



MASE Trust The Clinic Courier



Monticello Clinic
303 N. Main Street
Monticello, IN

Plymouth Clinic
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Plymouth, IN

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Dial Option "3" for Monticello, Option "2" for Plymouth

News from Monticello

We are pleased to announce that through our healthy and safe Smartest Loser Challenge 14 MASE members lost a total of 65 pounds! If you're interested in help with managing your weight, schedule an appointment with the nurse educator to get motivated and get started with exercise & nutrition tips.

Reminders

- ◆ To save time with medication refills, call the clinic in advance so we can have your order ready for you when you stop in.
- ◆ Do you know your blood pressure reading? The clinic staff is happy to offer this service; stop by and keep your numbers in check!

Clinic Hours

Monday	7 a.m.— 6 p.m.	Thursday: 6 a.m.—5 p.m.
Tuesday	8 a.m.—5 p.m.	Friday: 8 a.m.—5 p.m.

News from Plymouth

Welcome to new RN lead Donna Walter. Donna has 18 years of nursing experience in a variety of specialties. Join us in welcoming Donna to the clinic team.

Lisa Letsinger RN will remain with the clinic in an "alternate" role as Regional Nurse Manager. Lisa will be involved with the oversight of the MASE clinics.

The shingles vaccine will continue to be available at the clinics for those over age 50 and who have had chicken pox in the past. Contact the clinic about getting your vaccine.

If you've not been to the clinic, come in and check things out!

Clinic Hours

Monday	8 a.m.— 6 p.m.	Thursday: 8 a.m.— 6 p.m.
Tuesday	7 a.m.— 4 p.m.	Friday: 7 a.m.— 4 p.m.

September is Fruit & Veggie Month! Do You Eat to Live or Live to Eat?.



Nutrition An Important Part of Your Healthy Self

Our bodies are made of more than 50 trillion cells, 650 muscles and 206 bones, all powered by a heart that beats close to 36 million times each year! You breath in and out more than 23,000 times a day, and in the seconds it will take you to finish reading this sentence, your eyes will perform 10 billion computer-like calculations. What does it take to power this complicated and miraculous "machine"? The answer is simple...NUTRITION!

Do you *eat to live* or *live to eat*? Years ago, most people grew their own foods. For the most part, they ate when they were hungry, and got plenty of exercise through working in the farm fields or other physical labor. Life is much different now. We have many food choices and options and this can be a good thing..it can also challenge good judgment.

The key to a healthy diet is simple; eat plenty of fruits and vegetables, fresh whenever possible. Include whole grains in your diet, eat more fish and seafood and choose lean meats and low-fat dairy. Use herbs, spices and healthy condiments generously to add flavor and maintain naturally-occurring nutrients.

Our bodies have six basic needs: protein, carbohydrates, fats, vitamins, minerals and WATER!

- ◆ Protein—protein builds and repairs skin, bones, muscle, organs and blood while helping you maintain a healthy immune system, hormone production, blood clotting and water balance.
- ◆ Carbohydrates—Our main source of energy comes from carbohydrates. Focus on complex carbohydrates that supply important *vitamins, minerals* and fiber. Complex carbs break down slowly and boost blood sugar gradually, giving you a steady supply of energy rather than a temporary jolt. Fruits, vegetables and whole grains are good sources of complex carbs.
- ◆ Fats—with all the bad things we hear about fats, it's surprising to learn that fats are an essential component of a healthy diet. Fats provide energy, insulate against extreme temperatures, protect our organs and help keep our skin healthy. The key is to choose healthy fats including mono-unsaturated and poly-unsaturated (found in vegetable oils, nuts, and seeds) and Omega fatty acids (found in cereals, whole grain breads, vegetable oils, eggs & poultry).
- ◆ WATER—Water is essential for survival and helps ensure the function of all body systems. We lose about 2% of our body weight each day in excretions. To replace those fluids, drink plenty of liquids and stay hydrated. Water is fat-free, has no calories and is convenient to find everywhere!

Good nutrition isn't difficult. Keep a bowl of fresh fruit handy, eat a healthy breakfast, plan ahead for meals & snacks, and stick to healthy, flavorful recipes whenever possible.

What's your Sugar IQ

- How many teaspoons of sugar does the average American eat & drink each day?
 9 13 17 22
- Which of these is not an artificial sweetener?
 Aspartame Sucralose Stevia Neotame
- We are born with a sweet tooth?
 True False
- Which country leads the world in sugar production?
 US Brazil China India
- Eating too much sugar causes diabetes
 Yes No
- If you're trying to avoid added sugars, which ingredient should you look for on food labels?
 Raw sugar Corn syrup Molasses

Answers:

- 22**—Americans eat & drink 22 teaspoons or nearly half a cup of added sugar each day. The American Heart Association recommends 6 teaspoons for women and 9 for men.
- Stevia**—this sweetener is made from the leaf of the stevia plant; it can be up to 300 times sweeter than regular sugar, but has 0 calories. Stevia can often have a bitter aftertaste and based on the process that turns it into the sweetener, some question if it's truly a "natural" product.
- True**—most of us are hardwired for a taste for sweets from birth. Sugars are a type of carbohydrate that stimulate the release of the feel-good chemical serotonin.
- Brazil**—credited for 25% of all the sugar produced in the world; about two thirds of Brazil's sugar makes its way to more than 100 countries. The US ranks 11th in sugar production.
- False**—Type 1 diabetes is genetic and triggered by unknown causes; Type 2 is caused by genetics and lifestyle factors, but not sugar specifically. However, being overweight and eating a high-calorie diet (often including a lot of added sugar) can raise your risk of developing Type 2 diabetes.
- All of these**—it's easy to think that you can just skip packaged foods and drinks and you'll avoid added sugars; but, you also find them in sweeteners you use for cooking and baking; things like honey, fruit juice concentrate and brown sugar.

The more you learn about added sugar, the healthier your food choices can be!

Deal yourself a good hand!

A healthy portion is about equal in size to a deck of cards. This is an easy way to judge portion size. Another visual image for portion control is "does it fit in the palm of your hand?" If each serving on your plate is no larger than a deck of cards and will fit into your palm, you probably have a "winning hand."



Take Note: Changes On the Way!

Beginning in 2014, the clinic newsletter will be combined with the quarterly Benefit Byte. Now that all MASE health plan participants have clinic access, this publication is a good way to share all items of interest with our members!

Beginning this school year, WeCare will be providing on-site wellness screenings and the Health Risk Assessments that are part of our Trust Wellness Program. The clinic staff will also be offering the convenience of getting your flu shot at the same time.

Information about these activities and how to schedule a screening at your own school will be distributed shortly. All members, early retirees & spouses are encouraged to participate; gift cards will again be distributed as an added incentive to those who take part.

The Wonder "Fruit"



No fruit or vegetable provides a complete balance of nutrients, but the avocado offers a wonderful assortment! Avocados provide an array of essential vitamins & minerals, including potassium, magnesium, folic acid, thiamin, riboflavin, niacin, biotin, and Vitamins E & K. Avocados also contain phytonutrients that may help lower blood cholesterol. This "fruit" also has a good amount of protein, and yes...a lot of fat, but it's mostly mono-unsaturated fat...the good kind!

Great Guacamole



Ingredients:

- 3–5 ripe avocados, seeded and peeled
- 1/3 cup finely chopped onion
- 1 clove of garlic, minced
- 1 tomato, diced
- 2 oz. low-fat cream cheese
- Hot pepper sauce to taste
- 1/4 cup fresh cilantro, finely chopped
- 2 T fresh lime juice
- Seasoned salt to taste
- ♦ In a large mixing bowl, coarsely mash avocados
- ♦ Add remaining ingredients and mix to blend
- Make this as close to serving time as possible; when flavor is at it's best; for short-term storage, seal in airtight container with plastic wrap over the surface of the guacamole and refrigerate.

Even with the best of intentions to maintain a healthy diet, we're still sometimes susceptible to disease. Regardless of your genetic tendencies, a nutritional boost can still be a great help to prevent or relieve discomfort; dietary adjustments can influence our bodies' ability to stay healthy or improve health. Talk to the clinic staff or your own doctor about the latest up-to-date medical treatments & advancements. Dietary supplements and healthy eating are just one part of a total strategy that you and your health care support system can put into place to help you feel your best.