



Stay Connected

With the COVID-19 pandemic affecting services, Southcentral Foundation wants to stay connected with customer-owners and offer information on activities, recipes, and much more. The Wellness Newsletter is a weekly newsletter providing information for customer-owners to help with health and wellness. The newsletter can be found at both the *Benteh Nuutah* Valley Native Primary Care Center Wellness Center and Anchorage Health Education websites.

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Family Highlight: Making Memories with Your Children

ASHLEY SCHROEDER

This summer take advantage of the added time with your children and try some of these fun ways to make lasting memories. What creative activities would you add to this list?

- Make popcorn or another special treat and have a movie night.
- Play an outdoor game like catch, soccer, basketball, or four-square.
- Go hiking.
- Have a family game night.
- Go for a bike ride.
- Fly kites.
- Go berry picking.
- Take your children fishing.
- Pick a book to read aloud, no matter the age of your children.
- Make a craft.
- Play outside with your children and let them choose the game.
- Join your children's make-believe or pretend play, let them lead you in what to do.
- Share stories of family traditions.
- Play bingo.
- Prepare a recipe together. Let children help measure, mix, or chop.
- Do some indoor exercise.
- Have a dance party.
- Play dress up.
- Have a tea party complete with tea or cocoa and a few snacks.
- Paint rocks to decorate the yard or garden.
- Plant seeds and watch them grow.
- Build a fort (inside or outside).
- Draw with sidewalk chalk.
- Do chores together.
- Go camping in your living room. Make s'mores in the oven and lay sleeping bags on the floor.
- Involve children in household projects to teach them a new skill (such as changing car tires, carpentry, or plumbing).
- Have a picnic.
- Create something together with blocks or Lego pieces.
- Go for evening walks before bedtime.
- Play charades.
- Tell each other family-friendly jokes.
- Blow bubbles.
- Play tag.
- Walk the dog.
- Play video games together.
- Make homemade pizza, and let the kids top their own crust.
- Paint, draw, or color.
- Volunteer or donate items together.
- Play "20 Questions."

ADD YOUR OWN IDEAS BELOW!

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Chalk Art

NICOLE NORDSTROM

Drawing on the pavement with chalk is a fun family activity! There are so many creations waiting to be made right in front of your house. You can fly away holding onto a bouquet of balloons, you can swim under the sea with sea creatures, or you can float in space with a little chalk and your imagination! Draw your favorite cartoon character, a game of hopscotch, or a pair of wings and then take a picture with your creation.



Inspired by: lisad.fotoclubby.com

Make a Plan for Quitting Tobacco

RUTHI BLATCFORD

An effective general gets to know their opponents and their opponents' habits, then determines the best plan of action using that knowledge. Without a good battle plan, chances of victory decrease. Quitting tobacco requires strategy as well. Going into battle knowing your adversary enhances chances for success. For instance, becoming aware of when you use tobacco more, then coming up with a plan to counter the activity with a distraction to help get you through the habit and craving. Cravings do not usually last longer than a few minutes, so make a list of activities to replace tobacco use. For example: when a craving arises, instead of your usual habit, unload the dishwasher or get out and take a walk. The change in your routine can be enough to curb a craving. Distraction methods are an effective battle plan. If you are ready to stop using tobacco, contact your primary care provider.

Staying Active While Maintaining Social Distance

SCOTT HADLEY

As spring turns to summer, you might feel the need to get outside. Maybe you are asking yourself, "How can I exercise while staying safe during COVID-19?" There are several activities you can do at home or around your house to keep active while maintaining social distance.

Gardening

Doing yardwork and spending time in the garden is beneficial for the mind and body. Research has shown that gardening decreases stress, improves mood, and reduces the risk of dementia. Raking, digging, and mowing are moderate to vigorous activities that improves heart health. Whether you are growing your own vegetables, planting flowers, or just tidying up the yard, gardening can improve your overall health. If you do not have a garden or plants, housework is also effective.

Playing

Children and adults can get creative to find fun ways to move. Playing hopscotch, making an obstacle course, playing tag, or creating your own game are ways to get your heart rate up and have fun.

Dancing

Don't have exercise equipment at home? No problem, dancing is a great way to exercise. Put on your favorite song and let loose. Dancing can increase cardiovascular fitness, balance, strength, cognitive ability, and mood

Virtual Group Fitness

Southcentral Foundation offers group fitness classes with a wide range of activities that you can do at home. Beginners can try Beginning Yoga or Functional Strength and Balance. If you feel ready for a bigger challenge, try Boot Camp or 3D Circuit Training. Check schedule below!

Online Exercise Classes via Zoom

MONDAY

7:10 – 7:40 a.m.
Morning Stretch
MEETING ID:
965-8612-2003

Noon – 12:50 p.m.
Pilates
MEETING ID:
964-7957-1431

Noon – 12:50 p.m.
Boot Camp
MEETING ID:
959-7595-9676

5:00 – 5:50 p.m.
FIT
MEETING ID:
926-5515-2672

TUESDAY

7:10 – 7:50 a.m.
Functional Strength & Balance
MEETING ID:
939-8755-4190

9:00 – 9:45 a.m.
Healthy Back Strong Core
MEETING ID:
924-0254-0876

10:00 – 10:50 a.m.
Functional Strength & Balance
MEETING ID:
972-3314-7254

11:00 – 11:50 a.m.
Yoga
MEETING ID:
954-2914-5924

Noon – 12:50 p.m.
3D Circuit
MEETING ID:
936-1331-8660

5:00 – 5:50 p.m.
Boot Camp
MEETING ID:
998-3038-1103

WEDNESDAY

6:45 – 7:30 a.m.
Boot Camp
MEETING ID:
984-2082-3560

10:00 – 10:50 a.m.
Basic Yoga
MEETING ID:
940-2616-3154

Noon – 12:50 p.m.
Boot Camp
MEETING ID:
950-4517-9454

Noon – 12:50 p.m.
Pilates
MEETING ID:
941-0769-2004

2:00 – 2:50 p.m.
Prenatal & Post Partum fitness
MEETING ID:
930-8414-7802

THURSDAY

6:45 – 7:30 a.m.
Circuit
MEETING ID:
917-6838-1114

10:00 – 10:50 a.m.
Functional Strength & Balance
MEETING ID:
917-6838-1114

11:00 – 11:50 a.m.
Yoga
MEETING ID:
978-7010-6513

Noon – 12:50 p.m.
Boot Camp
MEETING ID:
965-2447-6270

5:00 – 5:50 p.m.
Circuit
MEETING ID:
978-6696-0433

FRIDAY

6:45 – 7:30 a.m.
Boot Camp
MEETING ID:
973-5065-3807

10:00 – 10:50 a.m.
Prenatal Yoga
MEETING ID:
994-7195-2102

Noon – 12:50 p.m.
Boot Camp
MEETING ID:
967-1302-6915

Noon – 12:50 p.m.
Pilates
MEETING ID:
982-4477-8464

1:00 – 1:50 p.m.
Tabata GX
MEETING ID:
933-5444-9443

Physical Therapy, Occupational Therapy, and Exercise (907) 729-6683

Sources:

- Soga, M., Gaston, K. J., & Yamaura, Y. (2016). Gardening is beneficial for health: A meta-analysis. Preventive medicine reports, 5, 92-99.
- Zajenkowski M., Jankowski K. S., & Kolata D. (2014) Let's dance – feel better! Mood changes following dancing in different situations. European Journal of Sports Science, 15, 640-646

Foods that Promote Healthy Sleep

CALLIE BRAY

The National Sleep Foundation recommends the average adult get 7-9 hours of sleep each night. Practicing healthy sleep habits such as staying consistent with your sleep schedule, keeping your bedroom cool and comfortable, eliminating electronic devices at bedtime, and getting regular exercise can all improve your sleep health. However, there is one lifestyle practice that is often overlooked and can go far in improving sleep quality, maintaining a healthy diet.

Eating well and getting adequate sleep are instrumental for the daily functions of our lives. Proper sleep and eating a balanced diet provide energy to complete daily tasks, increase cognitive function, strengthen the immune system, and repair muscles and tissues. In addition, proper sleep and diet help manage or lower the risk of chronic diseases such as heart disease, diabetes, and some cancers. Some foods have been shown to help you get to sleep, stay asleep, and feel refreshed the next day.

Here are diet tips to avoid at night to help improve sleep quality:

1. In the evening, try to avoid foods and beverages that contain caffeine. Caffeine is a stimulant that works by blocking the actions of hormones that make us feel sleepy. Although caffeine in small doses throughout day may help us feel more alert, caffeine consumption close to bedtime may keep us awake longer than planned.
2. Avoid or limit alcohol intake. Alcohol can disrupt sleep throughout the night and can prevent you from entering the deeper stages of sleep. This can cause you to wake up still feeling tired, even if you spent an ample amount of time in bed.
3. Try to avoid large, high-fat meals right before bedtime. Lying down with a full stomach can feel uncomfortable. In addition, a heavy meal and high-fat foods could also lead to heart burn. Both can make it difficult to fall asleep.
4. Skip the white bread, refined pasta, and sugary baked goods. These may reduce serotonin levels and impair sleep.



Here are some foods that may help you fall asleep faster and sleep more soundly:

1. Tryptophan-rich foods: This includes milk, cheese, yogurt, nuts, bananas, eggs, and lean poultry (turkey or chicken). Tryptophan is an essential amino acid that helps regulate nervous system activity related to relaxation and sleep. It helps the body make serotonin (a relaxing hormone) which then helps your body make melatonin (hormone that controls sleep cycles).
2. Fish: Fish such as salmon, tuna, and halibut are abundant in vitamin B6. This vitamin helps the body metabolize tryptophan by converting a small amount to serotonin.
3. Fruits: Research has shown that kiwi fruits contain high levels of serotonin. Tart cherry juice, whole tart cherries, grapes, and strawberries are good sources of melatonin.
4. Whole Grains: These cause the body to release insulin, which removes all the amino acids except tryptophan from the blood. This means the tryptophan can enter the brain more easily, boosting serotonin levels. Some whole grains such as wheat, barley, and oats have also been shown to have high levels of melatonin.
5. A cup of warm milk or tea: A cup of warm milk or decaffeinated tea such as chamomile, peppermint, or ginger tea can help to relax and calm the body to help you fall asleep.
6. Honey: The glucose in honey naturally lowers levels of orexin, a neurotransmitter in the brain that increases alertness and promote wakefulness.

Note: If you are practicing good sleep habits, but still regularly experience difficulties sleeping, you may want to contact your primary care provider.

Resources:

American Sleep Association. Foods that Help You Sleep. (2020). Retrieved from <https://www.sleepassociation.org/about-sleep/top-10-foods-help-sleep/>

National Sleep Foundation. How Much Sleep Do We Really Need. (2020). Retrieved from <https://www.sleepfoundation.org/articles/how-much-sleep-do-we-really-need>

National Sleep Foundation. What is Tryptophan. (2020). Retrieved from <https://www.sleep.org/articles/what-is-tryptophan/>

National Institute of Health. Effects of Diet on Sleep Quality. (2016, September). Retrieved from <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5015038/>

National Institute of Health. Dietary Sources and Bioactivities of Melatonin. (2017, April). Retrieved from <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5409706/>

Honey Chamomile Tea Latte

Ingredients: Serves 1

- 1 cup water
- 2 chamomile tea bags (make sure your tea is decaffeinated)
- 1 cup milk of choice (low fat, skim, almond, oat, etc.)
- 1-2 teaspoons honey
- Ground cinnamon, for serving

Directions:

1. Bring water to a simmer in a small saucepan. Remove from heat and add tea bags. Cover and steep for 10 minutes.
2. Meanwhile, heat milk in another small saucepan over medium heat. Whisk constantly until warm and frothy, about 5 minutes.
3. Discard tea bags from the saucepan of tea, add honey, and stir until dissolved.
4. Add milk and tea to a mug and stir gently to combine. Top with reserved foam, sprinkle with ground cinnamon, and serve immediately.

Source: Adapted from thekitchn.com



Chocolate Cherry Almond Bars

Ingredients: Serves 12

- 1/3 cup honey
- 1/4 teaspoon vanilla extract
- 1/3 cup almond flour
- 1/8 teaspoon salt
- 1 tablespoon almond butter
- 2 cups whole almonds, chopped
- 1/2 cup dried cherries, chopped
- 1/3 cup mini dark chocolate chips

Directions:

1. Preheat oven to 300°F. Line an 8 or 9-inch square baking pan with parchment paper with enough overhang on the sides to easily remove the bars from the pan. Set aside.
2. Using a rubber spatula or wooden spoon, mix the honey, vanilla, almond meal, salt, and almond butter together until combined. Fold in the almonds, cherries, and chocolate chips until combined.
3. Transfer mixture to prepared baking pan and press very firmly into an even layer. Make sure it is packed as tight as possible. Bake for 20 minutes. Remove from the oven and allow to cool completely in the pan. Set on a wire rack for one hour, then transfer to the refrigerator to chill for one more hour. Remove bars from the pan using the overhanging parchment paper on the sides and cut into bars. Individually wrap each bar in plastic wrap or parchment. Store at room temperature for one week or in the refrigerator for up to two weeks.

Notes: These bars are freezer friendly. After wrapping individually, freeze for up to three months and thaw and unwrap before consuming.

Source: <https://sallysbakingaddiction.com/>

My AK Wellness Highlight

ANCHORAGE HEALTH EDUCATION

My AK Wellness is a free website for customer-owners and employees to track their wellness! There are resources available on the site to help start your journey to a healthier lifestyle. By signing up, you can create a personal health profile that allows you to log your physical activity and nutrition. There are links to online workout videos, recipes created by the learning circle Dinner Makes a Difference, and information regarding the latest health trends. The site updates monthly and gives its members a chance to participate in challenges to win health incentives. My AK Wellness is not only for individuals in Anchorage, but for all customer-owners and employees across the state.

Signing up is easy, go to <https://myakwellness.cernerwellness.com/> to create your account. Once you have logged in for the first time, there will be a wellness assessment. After you take the assessment, your results

