

A newsletter
for Simply
Health
graduates



Simply Health

NEWSLETTER

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What Are Old
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Andrew Weil, M.D.
and Mark Fenton

Stress, depression and the holidays: 12 tips for coping



For some people, the holidays bring unwelcome guests—stress and depression.

And it's no wonder. In an effort to pull off a perfect Hallmark holiday, you might find yourself facing a dizzying array of demands—work, parties, shopping, baking, cleaning, caring for elderly parents or kids on school break, and scores of other chores. So much for peace and joy, right?

Actually, with some practical tips, you can minimize the stress and depression that of-

ten accompany the holidays. You may even end up enjoying the holidays more than you thought you would.

Holiday stress and depression are often the result of three main trigger points. Understanding these trigger points can help you plan ahead on how to accommodate them.

The three main trigger points of holiday stress and depression:

- Relationships
- Finances
- Physical demands

12 tips to prevent holiday stress and depression:

- Acknowledge your feelings.
- Seek support.
- Be realistic.
- Set differences aside.
- Stick to a budget..
- Plan ahead.
- Learn to say no.
- Don't abandon healthy habits.
- Take a breather.
- Rethink solutions.
- Forget about perfection.
- Seek professional help if you need it.

For complete article, www.mayoclinic.com/health/stress/MH00030

Simple recipe changes for healthful holiday eating

It's that time of year again: The glistening colors and rich aromas of holiday foods are beginning to beckon. From dinner parties to community potlucks, the meats, sweets and sauces of traditional winter feasts have started their tempting descent upon us. Health-minded holiday cooking may seem impossible, but nutritional experts say it's not. Chefs and dietitians alike agree that most recipes can be modified to increase their health value without sacrificing taste.

Easy tips, anytime:

- Whenever possible, replace butter with unsaturated oils such as olive, canola and soy oil.
- Use nonfat or low-fat milk instead of whole milk, and choose reduced-fat cheeses.
- Limit margarine and butter, which contain fats that can raise

cholesterol and risk of heart disease.

- Substitute lean cuts of meat for fatty ones. Remove skins, which are fatty.
- Bake, broil or steam rather than fry. Sauté with a dash of oil, wine or tomato puree.
- Cut back on egg yolks, which are high in fat and cholesterol.
- Start with less fat, sugar and salt than called for, then adjust for taste.
- Season with herbs, spices, lemon juice or minced tangy vegetables instead of salt and butter.
- Forgo cream-based soups, sauces and gravies, or make them with skim milk. Choose vegetable-based soups and sauces.
- For baked goods such as cakes and cookies, substitute apple-

sauce or other fruit purees for butter or oil;

this maintains fluffiness. Cut back on sugar by one-half or more.

Special holiday tips:

- Make pie crusts with unsaturated oils instead of butter or solid fats. Top desserts with fat-free frozen yogurt or whipped evaporated skim milk.
- Base appetizers on fresh or roasted vegetables, fruits, lean meats, breads and reduced-fat cheeses.
- Serve seasoned rice or grains instead of bread stuffing.
- Bake sweet potatoes in their skins. Season mashed potatoes with roasted garlic and herbs.

For complete article, www.cnn.com/FOOD/news/9911/12/modify.recipes/





Joy Olson, Health Promotion Director, RHNSCNY, with Brian Wansink, author of Mindless Eating

Greeting From Joy

Mindless Eating. Oh boy, can I relate. Dr. Brian Wansink's book is on our recommended reading list this issue. The many, crazy research experiments you will hear about in this book will make you laugh, but more importantly, they will make you think about the food choices you make. According to the author, we make more than 200 food-related decisions

each day – 90% of which we aren't even aware of. Mindless Eating affirms that most Americans rely on external cues to tell them to stop eating, such as when the television show they are watching is over. Research suggests that paying more attention to internal clues such as feeling full will help prevent us from overeating. According to Dr. Wansink, shaving between

200-300 calories per day (10 Hershey kisses equals 240 calories), will lead to a 20 pound weight loss in a years time! I encourage you all to read this book and strive to be mindful, not mindless eaters.

Stay healthy, stay happy!

Joy



Eat This!

Yield: 8 slices

Serving: 1 slice

Calories: 151

Protein: 6 g

Carbohydrate: 29 g

Fiber: 2.5 g

Sodium: 161 mg

Fat: 1.5 g

Cholesterol: 1 mg

Eat This! Best Light Pumpkin Pie

INGREDIENTS

- 16 medium ginger snap cookies
- 16 ounce can pumpkin
- 1/2 cup eggs
- 1/3 cup sugar
- 1 1/2 cup evaporated skim milk
- 2 teaspoons pumpkin pie spice
- 1/3 cup Splenda



INSTRUCTIONS

1. Preheat oven to 350 degrees. Grind ginger snaps in food proc-

essor. Lightly spray a glass pie pan with cooking spray. Pat cookie crumbs into the bottom of the pan evenly.

2. Mix the rest of the ingredients in a medium sized bowl and pour into the crust. Bake until knife comes out clean from center, about 45 minutes. Refrigerate and slice into 8 wedges.

Recipe courtesy of Cornell Cooperative Extension of Tioga County Food\$markets Program

Monthly Challenge

Challenge yourself each month to try a new food or activity. Here are our suggestions:

In November: Modify one of your favorite holiday recipes. Whether it's a main dish, a side dish, an appetizer or a dessert, try some of the tips from the front page to create more healthful, yet tasty, holiday dishes. Remember, you don't have to change every ingredient or alter every measurement. Great health benefits can be attained by simply reducing fat, sugar or calories, or adding nutrients from fresh fruits and vegetables.

In December: Get a massage. 'Tis the season to give to others, but it's important to think about yourself this time of year as well. With all the stress of the holidays, it's important to set aside some time for you. Don't feel guilty about buying a gift for yourself. If you do suffer a little guilt, maybe you should request a massage gift certificate as a holiday gift.

In January: Dance, dance, dance. Joining a dance class is a great way to meet new people, learn a new skill, and burn some calories! Seek out local dance groups, clubs and studios to inquire about lessons. Not all dancers are looking to be professional performers, many are just looking for a way to stay active and have fun!



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 State during November and December:



- | | | |
|-----------------|----------------|-------------|
| Apples | Grapes | Potatoes |
| Beets | Herbs | Pumpkins |
| Broccoli | Kale | Spinach |
| Brussel Sprouts | Leeks | Squash |
| Cabbage | Lettuce | Swiss Chard |
| Carrots | Mustard Greens | Turnips |
| Cauliflower | Onions | |
| Collard Greens | Parsnips | |
| Garlic | Pears | |

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



Winter Weather Workouts



Erin Signor, Health Promotion Associate, RHNSCNY

Fall is here, which means winter is just around the

corner. Before the cold weather arrives it's important to have a winter weather workout plan in place so you don't find yourself passing on workouts and spending your extra time in front of the computer or on the couch. Wondering how to stay active through the winter months? Here are some tips to keep you moving through the end of April—because in upstate New York, winter isn't over until May 1st:

At home

- Invest in home exercise equipment such as free weights or a treadmill.
- Start using the home exercise equipment you already own. Dust

off those dumb bells, clear the clothes off the treadmill. Remember the stretch band you received during Simply Health? Now's the time to use it.

- Buy or rent exercise tapes and/or DVDs.

Indoors, but not at home

- Walk at a local school, church or University with an open gym. Take a few laps around the mall and window shop before you actually begin your holiday shopping.
- Join a health club. If you don't want to commit for an entire year, pay month-to-month until the winter has passed.
- Swim at an indoor pool.

Outdoors

- Go ice-skating.
- Go sledding. Remember, the more times you walk up the hill, the

more times you get to go down.

- Shovel the driveway or sidewalk.
- Go for your usual walk or jog, but dress in layers.
- Invest in some sneakers or boots with lots of tread for making your way through snow.
- Better yet, make things exciting and invest in some snow shoes or cross-country skis.
- Shop in a downtown area where you can walk from place to place... and bring your pedometer with you!

To share your own tips, please visit our bulletin board. For help accessing the bulletin board, call our office: (607) 692-7669.

Remember to consult a physician before beginning an exercise regimen or engaging in rigorous physical activity.



A word from our Executive Director...

Dear Simply Health Newsletter Readers:

I have been asked by our Editor, Erin Signor, to share a few thoughts. First I would like to congratulate everyone who has completed the Simply Health Program and made a commitment to living well. There is no better invest-

ment than the one you are making in your health and well being. As you continue your journey of eating more consciously, I encourage you to consider how the sources of your food contribute to (or detract from) your health and health in the larger sense – community health and environmental

health. Health is not only an individual quality. All the best on your health and wellness journey.

Jack Salo
Executive Director, Rural Health Network S.C.N.Y.





of South Central New York, Inc.

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We help make good health happen

Calendar of Events

November 9 & 10, Owego NY:

Holiday Showcase in Downtown Owego, 1(800) 671-7772

November 11, Roxbury, NY:

Downhill Mountain Bike Race (607) 326-3500

November 13, Waverly, NY & Owego, NY:

To Your Health: Protein Power, (607) 565-2374

November 14, Waverly, NY:

Hearing & Vision Screenings for young children, (607) 565-2374

November 18, Owego, NY:

Contra Dance at Tioga Trails Café, (607) 687-4034

November 19, Waverly, NY:

Baby Basics: Feeding Time (607) 565-2374

November 20, Owego, NY:

Baby Basics: Feeding Time (607) 565-2374

November 27, Owego, NY:

Breastfeeding Support, (607) 565-2374

November 30-December 2, Claryville, NY:

International Holiday Weekend, (845) 985-2291

December 9, Candor NY:

Candor Holiday Tour of Homes Throughout the Town
(607) 659- 4121 or www.candor.org

December 11, Binghamton, NY:

Real Meals: Quick and Easy II, (607)-772-8953

December 16, Owego, NY:

Contra Dance at Tioga Trails Café, (607) 687-4034

December 26-30, Claryville, NY:

Kids and Family Winter Camps, (845) 985-2291

January 18, Delhi, NY:

Catskill Regional Dairy & Grazing Conference, (607) 865-7090

January 20, Owego, NY:

Contra Dance at Tioga Trails Café, (607) 687-4034

What is the Patient Prescription Assistance Program (PPAP)?

- PPAP is a program designed to help uninsured or under-insured patients access their prescription medications.
- The medications must be for a chronic ailment. The program cannot assist with emergency medications.
- Call the Rural Health Network at 1-888-603-5973 or 607-692-7669 and a member of the Health Care Access team will fill out an intake with you. You may also call your primary care provider for assistance.
- After the intake form is complete, they will search our database for a source to apply for your prescription. If one is found, the application(s), along with a letter stating how to apply, will be sent directly to your home.
- Once you receive the application you will need to follow the instructions and mail the application to the instructed location. Eligibility will be determined by the pharmaceutical company.



SimplyHealth is coming to:

- Owego, January, 2008
- Waverly, February, 2008 (tentative)
- Various locations in Delaware County, spring 2008

... 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.