



Central MN Mental Health Center
A time to heal, a place to start.



WELLNESS BULLETIN

JANUARY 2017

The Sandwich Generation: A term used to describe people caring for both young children and an aging or ill parent or loved one. The challenges are many and can be both rewarding and difficult leading to increased stress and a compromised quality of life. To follow are suggestions from those of us who are there now, or have been there, to cope with the stress and problems being a sandwich generation person.

1. Take care of the caretaker-yourself-practice good self-care paying attention to diet, exercise, stress and other vital areas. You are not going to be as good for young or old if you are tired, worn down, stressed and overwhelmed. Your own physical, mental and emotional well-being must be a priority.
2. Ask for help, share the load. Ask other relatives, friends or volunteer agencies for assistance, many options exist. Someone to watch the kids or taking an aging parent to the doctor so you can hit the gym or relax with a hot cup of tea. Bring in support!
3. Talk to your employer. Find out what benefits are available from FMLA, flexible scheduling to the employee assistance program and more. The support and understanding from co-workers and supervisors is critical.
4. Prioritize what matters. Make a list of all things that need to be done and jettison those things that can wait or be done by someone else or some other time. There is only one you and no more than 24 hours in a day.
5. Hire some help. This critical piece can ease your load and provide you with the much needed personal time. Check with insurance companies, Medicare and other agencies to find cost effective vital supportive resources.
6. Be in the moment. Let go of the past, don't think about tomorrow just breath and enjoy the time with the people you care and love. Sure enough these times will pass and taking time to enjoy, be present and build lasting memories are the essence of why we do what we do.

New Year's Resolutions

While reading about Resolutions on www.psychologytoday.com, I noticed trends of making your resolutions manageable goals, realizing that change is hard and expecting to fail once in a while, but not to let that feeling of failure stop you from trying again. These barriers to change are as real for many of our clients and something to consider if you take part in the tradition of making Resolutions.

Here are some of the most common Resolutions:

1. Lose Weight
2. Getting Organized
3. Spend Less, Save More
4. Enjoy Life to the Fullest
5. Staying Fit and Healthy
6. Learn Something Exciting
7. Quit Smoking
8. Help Others in Their Dreams
9. Fall in Love
10. Spend More Time with Family

Black Bean Brownies

Ingredients

- 1 can Black Beans, do not drain
- 1 box Brownie mix

Directions

1. Empty the dry Brownie mix into a bowl.
2. Puree the Black Beans, with juice, in a food processor until smooth.
3. Add Black Bean puree into the Brownie mix and stir until combined.
4. Bake as directed on the Brownie package.
5. Enjoy, a little more guilt-free

(Marie Fisher, OPMH)



Healthy Bites for January: National Soup Month

What's better on a cold winter day than a warm bowl of soup? Soup can be nutritious, easy to prepare, and inexpensive. It can be great hot or cold, prepared with minimal clean-up, only needs one pot, and the combination of ingredients is unlimited. Soup is a great dish for a variety of palettes and can be tailored to be spicy, savory or sweet. January is National Soup Month, a good time to think about how soup can fit into a healthy eating plan. Follow these helpful tips for making soup delicious and nutritious.

Tips for Delicious and Nutritious Soup:

Soup for every season. As appetizers, side dishes, or main dishes, soups help celebrate the bounty of the four seasons. Soups can be thick and hearty, smooth and creamy, or savory. They can be served hot, such as minestrone, or cold, such as mango and cucumber soup.

Be sodium savvy. To keep soups tasty and healthy, use low-sodium broth, stock, or soup base for the foundation. Experiment with flavorful herbs and spices in place of salt. The most effective replacements are savory flavors with "bite," such as black pepper, garlic powder, curry powder, cumin, dill seeds, basil, ginger, coriander and onion. Use minced or powdered garlic and onion rather than their salt form. When substituting minced or powdered garlic and onion for the salt version, use about half as much.

Make healthier choices with Nutrition Facts Labels. When buying canned soups, use the Nutrition Facts Label to help choose ones with lower sodium levels. Foods with less than 140 milligrams (mg) sodium per serving can be labeled as low-sodium foods. Claims such as "low in sodium" or "very low in sodium" on the front of the food label can help identify foods that contain less salt.

Choose healthier substitutions. Soup can be a healthy, inexpensive meal. Keep soups lower in fat and calories by using cheese, sour cream, or bacon sparingly as a topping or garnish. Or choose healthier substitutes like reduced-fat shredded cheese, low-fat sour cream, non-fat plain yogurt, or turkey bacon. Substitute a whole-grain product for a refined product – such as using whole-wheat noodles, barley, or brown rice in soups and stews.

Cook once, eat twice. Homemade soups can be made ahead of time and in large quantities. Eat refrigerated soup within three to four days or freeze it. Don't let soup set at room temperature for more than two hours. To speed cooling, store soups in shallow containers. When serving a second time, bring to a boil.

Check out these resources. Check out food safety tips for serving soup safely and a variety of simple recipes for soups and stews at <http://food.unl.edu/january-food-calendar#soup>.

During National Soup Month and beyond, experiment with different recipes and ingredient substitutions for healthier soups. Find ways to vary your veggies with warm soups in the colder months, and focus on fruits with chilled soups in the warmer months.

Authored by or Adapted from Lisa Franzen-Castle, PhD, RD, University of Nebraska-Lincoln Extension Nutrition Specialist. Healthy Bites Newsletter, <http://food.unl.edu/healthy-bites-january-national-soup-month>, January 2016.

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Upcoming Events or Activities:

January 1st—New Year's Day

January 16th—Martin Luther King Day

January 20th—Inauguration Day

January 23rd—National Pie Day

January 28th—Chinese New Year



January is National Soup Month

Brought to you by your

Central Minnesota Mental Health Center Wellness

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