



## 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.

### IN THIS NEWSLETTER:

- **Importance of Community: Continued** | Ashley Schroeder
- **Connecting with Elder Community Members Through Storytelling** | Caroline Wolkoff
- **Nutrition Highlight: About Healthy Fats + Recipes** | Callie Bray
- **Walking Meditation; Give it a Try** | Jeff Layton
- **Tobacco: Break The Cycle of Tobacco** | Ruthi Blatchford
- **Coloring Activity** | Mary Epchook

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## Importance of Community: Continued

ASHLEY SCHROEDER

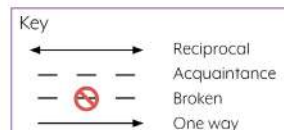
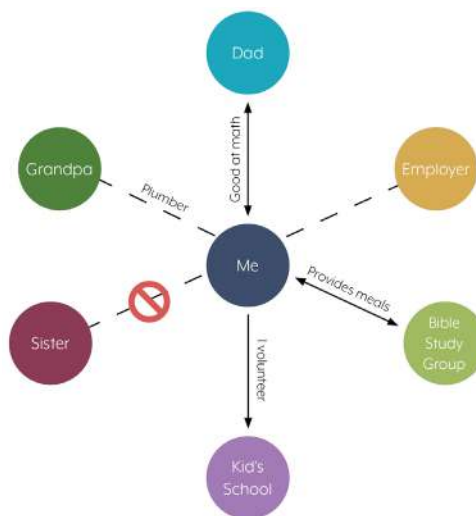
In your personal bubble of community, there are often mutually beneficial connections in which both parties give and receive physical, mental, and emotional service based on their unique talents or traits. These can be referred to as helper relationships. To form a helper relationship, start by determining what kind of relationship already exists and if that relationship can be altered to support serving and helping one another in unique and personal ways.

One great way to visualize helper relationships in your life is to use a tool called an ecomap. To create one of your own:

1. Position yourself at the center of this map, and around you, write the names of the people in your immediate community. This can be neighbors, friends, parents, siblings, children's teachers, coworkers, or anyone else you can think of who you have some sort of relationship with. Entities, such as churches, school programs, and professional groups can also be listed.
2. Draw lines connecting yourself to these names. Each line type can represent the quality or type of the existing relationship. For example, a dotted line may represent an acquaintance. A dark solid line may represent the strongest relationships in your bubble. A line with two arrows may indicate a relationship that is already reciprocal in a practical way. You may even choose to represent broken relationships.
3. Next to each line of connection, begin writing a list of skills or social supports each member brings, or has the potential to bring, to your community. Highlighting these connections gives you a good idea about the quality of relationships within your personal community. It also allows you to think about how certain relationships may be explored further, possibly deepened, or repaired back to a level that is beneficial to the well-being of both parties.

Use this exercise to deepen the development of personal social supports, possibly adding to or changing the nature of the relationship (if it is healthy to do so) and reap the overall benefits of giving and receiving support.

Ecomap exercise inspired by Strengthening Families Alaska, and the idea is being used with permission.



# Connecting with Elder Community Members Through Storytelling

CAROLINE WOLKOFF

"The shortest distance between truth and a human being is a story."

Anthony de Mello

Elder community members often hold the key to wisdom and knowledge that has been learned through lessons about culture, traditions, and language passed on from generation to generation. Storytelling is one way for families to create a strong foundation, binding the past and the present through oral history. The art of storytelling is healing. It is an informal health-practice that allows our spirit to connect to memories that are important to the history of our family.

Telling stories may improve the storyteller's self-esteem, enhance feelings of control and mastery over life, and often expands the vision for one's own life. The use of photos or drawings can be a kinder way to ask questions and warm up to storytelling; pictures tell life stories. Storytelling also supports improved cognition, lessened depression, and improved behavior.

## 10 Benefits of Storytelling

Rives. M. (Dec 4, 2018)

1. The person experiences a sense of accomplishment by telling a story.
2. Storytelling promotes self-esteem and confidence.
3. It provides the opportunity to shine.
4. Social interaction skills improve.
5. Creative expressions increase.
6. Elder community members may become engaged in more positive ways.
7. Storytelling encourages verbal skills.
8. It provides a therapeutic chance to communicate.
9. The listener replaces the pressure to remember and allows them to imagine.
10. Storytelling sessions help to improve family bonds between generations.

Everyone benefits, even young members of the family get to experience a fun side of their grandparents or great-grandparents.

The isolation experienced by people during the COVID-19 pandemic has drastically changed our lives. It has become increasingly important to connect with extended families and, especially Elder community members. To lessen feelings of isolation and depression, "Let us bring out the photos and encourage memories and tell the stories of our lives. Continue to preserve and strengthen family bonds by weaving storytelling connections between generations" (Rives, Dec 2018).



## Elder Wellness Learning Circle

Every Thursday in August

12:30 - 1:30 p.m.

We are excited to announce Anchorage Health Education's upcoming Elder Wellness Virtual Learning Circle. Participants can build community through engaging activities and participate in conversations about disease and cancer prevention. Elder Wellness Learning Circle is open to all SCF employees and customer-owners ages 55 and older.

### Join Zoom Meeting

<https://bit.ly/2Xl0mXl>

Meeting ID: 937 5949 4088

Password: HealthEd

To participate online, please follow these simple steps:

1. Visit Zoom.us in your browser on the day and time of the desired class.
2. Select "Join a Meeting" in the top left corner of the screen.
3. Enter the meeting ID for the desired class.
4. Enter the meeting password: HealthEd
5. Get connected!

To call in and participate via phone, follow these simple steps:

1. Call (646) 558-8656 on the day and time of your desired class.
2. When prompted, enter the 11-digit meeting ID for the desired class, then press #.
3. Get connected!

### Reference:

Rives, M. MHA, BA, MS, Website: ThriveandShine.com

<https://thriveandshine.com/2018/12/04/storytelling-10-benefits-for-elders/>

# Nutrition Highlight: About Healthy Fats + Recipes

CALLIE BRAY

Not all dietary fats are harmful. In fact, they are a crucial component to a well-balanced diet. Dietary fats are a source of energy, help the body absorb some vitamins and minerals, and support cell growth. The different types of dietary fats include:

## Healthy Monounsaturated



### Examples:

- Olive, peanuts, and sunflower oil
- Nuts - almonds, pecans, pistachios, hazelnuts, and peanuts
- Avocados
- Peanut and almond butter
- Part of most animal fats such as chicken, beef, and wild game

## Healthy Polyunsaturated



### Examples:

- Fatty Fish - salmon, sardines, light tuna
- Walnuts
- Sunflower, pumpkin and flax seeds
- Wheat germ
- Sunflower oil

## Saturated



### Examples:

- Whole milk
- Butter
- Cheese
- Ice cream
- Coconut and palm oils
- Meat products - sausage, bacon, beef, hamburgers
- Eat in moderation

## Trans



### Examples:

- Vegetable shortening
- Partially hydrogenated vegetable oil found in baked foods
- Margarine
- Deep fried foods
- Try to avoid

Dietary fats are composed of a mix of polyunsaturated, monounsaturated, and saturated fatty acids in varied proportions. Fats that have higher amounts of polyunsaturated and monounsaturated acids are usually liquid at room temperature and are referred to as oils while fats with higher amounts of saturated fatty acids are usually solid at room temperature.

Fats have different effects on cholesterol levels. Saturated and trans fats negatively affect cholesterol levels, raising low-density lipoprotein cholesterol, while unsaturated fats positively affect cholesterol levels by raising high-density lipoproteins cholesterol levels. To lower risk of heart disease and stroke, it is important to focus on eating beneficial fats, limit foods high in saturated fats, and avoid trans fats as part of a well-balanced diet. Fats, even healthy fats, are high in calories; intake should be limited to 20 - 35% of total daily caloric intake.

Enjoy these recipes that use healthy fats!

## Apple Slice Cookies

### Ingredients: serves 5

- 1 red apple
- 1/4 cup peanut or almond butter
- 1-2 tablespoons walnut pieces, chopped
- 1-2 tablespoons mini chocolate chips

### Directions:

1. Slice apple into 1/4 inch rounds removing the core.
2. Spread layer of peanut butter on each slice. Top with walnuts and chocolate chips. Enjoy!





# Roasted Salmon Head

## Ingredients: serves 3

- 1, 3 pound fish head
- 1 teaspoon paprika
- 1 teaspoon garlic powder
- 1 tablespoon salt-free Mrs. Dash, original seasoning
- 1-2 tablespoons olive oil

## Directions:

1. Wash and dry the fish head; trim out any remaining gill structures inside.
2. Carefully cut the head in half. You can see meat along the neck but everything in the head is edible. (The eyes are a delicacy!) Cooking softens the rest, revealing tender morsels of meat.
3. Rub paprika, garlic powder, salt-free Mrs. Dash, and dried onion over the exposed surfaces.
4. Place skin-side up on a lightly oiled aluminum-covered baking dish. Bake at 250°F for about 40 minutes (check for softening of the nose area).
5. Increase heat to 450°F and flip fish. Cook 10–20 minutes or until slightly brown and crispy.
6. Serve with lemon wedges and sides of your choice (tossed salad, steamed veggies, brown rice). Enjoy!

Source: <https://snapguide.com/guides/cook-a-roasted-salmon-head/>

## References:

Academy of Nutrition and Dietetics. Choose Healthy Fats. (2019). Retrieved from: <https://www.eatright.org/food/nutrition/dietary-guidelines-and-myplate/choose-healthy-fats>

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# Walking Meditation; Give it a Try

## JEFF LAYTON

In the hustle and bustle of the modern world, finding time to meditate may be difficult. Taking time to be mindful and experience inner peace is more necessary now than ever before. Formal meditation methods often require a quiet place, isolation, and time, which can be difficult to access all at once. If you find it difficult to find time to engage in meditation, or if you are looking for a new way to meditate, it may be helpful to try walking meditation.

Walking meditation is something that has been practiced for many centuries, in many cultures.

Walking meditation is not a practice of tuning out stimulus but rather tuning in to what is happening both inside of your own body and mind, as well as what is occurring in the world around you. You can practice walking meditation anywhere you are, all you need is a place to walk. Here is a simple guide on to how it is done.

## How to practice walking meditation:

- Walk at a comfortable pace. You don't need to go fast or slow, just pick a pace that works for you.
- Notice the rhythmic motion of your feet, legs, and entire body. Which part of your foot strikes the ground first? Does it make a sound? Do you notice all the muscles that are working as you walk? What's happening in your upper body?
- Be mindful of each of your senses. What color are the buildings or flowers around you? Are there any pleasant aromas? Do you hear any pleasant sounds, like the laughter of a child or the babbling of a nearby stream? If you are in a familiar place, do you notice anything you haven't before? Immerse yourself in your surroundings. Find the good and focus on it. Let the unpleasant go.
- Don't become discouraged if you get distracted. Thoughts come and go in our minds, it's natural. If a thought distracts you from your walking meditation, acknowledge it, let it have its moment, and then dismiss it to be revisited later if necessary.

Walking meditation can be a powerful tool to help manage stress. If you choose to try it, you may find peace and mental clarity.



## Tobacco: Break The Cycle of Generational Tobacco Use

RUTHI BLATCHFORD

An important factor if you are considering quitting tobacco is your children's health. The following data from The American Lung Association may help with your decision:

- Secondhand smoke is especially harmful to young children. It is responsible for between 150,000 and 300,000 lower respiratory tract infections in infants and children under 18 months of age, resulting in between 7,500 and 15,000 hospitalizations each year. It also causes 430 sudden infant death syndrome (SIDS) deaths in the U.S. annually.
- Secondhand smoke exposure may cause a buildup of fluid in the middle ear, resulting in 790,000 doctor's office visits per year, as well as more than 202,000 asthma flare-ups among children each year.
- More than 23 million, or about 35% of children in the U.S. have been exposed to secondhand smoke.

Many smokers who are aware of secondhand smoke are careful to not smoke around others, but have you ever been made aware of the harmful effects of thirdhand smoke? The American Lung Association describes it as "Thirdhand smoke occurs when cancer-causing residue from tobacco smoke sticks to surfaces such as carpets and walls. Residue lingers for weeks-to-months and can re-enter the air. Children and pets may be most vulnerable."

Southcentral Foundation in Anchorage and *Benteh Nuutah* Valley Native Primary Care Center Quit Tobacco Programs want to help you to become the best version of yourself by becoming or staying tobacco free. Statistics show that children are almost twice as likely to use tobacco as adults if their parents use tobacco. Let us help break the cycle of generational tobacco use to support children (*and their children*), in being safe from the harmful effects of tobacco.

