



## Stay Connected

Southcentral Foundation wants to stay connected with customer-owners through the COVID -19 pandemic by offering 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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## Father's Day Interview

ASHLEY SCHROEDER

This Father's Day have some fun with your child by asking them interview questions about dad (*grandpa, uncle, or godfather*). If your child is old enough to write, have them fill in the answers. If your child is younger, ask them these questions and fill-in the answers for them. Fathers will enjoy reading what their child's answers are.

### Father's Day Interview

Child's Name: \_\_\_\_\_ Child's Age: \_\_\_\_\_

This interview is about (Examples: dad, grandpa, uncle, or godfather): \_\_\_\_\_

Question	Answer
1 How old do you think he is?	
2 What is his first name?	
3 How tall do you think he is?	
4 What does he like to do?	
5 What is his favorite food?	
6 What is his favorite color?	
7 What makes him happy?	
8 What is your favorite memory with him?	
9 What is your favorite thing to do with him?	
10 Why is he special?	
11 What do you love most about him?	



## Grilling Tips and Recipes

**CALLIE BRAY**

Enjoy the long summer days by grilling outside. Whether you use a gas or charcoal grill, here are tips to enjoy outdoor cooking:

1. Preheat your grill with the lid closed for 10-15 minutes. Preheating will help to clean your grill and will prevent food from sticking to the grate.
2. Always start with a clean grill. It is easiest to clean grates when the grill is hot, so after preheating, use a sturdy metal brush to clean the grill grates. Be sure to brush off the grill, so metal fragments are removed.
3. Keep the lid down. This keeps the grill grates hot enough to sear foods, speeds up cooking time, and adds flavor to your food.
4. Control flare ups. If a flare up occurs, move food away from it and let the flare up burn off with the grill lid up. If the fire spreads, remove all foods from the grill and let the fire burn off the grease. If the fire gets out of control, remove food from grill and turn off the grill (gas grill) or close the vents and close lid (charcoal grill).
5. Watch your grill. Even just a short time away is enough time for the food to burn or a flare up to occur. Paying close attention will allow you to react quickly before things get out of control.
6. Know when to use direct and indirect heat. Direct heat, when the fire/flame is directly below the food, is best for foods that cook in 20 minutes or less. Direct heat is used to cook vegetables, burgers, shrimp, and searing meat. Indirect heat, when the fire is on either side of the food, is best for larger, tougher cuts of meat or other foods that require more than 20 minutes of cooking. Combination of both indirect and direct heat is commonly seen with large pieces of meat, which are seared over direct heat then slow cooked over indirect heat.
7. Use a grill basket or foil for foods that could fall through the grill rack or are difficult to turn over one by one (sliced vegetables, fruits, and fish).
8. For grilled vegetables, lightly coat them in olive oil to prevent sticking and drying out.
9. Cook to the right temperature. Use this chart from the U.S. Department of Agriculture and a meat thermometer to ensure all meat, poultry, seafood, and other foods reach a safe minimum internal temperature.
10. Allow your grilled meats to rest on a clean cutting board/plate for at least 10 minutes before carving. This will help the juices redistribute evenly in the meat which helps to retain flavor and tenderness.

Product	Food	Temperature (°F)
Beef, pork, veal, or lamb	Steaks, chops, roasts	145
Ground meats	Beef, pork, veal, lamb	160
	Turkey, chicken	165
Pork and ham	Fresh pork or ham (raw)	145
	Precooked ham (to reheat)	140
Poultry	Whole bird (turkey and chicken), duck, goose, breasts, legs, thighs, wings, etc.	165
Seafood	Fin fish	145
	Shrimp, lobster, and crab	Cook until flesh is pearly and opaque
	Scallops	Cook until flesh is milky white or opaque and firm



### References:

U.S. Department of Agriculture. (2019). Same Minimum Internal Temperature Chart. Retrieved from <https://www.fsis.usda.gov/wps/portal/fsis/topics/food-safety-education/get-answers/food-safety-fact-sheets/safe-food-handling/safe-minimum-internal-temperature-chart>



## Vegetable Kebabs

### INGREDIENTS: SERVES 4

- 2 cups mushrooms, whole
- 2 cups zucchini, cut into 1-inch circles
- 2 cups bell peppers, cut into 1 1/2-inch squares
- 2 cups onion, cut into 1-inch segments

### MARINADE:

- 1/3 cup balsamic vinegar
- 1/3 cup olive oil
- 1/4 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/4 teaspoon dried basil
- 1/4 teaspoon parsley

### DIRECTIONS:

1. Wash and prep vegetables.
2. In a bowl, whisk together marinade.
3. In a large bowl or plastic bag combine vegetables and marinade. Allow to sit for at least 10 minutes or up to an hour.
4. While vegetables marinate, preheat grill to medium high. Once vegetables have marinated, add them to skewer (mushroom, onion, zucchini, pepper, repeat).
5. Place kebabs diagonally on heated grill for 9-10 minutes. Flip and cook for an additional 5-6 minutes.

**Note:** If using wood skewers, soak them in water for at least 30 minutes before using them to cook with. This will help prevent them from catching on fire.

**Source:** <https://thecleaneatingcouple.com>

## Peach Salad with Grilled Basil Chicken

### INGREDIENTS: SERVES 4

#### Grilled Basil Chicken:

- 1 pound boneless, skinless chicken breasts
- 3 tablespoons olive oil
- 1/3 cup fresh basil, chopped
- 2 cloves garlic, minced
- 1 tablespoon lemon juice
- Salt and pepper

#### Vinaigrette:

- 1/3 cup olive oil
- 3 tablespoons balsamic vinegar
- 1 tablespoon honey
- 1 teaspoon Dijon mustard
- Salt and pepper

#### Salad:

- 10 ounces spring mix lettuce
- 1 pound peaches, sliced (about 3 small)
- 1/2 cup walnuts or pecans, chopped
- 1/2 small red onion, thinly sliced
- 4 ounces feta or goat cheese

### DIRECTIONS:

1. For the chicken: In a small mixing bowl whisk together olive oil, basil, garlic, and lemon juice and season with salt and pepper. Using the back of a spoon, press basil against sides and bottom of bowl (to help extract flavor from basil). Place chicken in a resealable bag and pound thicker parts of chicken to even thickness with a meat mallet, then pour basil mixture over chicken and evenly distribute basil over chicken. Seal bag while pressing excess air out, rub marinade over chicken, and transfer to refrigerator and marinate 2-5 hours.
2. Preheat a grill to 425 – 450°F over medium high heat. Place chicken on grill. Grill until cooked through, rotating once halfway through cooking, about 4-5 minutes per side (chicken should register 165 degrees in center of chicken on meat thermometer). Transfer to a cutting board and let rest 10 minutes, then slice into strips or dice into cubes.
3. For the vinaigrette: Whisk together all ingredients until well blended and season with salt and pepper to taste. Store in refrigerator until ready to use. Stir before pouring over salad.
4. For the salad: In a large salad bowl gently toss together lettuce, peaches, pecans/walnuts, onions, and grilled chicken. Sprinkle feta/goat cheese and drizzle with vinaigrette. Serve immediately after adding dressing. Enjoy!

**Source:** Adapted from Cooking Classy



# Moving More at Home

NATALIE HEARN

Working out while working from home presents new challenges and requires a solid strategy. Routine and the accountability of going somewhere else to work out has been interrupted during this quarantine, and we must get creative with moving at home.

The biggest catalyst for change is the environment in which you live. If you always pick the same spot on the couch or tend to minimize your trips up and down the stairs, it might be helpful to switch your perspective. If we see the same furniture in the same place day after day, we get used to our habits of sitting and manipulating our environments in a way that increases our sedentary lifestyle. Think for a moment now about your patterns of movement throughout the day, and what things you do to avoid expending more energy than necessary. Then, see if you can change your idea of what is more efficient, to what would provide more opportunities for movement.

Setting up an environment for moving more at home will remind you to move more often, and also helps you to integrate movements you may have previously considered gym movements into your daily life. This way of thinking allows greater accessibility for movement and exercise that is healthy and beneficial for your mind and body.

## Here are ways to incorporate more movement throughout the day:

1. Sit on the floor. Choose to use a floor cushion while working or watching television rather than sitting on the same spot on the couch. Change it up too. Switch positions on the floor often; this opens your hips and will help improve your flexibility. You also have to get up and down from the floor, which requires strength, balance, and flexibility. Make a challenge from it: how many different ways can you find to get up and down?
2. Put your most-used dishes in the bottom cabinet so you have to squat down each time you need one. The same goes for the fridge and other storage places in your home.
3. Take weights on a walk. Carry heavy things around the house with you. This will increase your full body strength quickly. Try to carry different weighted objects with you on your trips up and down the stairs, or from your bedroom to the kitchen, etc.
4. Take movement breaks throughout the day. If you have to sit in a meeting, be sure to spend a few minutes to move and stretch before you sit back down again. This will help your mental focus and decrease the time you are sedentary throughout the day.

Try some of these things today and see if you can start to incorporate more movement into your daily life. You might notice that you are stronger for everyday tasks and not just gym workouts.



## Health Benefits of Being Smoke Free

RUTHI BLATCHFORD

What are the benefits of quitting tobacco? The next few weeks I want to stress the amazing benefits of quitting tobacco, starting with the health benefits relating to the head and face region. Stay tuned next week for more health benefits relating to the heart and lungs. Good things happen when you quit to your head and face:

- **Sharp Hearing:** Quitting smoking will keep your hearing sharp. Remember, even mild hearing loss can cause problems, such as not hearing directions correctly and doing a task wrong.
- **Better Vision:** Stopping smoking will improve your night vision and help preserve your overall vision by stopping the damage that smoking does to your eyes.
- **Clean Mouth:** After a few days without cigarettes, your smile will be brighter. Not smoking now will keep your mouth healthy for years to come.
- **Clear Skin:** Quitting smoking is better than anti-aging products. Quitting can help clear up blemishes and protect your skin from premature aging and wrinkling.

**Reference:** Centers for Disease Control and Prevention 2020. Retrieved from: <https://www.cdc.gov/tobacco/campaign/tips/quit-smoking/guide/rewards-of-quitting.html>



## DIY Playdough

NICOLE NORDSTROM

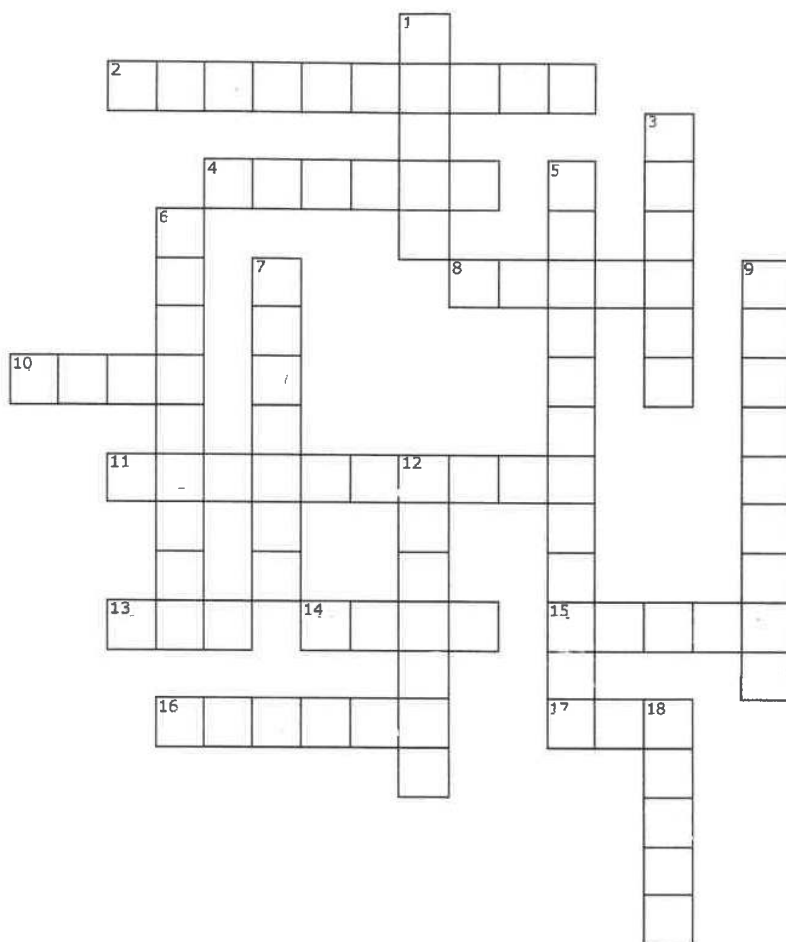
### INGREDIENTS:

- 1 cup white flour, 1/2 cup for later
- 1 cup warm water
- 2 tablespoons salt
- 2 tablespoons cream of tartar
- 2 tablespoons cooking oil
- 1 (3-ounce) Jell-O pack

### DIRECTIONS:

1. Mix all ingredients (besides 1/2 cup flour) together in a small saucepan.
2. Cook over medium heat, stirring continuously until it thickens into a ball of dough.
3. Once it has finished cooking, place the dough onto a floured cutting board and wait for it to cool.
4. Once cooled, knead the dough, adding the additional flour until it is no longer sticky.
5. Now the kids can play with the dough!
6. When finished playing, store the dough in the refrigerator in an airtight container. It will keep for a few weeks in the refrigerator, with daily use. If at any time it starts to get sticky, just add more flour.

Source: <http://modernparentsmessykids.com>



## Brain Games Crossword Puzzle

ANCHORAGE HEALTH EDUCATION

### Across ➡

2. Not part of our culture 4. Fiddlehead ferns
8. Tinman didn't have one
10. Toddler Time
11. The Cancer I Can Prevent
13. Where Alaska Natives go to for news
14. The Power of \_\_\_\_ is a cancer support group at SCF
15. \_\_\_\_ gold stars, Big Dipper and Polaris
16. I can get heart healthy Omega 3 by eating
17. We are \_\_\_\_ STRONG

### Down ↓

1. Fireweed makes immune building
3. Whales are good for making
5. Track your daily exercise with
6. Weight Management Program
7. In 9 months \_\_\_\_ one, by, one our tribe will grow
9. Learning Circles are open to
12. Lets go \_\_\_\_ to get some fresh air
18. Beans are a great source of

## Last Week's Brain Teaser Answers:

- |                           |                |                         |                  |
|---------------------------|----------------|-------------------------|------------------|
| 1. History repeats itself | 4. Square meal | 7. One in a million     | 10. Equal Rights |
| 2. Repeat after me        | 5. Ice cube    | 8. The Land Before Time | 11. Banana split |
| 3. Read between the lines | 6. Settle down | 9. Big Bird             | 12. Blanket      |



HAPPY  
FATHER'S  
DAY

marco