Eat Better

If you want to eat better in 2020, determine how you plan to do so with smaller and sustainable new year’s resolutions. For example, “eat at least two fruits a day”, “limit soda intake to 1 can a day”, or “meal prep each week”. These small goals are easier to stick with it, and can help you eat better and improve health overall.

Let Go of Bad Habits

Whether it’s smoking, drinking too much alcohol, watching too much television, or eating late at night, everyone has bad habits that contribute to poor health. Your determination to quit a bad habit is built one simple day at a time. Every day makes you stronger.

Quitting habits such as tobacco or having a home-cooked meal rather than ordering takeout is a gift, not a sacrifice.

How to Make Resolutions Stick

One mistake that can throw sustainable new year’s resolutions off track is the all-or-nothing approach. If you happen to mess up, don’t give up on your goal. See it as a temporary set back and keep moving forward. Every day that you eat healthily, get some exercise, and beat your bad habit, you’re improving your health and well-being.

Quitting habits such as tobacco or having a home-cooked meal rather than ordering takeout is a gift, not a sacrifice. Therefore, don’t sabotage yourself by feeling sorry that you can’t smoke or eat fast food. Instead, remind yourself that you are choosing not to smoke or eat that greasy burger because you want to be free of this killer of an addiction. It’s all in your perspective. Pay attention and keep yourself in a positive frame of mind.

Health and Human Services Division

Dolly Narang, Director
Raelene Martinez, Diabetes Assistant
455-2395
Thelma Gonzales, CHR Manager
455 4114
Claudia Lente, CHR Generalist
455 4115
Cory May, ICWA Manager/ Family Advocate
455 4164
Martha Cooke, Healthy Kids Healthy Communities Coordinator
455 2395

feedingsantafe@gmail.com

The Healthy Kids Healthy Communities program will be bringing sacks of groceries to San Ildefonso during the winter months from Feeding Santa Fe on Thursday morning.

Each bag contains:
a dozen eggs,
two very large potatoes,
a one-pound bag of rice,
dried beans or pasta,
two cans of vegetables,
bread, and,
if available, fresh produce - fruit and/or vegetables.

If you would like to pick up a bag for your family please call the HHS Office at 455-2395 or Feeding Santa Fe 505.603.6600

https://www.dedication-health.com/
Some warning signs that your child may be experiencing vision problems are:

- Tilting the head or squinting to see the class board better or when watching TV.
- Frequent eye rubbing when he's trying to concentrate on something.
- Holding a book too close to his eyes or often sitting close to the TV.
- Consistently using his fingers to guide his eyes when reading.
- Closing one eye to read or watch TV.
- Excessive tearing without any tear-causing stimuli.
- Eye discomfort when using a computer or any digital device, i.e., digital eye strain.
- Sensitivity to light, which sometimes accompanied by headache or nausea.
- Wandering eyes.

Also, be aware that eye injuries can happen anytime, anywhere. Eye injuries are often caused by sports or physical activities, so know proper precautions such as wearing protective eyewear when playing sports.
COMMUNITY HEALTH REPRESENTATIVE PROGRAM

Working Hours
8:00am to 5:00pm
Monday – Friday
505- 455-4115
505-455-4114

Medication Pickup and Deliveries
Please call the CHR office if you need your medication picked up at Santa Fe Indian Hospital or Santa Clara Health Clinic.
If you reach voicemail, please leave:
◊ Name
◊ Location for pick up
◊ Chart number
◊ Amount of medication
◊ Call back number
We will call you back as soon possible.
Please call 4 to 5 days before you run out of meds.

Transportation
To request transportation, please call within 72 hours for pre scheduled appointments.
Please leave the following information if you reach voicemail:
◊ Name
◊ Date and time of appointment
◊ Location of appointment
◊ Call back number
We transport to Santa Fe, Espanola and Los Alamos.
We do not transport to Albuquerque
We do not transport for surgeries
We can transport same day depending on urgency and scheduling.

To Cancel, please call the CHR office within 48 hours of your scheduled transport
Due to inclement weather we may cancel or reschedule.
We will not risk our lives or the lives of our clients on dangerous road conditions

Thank you for your understanding
Why is it important to eat grains, especially whole grains?

Eating grains, especially whole grains, provides health benefits. People who eat whole grains as part of a healthy diet have a reduced risk of some chronic diseases. Grains provide many nutrients that are vital for the health and maintenance of our bodies.

**Nutrients**

Grains are important sources of many nutrients, including dietary fiber, several B vitamins (thiamin, riboflavin, niacin, and folate), and minerals (iron, magnesium, and selenium).

Dietary fiber from whole grains or other foods, may help reduce blood cholesterol levels and may lower risk of heart disease, obesity, and type 2 diabetes. Fiber is important for proper bowel function. It helps reduce constipation and diverticulosis. Fiber-containing foods such as whole grains help provide a feeling of fullness with fewer calories.

The B vitamins thiamin, riboflavin, and niacin play a key role in metabolism – they help the body release energy from protein, fat, and carbohydrates. B vitamins are also essential for a healthy nervous system. Many refined grains are enriched with these B vitamins.

Folate (folic acid), another B vitamin, helps the body form red blood cells. Women of childbearing age who may become pregnant should consume adequate folate from foods, and in addition 400 mcg of synthetic folic acid from fortified foods or supplements. This reduces the risk of neural tube defects, spina bifida, and anencephaly during fetal development.

Iron is used to carry oxygen in the blood. Many teenage girls and women in their childbearing years have iron-deficiency anemia. They should eat foods high in heme-iron (meats) or eat other iron containing foods along with foods rich in vitamin C, which can improve absorption of non-heme iron. Whole and enriched refined grain products are major sources of non-heme iron in American diets.

Whole grains are sources of magnesium and selenium. Magnesium is a mineral used in building bones and releasing energy from muscles. Selenium protects cells from oxidation. It is also important for a healthy immune system.

**Health benefits**

- Consuming whole grains as part of a healthy diet may reduce the risk of heart disease.
- Consuming whole grain foods that contain fiber, as part of an overall healthy diet, can support healthy digestion.
- Eating whole grains, as part of an overall healthy diet, may help with weight management.
- Eating grain products fortified with folate helps prevent neural tube defects when consumed as part of an overall healthy diet before and during pregnancy.

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**Whole Grain Pancakes Recipe by: Jennifer Goss**

**Ingredients**

- 1 cup whole wheat flour
- 1/2 cup rolled oats
- 1/4 cup cornmeal
- 3 tablespoons flaxseed meal
- 3 tablespoons brown sugar
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1 egg, beaten
- 2 cups buttermilk
- cooking spray

**Directions**

In a large bowl, stir together the whole wheat flour, oats, cornmeal, flaxseed meal, brown sugar, baking powder, and baking soda. Pour in buttermilk and egg. Stir just until smooth. Heat a large skillet or griddle over medium heat. Coat with cooking spray. Drop batter by large spoonful onto the griddle, and cook until bubbles form and the edges are dry. Flip, and cook until browned on the other side. Repeat with remaining batter.
New Year's Resolutions for People with Diabetes
By Chris Woolston, M.S.

It's a New Year! Now's the perfect time to reflect on your past and make plans for the future. It's also the perfect time to recommit yourself to controlling your diabetes. Monitoring blood sugar, planning healthy meals, exercising, taking medications, and getting regular checkups shouldn't be just once-a-year resolutions. This year, make them a way of life.

Here's how to tackle diabetes, this year and every year:

Annual tips
- See your doctor two to four times a year, even if you feel well.
- Make sure your doctor performs a comprehensive foot exam once a year.
- Be sure your doctor knows about all of the medications you're taking, including over-the-counter drugs and herbal remedies.
- Follow the instructions for every medication to the letter. If anything seems confusing, ask.
- Follow your schedule for checking blood sugar.
- Know the numbers that define your health: A1C, cholesterol, triglycerides, microalbumin, and blood pressure.
- Keep moving. Regular, moderate exercise can turn your body into a sugar burning machine. Start slowly — even a leisurely walk around the block is a step in the right direction.
- Take a look at your diet. Are you getting enough fruits, vegetables, and whole grains? -
- Are you going easy on fat? If you have any doubts about your meals, see your dietitian.
- Have a yearly Dilated Retinal Eye (DRE) exam. Make sure the eye specialist sends the results to your primary doctor.
- See your dentist twice a year.
- Get a flu shot in the fall.
- Be prepared. Know the warning signs of low blood sugar and other complications. - Keep glucose tablets handy.

Daily tips
- Examine your feet for cuts or sores, or have someone check for you.
- Bathe with mild soap and lukewarm water.
- Brush and floss your teeth.
- Live well and stay healthy!

Source:
Winter Driving

Severe winter weather can be frightening and dangerous when driving. Winter storms and icy or slushy road conditions play a major factor in nearly half a million crashes and more than 2,000 road deaths every winter. Drivers should consider the following safety rules*:

Cold Weather Driving Tips:

- Keep a bundle of cold-weather gear in your car, such as extra food and water, warm clothing, a flashlight, a window scraper, blankets, medications, a small shovel, ice salt or piece of cardboard (for traction if you get stuck).
- Check your tires before getting on the road. Are they properly inflated? Do they have plenty of tread?
- Keep your fuel tank at least half full at all times.
- Never warm your vehicle in an enclosed area, such as the garage.
- Do not use cruise control when driving on ice and snow.

Driving in the Snow:

- Get on the road only if absolutely necessary.
- Drive slowly.
- Clear snow and ice from your windows so you can see around you.
- Accelerate and decelerate gradually. Apply the gas slowly to regain traction to avoid skidding.
- Increase your following distance to five to six seconds. This provides you a longer stopping distance.
- Know your brakes. Keep the heel of your foot on the floor and use the ball of your foot to apply firm, steady pressure on the brake pedal.
- Don’t stop if you can avoid it. If you can slow down enough to keep rolling until a traffic light changes, do it.
- Don’t try to accelerate up hills. Applying extra gas on snow covered roads will just make your wheels spin.
- Don’t stop when going uphill.

Long-Distance Winter Trips:

- Be Prepared: Have your vehicle serviced before the trip. Put together an emergency kit with supplies.
- Check the weather along your route. If possible, delay your trip if bad weather is expected.
- Stay Connected: Notify others and let them know your route, destination and estimated time of arrival.
- If you get stuck: Don’t overexert yourself. Stop if you become tired.
- Be Visible! Tie a brightly colored cloth to the antenna or place a cloth at the top of a rolled up window to signal distress. If it’s dark, keep the dome light on if possible.
- Clear the snow around the exhaust pipe; make sure the exhaust pipe is not covered or blocked with snow, ice or mud. This can cause carbon monoxide poisoning if the engine is running.
- Stay warm. Use whatever is available to insulate your body from the cold. It’s a good idea to pack blankets and extra clothing to use in case of an emergency.
- Conserve fuel: If possible, only run the engine and heater long enough to remove the chill.

* AAA Exchange