



HEALTHY AT 80

www.communityhealthdayton.org

January 2018

RESOLUTION SCHMESOLUTION

Ditch the New Year's resolutions...

Why? Polls show that while 41% of adults make resolutions, only 9% stick with them. This is partially because it's tough to start new habits after the holidays & partially because it can be difficult to overcome challenges if you don't have a solid feel-good foundation. So we're giving you a better way to start the year off - by focusing on building a positive attitude that will help you make lasting changes all year long.

Some people join a new gym. Others try to lose weight. These are all good goals, but the question is, will making a resolution help you achieve them? While trying to get back to "normal" after the holidays, the negative impact of failure may make it feel like change isn't possible for you. And that's just not true! So, a resolution may do more harm than good, especially if you feel discouraged or stressed about keeping it.

Instead, focus on building a solid foundation of positivity, so you'll be set up for success as you tackle health goals throughout the year. Don't start the new year on a negative note by setting an unrealistic goal or focusing on the goals you haven't accomplished yet. Start the New Year right by building yourself up. Acknowledge everything you can be proud of and what you've already accomplished. Take time to appreciate the people who helped you get here. Thank your body for all the amazing things it does to keep you healthy and strong.

Practicing gratitude can help set you on a path of success in creating real, lasting health changes. When you have a positive attitude and outlook, you'll be way more primed for overcoming challenges later on as you make changes throughout the upcoming year. <https://healthyforgood.heart.org>



Community Health Centers of Greater Dayton—Your Medical Home

Healthy at 80 is Community Health Centers of Greater Dayton's informational newsletter on healthy living, created with the goal of helping you stay healthy and thriving through 80 years old and beyond! To read more Healthy at 80 articles, please visit the archives on our website:
www.communityhealthdayton.org/healthyat80

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THINKING FROM THE HEART

Do you ever feel like you just can't catch a break? You know – the truck that cut you off, the meal that didn't turn out, the weird feedback you got from your boss? Do you sometimes feel negative and cynical about life?



Sure, we all do this a little, but doing it a lot can lead to depression, which is linked to poor heart health, more inflammation, and even a weaker immune system. Yikes!

Some neuroscience experts think our brains focus on negative information as a way to remember pain so we can avoid it in the future and stay safe. They call this the “negativity bias. But we can balance out this natural tendency!

How you think can have dramatic and lasting effects in a person's life. People who view the same circumstances in a positive light engage in more exercise, have better dietary behaviors, are less likely to smoke and abuse alcohol, and have higher rates of medication adherence.

Here's a simple way to get started: Write these down before you go to bed or share them around the dinner table. In five minutes, you can practice thinking from the HEART.

- ⇒ **HEALTH: What did your body do for you today?** Did you know you take about eight million breaths a year? Your feet can take you up a mountain, your arms can hold someone you love. Take a minute to marvel at the finely tuned machinery of your body.
- ⇒ **EAT: What did you feed your body to nourish yourself today?** Was it an old favorite, something you made, or something new and different? If you eat three meals a day, you'll eat about a thousand meals this year! Take a minute to savor an especially yummy meal.
- ⇒ **ACTIVITY: What did you do that really enjoyed today?** Did you give it your all at the gym or take a quiet moment while sitting in traffic to reflect? Take a minute to think back on one particularly awesome moment.
- ⇒ **RELATIONSHIP: Who do you look forward to seeing?** Is it someone who sets your heart on fire, always has a smile for you, has your back, or makes you laugh until you cry? Take a minute to smile as you think about this special person.
- ⇒ **TIME: What are you doing right now?** Every single day you wake up with 24 brand new hours. The past is history, the future is a mystery, and today is a gift. That's why they call it the present! Take a minute to be thankful for the gift of time.

GET REAL ABOUT GETTING ACTIVE

A positive, realistic attitude could be your greatest ally when working in a new workout habit. Keeping your motivation in focus, setting realistic goals and knowing that setbacks are part of the process are all awesome ways to make sure you stay on track with your activity goals.

Tap into what motivated you in the first place.

The health benefits of regular physical activity are too great to overlook. Regular activity may help lower your risk of high blood pressure, heart disease, stroke, diabetes and certain cancers. It's a great way to deal with stress. And staying active can boost energy, mood, and overall wellbeing. Make a list of the benefits that matter most to you and keep it where you can review it often.

Make a Real Plan

Keep it real by taking small, sustainable steps. For example, a plan to achieve the goal of being active on most days of the week may start with walking 20 minutes a day, 3 days a week and gradually build up to 30 minutes, 5 days a week. Track your progress with a journal, website or mobile app.

HABICHUELAS ROSADAS A LA CARIBEÑA (CARIBBEAN PINK BEANS)

Check out this Dominican inspired dish. Beans are one of the most economical and nutritious protein foods around. And dried beans cost just pennies per pound -- a terrific and versatile food to always have in your healthy pantry.

1 lb. pink beans (you can substitute pinto or light red kidney beans, but you will need to increase cooking time of the beans by 15-30 minutes)
8 cup water
2 tsp. dried cilantro
2 tsp. dried parsley
28 oz. canned, crushed, no-salt-added tomatoes
1 red pepper (finely chopped)
1 small white onion (finely chopped)
3 tsp. minced garlic

Rinse and sort beans, removing any rocks. Soak beans in water overnight. Drain beans and return to large pot with 8 cups of water. Bring to a boil and reduce to medium heat, let cook for 90 minutes, stirring occasionally until beans are soft. Add cilantro, parsley, tomato, pepper, onion, and garlic and cook 20 min more. Serve with brown rice.



NUTRITION BITES!

Seasonal Produce: Winter doesn't mean the end of delicious and affordable vegetables! Think crunchy-sweet apples and pumpkin (yes, real pumpkin, not just pumpkin spice) in everything!

SEASONS OF EATING

Your heart-healthy recipes will taste even better with seasonal produce.



KEEP THESE TIPS IN MIND WHEN USING AND SHOPPING FOR SEASONAL PRODUCE:

- 1 Fresh foods are often less expensive during their harvest season. You may even save money by buying in bulk.
- 2 Shop the farmers' market to learn more about produce and get ideas on how to prepare foods in season.
- 3 Gardening gives you fresh seasonal produce and a little exercise, too. The sense of accomplishment you'll feel will make that produce taste even better!
- 4 Frozen, canned and dried fruits and vegetables also can be healthy choices. Compare food labels and choose items with the lowest amounts of sodium and added sugars.
- 5 Choose canned fruit packed in water, its own juice or light syrup (avoid heavy syrup).
- 6 Choose canned and frozen vegetables without sauces that can be high in sodium and saturated fat.
- 7 Freeze fresh produce at the peak of its season, so you can add it to smoothies, soups and breads and enjoy it throughout the year.

Delicious & Nutritious

WHOLE WHEAT CRANBERRY MUFFINS

Get some fiber with these tasty muffins. Great as a breakfast or a quick snack on the go!

Cooking spray (optional)
3/4 cup uncooked, quick-cooking oatmeal
1/2 cup whole-wheat flour
1/2 cup all-purpose all-purpose flour
1/2 cup firmly packed light brown sugar
1/2 cup sweetened, dried cranberries
1/4 cup wheat germ
2 tsp baking powder
1/4 tsp baking soda
3/4 cup pineapple juice
1 large egg
1 T canola oil OR corn oil
2 tablespoon unsalted sunflower seeds

WHOLE WHEAT CRANBERRY MUFFINS

This ready-to-grab breakfast will hit the spot and keep you going strong all morning long!

NUTRITION FACTS

143 CALORIES / 2 g FIBER / 108 mg SODIUM



- ⇒ Preheat the oven to 400°F. Lightly spray a 12-cup muffin pan with cooking spray or put paper muffin cups in the pan.
- ⇒ In a medium bowl, stir together the oatmeal, flours, brown sugar, cranberries, wheat germ, baking powder, and baking soda. Make a well in the center. Pour the pineapple juice, egg substitute, and oil into the well, stirring until just moistened. Do not overmix; the batter should be slightly lumpy. Spoon the batter evenly into the muffin cups. Sprinkle with the sunflower seeds.
- ⇒ Bake for 11 to 12 minutes, or until a wooden toothpick inserted in the center of a muffin comes out clean. These muffins don't need a cooling time before removing from the pan.

<https://recipes.heart.org/recipes/1291/whole-wheat-cranberry-muffins>

Community Health Centers of Greater Dayton

Give us a call to discuss your health with our caring doctors and nurse practitioners!

Health Centers

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