



## Matters of the Heart

A monthly newsletter about cardiovascular disease prevention and wellness promotion.

**Tri-County Health Network** is a nonprofit entity committed to improving the quality and coordination of health and healthcare services by increasing healthcare access and integrative health services at lower costs.

### Free Heart Health Screenings

Find out your risk for heart disease and stroke over the next ten years. Screenings measure blood pressure, cholesterol, blood sugar, height and weight. Community Health Workers (CHW) combine your test results with your family health history and lifestyle habits to assess your risk. If you want to lose weight, quit smoking, lower your blood pressure, or lower your cholesterol CHW's will provide you free ongoing support to meet your goals.

Screenings take place in diverse locations throughout the tri-county area. Home visits can also be scheduled. Below are the CHW's contact information and the communities they serve:

#### **Norwood, Naturita, Nucla & Paradox**

Deon Tempfer  
970.327.4004

#### **Olathe**

Darlene Mora  
970.708.4719

#### **Ridgway, Ouray & Telluride**

Nicole Gans  
707.273.7027



### Small Steps to Better Health

According to The Centers for Disease Control and Prevention, heart disease is the number one killer in America. Research shows that walking as little as 30 minutes a day can reduce your risk by 40 percent. And you don't need to do it all at once – three 10-minute walks will provide the same benefits! Let's get moving!



## Heart Healthy Meals

Each day we have three opportunities to improve our health – breakfast, lunch and dinner. You can lower your risk for heart disease, stroke, and diabetes by eating heart healthy meals. A healthy meal begins with more fruits and vegetables and smaller portions of protein and whole grains. Here are some quick tips to increase the health benefits of your meals:

- **Fill half your plate with fruits and vegetables**  
Fruits and vegetables provide diverse nutrients that promote heart health. Try to eat a variety, and brighten your plate with vegetables that are red, orange, or dark green.
- **Include a lean protein**  
Lean proteins include fish, chicken, pork, turkey, beans, tofu, and lean red meat. Bake, grill or sauté (with very little oil) your protein to avoid adding excess calories. One serving is the size of a deck of cards.
- **Eat fish once a week**  
Fish, especially salmon and tuna, are great sources of omega 3 fatty acids, which are good for your heart (and your mood). Avoid the “scavengers” of the sea like shrimp; they don't provide the same health benefits.
- **Make your grains whole**  
Whole grains are a great source of fiber. Switch out refined-grain products for whole ones, which contain the entire grain kernel – the bran, germ, and endosperm. Fill one fourth of your plate with whole grains.
- **Read labels**  
It can be hard to know what canned and packaged foods are actually healthy. Food companies can market their products as “natural,” but the term doesn't really mean anything. There are no regulations or even a definition by the Food & Drug Administration for what is and isn't “natural.” Be sure to read food labels to see just how healthy a food really is.
- **Take your time**  
It takes 20 minutes for your stomach to tell your brain that you are full. Try to eat meals slowly and drink lots of water so that you don't eat more than you need to.

### Recipe Corner

**Nellie's Kale Stew** from Champions for Change

#### Ingredients

1 tablespoon vegetable oil  
1 large onion, chopped  
2 cloves garlic, chopped  
1 medium green bell pepper, chopped  
1 (8-ounce) can tomato sauce  
1 (6-ounce) can tomato paste  
1 (14-ounce) can low-sodium chicken broth  
4 cups water  
1 pound kale, chopped  
2 medium carrots, chopped  
2 medium white potatoes, cut into cubes  
nonstick cooking spray  
½ pound turkey kielbasa, sliced into thin rounds

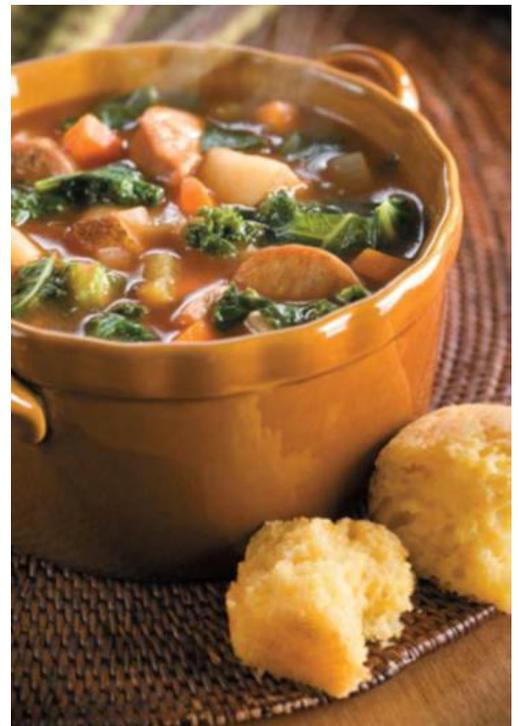
#### Preparation

1. In a large pot, heat oil over medium-high heat.
2. Sauté onion, garlic, and bell peppers until tender, about 5 minutes.
3. Add tomato sauce, tomato paste, chicken broth, water, kale, carrots, and potatoes. Cook on medium-high heat until potatoes are tender, about 45 minutes.
4. Spray a medium skillet with nonstick cooking spray. Sauté kielbasa until heated through, about 5 minutes.
5. Add turkey kielbasa to stew and cook for 15 minutes more. Serve while hot.

**Makes 10 Servings.** *1½ cups per serving.*

**Prep time:** 10 minutes **Cook time:** 1 hour and 10 minutes

**Nutrition information per serving:** Calories 127, Carbohydrate 18 g, Dietary Fiber 3 g, Protein 7 g, Total Fat 4 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 12 mg, Sodium 596 mg



This recipe and other easy to make, healthy meals can be found at [www.cachampionsforchange.cdp.h.ca.gov/en/Dinner-Recipes.php](http://www.cachampionsforchange.cdp.h.ca.gov/en/Dinner-Recipes.php)

## Tri-County Health Network

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[Tchnetwork.org](http://Tchnetwork.org)

## Finding the Right Words for Better Health

October is National Health Literacy Month. Health literacy is the ability to find, understand and use health information. Medical information can be confusing, even when you are healthy. If you are going to the doctor because you are sick, it can be even more difficult to concentrate on what he or she is saying. There are some simple ways to make sure you get what you want out of your health care visit. Here are some tips on talking with your provider:

- **Write it down!**

It's easy to forget the questions you wanted to ask when you are sick. Even when you are healthy, it's easy to get distracted and not get all of your questions answered. Write down your questions, symptoms (if you have any), and all medications that you are taking (or recently stopped taking).

- **Keep it simple!**

Medical information is complicated and you might feel overwhelmed with questions. Try these: *What is my main problem? What do I need to do? Why is it important for me to do it?* These questions are from the Ask Me 3 program to improve patient-doctor communication.

- **Write it down again!**

Bring a notepad to write down your health care provider's answers to your questions. A recent study found that patients only remember 50% of what their doctors tell them. Even more alarming, 50% of what they DO remember is incorrect! Take notes so that you are able to effectively follow your provider's recommendations.

- **Take someone with you**

If talking to the doctor is intimidating, bring someone that can support you. This could be a family member, friend, or your local Community Health Worker. To learn more about Tri-County Health Network's Community Health Care Worker & Preventative Care Outreach, call (970)708-7096 or visit us on the web at [tchnetwork.org](http://tchnetwork.org).

## Dive Into Health

We are lucky to live in communities that offer fun ways to be physically active. Have you considered joining a pool? Check out the Montrose Recreation District at [www.montroserec.com/446/Aquatics](http://www.montroserec.com/446/Aquatics). In Ridgway, consider the Orvis Hot Springs, which also has an indoor swimming pool ([www.orvishotsprings.com](http://www.orvishotsprings.com).) The Ouray Hot Springs Pool has lap lanes, as well as a medium and hot section to soak your tired muscles. If you are over 75, you qualify for a FREE membership! To find out times and prices, visit [www.ouraycolorado.com/discover-ouray/hot-springs-pool.php](http://www.ouraycolorado.com/discover-ouray/hot-springs-pool.php).

