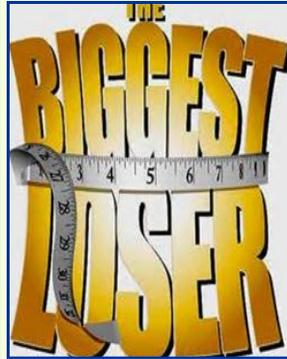




April Wellness Newsletter

SPECIAL POINTS OF INTEREST

- 🌐 **Biggest Loser Winner**
- 🌐 **Congenital Heart Walk**
- 🌐 **Healthy Recipes**
- 🌐 **Logo Contest**
- 🌐 **Humor Month**
- 🌐 **Senior Fair**
- 🌐 **Herb of the Month**
- 🌐 **Spinach my Way**
- 🌐 **Smile**



Congratulations to all the Biggest Loser participants. The challenge lasted for six weeks. There were thirty one teams for a total of 93 participants. All together we dropped 854 pounds.

The Biggest Loser Challenge will be returning at the end of this summer. Hopefully bigger and better. Watch for an announcement in the Wellness Newsletter.

All participants were rewarded with one point on their Wellness Ticket and the winning team also won gift cards from Dunham's. Some of us were also, probably rewarded, with a new wardrobe.

GREAT job everyone.



Vicki Mouser has formed a team for the 2016 West Michigan Congenital Heart Walk. Event will be held Saturday, May 21th, 2016. To join the team, please follow this link: http://events.congenitalheartwalk.org/site/TR/Walk/General?team_id=11234&pg=team&fr_id=1493

You may also join by following this link to the main page: http://events.congenitalheartwalk.org/site/TR?fr_id=1493&pg=entry then clicking "join a team," "join as a new participant" and search for team name "Calhoun County Public Health Department."

If you have any questions, please contact Vicki Mouser (969-6384 or vmouser@calhouncountymi.gov).

This event qualifies for a point on the Ticket to Wellness.

Healthy Recipes Good for a fit ticket validation

SUBMITTED BY
Elizabeth Schoch

Kale and Watercress Soup

2 tbsp. olive oil
4 potatoes, peeled and cubed
2 stalks celery, chopped
1/2 medium white onion, diced (more if you love onion)
4 cloves garlic, crushed with 1 tsp pink salt
3 handfuls kale, stems and vein removed
1/2 to 1 bunch watercress, stems removed and chopped
6 cups Stock (chicken or vegetable)
Salt to taste

Heat olive oil in a large pot and add garlic mash, onion, and celery. Saute until onion is translucent. Add diced potatoes and stock to pot and cook on high to a soft boil.

Reduce heat and simmer for 30-40 minutes or until potatoes are cooked no longer firm. Add kale and watercress and cook for an additional 10 minutes or until kale is slightly tender. Add salt to taste.



*For a crockpot soup, follow these steps, only cook broth and vegetable mixture for 4-6 hours on high. Add kale and watercress for the last 30 minutes.

SUBMITTED BY
Diana Buist

Tex-Mex Pulled Chicken Sandwich

Ingredients:

1 cup no salt added tomato sauce
1 Tbsp. no salt added tomato paste
1 Tbsp. Worcestershire sauce
3/4 cup finely chopped onion
3 garlic cloves, finely chopped
1-2 canned chipotle peppers, finely chopped
1 Tbsp. adobo sauce from canned chipotle pepper
2 tsp. ground cumin
1/4 tsp. salt
1/4 tsp. freshly ground pepper
2 lbs. skinless and boneless chicken thighs, fat trimmed
2 poblano peppers, halved and seeded
1 large onion, halved and cut crosswise into 1/2-inch slices
6 whole-wheat hamburger buns, split

Directions:

In 6- or 8-quart slow cooker, combine tomato sauce, paste, Worcestershire sauce, chopped onion, garlic, chipotle pepper, adobo sauce, cumin, salt and pepper, spreading mixture to cover bottom of cooker.

Arrange chicken pieces on top of sauce in cooker. Cover and cook on low for 2 hours.

Meanwhile, preheat oven to 450 degrees F.

Line baking sheet with foil. Arrange poblano halves skin-

side up on baking sheet. Bake until skin is blistered, 10 to 13 minutes. Wrap peppers in foil and set aside for 5 minutes. With your fingers, pull off skin. Cut peppers lengthwise into 1/2-inch strips. Scrub your hands thoroughly.

After chicken has cooked for 2 hours, add poblanos and sliced onion to slow cooker, distributing them over chicken. Cover and continue cooking until chicken shreds when picked at with fork, about an additional 4 hours.

Remove chicken to plate. One piece at a time, using 2 forks, shred chicken pieces by pulling them apart. Return chicken to slow cooker and mix with sauce, stirring vigorously.

To serve, toast buns. For each sandwich, place bottom half of bun on sandwich plate, top with one-sixth of pulled chicken and cover with bun top. Serve accompanied by coleslaw and pickle spears.



Makes 6 servings.

Per serving: 364 calories, 8g total fat (1.5g saturated fat), 34g carbohydrate, 38g protein, 5g dietary fiber, 510 mg sodium.

Contest Corporate Cup Logo



RULES

- 🚲 Create a County logo for the Cereal City Corporate Cup
- 🚲 **MUST** include the County Logo in your creation
- 🚲 **CAPTURE** community health, fitness and spirit in your design
- 🚲 Email your creation to Marie at mstamand@calhouncoutymi.gov
- 🚲 Must email creation by April 30th, 2016
- 🚲 Voting will be held from Wednesday, June 8th through Friday, June 10th
- 🚲 Winner of the contest will have their logo on the Calhoun County Team shirt
- 🚲 A drawing amongst all the participants will decide the winner of a Fitbit
- 🚲 All participants get a point on their fit ticket.

April is National Humor Month

The Health Benefits of Humor and Laughter

Humor is infectious. The sound of roaring laughter is far more contagious than any cough, snuffle, or sneeze. When laughter is shared, it binds people together and increases happiness and intimacy. Laughter also triggers healthy physical changes in the body. Humor and laughter strengthen your immune system, boost your energy, diminish pain, and protect you from the damaging effects of stress. Best of all, this priceless medicine is fun, free, and easy to use.



Laughter is good for your health

- ☺ **Laughter relaxes the whole body.** A good, hearty laugh relieves physical tension and stress, leaving your muscles relaxed for up to 45 minutes after.
- ☺ **Laughter boosts the immune system.** Laughter decreases stress hormones and increases immune cells and infection-fighting antibodies, thus improving your resistance to disease.
- ☺ **Laughter triggers the release of endorphins,** the body's natural feel-good chemicals. Endorphins promote an overall sense of well-being and can even temporarily relieve pain.
- ☺ **Laughter protects the heart.** Laughter improves the function of blood vessels and increases blood flow, which can help protect you against a heart attack and other cardiovascular problems.

Laughter and humor help you stay emotionally healthy

Laughter makes you feel good. And the good feeling that you get when you laugh remains with you even after the laughter subsides. Humor helps you keep a positive, optimistic outlook through difficult situations, disappointments, and loss.

More than just a respite from sadness and pain, laughter gives you the courage and strength to find new sources of meaning and hope. Even in the most difficult of times, a laugh—or even simply a smile—can go a long way toward making you feel better. And laughter really is contagious—just hearing laughter primes your brain and readies you to smile and join in the fun.

- ☺ **Laughter dissolves distressing emotions.** You can't feel anxious, angry, or sad when you're laughing.
- ☺ **Laughter helps you relax and recharge.** It reduces stress and increases energy, enabling you to stay focused and accomplish more.
- ☺ **Humor shifts perspective,** allowing you to see situations in a more realistic, less threatening light. A humorous perspective creates psychological distance, which can help you avoid feeling overwhelmed.

Shared laughter is one of the most effective tools for keeping relationships fresh and exciting. All emotional sharing builds strong and lasting relationship bonds, but sharing laughter and play also adds joy, vitality, and resilience. And humor is a powerful and effective way to heal resentments, disagreements, and hurts. Laughter unites people during difficult times.

Incorporating more humor and play into your daily interactions can improve the quality of your love relationships—as well as your connections with co-workers, family members, and friends. Using humor and laughter in relationships allows you to:

- ☺ **Be more spontaneous.** Humor gets you out of your head and away from your troubles.
- ☺ **Let go of defensiveness.** Laughter helps you forget judgments, criticisms, and doubts.
- ☺ **Release inhibitions.** Your fear of holding back and holding on are set aside.
- ☺ **Express your true feelings.** Deeply felt emotions are allowed to rise to the surface.

April is National Humor Month *Continued*

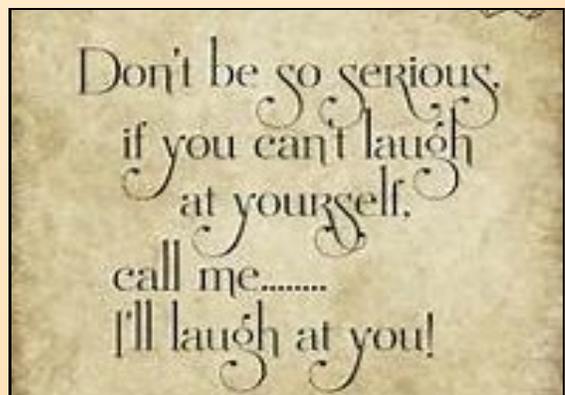
Laughter is your birthright, a natural part of life that is innate and inborn. Infants begin smiling during the first weeks of life and laugh out loud within months of being born. Even if you did not grow up in a household where laughter was a common sound, you can learn to laugh at any stage of life.



Begin by setting aside special times to seek out humor and laughter, as you might with working out, and build from there. Eventually, you'll want to incorporate humor and laughter into the fabric of your life, finding it naturally in everything you do.

Here are some ways to start:

- ☺ **Smile.** Smiling is the beginning of laughter. Like laughter, it's contagious. Pioneers in "laugh therapy," find it's possible to laugh without even experiencing a funny event. The same holds for smiling. When you look at someone or see something even mildly pleasing, practice smiling.
- ☺ **Count your blessings.** Literally make a list. The simple act of considering the good things in your life will distance you from negative thoughts that are a barrier to humor and laughter. When you're in a state of sadness, you have further to travel to get to humor and laughter.
- ☺ **When you hear laughter, move toward it.** Sometimes humor and laughter are private, a shared joke among a small group, but usually not. More often, people are very happy to share something funny because it gives them an opportunity to laugh again and feed off the humor you find in it. When you hear laughter, seek it out and ask, "What's funny?"
- ☺ **Spend time with fun, playful people.** These are people who laugh easily—both at themselves and at life's absurdities—and who routinely find the humor in everyday events. Their playful point of view and laughter are contagious.
- ☺ **Bring humor into conversations.** Ask people, "What's the funniest thing that happened to you today? This week? In your life?"
- ☺ **Laugh at yourself.** Share your embarrassing moments. The best way to take yourself less seriously is to talk about times when you took yourself too seriously.
- ☺ **Attempt to laugh at situations rather than bemoan them.** Look for the humor in a bad situation, and uncover the irony and absurdity of life. This will help improve your mood and the mood of those around you.
- ☺ **Surround yourself with reminders to lighten up.** Keep a toy on your desk or in your car. Put up a funny poster in your office. Choose a computer screensaver that makes you laugh. Frame photos of you and your family or friends having fun.
- ☺ **Keep things in perspective.** Many things in life are beyond your control—particularly the behavior of other people. While you might think taking the weight of the world on your shoulders is admirable, in the long run it's unrealistic, unproductive, unhealthy, and even egotistical.
- ☺ **Deal with your stress.** Stress is a major impediment to humor and laughter.
- ☺ **Pay attention to children and emulate them.** They are the experts on playing, taking life lightly, and laughing.



“Keeping it in Balance”
**2016 CALHOUN
COUNTY SENIOR FAIR**

Thursday, April 7, 2016

From 10:00 am to 1:30 pm

Light lunch is provided from 11:30 am to 1:00 pm

Marshall Middle School Gymnasium

100 East Green Street, Marshall, MI 49068



This **FREE** event will showcase local businesses and public services of special interest to older adults, caregivers and families.

Presentations: 10:30am County Prosecutor Gilbert (fraud and abuse); 12:30pm Retired Judge Harter (probate issues); Oaklawn health demonstrations throughout the day.

Call (269) 781-0846 for more information about this Event or to become a Vendor.

This event is brought to you by Calhoun County Senior Millage:



Planning Partners: Advisor/Chronicle, City of Marshall, Forks Senior Center, Fountain Clinic, Maplewood of Marshall, MAEDA, Marshall Public Schools, Oaklawn, Senior Health Partners, and Senior Times.

Herb of the Month: Tarragon

When using tarragon, fresh is best - it imparts more flavor. Look for sprigs with bright green leaves, wrap in a loose, damp paper towel and place in a plastic bag in the refrigerator; it should last for several days. Dried tarragon can be stored away from light and heat in a tightly sealed container for up to six months.



You can use fresh tarragon leaves as a garnish or in salads; to enhance the flavor of meats, vegetables and cheeses; and added to vinegar, mayonnaise or butter to enhance the flavor. It can also be used in tea and pastries for a taste that is similar to that of anise. When cooking with tarragon, add it at the last minute so the flavor does not become bitter.

Tarragon is an easy plant to grow, even for inexperienced gardeners. Tarragon aficionados claim that this hardy plant tastes even better when grown in adverse conditions such as poor soil or extremes of cold or heat.

Sauteed Chicken Breasts with Tarragon-Mustard Pan Sauce

(Makes 4 servings)

Ingredients:

4 boneless-skinless chicken breasts
1 T olive oil (use more or less, depending on your pan)
Salt and pepper, plus other seasonings of your choice to season chicken
1/2 cup chicken stock
1/3 cup half and half or milk
1 T Dijon mustard
2-3 tsp. finely chopped fresh tarragon



Instructions:

Trim all visible fat and tendons from chicken breasts. If chicken breasts are quite thick, pound them with a meat mallet or other heavy object until they are about 3/4 inch thick.

Finely chop tarragon leaves.

Heat olive oil over medium-high heat in a heavy frying pan just big enough to hold all the chicken without crowding. While oil heats, season chicken with seasonings of your choice. Add the chicken and saute until chicken is cooked through and well-browned, about 10 minutes.

Remove chicken to a plate and tent with foil to keep warm. Add chicken stock to pan, scraping off any browned bits, and cook until reduced by half, about 2-3 minutes. Whisk in mustard, tarragon, half and half and any juices from the chicken which have accumulated on the plate and cook until slightly thickened, about 2 minutes more. Serve immediately, with some of the sauce drizzled over each piece of chicken.

Spinach Please

Spinach is fat free, saturated fat free, cholesterol free, high in dietary fiber, and an excellent source of fiber. High in Vitamin A, high in Vitamin C, high in iron, high in folate and a good source of magnesium.

Spinach Lasagna Rolls

Ingredients:

10 whole wheat lasagna noodles, cooked al dente (about 8 minutes), well drained
1 (24 ounce) jar marinara sauce (no sugar added)
1 tablespoon olive oil
2 cloves garlic, minced
6 cups baby spinach, loosely packed and chopped well
1 cup low-fat ricotta cheese
1 1/2 cups part-skim, shredded mozzarella
1/2 cup low-fat cottage cheese (small curd if possible)
1 egg white
1 teaspoon dried oregano
Kosher or sea salt to taste
1/2 teaspoon black pepper
1/4 cup grated parmesan cheese



Directions:

Preheat oven to 425 degrees. Add 1 1/4 cups marinara to a 13" x 9" x 2" casserole dish.

In a large skillet, add oil and heat to medium-low heat. Sauté garlic until fragrant, about 1 minute. Add chopped spinach and sauté until wilted, about 3 minutes.

In a large mixing bowl, combine garlic, spinach, ricotta, 1 cup mozzarella, cottage cheese, egg white, oregano, salt and pepper.

On a work surface, lined with parchment paper, arrange lasagna noodles flat, add 1/4 cup cheese and spinach mixture to each noodle, spread evenly to cover noodles. Start rolling the noodle at the end closest to you. Place lasagna rolls seam side down, not quite touching, in the prepared casserole dish. Evenly spread 1 cup marinara over rolls, sprinkle with remaining mozzarella and parmesan.

Cover with aluminum foil and bake 20 minutes, or until cheese is hot and bubbly. If desired, serve rolls with additional heated marinara.

Sauteed Spinach, Times Two

With Corn and Grape Tomatoes

Ingredients:

2 teaspoons olive oil
1 package (10 ounces) frozen corn kernels, thawed
4 cups baby spinach (about 5 ounces), finely sliced
1 cup grape tomatoes, halved
1 teaspoon coarse salt
1/4 teaspoon freshly ground pepper



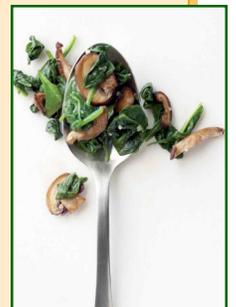
Directions:

In a large saucepan, heat oil over medium-high heat. Add thawed corn; cook until warmed through, 1 to 2 minutes.
Add spinach; cook until wilted, 1 to 2 minutes. Stir in tomatoes; cook until softened, 1 to 2 minutes.
Season with salt and pepper. Serve warm, cold, or at room temperature. (To chill, cool, then refrigerate, covered, for up to 4 hours.)

With Mushrooms

Ingredients:

3 tablespoons extra-virgin olive oil
1 pound mixed mushrooms, such as shiitake, and button (stems removed), thinly sliced
2 garlic cloves, minced
1 medium shallot, minced
Coarse salt and ground pepper
5 ounces baby spinach (about 5 cups)

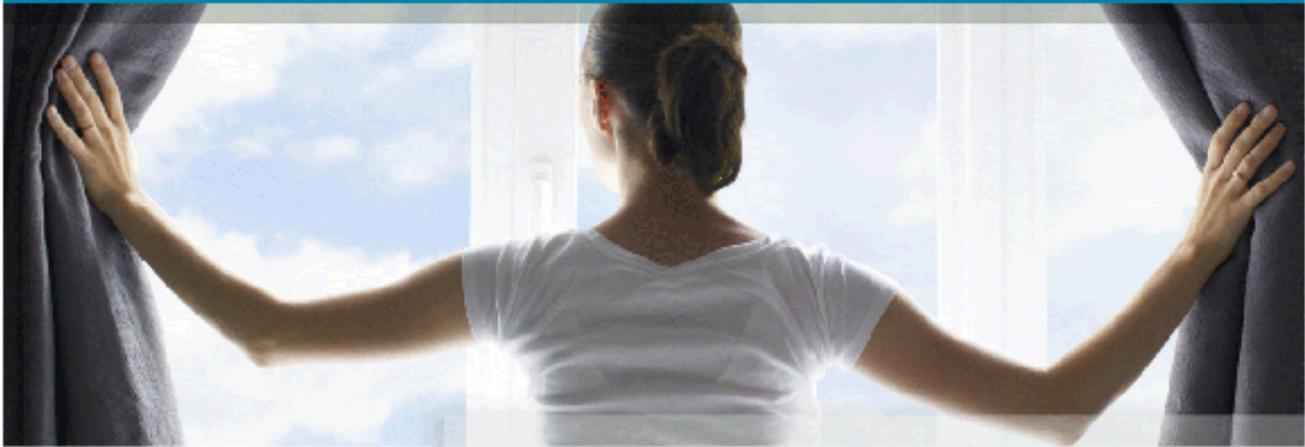


Directions:

In a large skillet, heat 2 tablespoons oil over medium-high heat. Add mushrooms and cook, undisturbed, 2 minutes. Continue to cook, stirring occasionally, until mushrooms are golden brown, about 5 minutes. Add 1 tablespoon oil, garlic, and shallot, and cook, stirring, until shallot is softened, about 3 minutes. Season with salt and pepper. Add spinach and cook, stirring, until wilted, about 2 minutes. Season to taste with salt and pepper.

APRIL 2016

liveWELL



Good Grief!

Unmanaged stress can affect your whole being, including your thoughts, feelings, and behaviors, resulting in the potential for an array of health problems.

Here's the good news: Managing stress can be as easy as ABC.

A. Identify sources of stress. Once you do, decide if you will Alter, Avoid or Accept the stressor.

- **Alter**—What do you have control of that you can change to lessen the impact of stress?
- **Avoid**—What can you do to avoid it in the future?
- **Accept**—Understand that it is not going away, and determine healthy habits to manage it.

B. Identify the way stress impacts you. Stress can take its toll physically, with symptoms such as headache, fatigue, or aches and pains. Stress can also affect you mentally, bringing an inability to think clearly, concentrate, or find focus. Feeling down or blue when stressed? You may be experiencing emotional stress.

C. Make an action plan. Consider the time that you have and do something that Builds the body's resistance with healthy eating, exercise, and sleep and Creates a place of calm. Try positive self-talk, deep breathing, and meditation.

HelpNet

VISIT WWW.HELPNETEAP.COM OR CALL 1-888 975-9355 TO SPEAK WITH A LIVE WELL WELLNESS COACH TRAINED IN STRESS MANAGEMENT TO SUPPORT YOU THROUGH THE PROCESS. **No time to talk?** USE THE LIVE CHAT FEATURE ON THE WEBSITE TO CONNECT WITH A COACH VIA INSTANT MESSAGE.