



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

Tomorrow Starts Today



September 2014

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Getting People Moving at the TDMHSAS Providers' Meeting

by Donald Williams, Middle Tennessee Peer Wellness Coach

To add some physical activity to the Tennessee Department of Mental Health and Substance Abuse Services (TDMHSAS) providers' meeting this summer, I led the group in a 10-minute wellness break to prevent after-lunch exhaustion. The activity was split into three parts: muscular endurance, muscular strength, and flexibility. We started by marching in place and escalated to fast-paced stationary punching. I wanted to make sure this wasn't too easy; we needed to keep people engaged and get their heart rates up!

The exercises that focused on muscular strength were a squat hold and a variety of sitting leg exercises such as leg extensions.

Endurance exercises included forward and backward motion arm circles. We ended by stretching – a key component to a healthy workout. I led the group in a series of standing and sitting stretches for their quadriceps, forearms, and hamstrings.

Overall, the wellness break was a success and I was honored to be given an opportunity to demonstrate a component of physical wellness to our providers who make this program possible!



A squat hold is one of many moves Donald has up his sleeves. How do you do one? Here are some quick instructions.

What's a Squat Hold?

Stand as tall as you can with your feet spread shoulder-width apart (see Donald at left). Lower your body as far as you're able by pushing your hips back and bending your knees. Hold this position for at least 20 to 30 seconds, then slowly push yourself back up with a controlled motion.

Going Local in Bolivar

Members of Quinco’s Horizons of Bolivar are getting their produce right from the farmers themselves.

by Tiffany Claiborne, West Tennessee Peer Wellness Coach

The Bolivar Farmers’ Market (located at 110 Lafayette St.) has a new group browsing the wares lately: the members of Quinco’s Horizons of Bolivar, decked out in their neon green shirts.

Every week, the members take a van to the market and do a little bit of shopping. Some members buy vegetables and fruits to take home, and some even buy their own plants to care for.

The day I went on the trip with the members, Connie Puckett, who works at Horizons, purchased several vegetables for use in meals at the center during the week.

“We look forward to going to the farmers’ market during the growing season,” she said. “It’s a treat to go and the members enjoy it. We get fresh vegetables to enjoy at lunchtime. It’s a good outing.”

Not only that, but it’s an affordable way to get fresh vegetables, too.

“We spend about \$20 and get all kinds of vegetables, fruits, and home-canned things,” Puckett said.

This economical solution may be just right for you if the option is available. Not only will it provide you with fresh vegetables (that should last longer, because they’re local!), but you’ll be helping a local farmer stay in business, too.

To find your local farmers’ market, check out www.picktnproducts.org. They have listings for East, Middle and West Tennessee.



Physical Health Goals Help Woman to Overcome Addiction

by Julie Fann, Frontier Health Peer Wellness Coach

We all share common struggles.

That was the most valuable lesson an East Tennessee woman battling addiction learned as she lost 20 pounds during a six-week Well Body workshop through *My Health, My Choice, My Life* this summer.

“The encouragement and support I received from the other women, as well as the information presented to us during the workshop, helped me commit to working to get to a healthier weight,” said Monique, who is in her early 30’s and raising two young boys. “Women struggling with substance abuse are vulnerable to getting a variety of illnesses, so it’s very important for us to take care of our bodies for our children and our future. “

During the workshop, women who are attending a drug and alcohol addiction recovery program learned that food cravings often replace alcohol and drug cravings as people work to get well. Several of the women in the workshop reported an increased appetite for food after they stopped drinking and using other drugs.

Focusing on eating healthier foods, portion control, and getting some form of physical

activity helps women in recovery work toward reaching goals that build self-esteem and, with it, the courage to remain clean.

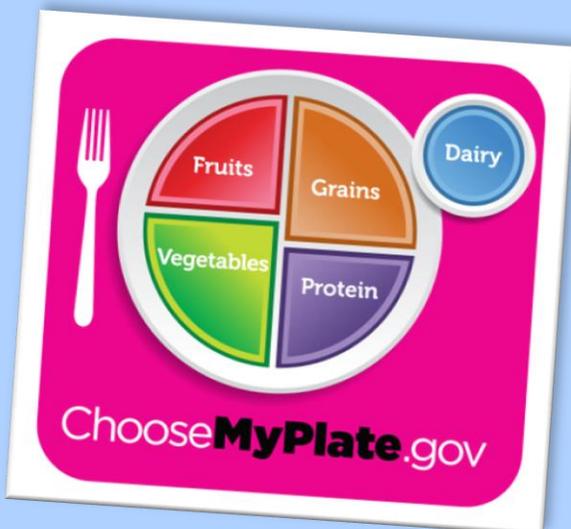
“I’ve learned a lot about portion control and the importance of physical exercise in order to feel better,” Monique said. “I’ve been working out four days a week for nearly two hours each session, and that’s made a huge difference.”

In the past, Monique became addicted to drugs to escape a damaging family environment.

“Everything around me was out of line, starting with my family and our behavior. We had horrible fights. I used substances as a cover up for my true feelings. I used manipulation and deceit to get through parts of my life that were painful. ... I’ve learned how much work goes into finding one’s self and how much damage you can do to yourself and not even know it.”

Monique intends to remain committed to the goals she set for herself during the Well Body workshop.

“If you try hard enough there is light at the end of the tunnel. All of us can live healthy lives. We just need to take the time to do it.”



When she began taking a Diabetes Self-Management Program (DSMP) class in Knoxville, Teresa’s blood sugar ranged from 300-400 almost every day. She also struggled with her weight and her close relationships with people she loves suffered.

Teresa acquired tools during the DSMP class to help her better manage her blood sugar and difficult emotions, and she developed a plan to add physical activity to her routine too. She now walks approximately 30 minutes a day, six days a week, and she has lost almost 20 pounds.

“My blood sugar is now almost always close to normal, as long as I do what I’m supposed to do,” she said.

Teresa now reads the labels on the foods she eats, plans healthier meals, and monitors her portions. She also tries to eat at the same time of day each day and takes her medication on time.

And because she is taking better care of her physical health, Teresa’s relationships with other people are improving. Recently, her boyfriend wanted to move in with her and her children. If she had let that happen, she and her children could have been evicted from their home

Diabetes Self-Management Program Helps Knoxville Woman Manage Her Illness As Well As Her Life

by James Pincham, Ridgeview Peer Wellness Coach

Across the state, people are using the skills they learn in the programs offered by *My Health, My Choice, My Life* to better manage their chronic health conditions. Action planning, decision-making, problem-solving and more of the tools we pull from our self-management toolboxes aren’t just for health problems, however. Read on to find out how one woman is using the tools she’s learned to help her make better life decisions, as well.



because they receive financial assistance from the government. Teresa said that, before taking the DSMP class, she would have made a poor decision and let her boyfriend move in with her and later suffered the consequences. Instead, she was able to stand up for herself and her children, and she told the boyfriend that he couldn’t move in with her.

“I feel like I’m in better control of my life, but that control does not stop with

managing my diabetes,” she said. She now realizes that the benefits of the class go far beyond her physical health, and that’s what encourages her the most. With her newly found motivation, Teresa has started working with Ridgeview Hospital’s Vocational Rehabilitation Program to search for a full-time job.

“If I can handle diabetes I feel like I can pretty much handle anything else.”

Stephanie's Moves of the Month

by Stephanie Wallingford, Frontier Health Peer Wellness Coach

Upper Body Twist

This stretch will help develop and maintain flexibility in your upper back.

1. Sit upright with your feet flat on the floor. Cross your arms and reach for your shoulders.
2. Without moving your hips, turn your upper body to the left as far as is comfortable. Hold for five seconds.
3. Do the same on the right side.
4. Repeat five times on each side.



Arm Raises

This exercise builds shoulder strength.

1. Sit upright with your arms by your sides.
2. With your palms forward, raise both arms out and to the side and up as far as is comfortable.
3. Return to the starting position.
4. Repeat five times.

*Keep your shoulders down and arms straight throughout. Breathe out as you raise your arms and breathe in as you lower them.



Peer Support Centers Enjoy Healthy Snacks

by Melissa Frazier, Coordinator, Frontier Health's Friendship Connections

As someone who provides healthy snacks once a week, it's very hard to come up with new and different ideas. I like to provide the members with as many different snacks as I can without being repetitive. I get a lot of my ideas from Google and from other staff members as well. Some of the members have even used the ideas and made them at home. I love trying new and different things, and the members like it as well.

"I really like the healthy food we have and the water we have with it is good. I have tried some of [the healthy food] at home too."

- Kristie, member

Here are a couple of recipes members love:

Fruit Parfait
serving size: 8

Ingredients:

- 4 cups Low fat vanilla yogurt
- 2 cups strawberries and blueberries
- 1 cup granola

Directions:

1. Place strawberries and blueberries in the bottom of the cup
2. Add low fat vanilla yogurt
3. Top with granola

Cinnamon Peanut Butter Dip
serving size: 4

Ingredients:

- 1 cup of plain Greek yogurt
- 4 tablespoons of Peanut Butter
- 2 tablespoons of honey
- Dash of cinnamon (to taste)

Directions:

1. Combine ingredients and mix well
2. Serve with your favorite fruit



Walk This Way!

by Leanne Crawford, Cherokee Health Systems Peer Wellness Coach

No, I'm not talking about the Aerosmith song, although they are one of my favorite bands. I'm talking about physical activity that we all do every day but may not realize just how much of it we do.

Do you know how many steps you walk each day? The members who attend Day Treatment and Health Recovery groups at 5th Street in Morristown can tell you how many steps they take each day because most of them have been given a pedometer.

It all began when members noticed the watch I wear. It's an exercise watch that logs my steps, calories burned, miles walked, exercise time and heart rate.

During the CDSMP (Chronic Disease Self-Management Program) workshop, one of my action plans revolved around taking more daily steps. My co-facilitator, Mike Clayton, also wears a pedometer to log his daily steps. Curiosity piqued and the members wanted to do the same.

We ordered several pedometers. When members asked us about ours we would give them one of their very own and the excitement began. Now, it's turned into a competition between the members. They love trying to "out walk" their peers, especially Mike and me.

The Surgeon General recommends 30 minutes of activity most days of the week which is about equal to 10,000 steps per day. Wearing a pedometer can help you keep track of your daily walking activity.

According to Prevention Magazine's Alyssa Shaffer, "Research shows pedometer users take nearly 2,500 more steps a day (over 1 mile, or about 100 calories) than non-users. Over a year, that's enough to burn off about 10 pounds."

So, if you happen to visit us at 5th Street, don't be surprised if you are asked how many steps you take each day. If you don't know, maybe you should invest in your own pedometer and step it up....



These days, pedometers come in all shapes and sizes. You can find some that don't cost a lot (\$10 or so), but other, multifunctional units can cost a bit more. Some smartphones can even track motion and distance to tell you how far you've walked, or how many calories you've burned.

The Heart of the Matter

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



“Let’s get right to the heart of the matter.” We use this phrase when we plan to address a very important piece of information. When it comes to heart health, this can mean recognizing the symptoms of a very serious condition: the heart attack.

Heart disease is the leading cause of death in the United States among both men and women. Risk for heart disease is affected by several lifestyle patterns: eating habits, exercise, smoking, alcohol and drug use, and how well you manage any existing health problems such as diabetes or high blood pressure. You do not have to be old to have heart disease, and you do not have to be old to have a heart attack.

When heart attacks occur, heart disease has usually been present for an extended time. This happens in the arteries of the heart muscle itself. Cholesterol builds up into a “plaque” on the artery walls, and this makes the inside of the arteries too narrow for blood (and oxygen!) to get through properly. The artery walls get irritated, and blood clots can form on the inflamed areas. Eventually, there can be a blockage so complete that the blood (and oxygen) supply is cut off completely. This means that the heart muscle cells on the other side of the blockage are smothered for lack of oxygen. Those heart muscle cells will eventually die. This is a heart attack.

As you can see from this process, all heart attack symptoms may not develop instantly. On television, heart attacks are shown as completely sudden events. And they can (and do) occur suddenly. But sometimes heart attack symptoms occur more gradually, with earlier symptoms that can alert you to a problem. Heart attack symptoms are not always the same for everyone who experiences an attack.

The most common symptom of a heart attack is a feeling of pain, heaviness, pressure, or other discomfort in the chest. Pain may extend to other areas such as the neck or jaw, arms, back, or abdomen. Shortness of breath may occur; this means that you feel like you can’t get enough air into your lungs, or it becomes difficult to breathe. Persons experiencing a heart attack may feel nausea, and vomiting may occur. Sudden sweating is also common, and the person may become very pale or the skin may take on a gray look. There may be dizziness, weakness, anxiety, and apprehension. The person may look very unwell.

Does everyone have these symptoms? No. Some people have what are called “silent” heart attacks, in which the person is not aware of having symptoms. Sometimes people have symptoms that seem mild or symptoms that they think could be something else, such as heartburn. Women also may be more likely to have symptoms other than the classic chest pain, so they should be alert for the other symptoms that signal a heart attack.

If you believe you are having the symptoms of a heart attack, it is important to call 911. Do not delay getting care. Minutes can make the difference that saves a life.

It is important to be familiar with the symptoms of heart attack. But it is also important to learn information that can help you prevent having a heart attack. Eat a healthy diet with lots of fruits, vegetables, and minimally-processed foods. Work to maintain a healthy weight. Exercise regularly. If you smoke, think about a plan for quitting. See your primary care provider to keep check on your blood pressure, blood sugar, and cholesterol levels. Contact your peer wellness coach for information about classes in your area that can help you with healthy eating habits, tobacco cessation, or self-management of chronic diseases. Improving your heart health and improving your overall health will lower your risk for heart attack.

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.

Solve this puzzle and learn more about new ingredients to put in salads!

(Puzzle by Cassidy Bryant, Helen Ross McNabb Peer Wellness Coach.)

Do you want to find new options to spice up your salads? Find the ingredients in the puzzle and maybe you can find something different to try!

H	K	U	S	A	L	M	O	N	F	N	O	I	N	O	D	E	R
U	Q	K	X	A	G	A	M	I	V	M	W	I	L	A	I	I	P
W	S	T	U	O	R	P	S	A	F	L	A	F	L	A	K	T	N
C	X	S	B	R	R	G	N	L	K	K	N	E	K	C	I	H	C
N	O	C	R	R	U	A	C	A	R	R	O	T	S	S	F	W	F
U	C	U	E	S	I	R	A	B	H	C	I	M	A	S	L	A	B
Y	V	M	P	I	S	N	A	E	B	Y	O	S	Q	V	O	A	P
I	Q	Y	P	S	N	C	Q	Q	D	E	E	S	I	X	A	L	F
L	P	W	E	T	O	M	A	T	O	A	W	A	L	N	U	T	S
O	Z	C	P	T	I	A	K	Y	B	G	F	S	H	R	I	M	P
C	A	S	D	D	I	K	B	L	K	T	U	N	A	K	P	G	M
C	V	A	E	C	M	U	A	A	E	C	U	T	T	E	L	P	P
O	J	V	R	V	K	S	E	L	P	P	A	H	L	Z	T	K	E
R	A	O	Y	B	C	U	R	M	Y	F	F	A	C	X	K	T	A
B	W	C	V	K	J	R	E	B	M	U	C	U	C	W	W	T	N
Z	G	A	M	L	I	O	E	V	I	L	O	P	L	A	A	X	U
D	K	D	O	F	M	U	F	W	E	O	G	Q	Y	D	T	R	T
Y	A	O	U	B	P	I	S	T	A	C	H	I	O	S	H	T	S

Alfalfa Sprouts

- Apples**
- Avocado**
- Balsamic**
- Broccoli**
- Carrots**
- Chicken**

Cucumber

- Flax-seed**
- Lettuce**
- Olive Oil**
- Peanuts**
- Pistachios**
- Red Onion**

Red Pepper

- Salmon**
- Shrimp**
- Soybeans**
- Tomato**
- Tuna**
- Walnuts**

Hey there, Lindsey!

Lindsey Johnson is West Tennessee's newest Peer Wellness Coach.

Learn a little more about her:

Lindsey graduated from Bethel University in 2014 with a Bachelor of Arts in Human Services. While attending Bethel, Lindsey was heavily involved in the university's vocal program and participated in Vocal Authority, a small, sixteen voice group. Though music is of high importance to her, she discovered through her college experience her true passion for helping others through struggles similar to the ones she has faced. Employed by Pathways in Jackson, TN, Lindsey is excited to be a part of a program proven to improve wellness across the state of Tennessee.

