

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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Importance of Community

ASHLEY SCHROEDER

What does community mean to you? Community can be defined as the place you live, a group of people who share a common historical background, or cultural heritage. It could also be a group who shares common interests and sees themselves as being distinct from a greater body of people.

What if the word community could go beyond these definitions to include someone's group of trusted helpers; people who can be counted on to lend a hand when needed: with childcare, rides, projects, or meals. This community of people takes time to build and is worth the effort. Changing the perception of community to include social supports for each other can have beneficial effects on health.

Those who give and receive help from a community support system demonstrate an increase in health-related factors, such as decreasing the stress response and activation of the sympathetic nervous system, decreased systemic inflammation, modulation of the immune system, decreased blood pressure, and decreased heart rate.

In these times where a person's community may be stretched far and wide or may feel nonexistent in observance of social distancing, it is important to determine how to receive and provide support.

Start by creating a list of the people in your life who you can count on. You can even include the specific skills they bring to your community (*for example: someone who is good at household projects or a neighbor may help plow the driveway if asked*). Building a community of support helps strengthen all of us by facing stress together. It is okay if there aren't many members, begin with what you have and build from there.

References:

Inagaki, T. K. (2018). Neural mechanisms of the link between giving social support and health. *Annals of the New York Academy of Sciences*, 1428(1), 33-50. doi:10.1111/nyas.13703

Jalali-Farahani, S., Amiri, P., Karimi, M., Vahedi-Notash, G., Amirshakeri, G., & Azizi, F. (2018). Perceived social support and health-related quality of life (HRQoL) in tehranian adults: Tehran lipid and glucose study. *Health and Quality of Life Outcomes*, 16(1), 90-9. doi:10.1186/s12955-018-0914-y



Toddler Time Craft

ANCHORAGE HEALTH EDUCATION

Jellyfish Suncatcher

Supplies:

- Tissue paper
- Black construction paper
- Contact paper or wax paper
- Ribbons or yarn
- Scissors
- Tape
- Glue

Preparation:

- Cut ribbon or yarn into strips.
- Cut tissue paper into squares.
- Cut black construction paper into jellyfish shape.

Directions:

1. Adhere contact paper to jellyfish shape (wax paper will need to be glued).
2. Apply tissue paper to contact paper (wax paper will need to be glued).
3. Apply ribbon or yarn to bottom of jellyfish shape (use glue or tape if needed).
4. If glue was used, let dry.
5. Decorate any window with your jellyfish suncatcher.



Join us for the next virtual Toddler Time.

Toddler Time creates a supportive environment for toddlers to flourish. Caregivers and toddlers have fun while strengthening their bond, building meaningful relationships, and mastering new skills.

Here is a list of activities:

- Zumbini
- Arts and crafts
- Story time
- Healthy habits education

Anchorage Toddler Time | Wednesdays, 10 – 10:50 a.m. via Zoom

Meeting ID: 966-1195-2949 | Password: HealthEd

**Matanuska-Susitna Borough Toddler Time | every other Friday,
10 – 11 a.m. via Zoom**

Contact VNPCC Wellness Center to register for classes (907) 631-7630

Seasonal Fruits and Vegetables

Callie Bray

As the weather gradually changes, we enter a new growing season for fresh produce. Each season offers a beautiful array of fresh produce, changing what may or may not be available. Eating seasonal produce has many benefits:

1. High nutritional value

In-season produce is more likely to be fresh and consumed closer to harvesting, therefore decreasing the storage time. When produce is stored for long periods of time due to shipping and transportation, the phytonutrient content decreases.

2. Tastes better

In most cases, in season produce naturally ripens on the vine or tree and was harvested at the right time allowing for more flavor.

3. Less expensive

When a large abundance of a specific crop is harvested, the overall cost will go down, making it cheaper for the consumer. In addition, if produce is locally sourced because it is in-season in your area, shipping and storage fees are significantly less than with imported foods.

Many stores and retailers supply Alaska Grown products year-round. To find a store location where you can get these products visit <http://www.buyalaskagrown.com/buy/stores/>.

In addition, you can visit local farmer's markets in your area by going to the Alaska Farmer's Market Associations Directory here <https://www.alaskafarmersmarkets.org/market-directory/>.

Below is a general list of summer fruits and vegetables.

- | | | | | |
|----------------|------------------|------------------|-----------------|-------------------|
| • Apricots | • Cauliflower | • Grapes | • Onions | • Shallots |
| • Avocados | • Celery | • Green beans | • Parsley | • Spinach |
| • Bananas | • Cherries | • Honeydew melon | • Peaches | • Strawberries |
| • Beets | • Cilantro | • Kale | • Plums | • Sugar snap peas |
| • Bell peppers | • Collard greens | • Kiwifruit | • Potatoes | • Summer squash |
| • Blackberries | • Corn | • Kohlrabi | • Radishes | • Swiss chard |
| • Blueberries | • Cucumbers | • Lettuce | • Raspberries | • Thyme |
| • Broccoli | • Currants | • Mangos | • Rhubarb | • Tomatoes |
| • Carrots | • Eggplants | • Nectarines | • Rosemary | • Watermelon |
| • Cantaloupe | • Garlic | • Okra | • Salmonberries | • Zucchini |

Here are tips to keep in mind when using and shopping for fresh produce:

- Freeze fresh produce at the peak of its season so you can enjoy it throughout the year.
- When purchasing, be sure to select produce that is not bruised or damaged.
- Frozen, canned, and dried fruits and vegetables can also be healthy choices.
- Be sure to compare food labels and choose items that are lowest in sodium and added sugars.
- For canned fruit, choose fruit packed in water or its own juices (avoid syrup).
- For canned and frozen vegetables, choose vegetables without sauces that can be high in saturated fat and sodium.
- Wash all fresh produce before eating.



Grilled Halibut with Tomato Avocado Salsa

Ingredients: serves 4

- 4, 3-ounce halibut filets
- Olive oil
- Salt and pepper to taste

For the Salsa:

- 1 pint cherry tomatoes, sliced
- 1 avocado, peeled, pitted, and chopped
- 1/2 shallot, thinly sliced
- 1 tablespoon fresh basil, sliced
- 1 tablespoon olive oil
- 1 1/2 teaspoons balsamic vinegar
- Salt and pepper to taste



Directions:

1. Preheat grill on high heat for 10-15 minutes. Drizzle the halibut filets with olive oil and season with salt and pepper. Place prepped fish on plate and set aside.
2. Prep salsa ingredients and place into a medium sized bowl. Drizzle with olive oil and balsamic vinegar and toss to coat. Set aside.
3. Gently press halibut filets fish side down on the grill grate and cook for about 5 minutes on each side or until fish is opaque and flakes easily. Alternatively, bake fish in oven at 400°F for 12-15 minutes or until halibut flakes easily with a fork.
4. Place cooked fish onto a plate and top with salsa. Pairs well with a leafy green salad, brown rice, or quinoa. Enjoy!

Source: Adapted from foodiecrush.com

Stone Fruit Kale Barley Salad

Ingredients: serves 4

For salad

- 1/2 cup barley
- 1 cup water
- 1 bunch Lacinato kale, stems removed, and leaves chopped
- 2 cups pitted and roughly chopped stone fruit (peaches, nectarines, plums, cherries)
- 2 scallions, thinly sliced
- 1 tablespoon chopped fresh parsley
- 1/4 cup roughly chopped pistachios

For the Vinaigrette:

- 1 tablespoon fresh lemon juice
- 1 teaspoon Dijon mustard
- 1/2 teaspoon kosher salt
- 1/4 teaspoon black pepper
- 2 tablespoons olive oil

Directions:

1. In a medium saucepan, combine the barley and water. Bring to a boil, reduce heat and simmer for 25-30 minutes or until tender. Let stand for 2-3 minutes and fluff with a fork. Transfer to a large bowl.
2. Stir the kale, fruit, scallions, parsley, and pistachios into the barley.
3. For the vinaigrette, in a small bowl, combine the lemon juice, mustard, salt and pepper. Whisk in the olive oil until fully combined.
4. Toss salad with the vinaigrette before serving.

NOTE: The barley can be made up to two days in advance.

Source: lastingredient.com

Mindful Movement in Pregnancy

NATALIE HEARN

Sometimes the information about movement and exercise during pregnancy can seem overwhelming. Make sure you are communicating with your provider about your activity and be sure to listen to your body when something does not feel right. Here are five tips for moving that keep it practical and simple:

1. See a pelvic health physical therapist during pregnancy to help you learn how to properly engage the core and pelvic floor, and prepare mothers for delivery. Plan on seeing the physical therapist afterwards too, for restorative exercises in postpartum.
2. Get outside. Walking in nature has so many health benefits and walking on varied surfaces and different inclines will help strengthen hips, feet, boost your mood, and longer walks can improve your endurance for labor.
3. Use weights. Squat, lunge, lift, carry, and twist because these are the motions you will find yourself doing all day, every day as a new mom.
4. Practice mindful breathing. Listening to soothing music and meditating can be helpful for calming down the nervous system and help you prepare mentally for what is to come.
5. Practice labor and birthing positions often and with a partner if you will have one at the birth. Having that muscle memory is extremely helpful when it is time for birth.

Check in with your body often and be sure to stay hydrated and nourish your body with good foods as you're moving through pregnancy.



Tobacco: The Value of Support

RUTHI BLATCHFORD

When individuals are going through the first stages of tobacco withdrawal there are several things they can do to stop tobacco cravings. The cravings can be overwhelming at times and making a plan and having support to manage them is important. There is tremendous value of having support from friends and loved ones during this journey of becoming tobacco free.

If you are the friend or family member of someone experiencing a quit tobacco journey, here are tips to support them in their endeavors:

- Take a walk together
- Play a card game
- Dance it out
- Listen to a podcast together
- Do the dishes/fold a load of laundry
- Exercise
- Tell each other jokes

If you are supporting someone in their attempts to be tobacco free, remember these tips as well:

- Avoid lecturing, nagging, or scolding
- Have patience and offer positive words
- Have grace if they stumble
- Celebrate successes, little and big (even a small note of encouragement is powerful)
- Help them de-stress by listening and offering smoke-free de-stressors like deep breathing or yoga

Support can play a big part in a friend and loved one's journey to be smoke free. If you or someone you know would like assistance in quitting tobacco, contact the SCF Quit Tobacco Program:

- Anchorage | Health Education | (907) 729-2689
- Matanuska-Susitna Borough | VNPCC Wellness Center | (907) 631-7630

