the exercise is*), Type of exercise (*cardio, strength, or flexibility*), and Time (*how many minutes you spend exercising*). When these four aspects are considered, we can make an exercise prescription that FITTs your specific needs.

For most people, the appropriate dosage is 30 minutes of moderate intensity exercise like walking, jogging, or cycling five days of the week. Moderate intensity exercise should be combined with strength training, weights or resistance bands, and stretching exercises on an additional one to three days per week.

It is important to remember before starting any new prescription, even exercise, you should consult with your primary care provider to ensure the above-mentioned dosage is right for you. If modifications are needed, they can direct you to an exercise physiologist who can help tailor an exercise prescription to FITT you and your goals.

Gardening in Alaska: Encouraging Sustainability for Human and Environmental Health

ASHLEY SCHROEDER

There are many wonderful ways gardens can increase health, including the nutrition that plants provide, exercise from working in the garden, and the direct and indirect benefits to the environment. Growing a garden in Alaska may have differing challenges based on geographic location. The following are some considerations for keeping your garden environmentally healthy and, by extension, keeping you healthy!

Did you know?

- 95% of the food bought and consumed in Alaska has been transported here via truck, plane, or barge from outside the state.
- Alaskan soil is rich in nutrients due to river flood plains, volcanic ash, and glacial silt.
- Many Alaskan farmers are female — around 47%. The U.S. national average number of female farmers is only 27%.
- Buying local produce, eggs, meat, and fish helps stimulate Alaska's economy, reduces reliance on distant food transport systems, and decreases carbon emissions and fuel consumption.

Resources:

Alaska Grown: <http://www.buyalaskagrown.com/fivedollarchallenge/>

Alaska Farmland Trust: <https://www.akfarmland.com/>

CDC: <https://www.cdc.gov/healthywater/drinking/private/rainwater-collection.html>

URBAN

Strategy	Why it is Important
Ensure soil is clean by using raised garden beds with newly sourced soil.	In urban areas, the ground soil may contain chemicals, like petroleum byproducts, that can negatively affect human health.
Try different methods of watering, such as using a soaker hose and covering the soil with mulch.	Soaker hoses reduce water usage by delivering water straight to the roots of a plant. Mulch helps to retain moisture.
Create a container garden.	If gardening space is unavailable, many vegetables, herbs, and other plants can be grown in containers.

RURAL

Strategy	Why it is Important
After harvest, feed garden soil with compost, emulsified fish, or by incorporating detritus such as dead tree leaves and dead leftover vegetable plant parts.	Replenishing soil with these naturally available nutrients keeps chemical fertilizers out of the soil, water aquifers, streams, rivers, and other water systems.
Use clean, piped, or municipality-delivered water (if available) to water plants, especially plants that are intended to be food. For decorative plants, rainwater may be used.	Rainwater collected from a roof-gutter drainage system contains chemicals from the roofing materials (including smoke-byproducts from chimneys) and harmful microbes for example from bird droppings. Using this water as a source for food-based gardens increases the risk of negative health consequences.
Create a container garden.	If gardening space is unavailable, many vegetables, herbs, and other plants can be grown in containers.

1.

Wet



2.

Lather



3.

Scrub

at least 20 seconds



4.

Rinse



5.

Dry



If soap and water are not available, alcohol-based hand sanitizer may be used.

Handwashing – a Healthy Habit

ANCHORAGE HEALTH EDUCATION

Handwashing is one of the best ways to protect yourself and your family from getting sick. Washing hands with soap and water is the best way to get rid of germs. The Centers of Disease Control and Prevention recommends washing your hands with warm, soapy water for a minimum of 20 seconds at a time. Practice washing hands as a family. By the time you and your children are finished, there may be a puddle of water around the bathroom sink and cleaning up can be part of the fun! Singing a song with your children will help motivate them and ensure the task will be completed correctly. Some fun songs to consider are the ABCs, Happy Birthday song (*sung twice*), Baby Shark, Wheels on the Bus, and Twinkle Twinkle Little Star.

Creating healthy handwashing habits will help reduce the spread of germs and illnesses. Use Southcentral Foundation's Hand Hygiene Guide as a resource for you and your family. Stay safe, healthy, and happy, and remember to wash your hands!

Source: <http://www.halseyschools.com/5-hand-washing-songs-your-preschooler-will-love/>

Breakfast Benefits and Recipes

CALLIE BRAY

We've all been told that breakfast is the most important meal of the day, but do you know why that is? After an overnight fast of 8 to 12 hours, the brain needs to refuel its energy. Skipping breakfast can leave the brain and body without energy, which can make it difficult to concentrate and can cause fatigue, irritability, slower reaction time, and headaches. Eating a healthy breakfast can provide many benefits including: increased energy levels, a good supply of essential nutrients to the body, a healthy weight and metabolism, suppression of mid-morning cravings, better blood sugar management, and improved cognitive function (*i.e. concentration, memorization, and problem solving*).

What exactly counts as a healthy breakfast? A healthy breakfast may include:

- Whole grains. Examples include oatmeal, whole grain bread, bagels, or cereal.
- Lean protein. Examples include eggs, lean meat, legumes, and nuts.
- Fruits and vegetables. Examples include fresh, frozen, or canned fruits and vegetables and 100% juice without added sugars.
- Low-fat dairy. Examples include plain or low sugar yogurt, milk, and low-fat cheese.

Together, these foods provide a healthy combination of carbohydrates, fiber, protein, and healthy fats that provide many health benefits and help you feel fuller for a longer amount of time.

Here are some tips to help you fit a healthy breakfast in your day:

- Keep it simple. Start with one to three go-to breakfast options each week and swap out options when you get tired of something.
- Get organized the night before. Set out dry goods, bowls, equipment, or pans. Have perishable ingredients prepped in the fridge or freezer ready to go for use in the morning.
- Batch cook and/or freeze breakfast meals when you can; this will allow you to simply reheat them in the morning. Examples include breakfast burritos, egg muffins, pancakes, quiche, hash, etc.

Quick Breakfast Options:

- Instant Oatmeal: Make it with your choice of fat-free or low-fat milk instead of water. Add berries, dried fruit, nuts or nut butters (*i.e. almond or peanut*), diced apple, or cinnamon.
- Breakfast smoothie: Blend with milk or yogurt, fruit, and bran. You can even sneak in some leafy greens by adding a handful of spinach or kale.
- Yogurt parfait: Top yogurt with granola, choice of fruit, nuts, and/or seeds.
- Bagel or Toast:
 - Spread low-fat cream cheese on a whole grain bagel or toast, and top with sliced strawberries, blueberries, peaches, or a combination.
 - Spread hummus on a whole grain bagel or toast, and top with sliced cucumbers and tomatoes.
 - Spread peanut butter on a whole grain bagel or toast, and top with sliced bananas.
 - Top a whole grain bagel or toast with sliced or mashed avocado, scrambled eggs, and salsa.
- Breakfast sandwich: Layer with lean meat or an egg cooked over-hard, low-fat cheese, lettuce, and tomato.
- Fruit and Protein: Slice an apple or some grapes and pair them with some sliced cheese or nuts.

Breakfast Egg Muffins

Ingredients:

- 12 eggs
- 1/4 cup low-fat milk
- Salt and pepper to taste
- 3/4 cup cherry tomatoes, quartered
- 1/2 cup onion, diced
- 1 cup spinach

Toppings (optional):

- Low-sodium salsa
- Avocado, diced
- Crumbled cotija or feta cheese

Directions:

1. Preheat oven to 350°F. Lightly grease muffin tin with cooking spray.
2. In a large bowl, whisk together eggs, nonfat milk, and black pepper.
3. Divide the egg mixture evenly between the 12 muffin pan cups, about halfway up each. Divide the tomatoes, onion, and spinach evenly into the muffin tins and bake for 20-25 minutes or until the egg is fully cooked.
4. Remove muffins from the oven and cool for five minutes in the pan. Use a knife to loosen the muffins from cups.
5. If using optional toppings, top each muffin with sliced avocado, a dollop of salsa, and a sprinkle of cheese. Serve and enjoy! Store in an airtight container (without toppings) in the refrigerator for up to four days and reheat when ready to serve.
6. Let egg muffins cool completely when freezing, then wrap them individually in plastic wrap and put them in a freezer safe zip lock bag. They will last up to two months. To reheat, unwrap from plastic wrap and fold them in damp paper towel. Heat in microwave for 20-second increments until warmed.

Source: Adapted from justataste.com

Berry Overnight Oats

Ingredients:

- 1/2 cup oats
- 1/2 cup low-fat milk (or milk of choice)
- 1/2 cup non-fat plain Greek yogurt
- 1 teaspoon chia seeds (optional)
- 1 cup mixed berries

Directions:

1. Add oats to container of choice (*i.e. jar with lid*) and pour in milk.
2. Layer yogurt, chia seeds, and berries. Refrigerate overnight and enjoy in the morning. Let steep for at least 8 hours in the refrigerator. Best eaten within 24 hours.

Source: quakeroats.com



Bean, Potato, and Vegetable Breakfast Hash

Ingredients:

- 4 cups potatoes, peeled, and cubed
- Salt and pepper to taste
- 1 (14.5 ounces) can pinto beans, rinsed and drained
- 1 cup zucchini, chopped
- 1 cup yellow squash, chopped
- 1 red bell pepper, chopped
- 1/2 cup mushrooms, sliced
- 1 1/2 teaspoons garlic powder
- 1 1/2 teaspoons onion powder
- 1/2 teaspoon paprika

Directions:

1. Preheat oven to 425°F.
2. Toss the potatoes with salt and pepper and spread out on a parchment-lined baking sheet. Let the potatoes bake for 20-25 minutes. Meanwhile, in a separate baking dish or cast-iron pan, mix the remaining veggies, beans, and spices together. Put the baking dish in the oven next to the potatoes, toss potatoes, and continue to bake both the potatoes and veggies for 15 minutes.
3. Stir the potatoes in with the veggies and beans, top with salsa, and serve.

Source: Karissa's Kitchen

Alaska Fun Facts

NICOLE NORDSTROM

Aurora Borealis, also known as the northern lights, are created by charged electrons and protons striking the earth's upper atmosphere.



The highest temperature recorded in Alaska was 100°F in Fort Yukon in 1915.

Alaska has over 100 volcanoes and volcanic fields.



The largest salmon ever caught was at the Kenai River; it was 97.5 pounds.



There are more than 3,000 rivers and three million lakes in Alaska.

The largest lake in Alaska is Lake Iliamna, which is about the size of Connecticut.

Utqiagvik, formally known as Barrow, has the longest and shortest day. When the sun rises on May 10, it doesn't set for almost three months. When it sets on November 18, it doesn't rise for almost two months.

More than half the world's glaciers can be found in Alaska.



The Pribilof Islands are home to the largest seal colony, with over one million seals.



If New York City had the same population density as Alaska, only 16 people would be living in Manhattan.

Source: <https://www.graylinealaska.com>

