



HEALTHY AT 80

www.communityhealthdayton.org

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YOU ARE IN CONTROL!

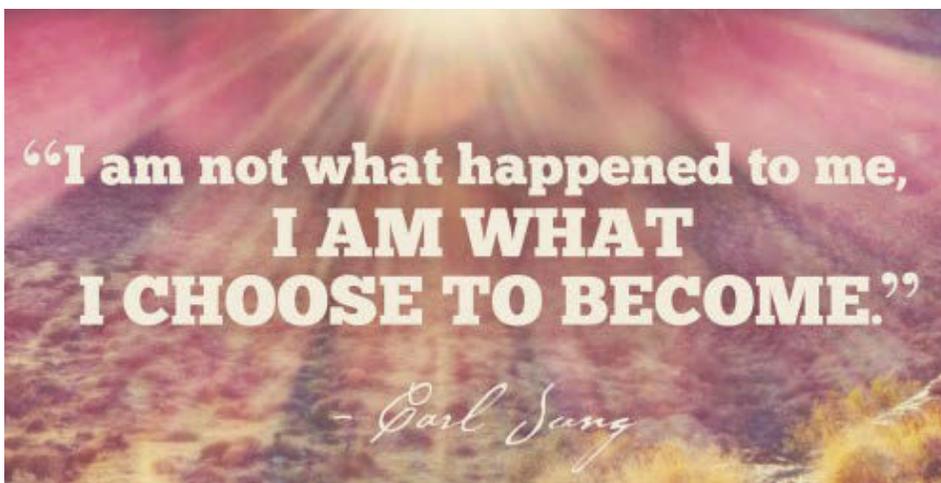
One of the most powerful realizations that can change your life is becoming aware of the power you have to choose. Many people get overwhelmed and frustrated in their lives because they see only the roadblocks and circumstances that prevent them from doing what they want to do, and they feel powerless to change them. As a result, their lives often feel beyond their control.

- ⇒ People often perceive they don't have many choices when it comes to the circumstances they face. When they perceive they don't have choices, they feel frustrated and lose hope. On the other hand, people who see their lives as a series of choices feel in control of their lives and their destiny.
- ⇒ **The idea that we have ultimate control and freedom to choose may not seem realistic when we look at our lives in totality.** It's important to remember that **every change, no matter how big or small, happens through a series of small steps. Achieving the goals you have for your life is about the small choices you make on a daily basis.** It's those daily choices that add up to create your life.

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

See inside for tips that can help you feel more in control!



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4 WAYS TO TAKE CONTROL OF YOUR LIFE

To help you feel less overwhelmed, here are four choices that can help you feel more in control.

- 1) **Choose to go to bed one hour earlier.** Getting more sleep boosts your immunity, slows the aging process and decreases levels of the stress hormone cortisol. It has also been shown to help with weight loss. Beyond the health benefits, sleep is critical to how we function—physically, mentally & emotionally. Ideally you should aim for seven to eight hours per night and six hours minimum. You can start with just one extra hour per night.
- 2) **Choose just five minutes of stillness.** Our minds work overtime. We are overstimulated with technology, constant access and hectic schedules. We are always thinking, worrying or planning. *Most of us are under the impression that we need large amounts of time to be able to relax and recharge and we underestimate the power of just a few minutes of stillness and silence every day.* Just five minutes a day has been shown to improve health, mood and overall well-being.
- 3) **Choose to be healthy over being perfect.** Each meal or snack is an opportunity to make a different and healthier choice. Rather than trying to control your lifestyle and diet for the next several weeks or months, just focus on the next eating opportunity. Always remember that each time you eat, you can make a different choice.
- 4) **Choose to ask for help.** Asking for help is hard, but once you do you may be surprised by the amount of support that is available. If you have been struggling to do it on your own, ask yourself if you are willing to make a different choice and ask for help. Taking to your caring doctor or nurse practitioner is a great place to start if you are feeling alone with your responsibilities.

FORGIVE YOURSELF & GET BACK ON TRACK

Choose to forgive yourself if you slip up.

- Whether it's eating something you regret, not going to the gym, forgetting to do something or not doing it as well as you had hoped, forgiveness is key to feeling in control. ***Forgiveness allows you to move past whatever went wrong and choose to try again.*** When you fail to forgive yourself you end up focusing on the problem, and as a result feel stuck and powerless to change. You can't change the past, but you can choose to move forward.

Choose to get right back on track.

- Once you have decided to forgive yourself, don't allow too much time to pass before you get right back to working on your goals. By doing so you maintain momentum and take immediate control of the experience.

MAKE A SMARTER SANDWICH

Change things up to make your sandwich healthier AND more exciting!

- ◆ Use different breads like 100% whole-wheat tortilla wraps (choose wraps low in saturated fat & made with no hydrogenated oils) or 100% whole-wheat pita pockets.
- ◆ In addition to lettuce & tomato, try shredded carrot or zucchini & sliced apple or pear with a turkey sandwich.
- ◆ Try avocado or hummus as a swap for cheese or mayo.
- ◆ Enjoy leftover grilled or baked chicken in your sandwich as a switch from lunch meat.

<http://www.heart.org>

Bread and Better Kids love PB&Js...but there are tons of other fun sandwich combos.



NUTRITION BITES!

How to Pack a Healthy Lunch! Here are some budget-friendly, creative ideas to keep both you and the kids happy and healthy at lunchtime:

- ⇒ **Love those Leftovers** ~ Think about using the leftovers from a family favorite dinner for a next day lunch. Use a thermos to keep foods hot or cold until the lunch bell rings. Some ideas:
 - ⇒ Soup - tomato, vegetable or bean
 - ⇒ Chili (vegetarian or made with lean or extra lean ground beef or chicken)
 - ⇒ Spaghetti (whole wheat pasta with marinara sauce)
 - ⇒ Bean casserole or beans & rice
- ⇒ **Let them Dunk** ~ Sometimes it's OK for you and the kids to play with your food, especially when you are getting extra nutrition! Try packing one of these fun dunks with dippers:
 - ⇒ Apple & pear slices to dip into low-fat plain yogurt or peanut butter.
 - ⇒ Carrot, celery and sweet pepper strips to dip into hummus, fresh salsa or homemade bean dip
 - ⇒ Whole-grain crackers or slices of grilled tofu to dunk into soup. Choose crackers low in sodium and saturated fat and made without hydrogenated oils.
- ⇒ **Get them Involved** ~ When kids help pack their lunch, they're more likely to eat that lunch! Have them choose which piece of fruit or what type of whole grain bread they want and let them assemble their lunch. Make this a weekly routine – it's another great way to spend family time together.

Build a Better Sandwich

Pick a Whole Grain

Bread Pita English Muffin

Wrap Bagel Roll

Add Protein

Chicken Lowfat Cheese Tuna

Ham Beans Nut Butter

Turkey Chickpeas Turkey Bacon

Roast Beef Egg Salad Hummus

Layer on Fruits & Veggies

Tomatoes Apple Slices Kiwi

Peppers Grapes Pickles

Mushrooms Celery Pineapple

Onions Berries Spinach

Cucumbers Banana Mango

Carrots Pear Olives

Avocado Lettuce Cabbage

Make It Extra Special

Fresh Herbs Light Mayo Greek Yogurt

Lowfat Dressing Mustard Salsa

Vinaigrette Quiccomole Salt & Pepper

Oil & Vinegar Pesto

Take the pledge at [PowerYourLunchbox.com!](http://PowerYourLunchbox.com)

Delicious & Nutritious

When football season comes around, it's time to gather up friends and fire up the grill. Healthy tailgating food should involve recipes that satisfy but don't weigh you down for the day. This quick homemade BBQ sauce is lower in sodium than bottled versions, and you can put this whole meal on the table in less than 30 minutes. Pile crunchy slaw atop this bbq sandwich for an exciting contrast to the tender chicken.

BBQ CHICKEN SANDWICHES WITH COLESLAW

2 tablespoons canola oil, divided
1 pound skinless, boneless chicken thighs
1 tablespoon chili powder, divided
3/4 cup finely chopped red onion, divided
3/4 cup unsalted tomato sauce
3 tablespoons cider vinegar, divided
1 1/2 tablespoons sugar, divided
3/4 teaspoon salt, divided
1/2 teaspoon black pepper, divided
3 cups packaged cabbage & carrot coleslaw
4 (1 1/2-ounce) whole-wheat hamburger buns
cooking spray



- ⇒ Heat 1 1/2 teaspoons oil in a large skillet over medium-high heat. Sprinkle chicken with 1 teaspoon chili powder. Add chicken to pan; cook 4 minutes on each side or until done. Remove chicken from pan; let stand 5 minutes. shred chicken into large pieces with 2 forks.
- ⇒ While chicken cooks, heat 1 1/2 teaspoons oil in a medium saucepan over medium heat. Add 1/2 cup onion; sauté 5 minutes. Add remaining 2 teaspoons chili powder, tomato sauce, 1 tablespoon vinegar, 1 tablespoon sugar, 1/2 teaspoon salt, and 1/4 teaspoon pepper to pan; bring to a boil. Reduce heat, and simmer 5 minutes. stir in chicken; keep warm.
- ⇒ Combine remaining 1 tablespoon oil, remaining 1/4 cup onion, remaining 2 tablespoons vinegar, remaining 1 1/2 teaspoons sugar, remaining 1/4 teaspoon salt, remaining 1/4 teaspoon pepper, and coleslaw. top bottom halves of buns evenly with chicken mixture, slaw, and top halves of buns, or serve slaw on the side.

<http://www.myrecipes.com/recipe/bbq-chicken-sandwiches-coleslaw/print>

Nutritional Information

Amount per serving

Calories 373 Fat 15.6 g Satfat 2.7 g Monofat 7.6 g Polyfat 4.2 g Protein 24 g Carbohydrate 36 g Fiber 6 g
Cholesterol 106 mg Iron 3 mg Sodium 757 mg Calcium 89 mg Sugars 13 g Est. Added Sugars 9 g

Community Health Centers of Greater Dayton

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

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Corwin Nixon Health Center

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