

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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Bike Safety

ASHLEY SCHROEDER

It is summer and biking is a great way to get moving. For children, biking provides physical exercise, transportation, and some independence depending on their age. Bike safety is an important consideration for all. Helmets should be used any time a child rides a bike to reduce head injuries. Injury risk is reduced by 45% when a helmet is worn. Unfortunately, only about half of all children under the age of 14 wear a helmet when riding their bikes. Helmets must be fitted to the child; not loose enough to tip back on the head, but not so tight that it sits on top of the head versus surrounding it.

Other safety considerations to keep in mind include the time of day your child is riding their bike. When riding early in the morning or during the evening, attach a flashing light to your child's clothes, backpack, or bike. Reflectors may also be attached to provide increased visibility. Have your child wear high visibility and bright-colored clothing instead of white or dark clothing. The contrast of the colors also provides increased visibility. Lastly, instruct your child on the rules of the road such as stopping to look both ways and listening for vehicles before crossing the road. When biking, always have your child use the sidewalk or trail when available. When road travel is required, ensure children know how to properly use a crosswalk and instruct them to always ride their bike on the far right-hand side of the road.

As always, adults can join in and ride their bikes. Helmets protect everyone from injury. Enjoy the summer and have fun biking safely!

Reference: <https://www.safekids.org/bike>

Strength Training

JEFF LAYTON

When speaking with individuals about their experience with exercise, I find that many customer-owners have spent significant time using various pieces of cardiovascular exercise equipment including treadmills, ellipticals, rowing machines, etc. Few have much, if any, experience using strength training equipment. When I ask what has prevented them from making strength training part of their routine, there are various answers I hear. The most common answer is customer-owners don't know how to start strength training and are worried they will get injured if they do something wrong.

The benefits of strength training are well established by research. People who do it have a lower risk of falling, report higher quality of life ratings, have stronger bones and muscles, and are less likely to develop Type 2 diabetes, just to name a few.

Clearly, any time spent participating in strength training is time well spent. If you are unsure of how to start, please know there are employees at Southcentral Foundation today who are eager to help. Teams of exercise physiologists work with customer-owners at the wellness centers on the Alaska Native Health Campus in Anchorage and the *Benteh Nuutah* Valley Native Primary Care Center in Wasilla. They are well-trained, knowledgeable, and experienced in helping customer-owners of various levels of fitness achieve the benefits of strength training. To get started, call your nearest wellness center and set up an initial consultation with an exercise physiologist. They will help you develop a well-rounded plan and teach you how to safely perform exercises, so you can start experiencing the unparalleled benefits of strength training.



Health Benefits of Being Smoke Free Series

RUTHI BLATCHFORD

What are the benefits of quitting tobacco? The next few weeks I want to stress the amazing benefits of quitting tobacco. This week I want to share the health benefits being smoke free has related to the heart and lungs. Stay tuned next week for more health benefits being smoke free has relating to the other major systems. Good things happen to your heart and lungs when you quit tobacco:

Heart

- **Decreased Heart Risks:** Smoking is the leading cause of heart attacks and heart disease. These heart risks can be reversed simply by quitting smoking. Quitting can lower your blood pressure and heart rate almost immediately. Your risk of a heart attack declines within 24 hours.
- **Thin Blood:** Another effect of quitting smoking is that your blood will become thinner and less likely to form dangerous blood clots. Your heart will also have less work to do, because it will be able to move the blood around your body more easily.
- **Lower Cholesterol:** Quitting smoking will not get rid of the fatty deposits that are already in the arteries, but it will lower the levels of cholesterol and fats circulating in your blood. This will help to slow the buildup of new fatty deposits in your arteries.

Lungs

- **Stop Lung Damage:** Scarring of the lungs is not reversible. That is why it is important to quit smoking before you do permanent damage to your lungs. Within two weeks of quitting, you might notice it's easier to walk up the stairs because you may be less short of breath. Don't wait until later; quit today!
- **Prevent Emphysema:** Emphysema is a lung condition which causes shortness of breath. There is no cure for emphysema. Quitting when you are young, before you have years of damage to the delicate air sacs in your lungs, will help protect you from developing emphysema later.
- **Return of Cilia:** Cilia works to keep the airways clear of dirt and mucus, allowing individuals to breathe easily. Cilia start to regrow and regain normal function very quickly after you quit smoking. They are one of the first things in your body to heal. People sometimes notice that they cough more than usual when they first quit smoking. This is a sign that the cilia are coming back to life. You're more likely to fight off colds and infections when your cilia are working properly.

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

Snack Tips and Recipes

CALLIE BRAY

Did you know that snacks can be a part of a healthy eating plan? A healthy snack can provide a boost of energy in between meals or after exercise. A snack can also improve concentration, add to your daily intake of essential nutrients, decrease hunger, and can help prevent you from overeating at mealtime. To help keep energy levels consistent, aim to eat your snack halfway between your meals.

What makes a healthy snack?

For a healthy snack option, aim to include fruits, vegetables, whole grains, low-fat dairy, and healthy fats. Try to avoid snacks that are high in added sugars, sodium, and unhealthy fats. Nutrient poor snacks that are high in sugars will give you a quick burst of energy followed by a crash that will leave you hungry, cranky, and sleepy. A healthy snack will include a mix of complex carbohydrates (*whole grains, fruit, and starchy vegetables*), protein, and healthy fats. Protein takes longer to digest than carbohydrates, so eating a protein with a carbohydrate slows down the digestion. This will also keep blood sugars steady and keep you feeling full longer.

Snack combination ideas:

1. Grapes or apples with sliced cheese
2. Sliced vegetables, whole wheat crackers, or a combo with hummus
3. Sliced apple and celery with peanut butter or a handful of nuts
4. Berries with yogurt or cottage cheese
5. Whole wheat toast with a hardboiled egg and sliced avocado
6. Whole grain tortilla with turkey slices
7. Tortilla chips, salsa, sliced vegetables, and berries

Tip: Save time and money and reduce stress by prepping your snack ahead of time.

Hummus

Ingredients: serves 4

- 1 (15 ounce) can garbanzo beans, rinsed and drained
- 2-4 tablespoons water
- 3 tablespoons tahini
- 2 1/2 tablespoons fresh lemon juice
- 2 tablespoons extra virgin olive oil, plus more for serving
- 1 medium garlic clove
- 1/4 teaspoon ground cumin
- Salt, to taste
- Paprika, optional

Directions:

1. Add garbanzo beans, 2 tablespoons water, tahini, lemon juice, olive oil, garlic, and cumin to a food processor.
2. Season with salt to taste, then process for 5 minutes until smooth and fluffy. Add reserved liquid to thin as needed (note that it will thicken once chilled).
3. Store in refrigerator in an airtight container up to one week.
4. If desired, plate then swirl in center and add more olive oil, sprinkle with paprika.

Source: www.cookingclassy.com

Healthy Trail Mix

Ingredients: serves 4

- 1 cup raw unsalted almonds
- 1 cup raw unsalted cashews
- 1/4 cup pumpkin seeds
- 1/4 cup dark chocolate chips
- 1/4 cup unsweetened dried cranberries

Directions:

1. Preheat oven to 225°F.
2. Spread almonds and cashews on a sheet tray. Roast until nuts are lightly brown and fragrant, about 20 minutes. Sprinkle with salt if desired. Let cool.
3. Mix the nuts with the chocolate chips and dried cranberries.

Note: This can be stored in an air-tight container for up to two weeks.

Source: Callie Bray, Valley Wellness Center



Men's Wellness Month

ANCHORAGE HEALTH EDUCATION

June is Men's Wellness Month. To improve men's wellness, we are sharing information on prostate cancer screenings. It can be difficult for people to talk about cancer screenings due to feelings of unease, worry, or discomfort. However, it is important we aim to work through those feelings and learn more about prostate cancer, risk factors, and adopting traditional healthy ways of eating and exercising. These efforts can have a positive impact through prevention or early detection. Please take a few minutes to test your understanding about prostate health below.

True or False:

QUESTION	TRUE	FALSE	NOT SURE
1. The prostate is a gland found only in men.			
2. Routine prostate screening is recommended for ages 50 and older.			
3. Prostate cancer can be detected early.			
4. Only men need to know about prostate cancer.			

Answer Key:

1. True:
Women do not have a prostate gland. The prostate is a gland found only in men. It's about the size of a walnut, located just below the bladder, and keeps growing until a man reaches adulthood.
2. False:
Currently there is no recommendation on when to start screening. Men should make individual decisions about being screened for prostate cancer. Before deciding, men should talk to their provider about determining if screening is right for them.
3. True:
In some cases, prostate cancer gets detected so early on that the only form of treatment recommended is active surveillance and careful monitoring.
4. False:
It is good for everyone to learn about cancers that affect both men and women. Sometimes the support of a spouse or a loved one can be enough to encourage someone to get screened.



Facts about prostate:

- The prostate starts to develop before birth and keeps on growing until a man reaches adulthood. Male hormones cause this growth. If male hormone levels are low, the prostate gland will not grow to full size. In older men, the part of the prostate around the urethra can become enlarged which causes benign prostatic hyperplasia. This can make it hard to pass urine and is a problem that must be treated, but it is not cancer.
- The exact cause of prostate cancer is not known, but some prostate cancers (about 5-10%) are linked to abnormal genes inherited from parents.
- Prostate cancer may also be linked to higher levels of certain male hormones.
- Even though we do not know the exact cause of prostate cancer, we do know that certain risk factors are linked to it.

Prostate Cancer Risk Factors (a risk factor is anything that effects a person's chance of getting a disease such as cancer):

- Being age 50 or older.
- Excessive red meat or high fat dairy consumption.
- Not eating enough fruits and vegetables.
- Relatives who have had prostate cancer (the risk is higher if their relatives were young when they got prostate cancer).
- Inheriting genes that raise the risk of prostate cancer.

Early Detection:

- Some prostate cancers are found early by testing the amount of prostate specific antigen in the blood. Prostate specific antigen is a substance made by the prostate.
- Another way prostate cancer is found early is when the health care provider does a digital rectal exam. A doctor can administer a digital rectal exam to physically feel whether the prostate has become enlarged or has bumps on the prostate tissue.

Prostate Cancer Signs and Symptoms:

Knowing the signs and symptoms of prostate cancer can aid in early detection and diagnosis, leading to a more positive outcome. According to the Centers for Disease Control and Prevention, the prostate cancer signs and symptoms to look for include:

- Difficulty urinating and weak or interrupted flow of urine.
- Frequent urination, especially at night.
- Difficulty emptying the bladder.
- Pain or burning during urination.
- Blood in urine.
- Pain in the back, hips, or pelvis that doesn't go away.
- Painful ejaculation.

Schedule an appointment with your primary care team to discuss any concerning symptoms or risk factors to determine if testing for right for you.

References:

Circle of LifeSM: Cancer Education and Wellness for American Indian and Alaska Native Communities Cancer Types- Rev. 10.20.15 Page 52
Centers for Disease Control Prevention. Retrieved from: <https://www.cdc.gov/cancer/prostate/index.htm>

Finish the Proverb

NICOLE NORDSTROM

Finish the Proverb

- If it ain't broke, don't _____ it.
- Know which way the wind _____.
- For every _____, there is a season.
- Let not the sun go down on your _____.
- The early _____ catches the worm.
- Take it with a grain of _____.
- A friend in need is a friend _____.
- Beauty is only _____ deep.
- All that glitters is not _____.
- A _____ cannot change its spots.
- Let bygones _____ bygones.
- The _____ hour is just before the dawn.
- Let _____ dogs lie.
- Great _____ think alike.

Word Search Answers

Across ➡

2. Not part of our culture
4. Fiddlehead ferns
8. Tin Man didn't have one
10. Toddler Time
11. The Cancer I Can Prevent
13. Where customer-owners go to for SCF 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 a mother will deliver a _____
9. Learning Circles are open to
12. Lets go _____ to get some fresh air
18. Beans are a great source of



