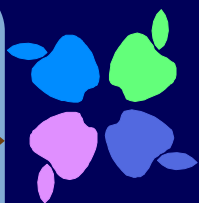


A newsletter
for Simply
Health
graduates and
partners



Simply Health

NEWSLETTER

VOLUME 3, ISSUE 1

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Going "Blue" Can Be Healthy

Welcome to our "Blue Zone" Edition of the Simply Health Newsletter. What is a Blue Zone, you may ask? Quite simply, it is an area of the world where scientists have found the longest, healthiest-living individuals on the planet.

Dan Buettner, founder of Blue Zones, believes that incorporating nine behaviors can lead to living a longer and healthier life. This is known as the Power9 concept (see adjacent photo). This will be touched on more in-depth on page 3.

We, at the Rural Health Network, firmly believe that to experience the quality of life that each one of us desires, we must exercise positive behaviors. As evidenced by our many Simply Health supporters, a balanced approach to wellness is the key. We feel that this "Blue Zones" edition of our newsletter meshes well with the principles that we try to emphasize in the Simply Health program.



The Blue Zone's Top Tips For Longevity

Do these and you could add up to 14 good years to your life!

- **De-convenience your home** – lose the remote, buy a light garage door and lift it yourself, use a shovel instead of a snow blower
- **Eat Nuts** – Have a can of nuts around your office or home, eat a handful daily
- **Play with your children** – this is an excellent low-intensity exercise and will strengthen a family; both associated with longer life expectancy
- **Grow a Garden** – This proven stress reducer will put your body through the range of motion and yield fresh vegetables
- **Hour of Power** – Downshift daily with a nap, meditation, prayer or a quiet walk--de-stressing is a proven way to slow aging
- **Eat Tofu** – Arguably the world's most perfect food, eaten by the world's longest-lived women. Contains a plant estrogen that makes skin look younger
- **Donate your large dinner plates** – eat off 9-inch plates as the Okinawans do and reduce calorie consumption at dinner by 20-30%
- **Write Down your Personal Mission** – Knowing and putting into practice your sense of purpose can give you up to a decade of good life

Source: (www.bluezones.com)



Joy Olson,
Health Promotion
Director, RHNSCNY

Eat This!

Yield: 2 servings

Serving: 1 cup

Calories: 242

Protein: 4.5 g

Carbs: 51 g

Fiber: 7 g

Sodium: 69 mg

Fat: 4 g

Cholesterol: 2 mg

Greeting From Joy

Hello and welcome to our "Blue" edition of the Simply Health Newsletter! After a short hiatus, we are rolling again with our new editor, Michael Furnare. Mike is an AmeriCorps member who will be serving at the Rural Health Network until December 2009. Mike has a passion for wellness. His current interest is in nutritional science; however, he also has extensive knowledge of physical fitness and led his military comrades in the Air Force Physical Fitness Program for two years. Mike has an Associate's Degree in Electronic Systems Technology from the Community College of the Air Force. After his time with AmeriCorps, he is planning to continue

his education in Human Performance and Health Promotion at SUNY Morrisville. He is looking to continue with his educational pursuits in order to become a naturopathic doctor. Over the next several months, Mike's knowledge and enthusiasm will be a great asset to our Simply Health endeavors. Mike's interest in "Blue Zones" led to this edition of our Newsletter and complements our last "green theme." We believe this to be another informative edition of our newsletter, packed with some old favorites and even new surprises. As you read through this month's newsletter, feel free to take advantage of our new Q & A section, which

allows you to send in your questions to us. We believe this provides a unique and personal touch to our quest in helping to bring good health and answers to those that need it in our area. Also, we want to draw your attention to the back page, which talks about our transportation options. You can go to our website for more information or give us a call. We believe these two simple additions will aid in your journey to better health. We hope you enjoy!

P.S. Did you know you can view past newsletters in the Programs & Services section of our website (www.ruralhealthnetwork.org)?

Eat This! Cantaloupe & Blueberry Soup

1 Large cantaloupe, peeled and chopped
1/4 tsp nutmeg or to taste
1 tbsp honey or to taste
3 tbsp low-fat sour cream
Grated rind and juice of 1 lemon
1 cup blueberries

Place melon in food processor or blender until smooth
Add nutmeg, honey, sour cream, and lemon to melon
Chill and then blend blueberries until smooth
Serve soup with spoonful of blueberries on top



Monthly Challenge

- Many vegetables taste great with a dip or dressing. Try a low-fat salad dressing with raw broccoli, cauliflower, red and green peppers or celery sticks
- Dried fruits make a great snack. They're easy to carry and store well. Because they're dried, 1/4 cup is equal to 1/2 cup of other fruits
- If you like to walk, run, or play games like basketball or tennis, you can use a pedometer - a small device that automatically counts the number of steps you take. Try striving for 8,500-10,000 steps per day
- Find ways to diminish any sense of failure you may have, while increasing your experience of success -- for example, if your feet are sore, get better shoes, but don't accept this as the reason you can't go walking or running
- Look for inspiring peer examples. For instance, what stories can you find about challenges other 80-year-olds have accomplished
- Once you've reached your goal, treat yourself to something that reminds you of what you've done and encourages you to continue. Make it feed the spirit, not deplete the wallet



Health: You Ask, We Answer

Here at the Rural Health Network, we know there are many questions that go unanswered as it relates to your health and well-being. For this reason, we have incorporated a new section to the newsletter specifically designed to help answer some of your lingering questions. If there is something on your mind that you would like us to answer, we will use our resources to get you the correct response. Each quarter we will select your inquiries and publish them here in this section. So go on, let's hear what is on your mind. You can reach us at P.O. Box 416, 2663 Main St., Whitney Point, NY 13862 or via email at healthpromotion@ruralhealthnetwork.org.

Question: Why are trans fats bad for my health? **Answer:** *Trans* fats raise your bad (LDL) cholesterol levels and lower your good (HDL) cholesterol levels. Eating *trans* fats increases your risk of developing heart disease and stroke. It's also associated with a higher risk of developing type 2 diabetes. *Trans* fats can be found in many foods – but especially in fried foods like French fries and doughnuts, and baked goods including pastries, pie crusts, biscuits, pizza dough, cookies, crackers, and stick margarines and shortenings. Not all these foods contain trans fats, so be sure to read the Nutrition Facts panel. If eating out, don't be afraid to ask which fats are being used in the preparation of your food (sources: www.americanheart.org and www.fda.gov)

Question: How can I keep my New Year's resolutions? **Answer:** Experts agree that no matter how stubborn a habit you've developed, there are ways to break negative patterns and keep healthy resolutions throughout the New Year. The trick is to keep everything in perspective. "Focus on realistic goals with measurable results," said [Jill RachBeisel, M.D.](#) RachBeisel said that instead of trying to lose 50 pounds, focus on losing five pounds at a time. And instead of trying to lose five pounds a week, focus on losing a pound a week. (source: www.umm.edu)

The Power9: Secrets to Living Longer, Better

Here is a brief introduction to the Power9 concept, which when incorporated into your daily life, may help you to experience a new level of reward when it comes to your health. The first concept is the **80% Rule**, which encourages you to stop eating when you are 80% full. Guidelines include eating slowly to aid in digestion, eating only until you are satisfied, and using vegetables to fill 80% of your plate.

Plant-Power is next, and it focuses on eating more vegetables, less protein, and reducing your processed food intake.

Red Wine consumption is another aspect to the Power9 concept. Red wine is rich in antioxidants and helps protect the lining of blood vessels in the heart. (No more than 10 oz./day)

Plan de Vida means to know your purpose in life. Without a true sense of direction of where you want to go, you can cause yourself a great deal of frustration. This frustration can lead to dissatisfaction in your life, and that can result in negative health consequences.

Beliefs pertains to either spiritual or religious activities. Studies have demonstrated that regular participation can lower rates of coronary disease, emphysema, cirrhosis and suicide, lower blood pressure, and lower the incidence of heart attacks.

Down Shift relates to working less, slowing down, resting, and taking vacations. Research has shown that increased work hours can contribute to decreased family time, positive social interaction, and an increase in overall stress.

Move refers to finding ways to be active without having to consciously make an effort to do so. We, quite often, set aside specific exercise time for ourselves, but you want your day to be filled with activity. Those that reside in Blue Zones do not have to make time because they are doing it throughout their day as part of living their lives.

Belong speaks to creating a healthy social network for yourself. Much research has been conducted in regard to happiness and our social network. The findings overwhelmingly support

surrounding yourself with family and friends who are happy. Happiness can be contagious, and by engaging yourself regularly with those contacts, you greatly increase your chances of being happy.

Finally, the last piece of the Power9 concept is **Your Tribe**, which refers to making family a priority. Studies have shown that when families spend time together, there is increased communication, which can lead to improved relationships. With families spending less and less time together, any changes or sacrifices that you can make to allow for more quality time with your loved ones can only help to improve your life.

Power9 emphasizes making changes to your environment that will influence your habits. According to Blue Zones founder Dan Buettner, "Of course, the secret to these secrets is in how you integrate them into your daily life."

(www.bluezones.com)



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We help make good health happen



Calendar of Events

January 26 Family Swim

Whitney Point School, 607-692-8245

January 26 Meat Processor Panel

CCE-Chenango, 607-584-9966

January 26 Fit After 50 Aerobics Class

Old Vestal Junior High School, Vestal, NY 607-862-4587

January 27 Infant Nutrition

Stay Healthy Center Oakdale Mall, 607-763-5092

January 28 Man to Man/1 Can Cope

Athens Church, Sayre, PA 888-227-5445 or www.cancer.org

February 2 Family Swim

Whitney Point School, 607-692-8245

February 7 Family Dance

The Loom, Waverly, NY 607-687-4020

February 11-13 Fruit & Vegetable Expo

Syracuse, NY www.nysaes.cornell.edu/hort/expo

February 23 Family Swim

Whitney Point School, 607-692-8245

February 28 Wine Tasting and Auction

Ti-Awhaga Performing Arts Center, Owego, NY 607-687-2130

March 2 Family Swim

Whitney Point School, 607-692-8245

March 5-6 Farmer's Market Manager Training

Schenectady, NY www.nyfarmersmarket.com

March 9 Family Swim

Whitney Point School, 607-692-8245

March 13-15 Farm Days At The Mall

Oakdale Mall, 607-584-5007

March 16 Family Swim

Whitney Point School, 607-692-8245

March 17 Becoming A Farmer's Market Vendor

CCE-Broome, 607-584-9966

March 20 Owego Third Friday Art Walk

Downtown Owego, 607-687-1760

March 23 Family Swim

Whitney Point School, 607-692-8245

March 30 Family Swim

Whitney Point School, 607-692-8245

If you know of any health/nutrition related events that are upcoming for the months of March, April, and May 2009, please feel free to send us an email at healthpromotion@ruralhealthnetwork.org. We appreciate your help in making our newsletter a resource for you.

In Need of Transportation?



The Rural Health Network of SCNY introduces the Broome & Tioga County Transportation Services Directory.

If you are in need of assistance to any medical appointments or even events that we have listed, please go to our website at www.ruralhealthnetwork.org and select our Transportation link. This link provides a search engine that will generate a variety of ways to get you there and back. It is designed for Broome and Tioga counties, and gives you valuable information regarding provider pricing, who's eligible, the service areas covered, and of course, their contact information. Please be aware that some services are specifically for medical, while others are public transportation. We believe this to be an extensive and informative resource for those who need it. If you have questions or do not own a computer, please don't hesitate to call our office at 607-692-7669.

*The contents of the SH Newsletter are not intended to provide medical advice, which should be obtained from a qualified health professional.