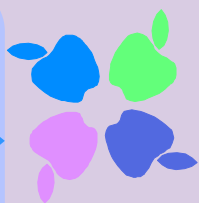


A newsletter
for Simply
Health
graduates



Simply Health

NEWSLETTER

VOLUME 1, ISSUE 1

JULY 2007

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SUGGESTED READINGS:

Peace is Every Step: The Path of Mindfulness in Everyday Life, by Thich Nhat Hanh

Eat, Drink and Be Healthy: The Harvard Medical School Guide to Healthy Eating, by Walter C. Willet, M.D. & Patrick J. Skerrett

The Hundred-Year Lie: How Food and Medicine Are Destroying Your Health, by Randall Fitzgerald

Getting Enough Fiber?... Probably Not

Erin Signor, Health Promotion Associate, RHNSCNV

The average American consumes well below the Recommended Daily Intake (RDI) of fiber, an important part of a healthy diet. Fiber is calorie-free, prevents constipation, decreases overall food intake by providing a feeling of fullness, reduces post-meal rises in blood glucose levels, decreases fat and cholesterol absorption and may lower the risk of heart disease, obesity and diabetes.

Our lack of fiber is a result of the American diet, which consists of too many low-fiber, processed and fast foods, and not enough high-fiber, whole foods, such as whole grains, fruits and vegetables. Adding fiber to our diets is not difficult, though we must be careful. Adding too much fiber, too quickly can cause diarrhea,

Average and Recommended Daily Intakes of Total Fiber		
Age Group	Average Total Fiber Intake (gm)	RDI Total Fiber (gm)
Children, 4—8 years	12.0	19
Men, 19—50 years	13.7	38
Women, 19—50 years	13.2	25

Chart from **Nutrition Now, Fourth Edition** by Judith E. Brown

bloating and gas, so it is important to add fiber-rich foods gradually.

Increased fiber intake should be accompanied by increased water consumption, as fiber in-

creases water loss in stools. A sign of adequate fiber intake is soft, nicely shaped stools that float.

To get enough fiber, we can start eating more whole grains and whole grain products, such as brown rice and granola; fruits, such as avocado and bananas; vegetables, such as green peas and broccoli; nuts, such as almonds and peanuts; and dried beans, such as pinto beans and black beans.

For more information on the risks of inadequate fiber intake and the benefits of adequate fiber intake, along with sources of dietary fiber, please visit www.mayoclinic.com/health/fiber/NU00033, or contact Karen Amshay at the Rural Health Network.

Time Management: Tips to Reduce Stress and Improve Productivity

From www.mayoclinic.com

Effective time management is a primary means to a less stressful life. These practices can help you reduce your stress and reclaim your personal life.

- Plan each day.
- Prioritize your tasks.



- Say no to nonessential tasks.
- Delegate. Take a look at your to-do list and consider what you can eliminate or pass on to someone else.
- Take the time you need to do a quality job.
- Break large, time-consuming tasks into smaller tasks.
- Practice the 10-minute rule. Work on a dreaded task for 10 minutes each day. Once you get started you may find you can finish it.
- Evaluate how you're spending your time.
- Get plenty of sleep and exercise.
- Take a time management course.
- Take a break when needed.

For more information visit www.mayoclinic.com/health/time-management/WL00048, or contact Karen Amshay at the Rural Health Network.



Joy Olson, Health Promotion Director, RHNSCNY

Greeting From Joy

I am delighted to provide you with the first issue of our Simply Health newsletter. Many thanks to Erin Signor, our talented AmeriCorps Health Promotion Associate, who designed the newsletter and provided the content.

The Newsletter will be going out quarterly to Simply Health graduates. Each issue will contain a list of regional, in-season produce, as well as a recipe that incorporates at least

one locally grown food. Other regular features will include articles on nutrition, physical activity, and stress management, along with information on how to access health care, a Calendar of Events and a “Monthly Challenge”, where we will offer ideas for healthy lifestyle changes.

In our first issue, you will see instructions on how to access our Bulletin Board. In future issues, we will use this section to

share tips and comments from other Simply Health graduates. It is our hope that the Simply Health Newsletter will be a means in which to stay connected with the many wonderful people we’ve met through the Simply Health Program!

Stay healthy, stay happy!

Joy

Yield: 12 muffins

Serving: 1 muffin

Calories: 216

Protein: 7.4g

Carbohydrate: 34g

Fiber: 4.5g

Sodium: 156mg

Fat: 6.7g

Cholesterol: 35 mg

Eat This! Carrot-Wheat Germ Muffins

INGREDIENTS

2 cups whole-wheat flour
 1 cup toasted wheat germ
 1 tablespoon baking powder
 1/2 teaspoon coarse salt
 2 eggs, lightly beaten
 2 tablespoons vegetable oil
 1 cup apple juice
 1/2 cup frozen unsweetened apple juice concentrate, thawed
 1/3 cup unsweetened apple sauce
 1 cup grated carrots

1/2 cup golden raisins, tightly packed

1/3 cup chopped walnuts

Vegetable cooking spray or canola oil

INSTRUCTIONS

1. Preheat the oven to 375°F.
2. Combine the first four ingredients in a small bowl; whisk well.
3. Combine the eggs and the next four ingredients in a large mixing bowl; beat well at medium speed of a mixer. Add the dry ingredients, stirring just until moist. Fold in carrots, raisins,

and walnuts; spoon the batter into muffin cups lightly coated with cooking spray or oil, filling the cups about two-thirds full. Bake at 375°F for 25—30 minutes or until a wooden pick inserted in the center comes out clean. Place the muffin tin on a wire rack and cool for 10 minutes; remove from the pan and cool completely on a wire rack.

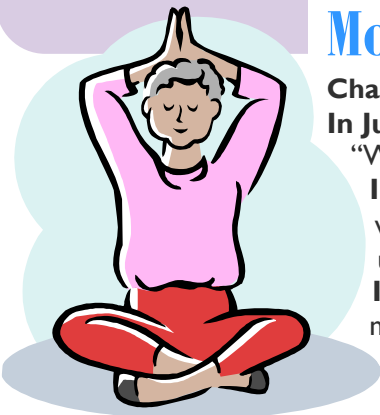


Monthly Challenge

Challenge yourself each month to try a new food or activity. Here are our suggestions:
In July: Visit your local farmers’ market and buy at least one locally grown food item (see our “What’s In Season?” section for some ideas).

In August: Begin weight lifting and burn up to 2.9 calories per hour for *each pound* you weigh (**for example**, a 150 lb. person will burn **up to** 435 calories [2.9 x 150] during 60 minutes of weight lifting). **Remember to start gradually** and to consult a physician beforehand.

In September: Find more time for relaxation and stress-reduction by joining a yoga or meditation class. If you’d rather unwind alone, purchase a yoga or meditation DVD or video cassette, or practice some of the deep breathing and guided imagery stress-reduction techniques you learned in our Simply Health program.



What's in Season?

You can support the local economy by purchasing from local farmers. Your food will be tastier *and* more nutritious! These items are available in New York during July, August and September:

Apples	Broccoli	Cucumbers	Peaches	Spinach
Beans, Snap	Brussel Sprouts	Currants	Pears	Squash, Summer
Beets	Cabbage	Eggplant	Peas	Squash, Winter
Blackberries	Cantaloupes	Garlic	Peppers	Strawberries
Blueberries	Carrots	Grapes	Plums	Swiss Chard
	Cauliflower	Herbs	Potatoes	Tomatoes
	Celery	Kale	Prunes	Turnips
	Cherries, Sweet	Leeks	Pumpkins	Watermelon
	Cherries, Tart	Lettuce	Radishes	Zucchini
	Collard Greens	Mustard Greens	Raspberries	For more
	Corn	Onions	Rhubarb	Information on



the farmers market nearest you, www.nyfarmersmarket.com or call the Farmers' Market Federation of New York at (315) 475-1101.

Exercise to Build Strong Muscles *and* Bones

From Eat, Drink, and Be Healthy: The Harvard Medical School Guide to Healthy Eating by Walter C. Willet, M.D. & Patrick J. Skerrett

A bone bends when some force is applied to it. Apply a large force and the bend turns into a break. Apply a small one and the bend is miniscule but physiologically important, especially if the force is repeated over and over. Cells inside bone sense physical strain or stress and orchestrate a silent symphony of activity that remodels the bone to make it more dense and stronger. Among children and young adults,

vigorous physical activity sketches the blueprint for the growing skeleton. The more activity and healthy stress on bones, the more bone is built and the larger the bone reservoir upon which to draw during adulthood and old age. During adulthood, exercise helps maintain the balance between bone-building and bone-dissolving processes. During old age, exercise limits bone loss.

Keep in mind that activity doesn't build or strengthen *all* bones, just those that are stressed, so you need a variety of exercises or activities to keep all your bones healthy.

While the impact of exercise on bone health is widely accepted, experts haven't yet defined the best way to maintain strong bones. Some combination of weight-bearing exercises (like brisk walking) and muscle-strengthening exercises will probably turn out to be the ideal combination. Not only would this combination continually stimulate bone growth, but it would also strengthen muscle and improve balance and so help prevent bone-breaking falls.

Your Tips: Register for the Bulletin Board and offer tips and support to fellow graduates

The Rural Health Network has a Bulletin Board service on its website for all Simply Health graduates. To access the Bulletin Board simply click the appropriate link on the navigation bar along the left hand side of the Rural Health Network home page, www.ruralhealthnetwork.org.

New members will need to register. Registration is accomplished by clicking

the "Register here!" link. (This can also be done by clicking on the "register" link at the top right hand corner of the page.) You will be taken to a privacy statement page and will need to click on "Agree" at the bottom of the page in order to continue with registration.

When registering, please use your first initial and last name as your User

Name (ex: JOlson). You will be asked to provide some basic information about yourself, along with a password. When this is completed and you hit the "Submit" button, your request will be sent to the Rural Health Network for approval. An email will then be generated telling you that you have been approved.





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We help make good health happen



Calendar of Events

July 28, Hamden, NY:
Ice Cream Run for Kids' Sake, www.theicecreamrun.com

August 1, Whitney Point, NY:
Banquet of Locally Grown Food, (607) 692-3405

August 5-10, Claryville, NY:
Catskills By Foot-For Women Only (845) 985-2254

August 10 & 11, Newark Valley, NY:
Newark Valley Days, (607) 642-9516

August 12, Andes, NY:
Community Day in Andes, (845) 676-3775

August 11 & 12, Owego, NY:
Bike Tioga at Hickories Park, (800) 671-7772

August 13-18, Walton, NY:
Delaware County Fair, www.delawarecountyfair.org

August 15-18, Spencer, NY:
Spencer Picnic, www.spencerchamber.com

August 18, Norwich, NY:
Value-Added Dairy Farm Tour at Evans' Farmhouse Creamery, (607) 433-2545

August 18, Hobart, NY:
2nd Annual "Move For Life" 5K Run/Walk (607) 538-2149

September 1, Newark Valley, NY:
Maize Maze at Stoughton Farm opens through October 31, (607) 642-3675

September 2, West Kortright, NY:
Farm Fair! (607) 278-5454

September 8, Owego, NY:
"Taste of Tioga" Local Foods Dinner at the Treadway Inn, (607) 687-4020

September 9, Berkshire, NY:
Berkshire Heritage Day, (607) 657-2662

September 11 & 12, Hancock, NY:
9th Annual Quarry Run, www.beercreeksportsmen.com

September 14-16, Claryville, NY:
Autumn Outdoor Sporting Weekend, (845) 985-2291

September 15, Richford, NY:
Richford Potato Festival, (607) 657-2526

September 28, Margaretville, NY:
"Small Plates" Local Foods Tasting (845) 586-2219

September 29, Margaretville, NY:
5th Annual Cauliflower Festival, (607) 326-4253

Call the Rural Health Network to find out if you qualify for any of the following Health Care Access Programs:

- Pharmaceutical Assistance Program
- Vision Assistance Programs
- Publicly Funded Insurance Programs

 **Simply Health** is coming to:

- **Candor, July, 31, 2007**
- **Spencer-Van Etten Central School District, for district employees, Fall, 2007**

... Tell your friends!!!



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