

# Tomorrow Starts Today



A newsletter about the *My Health, My Choice, My Life* initiative across the State of Tennessee.

February/March 2014



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## DSMP Class Loses 196 Pounds

by Mark Bresee, Chattanooga Peer Wellness Coach

Seventeen members of Volunteer's Dakota Place Peer Support Center in Cleveland, TN graduated from the Diabetes Self-Management Program (DSMP) on January 16. In addition to gaining knowledge regarding diabetes, members focused on living a healthier lifestyle.

With that newfound focus, members of the group lost a combined 196 pounds, with one member losing 62. But losing weight wasn't the only effect these changes had.

When asked what other benefits they experienced, one member said with a smile, "I feel better about myself," and others nodded in agreement. When asked what changes a staff member noticed as a result of the *My Health, My Choice, My Life* programs, she said, "I hear people talking about health in their casual day-to-day conversations."

Dakota Place members finished the DSMP, but they are not done making healthier lifestyle changes.

## How Did They Do It?

At Dakota Place, a few lifestyle changes were what really made the success happen. These small changes, put together, were enough to make a big difference:

- Meal planning
- Portion control
- Decreased sugar intake
- Increased physical activity
- Eating healthier snacks, especially at night
- Medication changes



# The Mind-Body Connection May Be Stronger Than We Thought

A new self-report study shows that we believe we “feel” emotions in different places.

by Julie Fann, Frontier Health Peer Wellness Coach

Right now, I’m listening to the Dave Clark Five’s hit, “Glad All Over.” If you’ve heard it, you know the song is about being and falling in love. I know how that is. Since I’m currently in love myself, I can feel it all over – a warm sensation throughout my body – from my head all the way to my toes. I’m “glad all over.”

A new study published in December in the *Proceedings of the National Academy of Science* and reported in USA Today provides a comprehensive picture, a visual graph, or map, of where people report experiencing a wide range of emotions in our bodies.

The findings apply to healthy people, but now researchers are focusing on how the mind-body connection is established in people with mood disorders. This information could help diagnose different psychological and behavioral conditions.

According to the study, in five

experiments researchers gave 700 people from Finland, Sweden and Taiwan outlines of a body and asked them to color in the places where they felt warmer or cooler in certain body parts. They asked them to respond to 13 emotions ranging from fear, surprise, happiness, anger and depression.

Unlike all the other emotions, when we are happy, joyous, or full of love, we feel sensations throughout our body. We “glow” internally, all over. We are more relaxed and more mobile.

At the same time, when we experience negative emotions, like anger or embarrassment, we may feel extremely red-faced, and when we’re anxious we may feel tightness in the chest or stomach problems. These negative sensations affect how we interact with others and our environment.

Most emotions, the study found, corresponded to sensations in the chest and head. Anger produced more feelings in

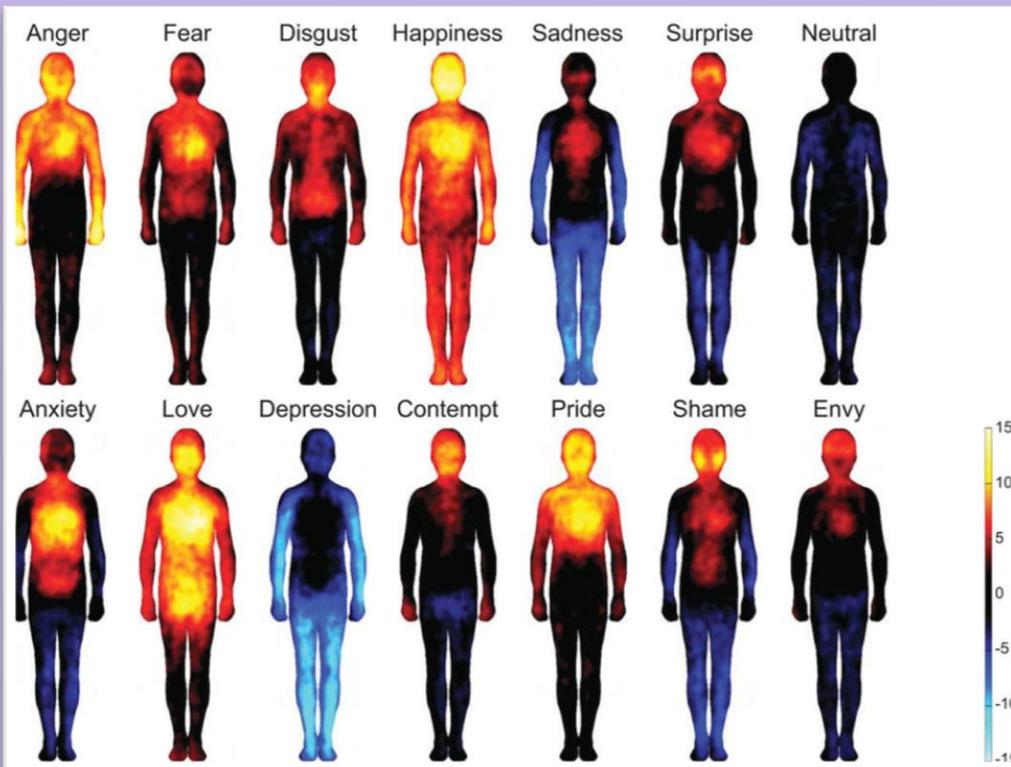
the limbs, while sadness and depression decreased feelings in the limbs.

You can take the test yourself at <http://becs.aalto.fi/~lnummen/participate.htm>.

According to the National Institute of Health, over the past 20 years mind-body medicine has gleaned evidence that psychological states greatly influence illnesses like heart disease, arthritis and other chronic illnesses.

Mind-body medicine focuses on treatments like yoga, breathing relaxation, visual imagery and meditation, among others.

Practicing any or all of these techniques may not only increase and sustain your overall well-being but also might produce in you, and, who knows, even someone around you, that “glad all over” feeling.



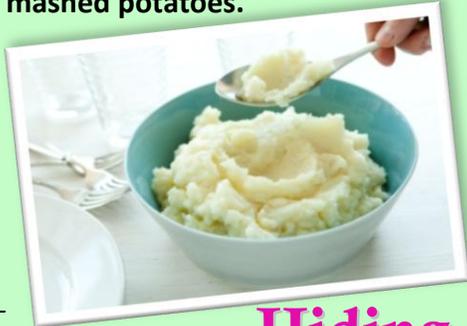
Take a look at the graph generated by the Finnish researchers after collecting self-report data from 700 people.

Participants reported what temperature parts of their bodies felt like when experiencing different emotions.

Surprise, for instance, is associated with warmth in the face, while depression was reported as much colder overall.

<http://www.npr.org/blogs/health/2013/12/30/258313116/mapping-emotions-on-the-body-love-makes-us-warm-all-over>

If you want to eat something other than mashed potatoes, try some mashed cauliflower. Just steam the cauliflower florets, place in a food processor, and add some olive oil, fresh thyme, smoked paprika, salt and pepper. Blend together for a tasty, low-carb alternative to mashed potatoes.



Give your spaghetti a touch of green by adding in some thinly-sliced zucchini strips. Take two zucchinis and slice them into long, thin strips. Replace half of the spaghetti you would normally use with zucchini strips. Add them to the pasta water during the last two minutes of cooking.

Would you ever think of putting beets in brownies? Beets are naturally sweet, so they reduce the need to add sugar and provide moisture for foods like brownies plus add a splash of color without tasting "beety."



Don't like the taste of spinach and kale? Put them in a smoothie mixed with yogurt and frozen mixed berries. You will never know the difference. This is a great way to sneak in some of the dark, leafy veggies into your diet.



Add color to your eggs with sun-dried tomatoes and you will also be getting a source of the antioxidant lycopene.

Add some flavor to your mayonnaise by mixing in some cooked broccoli. Simply blend reduced-fat mayo and cooked broccoli in a food processor.

## Hiding in Plain Sight: Ways to Work More Vegetables into Your Diet

by Leanne Crawford, Cherokee Health Systems Peer Wellness Coach

Often, we find ourselves lacking in the "eating fruits and vegetables" department while perhaps overdoing it on the grains and proteins! With a few simple tips, you can make sure you catch up on your vegetable servings. Using them to replace more common starchy offerings adds valuable vitamins and minerals to your diet without adding a lot of fat and calories. Yum!

Instead of using the whole pound of ground beef to make those hamburgers, replace half with some chopped mushrooms. You will have a moist burger and save many calories since mushrooms have one-sixth the calories of extra-lean ground beef.



Use large lettuce leaves, such as romaine or Bibb, to make your sandwiches instead of bread. This will also help you to reduce your carb intake.

Tips adapted from [diabeticlivingonline.com](http://diabeticlivingonline.com).



**By Stephanie Wallingford,  
Johnson City Peer Wellness  
Coach**

This February, two of our Johnson City-area coaches, Stephanie and Julie, co-facilitated a CDSMP workshop together at the Frontier Health's Friendship Connections in Kingsport. To bring the workshop to a close, the duo held a graduation celebration for the group at a local church. The celebration began with several of the participants playing a friendly game of balloon ping-pong and dancing to music.

They took a break and ate a healthy lunch together that the coaches made. On the menu was chicken salad wraps with lettuce and tomato, cowboy caviar with whole wheat tortilla, and for dessert, fruit and peanut butter dip. The party didn't end there, though. Each participant walked to the front of the room and received a certificate of completion, a *My Health, My Choice, My Life* t-shirt, and had their picture taken with our coaches. To bring the celebration to an end, the group got together and posed for a picture.

"I had a really good time at the party," said Kristie, one of the workshop participants. "The games were fun and the food was really good. I really got a work out with the games. Thank you for all the fun."



**By Tiffany Claiborne Nevin  
West Tennessee Peer Wellness  
Coach**

*My Health, My Choice, My Life* celebrated our very first CDSMP graduation celebration in the Memphis area this month with a heart-healthy Valentine's Day brunch at Midsouth Sober Living, part of First Step Recovery Centers..

In addition to games and crafts, graduates enjoyed heart-healthy foods, with special attention paid to cholesterol, fat, and sodium levels:

- Low-carb breakfast burritos with egg beaters, low-fat cheese, onions, peppers, and chicken chorizo,
- Heart-shaped red peppers with a low-fat cream cheese and Mrs. Dash topping,
- Baked grits with low-fat cheese,
- Apple muffins,
- Pink fruit smoothies and
- Dark chocolate-covered strawberries.

Every graduate also received a fruit valentine to take home with them.

"First Step Recovery had such a great time with our graduation party," said Grace Thomas, the group co-facilitator and First Step's Executive Assistant. "Tiffany had all kinds of fun and cute activities. The fun games and creative heart-healthy treats were a great way to wrap up our group sessions. Everyone enjoyed it."

## Graduations Across the State This Month!

**From Johnson City to Memphis, *My Health, My Choice, My Life* participants are taking part in our graduation celebrations, designed to celebrate completing the Chronic Disease Self-Management Program (CDSMP).**



## Workin' Out at Friendship House

by Cassidy Bryant, Knoxville Peer Wellness Coach



At Helen Ross McNabb Center's Friendship House, we do physical activities every week. The members love chair aerobics and dancercise. For chair aerobics all you need are individuals and chairs.

All the physical activity is done sitting in your chair. We begin with stretches:

- 20 heel and toe raises
- Touch your toes for 10 seconds
- March in place for 20 seconds
- Lower back stretches
- Ankle, wrist and arm stretches

Once we are all warmed up and loose, we do:

- 20 punches
- Leaning to the left and right 20 times
- Pump arms above your head 10 times

If the members are able to stand, we then do chair squats and sidekicks. After all this physical activity, we have increased our heart rates and need to do a cool down:

- Walk in place
- Stretch arms
- Touch toes
- Deep breathing, in through your nose and out of your mouth.

For dancercise, all you need is music. The members here at Friendship House love to do line dancing, the cha-cha slide, cupid shuffle, the electric slide and the Macarena. So, get on your dancing shoes and get ready to move!

## How Much Exercise Should I Be Doing?

In the Chronic Disease Self-Management Program (CDSMP), we discuss physical activities several times and even give a few basic goals that you can work toward in your personal wellness journey.

We recommend working toward moderate aerobic activity for 20-30 minutes, three to five days per week. (A moderate activity will increase your heart rate and breathing slightly, but not excessively.)

We also suggest eight to ten different strengthening exercises two to three days a week.

Even if you're not to that level yet, if you start small, you may see big results!



# Preventing Colds and Flu This Season

by James Pincham, Ridgeview Peer Wellness Coach



According to the *Knoxville News-Sentinel*, more than 2,800 East Tennesseans have sought treatment for flu-like illness so far this flu season - higher than the state's average, Tennessee's Department of Health said.

The flu season is always at its peak during the winter months and often overlaps with spring allergy season. Here are some helpful, easy-to-remember suggestions from various news outlets that will help to prevent colds and flu:

- 1) Minimize your consumption of alcohol. Alcohol interferes with sleep, which is the most reliable defense against infection.
- 2) Drink black or green tea with lemon and honey. Not only do these teas ward off colds, just breathing in the steam from them helps because it stimulates hair follicles in the nose, expelling germs. Also, lemon thins mucus, and honey has anti-bacterial benefits.

- 3) Be sure to include protein in your diet. Lack of protein can deplete the immune system.
- 4) Because gyms are a breeding ground for germy grossness, before using any equipment like free weights or bicycle handlebars, clean them first with antibacterial wipes.
- 5) In any location that you share with other people, whether it's an office or other common space, clean with a disinfectant those items that are used frequently like microwaves, refrigerator door handles, fax machines, doorknobs, elevator buttons, and the armrests on chairs every two-to-three days. The Rhinovirus has been reported to linger on objects from 48 to 72 hours.
- 6) If you walk past another person who is sneezing or coughing, gently breathe out until you're beyond the six-to-10-foot zone around them to prevent inhaling the contaminated air.

- 7) As soon as you experience the first symptoms of a cold, such as a scratchy throat, take a Cold-Eeze lozenge, or any other lozenge that combats colds and that contains Zinc, for a few days. Doing so may prevent cold symptoms from getting worse.
- 8) Try to remember to carry your own pen with you to the bank, grocery store and the doctor's office to avoid picking up germs.
- 9) Some doctors suggest using a daily nasal rinse, such as NeilMed Sinus Rinse, with a bulb syringe, to flush out viruses.
- 10) Drink plenty of water to flush toxins from the body. Also, turning fruits and vegetables into juice using a blender at home will get important nutrients into your system faster.
- 11) Be careful when using water fountains and stair railings because they typically aren't sanitized often.
- 12) Avoid stress. It wards off germs. Regular exercise and sweating also expel toxins from the body.
- 13) Do not share toothbrushes, lip brushes or lipstick because they are germ magnets.
- 14) Wash your hands often with soap and water and regularly clean your cell phone with a sanitizing wipe.

# Spring is in the Air...So is the Pollen.

by Febe Wallace, MD and Stella Melton, LPN, BA, CPRP



Spring will soon be here. Won't it be a welcome sight to have tree leaves turn green, grass sprout up, and flowers bloom? Unfortunately, for those people who have hay fever and seasonal allergies, this sight isn't always a happy one. Spring also means tree pollen for weeks, and grass and various other allergens all summer; then ragweed and goldenrod in the fall. Yikes!

Seasonal allergies happen when our bodies react to an outside substance such as plant pollen, even though the pollens are not any kind of "germ." This is unlike colds and flu (caused by viruses) or strep throat (caused by bacteria). In the case of allergies, our immune system goes into full attack mode against something that isn't a germ.

Any substance that gets into the body and triggers an allergy is called an *allergen*. In response to the allergen, your body activates a substance called *histamine* to protect the body. It is histamine that causes itchy eyes and nose, watery eyes and runny nose, sneezing, coughing, and swelling of the eyelids and nasal passages. The watery eyes, runny nose, and cough are all efforts to get the allergens out of the body.

We can reduce our exposure to seasonal allergens if we know we are allergic to them. Staying indoors during the peak allergen times is one strategy. Some people wear a mask when doing garden work or mowing the yard. Frequent vacuuming helps, too.

But many people with bothersome allergies find it helpful to turn to OTC (over-the-counter) medications to help with allergy symptoms. There are a number of them on the market. Some are antihistamines, some are decongestants, and some are combination products.

Antihistamines are used to reduce the itchiness and swelling and to dry up the secretions. An older antihistamine, diphenhydramine (brand: Benadryl), can cause sleepiness, so special caution is needed when it is used in the daytime.

Some newer antihistamines such as loratadine (Claritin) and cetirizine (Zyrtec) are less likely to cause sedation. These medications may cause other problems, however, for persons with glaucoma or trouble urinating.

Decongestants include pseudoephedrine (Sudafed) and phenylephrine (Sudafed PE). The purpose of these medications is to promote drainage from those swollen tissues. Pseudoephedrine can raise blood pressure, so this is a concern for persons who already have high blood pressure.

Persons with glaucoma, heart disease, diabetes, or other long term health conditions should ask their primary care provider before taking these medications. Decongestants can also cause nervousness or trouble going to sleep.

There are several combination products also. Watch for "D" after the name which indicates that the product contains both an antihistamine and a decongestant. Some products may have a pain reliever added also, and reading the label can keep you from accidentally doubling up on a medicine or taking a medicine that you are not able to tolerate. Never take more than the recommended dose.

It is a good idea to check with your primary care provider to ask what allergy medication is safest for you, and which ones you should avoid. This helps make sure that the recommendation fits your individual health situation.

Persons with any long-term health problem are advised to check with their primary care provider before taking allergy medication because of effects the allergy medication can have on your health condition as well as interactions with other medications you may already take.

**Febe Wallace, MD is the Director of Primary Care Services at Cherokee Health Systems. Stella Melton, LPN, BA, CPRP is a nurse who coordinates Cherokee's Psychosocial Day Program and Peer Support services.**

A	W	X	I	V	O	L	Z	M	G	Q	W	F	X	Z	G	X	J	S	M	ENDURANCE
G	N	K	Z	Q	C	X	J	G	R	M	R	P	E	O	I	D	R	A	C	STRETCHING
O	W	M	B	I	N	T	E	N	S	I	T	Y	A	M	Y	F	U	U	I	STRENGTHENING
Y	V	J	H	S	J	L	I	S	P	K	N	F	C	E	R	K	H	D	B	WEIGHTS
R	X	S	K	S	M	R	E	I	V	Z	I	S	T	N	K	Z	Y	W	X	SWIMMING
N	Q	J	Y	O	S	N	K	L	Y	G	R	B	I	D	P	S	E	E	M	DANCING
K	U	E	H	W	L	Q	D	T	K	V	H	X	V	U	D	A	S	B	H	WALKING
G	F	U	A	L	U	L	W	E	W	W	M	N	I	R	U	E	R	S	K	JOGGING
N	F	Z	E	M	X	W	R	R	E	G	W	K	T	A	J	Y	O	K	N	FITNESS
I	L	W	V	S	W	I	M	M	I	N	G	Q	Y	N	F	K	O	M	H	ACTIVITY
G	K	S	T	R	E	T	C	H	I	N	G	O	R	C	A	I	D	G	N	INTENSITY
G	H	X	F	B	W	F	O	C	G	V	R	Q	J	E	Q	S	T	Y	O	GYMNASIUM
O	E	Y	R	K	D	A	N	C	I	N	G	L	B	N	F	A	U	M	P	OUTDOORS
J	V	O	S	G	B	Y	F	V	N	F	M	B	I	S	B	G	O	N	O	PARK
S	T	N	H	N	S	T	R	E	N	G	T	H	E	N	I	N	G	A	C	WELLNESS
N	Q	V	M	I	D	P	Q	Z	T	K	T	T	X	H	A	S	N	S	Y	YOGA
O	I	D	K	K	O	D	S	T	H	G	I	E	W	K	L	F	Y	I	P	CARDIO
D	P	J	O	L	B	U	H	H	P	L	N	F	F	M	Z	C	K	U	X	
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# Save the Date, West Tennessee!

## It's time for your Championship Games!

Tuesday, May 6

10:30am to 1:30pm  
Milan City Park  
7001 Ellington Dr.  
Milan, TN 38358

**Come ready for a day of fun competitions and outdoor games!**

Each Peer Support Center is also responsible for creating a banner to hang at the event. Twin-size sheets and a list of games will be provided by your Peer Wellness Coach prior to the event to allow you to prepare. Lunch and water will be provided. We'll see you there!