

The Wellbeing Journey

JUNE 2020



PORTAGE COUNTY WELLBEING

WELLBEING BUZZ

June is Men's Health Month!!

The purpose for Men's Health Month is to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys.

Taking charge of your own good health is important at any age. It's never too late to start developing healthier habits. Like women, men need to have regular visits with the doctor, take steps to manage stress, make nutritious food choices, and engage in physical activity.

9 Important Tips for Men's Health

1. Have regular checkups – even if you feel okay.
2. Schedule an appointment with your doctor when something does feel right.
3. Know your family history and share this with your doctor.
4. Get some exercise. Ideally 30 minutes a day.
5. Ask your doctor about cancer screenings
6. Stop using Tobacco.
7. Choose a balanced and nutritious diet.
8. Set your sleep cycle. A goodnight's sleep is important to help you function the best.
9. Spend time with friends.



Wear Blue Day Friday, June 19th to support Men's Health! This will help raise awareness of making healthy lifestyle choices.

Start Building a Healthier YOU!

How to Shop Healthy at the Grocery Store

Building a Healthier You

Healthy food choices are important for good health and well-being. A healthy diet contains nutrient-dense foods and beverages from various food groups and stays within your daily calorie needs. Including this, choose foods that are low in saturated fats, trans fats, cholesterol, added sugars and salt. According to MyPlate, vegetables and fruits should make up half of your plate with the other half containing proteins, grains and dairy. For making healthy shopping easier make sure to bring a grocery list to the store and know your nutrition facts.



MAKE A LIST

Make your own grocery list and stick to it! When you plan ahead you are more likely to stick to it and get the job done. You also can improve your health, save money and time when you plan a healthy shopping list ahead of time. For a sample healthy grocery list click [here](#).

Do you every get confused about what healthy foods to buy at the grocery store? Here is a list of the best food choices to buy based on food group.

Food Groups	Best Choices
Fruits	Variety! Fresh, Frozen, Canned and Dried Fruits. 100% Fruit Juices. For Cheaper Fruits Buy In Season*
Vegetables	Variety! Fresh, Frozen and Canned (especially dark green and orange). Dry Beans and Peas. 100% Vegetable Juices. For Cheaper Vegetables Buy In Season*

Grains	Choose 100% Whole Grain Bread, Oatmeal and Brown Rice.
Protein Foods	Lean Meats, Skinless Poultry, Fish (salmon, lake trout and herring), Legumes (dried beans and peas), and Unsalted Nuts.
Dairy Products	Non-Fat and Low-Fat Milk, Yogurt, Low-Fat and Fat-Free Cheeses.

*Buying produce seasonally is a great way to save money click [here](#) for you seasonal produce guide.

MAKE A LIST

Use the Nutrition Facts panel on the food label for you guide to making healthy choices. By using the label you can compare foods side by side before you buy.

When reading the Nutrition Facts panel consider this:

Keep these Low:	Look for More of these:
saturated fats	fiber
trans	vitamins A, C & E
fats	calcium, potassium, magnesium & iron
cholesterol	
sodium	

For more information about reading food labels click [here](#).

For more information on how to build healthier eating habits visit <https://www.choosemyplate.gov/MyPlate>

HEALTHY GROCERY LIST EXAMPLE

In the Cupboard

- Beans: Black, pinto, kidney, chickpeas, lentils, refried
- Rice: Brown, long-grain, rice mixes
- Pasta: Whole-wheat spaghetti, fettuccini, penne, bowtie, ramen noodles

- Other grains: Couscous, orzo, | cornmeal, whole-wheat crackers, breadsticks, bread crumbs
- Onions
- Canned tomatoes: Diced, whole, seasoned, sun-dried, sauce, salsa
- Canned vegetables: Mixed vegetables, green beans, mushrooms
- Canned and dried fruits: Applesauce, cranberries
- Sauces: Pasta, pizza, tomato
- Soups: Canned soups, broth, and bouillon and dried soup mixes
- Meats: Canned tuna, salmon, minced clams
- Peanut butter
- Evaporated milk
- Vinegars: Cider, red and white wine, balsamic
- Your favorite herbs and spices
- Oils: Olive, canola, peanut, and non-fat cooking spray

In the Refrigerator

- Vegetables and fruits
- 100% vegetable and fruit juices
- Reduced-fat milk and yogurt (without added sugar)
- Reduced-fat cheeses: Cheddar, mozzarella, Swiss, Monterey Jack, cottage, Parmesan
- Reduced-fat sour cream and cream cheese
- Whole-wheat and corn tortillas
- Eggs
- Minced garlic
- Sauces: Worcestershire, soy, teriyaki, and chili
- Ketchup and mustard (spicy and Dijon)
- Salad dressings with olive oil or reduced-fat

In the Freezer

- Frozen vegetables, fruits, and 100% juices
- Frozen chopped onions and chopped green pepper
- Breads: Whole-grain breads, dinner rolls, English muffins, bagels
- Meats: Chicken breast, ground turkey breast, extra-lean hamburger
- Fish: Red snapper, salmon, cod, flounder, sole

Simple Healthy Snacking Ideas

Feeling hungry?
Go for one of these easy-peasy options to find your full!

CRUNCHY

- Apples and Breadsticks
- Carrot and celery sticks
- Green pepper sticks
- Zucchini circles
- Radishes
- Broccoli spears
- Cauliflower
- Unsalted rice cakes

THIRST QUENCHERS

- Fat-free milk
- Unsweetened juices
- Low-sodium tomato or mixed vegetable juice
- Water

MUNCHY

- Unsalted sunflower seeds
- Whole-grain breads or toast
- Cherry or grape tomatoes
- Low-fat or fat-free cheese
- Plain, low-fat or fat-free yogurt
- Bagels
- Unsalted almonds, walnuts and other nuts

SWEET

- Unsweetened canned fruit
- Thin slice of angel food cake
- Baked apple
- Raisins
- Dried fruit gelatin gems
- Frozen bananas
- Frozen grapes
- Fresh fruit
- Low-fat or fat-free unsweetened fruit yogurt

Source: American Heart Association Staff. 2016. Healthy Snacking. *The American Heart Association*.
http://www.heart.org/HEARTORG/HealthyLiving/HealthyEating/Nutrition/Healthy-Snacking_UCM_301489_Article.jsp#.Vs3di03SnIU



Portage County
Wellness Committee

Sausage, Mushroom and Spinach Lasagna

Ingredients:

Makes 10 Servings

- 8 ounces whole-wheat lasagna noodles
- 1 pound lean spicy Italian turkey sausage, casings removed, or vegetarian sausage-style soy product
- 4 cups sliced mushrooms, (10 ounces)
- 1/4 cup water
- 1 pound frozen spinach, thawed
- 1 28-ounce can crushed tomatoes, preferably chunky
- 1/4 cup chopped fresh basil
- 1/4 teaspoon salt
- Freshly ground pepper, to taste
- 1 pound part-skim ricotta cheese, (2 cups)
- 8 ounces part-skim mozzarella cheese, shredded (about 2 cups), divided



Directions:

1. Preheat oven to 350°F. Coat a 9-by-13-inch baking dish with cooking spray.
2. Bring a large pot of water to a boil. Add noodles and cook until not quite tender, about 2 minutes less than the package directions. Drain; return the noodles to the pot, cover with cool water and set aside.
3. Coat a large nonstick skillet with cooking spray and heat over medium-high heat. Add sausage; cook, crumbling with a wooden spoon, until browned, about 4 minutes. Add mushrooms and water; cook, stirring occasionally and crumbling the sausage more, until it is cooked through, the water has evaporated and the mushrooms are tender, 8 to 10 minutes. Squeeze spinach to remove excess water, then stir into the pan; remove from heat.
4. Mix tomatoes with basil, salt and pepper in a medium bowl.
5. To assemble lasagna: Spread 1/2 cup of the tomatoes in the prepared baking dish. Arrange a layer of noodles on top, trimming to fit if necessary. Evenly dollop half the ricotta over the noodles. Top with half the sausage mixture, one-third of the remaining tomatoes and one-third of the mozzarella. Continue with another layer of noodles, the remaining ricotta, the remaining sausage, half the remaining tomatoes and half the remaining mozzarella. Top with a third layer of noodles and the remaining tomatoes.
6. Cover the lasagna with foil and bake until bubbling and heated through, 1 hour to 1 hour 10 minutes. Remove the foil; sprinkle the remaining mozzarella on top. Return to the oven and bake until the cheese is just melted but not browned, 8 to 10 minutes. Let rest for 10 minutes before serving. Vegetarian Variation: Use a sausage-style soy product, such as Gimme Lean, or simply omit the sausage altogether.

Per serving: 333 calories; 14 g fat (5 g sat); 41 mg cholesterol; 28 g carbohydrates; 26 g protein; 7 g fiber; 655 mg sodium; 607 mg potassium.

Dental Appointments and COVID-19: What has changed?

COVID-19 has altered the way many businesses operate, and dental practices are no exception. In fact, offices are taking extra precautionary measures to ensure you and your family (as well as their staff) remain safe and healthy. Here are some things you may notice when you attend your next dental appointment.



You may need to wait in your car before your appointment time



You may be asked screening questions or to take your temperature before entering the building



Many offices will require you to wear a mask (if you have one, bring it with you)



You may be asked to come to the office alone, unless you are attending to a child or dependent



Waiting rooms may have fewer chairs and no magazines or toys, and you may see additional dividers or Plexiglas® throughout the office



You may be asked to wash your hands or use sanitizer before entering treatment rooms



Staff may be wearing additional personal protective equipment (PPE), such as face shields, masks, gowns, or head coverings



Treatment may be modified to reduce the amount of aerosols created (i.e. the hygienist may hand-polish your teeth instead of ultrasonic cleaning)



Your appointment may take longer than usual, as stricter guidelines have been set for sanitization and other measures

*Please note: you should never be charged an additional fee for any Personal Protective Equipment (PPE) or infection control procedures when receiving care from a Delta Dental network provider. **Infection control and PPE are considered part of and included in the fee for the complete service** and therefore is not billable separately to you, the patient. If you experience issues with charges for PPE, please contact our customer service representatives at **800-236-3712**.*

Local Wellness Opportunities

Check out these opportunities in and around Stevens Point

June is a great time to get outside and be active! Whether it's walking, running, biking, or swimming, they are great ways to enjoy the summer. While 2020 has seen many community events cancelled for in person attendance, you can always complete the event VIRTUALLY.

What is a Virtual Race? A Virtual race is an event you can do from any location you choose. You can run, walk, stroll, or whatever you choose to do, at your own pace and time it yourself. Many events have moved to this format where you still register, get the swag, and compete with others...all from a proper social distance!

If there is an event you normally do, contact the organizer to see if a Virtual Event is happening. If not, make your own event and donate the normal entry fee to the charity/sponsor. Support each other and we will get through this together.

Walk Wisconsin – June 6, 2020 has been cancelled. While there is no official virtual event, we encourage people to find a time in the month of June to complete one of these courses and post your support of the event with family and friends on social media. Visit www.activeportagecounty.com for more information.

Financial Wellness of Portage County

Offered through Extension Portage County, University of Wisconsin-Madison

For any Individual or Family Living in Portage County

The mission of the Portage County Financial Wellness Program is to improve the quality of life by assisting families and individuals to become financially stable through coaching to develop personal finance skills. Whether you need to save \$10 a month or reduce thousands of dollars of debt, Financial Wellness can help you!

Many financial situations can benefit from a trained personal finance

We can help you:

- Budget your money
- Reduce your debt
- Stretch your financial resources
- Apply for a loan
- Organize taxes
- Plan for the future
- Prepare for changes (layoff, wedding, baby, divorce)



This is a FREE and confidential service.

Call or email today! 715-346-1321 or [click to send an email](#).

Volunteer coaches have completed training through the Portage County Extension and are ready to help. You will be matched with a coach who will work one-on-one with you to meet your financial needs.