

## 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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## Connect: Dinnertime Conversation Cards

### ANCHORAGE HEALTH EDUCATION

Dinner is the optimal opportunity for families to reconnect after a long, busy day. Dinnertime is the perfect tradition to establish or rekindle. This time offers a multitude of benefits to carry on from generation to generation. Eating dinner together allows for quality time, necessary bonding, lots of laughter, and sharing of story. If table talk needs to be refreshed, try utilizing Dinner Makes a Difference conversation card starters.

#### Kids can ask their parents:

- What did you do for fun when you were my age?
- Who was your best friend growing up? Tell me one story about the things you did together.
- What kind of food did you dislike as a kid but love now?
- What makes you laugh?
- What is your favorite memory?

# Family-Friendly Jokes

ASHLEY SCHROEDER

1. What did the mommy corn ask the baby corn?
  - Where is popcorn?
2. How do you make a tissue dance?
  - You put a little boogie in it!
3. What happens to an egg every time you look at it?
  - It becomes egg-sighted.
4. How does Darth Vader like his steaks?
  - On the dark side
5. Why do seagulls live by the sea?
  - Because if they lived by the bay, they would be bagels.
6. How did the Vikings communicate?
  - Through Norse code.
7. What do you call a ham that feels better?
  - Cured ham.
8. What do you call a cow with a twitch?
  - Beef jerky.
9. What's funny about 3 helium atoms?
  - He He He.
10. What do I do if I need some information about Alaska?
  - Alaska question.

Reference: <https://www.dadjokes.org>



## Tips to Deal With Tobacco Cravings

RUTHI BLATCHFORD

When those attempting to quit tobacco give in to smoking, it is most commonly because a life stressor occurred and tobacco is the normal go to. Next time think about this before you give in to tobacco: You are not eliminating the stress; you are feeding the addiction. Find ways to cope with the situation/stressor and stop the craving with these tips:

- Breathe in and out deeply.
- Call a friend.
- Unload the dishwasher.
- Listen to calming music.
- Take a walk.

Come up with your own methods and write them down. Life will always have elements of stress; you can face it without tobacco, and we can support you. If you are ready to quit, please contact your provider today to join SCF's Quit Tobacco Program.



# Diet and Gut Health

CALLIE BRAY



## Did you know we have a community of bacteria, referred to as the gut microbiome, that live in our gut?

These microorganisms live primarily in the large and small intestines. While some microorganisms are harmful to our health, many of them are beneficial and even necessary for a healthy body.

The helpful bacteria can stimulate the immune system, break down potential toxic food compounds, and help synthesize certain vitamins and amino acids. In addition, the bacteria in the large intestine breaks down compounds found in complex carbohydrates like starches and fiber. The digested complex carbohydrates and starches produce short chain fatty acids—which are a nutrient source. The short chain fatty acids aid muscle function and lowers the risk of chronic disease such as type 2 diabetes, obesity, heart disease, some cancers, and bowel disorders. Large families of good bacteria in the gut help to prevent overgrowth of harmful bacteria.

## How do you ensure you have the right types of good bacteria in your gut?

Eat a well-balanced diet and lead a healthy lifestyle. The foods you choose to eat are a crucial component of maintaining gut health and bacteria balance. Good gut bacteria get stronger when we eat colorful, plant-based foods such as vegetables, whole grains, low-fructose fruits, and beans. In addition, it is important to:

- Eat foods with prebiotics. These are naturally occurring, non-digestive food components that help promote the growth of good bacteria in your gut. Prebiotics are found in fruits, vegetables, and whole grains (i.e. bananas, onions, garlic, asparagus, broccoli, dandelion greens, seaweed, oats, barley, and beans).
- Eat foods with probiotics. These are the good bacteria, or live cultures, like those naturally found in the gut, that help change or repopulate the intestinal bacteria to balance gut flora. Probiotics are commonly found in fermented dairy foods, including yogurt, kefir products, and aged cheese. In addition, probiotics are also found in fermented foods such as pickled vegetables, kimchi, sauerkraut, miso, kombucha tea, and cultured non-dairy yogurts.
- Stay hydrated. The body needs water for healthy digestion, to absorb nutrients properly, and to maintain balance of good bacteria in the gut.
- Limit foods with added sugars and unhealthy fats. Eating a lot of sugar and fatty foods can cause an imbalance of gut bacteria which in turn can negatively influence the brain and behavior.
- Reduce stress. Stress can slow the digestive process, cause abdominal pain, interrupt what nutrients the intestines absorb, and can cause the body to absorb harmful gut bacteria. Stress especially affects those with chronic bowel disorders due to the gut nerves being more sensitive, changes in gut microbiota, changes in how quickly food moves through the gut, and/or changes in the gut immune response.
- Engage in regular exercise. Regular exercise helps increase and diversify the amount of good gut bacteria in the body.

**Note:** For specific advice on obtaining prebiotics, probiotics, or dietary needs for those with gastrointestinal issues, make an appointment with your provider or a dietitian.

### References:

Academy of Nutrition and Dietetics. Prebiotics and Probiotics: Creating a Healthy You. (2020, Feb.). Retrieved from <https://www.eatright.org/food/vitamins-and-supplements/nutrient-rich-foods/prebiotics-and-probiotics-creating-a-healthier-you>

Harvard T.H. Chan School of Public Health. The Microbiome. (2020). Retrieved from <https://www.hsph.harvard.edu/nutritionsource/microbiome/>

National Institute of Health. Gut Microbiome: Profound Implications for Diet and Disease. (2019, July). Retrieved from <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6682904/>

# Try these gut-healthy recipes:

## Berry-Kefir Smoothie

### Ingredients: serves 1

- 1 1/2 cups frozen mixed berries
- 1 cup kefir (or low sugar yogurt)
- 1/2 medium banana
- 2 teaspoons almond or peanut butter
- 1/2 teaspoon vanilla

### Directions:

1. Combine ingredients in a blender and blend until smooth. Enjoy!

Sources: [eatingwell.com](https://eatingwell.com)

## Fermented Dill Carrots

### Ingredients: Makes 1 quart

- 1 pound of carrots, peeled and cut into sticks of similar size (or enough to pack into quart jar)
- 1 tablespoon, non-iodized salt
- 1/2 teaspoon dried dill or 1 sprig fresh dill
- 3 cloves garlic, peeled and smashed
- Filtered water
- 1 quart-size jar with lid

### Directions:

1. Place the garlic, dill and salt into a quart-size Mason jar.
2. Pack carrot sticks, standing on end, into the jar as tightly as you can. This will prevent them from floating up the surface which increases the risk for spoilage. Make sure to keep the carrots covered with liquid at all times during fermentation.
3. Fill jar to within one inch of the top with filtered water, screw on the lid tightly and shake gently to mix.
4. Remove the lid to check that all of your carrots are still submerged, then screw the lid back onto the jar very loosely and allow the jar to sit at room temperature (70°F) for 3-5 days; try them at 3 days and see if you like their texture and sourness. If not, let them ferment longer, checking them each day. If your kitchen is warm (75-85°F), fermentation may happen more quickly.
5. Once you find your bliss point of crunch and sour, screw the lid on tightly and store in the refrigerator for up to 6 months.

Source: <https://therealfoodrds.com/fermented-carrots-dill/>

## Broccoli Quinoa Salad with Lemon Greek Yogurt Dressing

### Ingredients: serves 4-6

#### For the Dressing:

- 1/2 cup nonfat plain Greek yogurt
- 3 tablespoons nonfat milk
- 1 tablespoon olive oil
- 3 tablespoons lemon juice
- 1 tablespoon lemon zest
- Salt and pepper to taste

#### For the Salad:

- 6 cups broccoli, cut into bite-sized florets
- 1 cup uncooked quinoa
- 1/3 cup onion or shallot, finely chopped
- 1/2 cup fresh parsley, chopped
- 1/4 cup fresh tarragon, chopped
- 1/4 cup sliced almonds

### Directions:

1. Prepare the lemon yogurt dressing: In a medium bowl, whisk together the Greek yogurt, milk, olive oil, lemon zest, lemon juice, salt, and pepper. Set aside.
2. Prepare the salad: While you are prepping the vegetables, bring a large pot of salted water to a boil. While it heats, fill a large bowl with ice water. Add the broccoli florets to the boiling water and cook until crisp-tender, about 1-2 minutes. With a slotted spoon, transfer the broccoli to the ice water, leaving the boiling water in the pot. Drain the broccoli and transfer it to a kitchen towel-lined baking sheet. Lightly pat dry.
3. Return the water in the pot to a boil. Add the quinoa and cook until slightly al dente, about 12 minutes. Drain through a fine-mesh sieve so that the quinoa does not slip through. Transfer the drained quinoa to a large bowl. Toss with 2 tablespoons yogurt dressing and remaining 1/4 teaspoon kosher salt. Add 1/4 cup of the dressing, broccoli, shallot, parsley, tarragon, and almonds. Toss to combine. Taste and add additional salt and/or pepper to taste. Enjoy immediately or refrigerate until ready to serve.

Source: <https://www.wellplated.com/broccoli-quinoa-salad/>





# Exercise and Goal Setting

NATALIE HEARN

When it comes to improving our bodies physically, it can be easy to set big but vague goals for ourselves. We oftentimes say, “I want to lose weight.” or “I want to be stronger.” and we lose sight of our big goals when we start on the process of achieving them. If we choose to set SMART goals, we set ourselves up for success.

## SMART is an acronym:

- S** – specific
- M** – measurable
- A** – attainable
- R** – realistic
- T** – time bound

Working within these parameters will help you truly decide what main goal you would like to work toward. By peeling away the layers of a larger goal and making it incredibly specific, you automatically make it more manageable to stay on track.

Ready? We will work through it together. We will use the example of the big vague goal, “I want to be stronger” as we work through the steps.

First, we need to define what it is we want (*S-Specific*), when we want it (*T-Time bound*), and how we will know it has been completed (*M- Measurable*). Then, we need to ensure it is a goal that is within our reach (*R-Realistic*) within the timeframe set for ourselves (*A-Attainable*). Checking in with a provider to make sure your goal meets this framework is a great idea.

## Goal Worksheet:

### What is my main goal right now?

I want to be stronger so I can get up and down off the floor and play with my grandkids.

### Target date?

By July 15, 2020. *(It can be motivating to write this big on your calendar or put a reminder in your phone!)*

### How will I know I have reached my goal?

I will be able to get down and up off the ground three times in a row, feeling capable, without holding onto anything for support.

### This goal is important to me because...

I value time with my grandkids and would love to be able to interact with them, on their level, every time I see them.

Once you come up with all the specifics, it's important to take some time to go through what strengths you have, or what you're already doing a great job at that will help you achieve your goals.

### My key strengths that will help me achieve this goal are...

1. My determination to finish what I start.
2. My ability to follow an exercise routine consistently when I know it will benefit me.
3. My desire to be a bigger part of my grandkids' lives.

Identifying potential obstacles that might come up during the time you will be working on your goal and meeting them with an action plan prepares you and helps you think beyond and around the roadblocks.

### Obstacles that may arise/my plan for dealing with them

1. My aching knees/I will work with a physical therapist to make sure I'm doing everything I can to help my knees move better.
2. Lack of time for my exercise routine/I will schedule my routine into my calendar and split it into two 10-minute segments during the day.
3. Discouragement about my progress/I will keep track of my progress on a written spreadsheet, so I can remind myself how much I have accomplished so far.

Writing out an action plan with a few first steps will help you navigate the most challenging part: starting. Keep it simple and hang it up where you will see it in your home every day.

### My next best steps:

1. Book an appointment with a physical therapist.
2. Tell someone else about my goal so I can be accountable to them!
3. Put my exercise routine in my planner so I will see it every day.
4. Do 10 minutes of movement starting right now!

Setting **SMART** goals can help you achieve goals you have set for yourself. If we take some time to explore the why behind our goals, and the how-to of achieving them, we are already closer to reaching them. Continue to reassess and work through these questions as you move closer to your goal, or if you want to break down your bigger goal into smaller, more manageable ones.

## Now go get started defining your goals!



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