



HEALTHY TODAY

www.communityhealthdayton.org

December 2020

HEALTHY HOLIDAY SEASON & NEW YEAR

If 2020 has left you feeling overwhelmed, you're not alone. And if the Grinch has stolen your spirit and good intentions, try some of these tips to reclaim your ho-ho-ho and stay happy and healthy this holiday season and into the New Year.

- ⇒ **Keep Up Healthy Habits.** For example, decide that you'll move more and do something active every day over the next three weeks.
- ⇒ **Stay active — even in the hustle and bustle.** Instead of beating yourself up about missing a workout, sprinkle some healthy activities into your daily routine. For example, if the weather isn't too frightful and you're working from home, ride your bike around your neighborhood during a lunch break. If dinner is going to be a feast, opt for a light lunch, then take a vigorous walk. And keep the family moving. When the kids are home, squeeze in some active chores and socially distanced trips to the park.
- ⇒ **But not too active.** Give yourself the gift of peace. If you need some down time to recharge, declare a me-treat and do something that relaxes you. Try yoga, meditation or spending time in nature.
- ⇒ **Make a plan for the New Year.** It's a great time to reset for the new year — but don't go dashing through your to-do list too fast or you might not stick to your plan. Lay out realistic, sustainable steps for the months ahead. For example, start a daily walking routine before you set your sights on that marathon.

<https://www.heart.org/en/healthy-living/healthy-lifestyle/stress-management/holiday-stress-try-our-top-5-tips-for-a-healthy-holiday-season?>

Healthy Today is Community Health Centers of Greater Dayton's informational newsletter on healthy living, created with the goal of helping you and your family stay healthy and thriving every day!

To read more Healthy Today articles, please visit the archives on our website:

www.communityhealthdayton.org/healthyat80

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happy healthy holidays!

COVID-19 AND YOUR MENTAL HEALTH

While we are familiar with viruses like the common cold and the flu, Covid-19 is new & presents a situation none of us could have imagined a few months ago. The fact that it is extremely contagious has resulted in business closures, social distancing, & quarantine measures that have changed our daily lives. It is especially important to pay attention to mental health during this time. Recognizing your feelings are valid & focusing on things within your control can provide comfort.

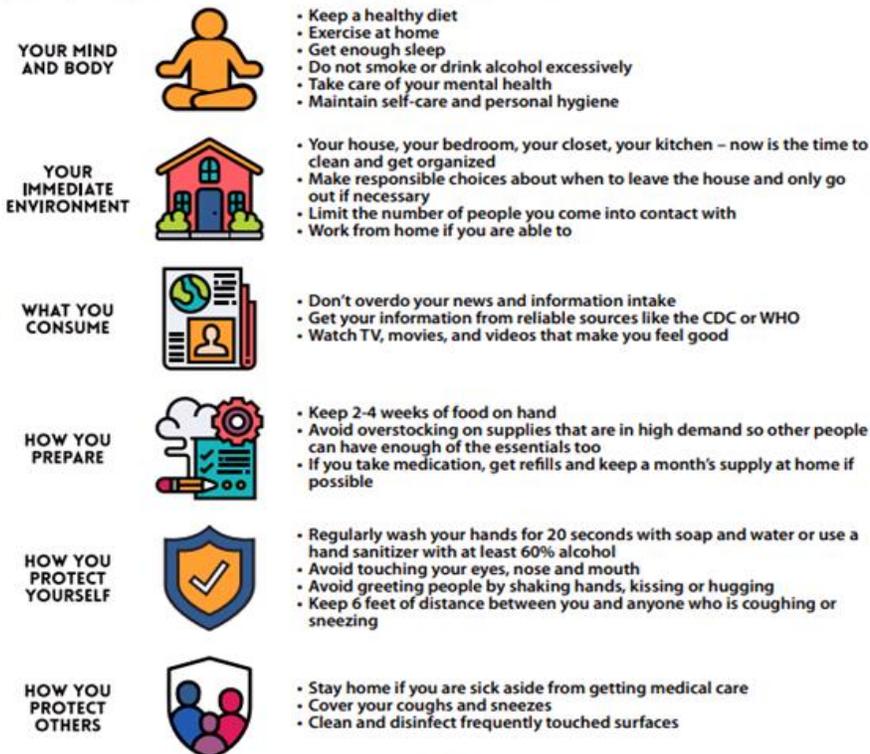
YOUR CONCERNS ARE VALID

There are many reasons that you might be concerned or worried about COVID-19. Some of the most common are:



REALIZE WHAT YOU CAN CONTROL

One of the most frustrating things about COVID-19 is that so much about the virus and the limitations on where you can go are out of your control. However, there are things that you can control, and focusing on those things can provide you with some comfort. Some of the things you can control include:



SOCIAL CELEBRATIONS WHILE SOCIAL DISTANCING

Celebrations are so important, but so is our health. Go ahead, relish in those special moments virtually while staying at home to flatten the curve.

Step 1) Set a date and time.

Invite friends and family to attend a virtual party .

Step 2) Separate locations does not have to mean a separate menu.

Pick your favorite healthy recipes and send out to everyone. How about mozzarella bites? Sliced fruit with honey yogurt?

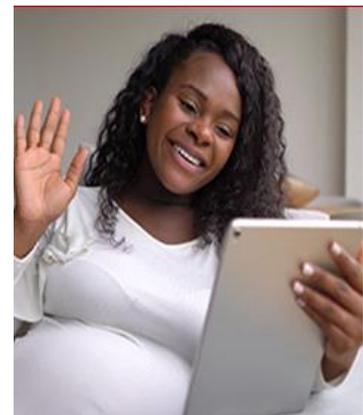
Step 3) Set the scene.

Don't forget the music, balloons and flowers to help set the mood. It's easy. You can order these items with your groceries for pickup or for delivery.

Step 4) It's time for a toast.

Sparkling water and fruit are the perfect pair. Lets celebrate together!

<https://www.heart.org/en/healthy-living/healthy-lifestyle/stress-management/healthy-social-distancing-celebrations>



MANAGING #STAYATHOME STRESS

How are you handling the stress, isolation and uncertainty of self-quarantine during the coronavirus pandemic? Many of us are experiencing situations we've never faced before.

Confession: "*Working from home feels less structured and I'm struggling to balance family.*"

- ~ Reorganize to fit your temporary work environment.
- ~ Don't worry! No one can do it all. Just breathe.
- ~ Slow Down. Plan ahead and prioritize.

Confession: "*I am beginning to feel isolated and lonely.*"

- ~ Take a break! Call or video chat family & friends.
- ~ Give back! Donate, volunteer or help a friend remotely.
- ~ Laugh! Laughter is good – even when you're alone.

Confession: "*I find myself constantly saying: 'When can I get back to normal?'*"

- ~ Focus on the possible! Learn a skill, achieve a goal, find a way to help.
- ~ Move every day! Go for a walk to relieve the tension.



MENTAL HEALTH AWARENESS

As we prepare to move into the new year, we are focusing on Mental Health Awareness! Our goals are to encourage ourselves and each other to make mental health a priority and to build positive mental health habits. If we don't take care of ourselves, how can we take care of others?

Have you established practices to take care of yourself? This could look like just staying active / keeping your body moving. It could be eating healthy, nutritious foods to give our body good fuel. It could be taking 10-15 minutes for yourself daily, whether that's first thing in the morning to prepare for the day and / or it could be at the end of the day to process and release thoughts to prepare for sleep. It could be establishing boundaries in order for you to keep your peace.

We encourage you to do something that makes you happy at least once a week. Try to stay in tune with yourself as the busy-ness of life can sometimes take us away from ourselves, resulting in our mental health suffering and ending up at the end of our to-do list. Mental health crises happen every day. Let's do our best to be proactive and take care of ourselves – physically, mentally, and emotionally.

2020 has been a hectic year, and we need to do what we can to keep ourselves well. If you ever feel you need additional support, don't hesitate to reach out to ask for help and / or to talk to someone.

Get Help Now Montgomery Co.

GetHelpNow
MONTGOMERY COUNTY

A free app to locate addiction, mental health services & more.



CHCGD offers behavioral health services at our centers, and here are some additional resources as well:

National Suicide Prevention Lifeline:

800-273-8255 - available 24/7

Samaritan Crisis Care:

937-224-4646 - available 24/7

Montgomery Co. Warmline:

937-528-7777- available M-F 11a-7p;
the warmline provides early intervention and emotional support that may prevent a crisis.

- Lina Washington

Delicious & Nutritious

ALL DRESSED UP CAULIFLOWER RICE

A vegan weeknight dinner of fluffy, textured cauliflower with warm spices. For distinct bits of cauliflower that won't turn into mush once they're cooked, don't overcrowd the bowl of your food processor.

- 1 medium head of cauliflower (about 2¼ lb.), broken into florets
- 2 Tbsp. extra-virgin olive oil
- 1 medium red bell pepper, finely chopped
- 1 shallot, finely chopped
- 2 garlic cloves, finely grated
- 1 Tbsp. curry powder
- 1 tsp. ground turmeric
- ½ tsp. ground coriander
- ¾ cup canned unsweetened coconut milk
- 1 tsp. finely grated lime zest
- 1 Tbsp. fresh lime juice
- 1 tsp. coconut sugar or granulated sugar
- Kosher salt
- ¼ cup golden raisins
- ¼ cup coarsely chopped cilantro
- ¼ cup unsalted, roasted pumpkin seeds (pepitas)
- ¼ cup coarsely chopped mint, plus torn leaves for serving
- Plain whole-milk Greek yogurt and lime wedges (for serving; optional)



- ⇒ Working in 2 batches, pulse cauliflower in a food processor until pieces are about the size of rice (you don't want to overprocess; err on the large side). Transfer cauliflower to a medium bowl lined with a kitchen towel to absorb any extra moisture.
- ⇒ Heat oil in a large skillet over medium-high. Add bell pepper, shallot, and garlic and cook, stirring occasionally, until shallot and garlic are softened slightly, about 3 minutes. Sprinkle in curry powder, turmeric, and coriander and cook, stirring, until fragrant, about 30 seconds. Add coconut milk, lime zest, lime juice, and coconut sugar; season with salt. Reduce heat to medium-low; cook, stirring, until slightly thickened, about 2 minutes. Add cauliflower and raisins; cook, tossing occasionally, until cauliflower is just tender, about 3 minutes. Taste and season with more salt if needed.
- ⇒ Add cilantro, pumpkin seeds, and ¼ cup mint to cauliflower rice and toss to combine. Divide among bowls; top with a dollop of yogurt if using and torn mint. Serve with lime wedges for squeezing over if desired.

<https://www.bonappetit.com/recipe/all-dressed-up-cauliflower-rice>

Community Health Centers of Greater Dayton

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

Our Health Centers

Appointment Line:

937-461-6869

Hours: Mon-Fri 7:30am-5:30pm

Alex Central Health Center

5 South Alexandersville Road Miamisburg, OH 45342 Phone: 937-247-0304

Charles Drew Health Center

1323 West Third Street Dayton, OH 45402 Phone: 937-461-4336

Corwin Nixon Health Center

2351 Stanley Avenue Dayton, OH 45404 Phone: 937-228-0990

East Dayton Health Center

2132 East Third Street Dayton, OH 45403 Phone: 937-528-6850

Patterson Park Health Center

1074 Patterson Road Dayton, OH 45420 Phone: 937-258-6330

Victor Cassano Health Center

165 South Edwin C. Moses Blvd. Dayton, OH 45402 Phone: 937-972-0303

Dental Center

East Dayton Dental Center

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