Soup Symposium: PATH: Personal Action Towards Health

Does living with a chronic condition or loving someone with a chronic condition have you frustrated or concerned? Do you feel you are missing out because of your struggles with your health? Then you need to find your PATH back to better health. PATH (Personal Action Towards Health) classes are for people living with chronic health conditions like arthritis, diabetes, heart disease, lupus, obesity and many others. PATH classes meet once a week for six weeks and provide participants with tools to better manage their health conditions. Ann Constance, director of the U.P. Diabetes Outreach Network (UPDON) and Kay Bammert, office manager of UPDON, will be sharing more about the PATH program including a session demo (with a willing audience volunteer). Ann has been with UPDON for 15 years, has a masters in exercise physiology and is a registered dietitian as well as a certified diabetes educator. Kay has been with UPDON for the past 4 years and graduated from NMU with a degree in health education as well as an elementary teaching certificate. Soup and baguettes will be served. For more information or to RSVP, email wellness@nmu.edu or call 227-2644.

When: Mon, March 16 from 12-1 p.m.
Where: Pioneer A, University Center
What: Learn about the PATH Program, enjoy a warm bowl of soup.
How: RSVP to wellness@nmu.edu

Winter Walk Michigan

Superior Dome, Monday, March 30, 2009

One Mile Walk Fitness Test Program

12:00 p.m. - 1 p.m. or 5:00 p.m. to 6:00 p.m.

This walk is free and open to people of all ages. No pre-registration, just show up!

A 20 week walking plan will be provided tailored to your fitness level.
Door prizes will also be awarded.

Contact Barb Coleman at bcoleman@nmu.edu or at 227-1141 with questions.

After walking, enter a drawing for a trip for two to the Grand Hotel, Mackinac Island!

During National Sleep Awareness Week, March 1-8, the Wellness committee and the National Sleep Foundation encourage you to evaluate how your sleeping habits are influencing your personal health. According to a new study by Marketdata, Americans are spending $23.7 billion a year just to get a good night’s sleep. The costs come from purchasing sleep medications, mattresses, pillows, continuous positive airway pressure machines, and retail sleep aids along with visits to sleep labs/sleep centers. Although some individuals have conditions in which they need assistance from physicians and medications in order to properly sleep, many Americans could make small lifestyle changes in order to gain a more restful night. If you are one of the approximately 70 million people in the United States who are affected by a chronic sleep disorder or an intermittent sleep problem, try the following low or no cost options that may help you get a better night's sleep:

1. Try to have a standard relaxing bedtime routine and keep a regular bedtime and wake-time. The sleep/wake cycle is regulated by the circadian function in the brain and it functions more competently when there is consistency.

2. Exercise regularly, but finish your workout at least three hours before bedtime. Exercising makes the brain more alert and increases body temperature which can affect sleep. By exercising earlier in the day you can still have the relaxing effect of exercise without the disruption in sleep.

3. According to the Sleep in America poll, 43% of Americans are very likely to use caffeine in order to combat daytime sleepiness. But caffeine can make it difficult for you to fall asleep at night. Once you drink a cup of coffee it takes about 15 minutes for you to start to feel its effect. Then, it takes about three to twelve hours for the caffeine to be eliminated from the body. In order to not have your sleep affected by your coffee or soda habit, avoid caffeine products for at least eight hours prior to bedtime, or consider eliminating it totally from your diet.

4. Avoid alcohol close to bedtime. Alcohol consumed within an hour of bedtime appears to disrupt the second half of the sleep period by causing the individual to awake from dreams and return to sleep with difficulty. Studies show that even a moderate dose of alcohol consumed as much as six hours before bedtime can affect sleep.

Not getting enough sleep doesn’t just affect your health by making you feel tired and run-down. It is also linked to the onset of a number of chronic diseases and conditions such as diabetes, cardiovascular disease, obesity, and depression. According to the Center for Disease Control and Prevention, adults need 7-9 hours of sleep per night which can be an important part of your personal preventative medicine to stop sicknesses and diseases. If you continue to experience trouble sleeping on a regular basis, speak to your healthcare provider.

Source: http://www.sleepfoundation.org
Get Screened

During March, National Colorectal Cancer Awareness Month, the Wellness Committee encourages you to get screened. Colorectal Cancer is the third most common form of cancer in the United States. It is also one of the most preventable forms since with screenings, polyps that form in the large intestine can be removed before they even become cancerous.

Five important facts about colorectal cancer:

1. Screenings should start at age 50, or sooner if you have a family history of colorectal cancer or any related predisposing illnesses.
2. Colorectal can affect both men and women although men are 35% more likely to be diagnosed with colorectal cancer.
3. Often times, colorectal cancer is initially asymptomatic. If symptoms do appear, they may include changes in bowel habits, blood in your stool, persistent cramping, gas, or abdominal pain.
4. Reduce your risk of colorectal cancer by eating a well balanced diet high in antioxidants (fruits, veggies, whole grains), not smoking or drinking alcohol in excessive, and limiting saturated fat.
5. 153,000 are diagnosed with colorectal cancer annually according to the American Cancer Society

Sources: www.cancer.org, www.mayoclinic.com

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Quiz Time: What is your sleep IQ?

Take the Sleep IQ quiz, adapted from the National Sleep Foundation website to see if you have the sleep smarts. Check your answers on page 5.

1. True or False: When you sleep, your brain rests.
2. True or False: Everyone dreams every night.
3. True or False: Stress is the number one cause of insomnia
4. How many hours of sleep does the average adult need on a nightly basis?
5. Name three sleep disorders
6. Name three of the four symptoms of insomnia
7. How many million of Americans are affected by chronic insomnia?
8. Fact or Fiction: Snoring is a common harmless problem
9. Name three diseases that can be caused in part by sleep deprivation.

*Find answers on page 5
Moosewood Nature Center: Upcoming Winter Fun Activities

♦ Sat. March 14: Eben Ice Caves Hike– 1-5 p.m.
Enjoy the ice creations of Mother Nature on this easy to moderate hike. Boots with grippers or the use of hiking poles recommended for better traction. Meet at: MooseWood Nature Center, drive time is 40 minutes one way. Donations are very much appreciated. All ages are welcomed.

♦ Sat. March 21: Hop into Nature
Explore the sounds and movements of frogs with songs, activities or crafts. Meet: MooseWood Nature Center. Free to members, $5 suggested donation appreciated/family for not-yet-members. This session is appropriate for children ages one to six years old.

♦ Sat. March 28 at 3 p.m. Critter Feeding
Snakes, frogs, turtles, and guinea pigs. Learn about the critters of Moosewood and help feed them! Meet at the Moosewood Nature Center. Free for members and suggested donation of $5 for non-members

For more information, contact the Moosewood Nature Center at 228-6250 or on the web at www.moosewood.org

March into National Nutrition Month with these challenges:
♦ Try five foods you have never eaten before.
♦ Start a nutrition journal on paper or on a website such as mypyramid.gov.
♦ Start a competition with a friend, spouse, son/daughter to see who can eat more vegetable and fruit servings daily.
♦ “Trash the Junk”- Vow to not eat junk food for the month of March.
♦ Vow to pack a lunch during the workweek.
♦ “Give Yourself a Break”...fast– Fit in breakfast everyday all month for a healthier metabolism and a healthier you!

Source: www.mypyramid.gov

Food can be a conversation starter anytime, anyplace.

“Your stomach shouldn’t be a waist basket.” ~ Author Unknown

“Food for thought is no substitute for the real thing.” ~ Walt Kelly

“Shipping is a terrible thing to do to vegetables. They probably get jet-lagged, just like people.” ~Elizabeth Berry

“A nickel will get you on the subway, but garlic will get you a seat.” ~Old New York Proverb

“The story of barbecue is the story of America: Settlers arrive on great unspoiled continent, discover wondrous riches, set them on fire and eat them.” ~Vince Staten
Portabella Mushroom Wraps
A la California style, this wrap is filled with layers of flavor that fuse together well. If you haven't tried quinoa, this is a great recipe to start with. Quinoa is an ancient grain from South America. It was a staple for the Incas. Recipe makes four servings.

**Ingredients**
- 1 tablespoon extra-virgin olive oil
- 1/3 cup soy sauce
- 1/3 cup Merlot or any red wine
- 1/3 cup balsamic vinegar
- 1 tablespoon garlic powder
- 1 teaspoon crushed red pepper
- 2 medium-size portabella mushrooms, sliced
- 1/2 cup uncooked quinoa
- 8 ounces reduced-fat cream cheese, room temperature
- 1 7-ounce jar sun-dried tomatoes, drained
- 4 10-inch whole-wheat tortillas (or other designer flavor, such as garlic-herb)
- 2 cups fresh baby spinach, washed and dried

**Substitution:** Substitute brown rice for the quinoa; increase the simmer time to 35 minutes.

**Directions**
1. Combine the oil and the soy sauce, wine, vinegar, garlic powder and red pepper; add the portabella mushrooms. Cover and marinate overnight in the refrigerator.
2. Combine the marinated mushrooms and 1/2 cup water in a medium-heavy saucepan. Bring to a boil; add the quinoa, reduce heat, cover and simmer 15 minutes. Remove from heat; stir, cover and let stand 5 minutes.
3. Meanwhile, blend the cream cheese and tomatoes in a food processor on medium speed until smooth. (Alternatively, finely chop the tomatoes and stir them into the softened cream cheese.)
4. To prepare the wraps: spread the cream cheese mixture evenly over the tortillas. Top with 1/4 cup of the cooked mushroom-quinoa mixture and 1/2 cup of the spinach leaves. Tuck in the upper and lower edges of the tortilla and roll it into a cylinder. Serve warm.

**Nutrition Facts per 1 wrap:**
- Calories: 420 kcal
- Fat: 13 g
- Saturated fat: 2 g
- Cholesterol: 5 mg
- Sodium: 1,360 mg
- Carbohydrates: 62 g
- Fiber: 8 g
- Protein: 20 g

Recipe provided from the American Dietetic Association
Elizabeth Arvidson, RD

Sleep IQ Quiz Answers (quiz on page 3):
1. False While your body rests, your brain doesn't.
2. True Though many people fail to remember their dreams, dreaming does occur for every person, every night.
3. True: Stress is the number one reason people report insomnia.
4. 7-9 hours
5. Sleep Apnea, Narcolepsy, Restless Legs Syndrome, Bruxism, Shift Work Sleep Disorder, & Insomnia, just to name a few
6. Difficulty falling asleep, waking up too early and not being able to fall back asleep, frequent awakenings, waking up feeling unrefreshed.
7. 30 million Americans
8. Fiction: Although snoring is harmless for most people, it can be a sign of a life threatening disorder: Sleep Apnea
9. diabetes, high blood pressure, depression, cardiovascular disease,

For more information visit the Sleep Foundation at [http://www.sleepfoundation.org](http://www.sleepfoundation.org)

Upcoming Free Blood Pressure Screenings
Stop by the table from 11-1 p.m. on the following dates for a free blood pressure screening and for information on how you can reduce your risk for hypertension and related diseases. No appointments necessary.

<table>
<thead>
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<tbody>
<tr>
<td>Wed.</td>
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<td>April 1</td>
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<tr>
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<td>April 20</td>
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Websites for Wellness

- National Sleep Foundation: [http://www.sleepfoundation.org](http://www.sleepfoundation.org)
- Moosewood Nature Center: [http://www.moosewood.org](http://www.moosewood.org)
- American Dietetic Association: [http://www.eatright.org](http://www.eatright.org)
- My Food Pyramid: [http://www.mypyramid.gov](http://www.mypyramid.gov)
- Michigan PATH: [http://wwwmipath.org](http://wwwmipath.org)
- Diabetes Outreach: [http://www.diabetesinmichigan.org](http://www.diabetesinmichigan.org)