

our

JULY + AUGUST 2017

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IN TOUCH
WITH YOUR
HEALTH

matters

The Martinez Family

Focuses on Health

Adopting Healthy Habits Early Pays Off





Have you checked us out online? If you haven't, you will be pleasantly surprised. Our Health Matters' new website allows you to be more interactive with us. We know you'll like the new look and timely local and national health news and information. We are populating the site with more content, including these stories that you will want to read online.

WHAT EVERY CHILD NEEDS FOR GOOD MENTAL HEALTH

A child's mental and emotional needs are important. This article will provide suggestions on nurturing good mental health for children at home and play. It will give information on when to seek help when potential problems with emotions or behavior arise.

5 FACTS ABOUT CANNED FOODS AND THEIR BENEFITS

Relying more on canned foods, which come pre-cleaned, chopped and cooked, and easily portioned, can help you quickly assemble delicious and nutritious meals. You can enjoy canned foods while watching your sodium intake. A quick drain and rinse can further reduce sodium content by 41%.

YOU'VE HEARD OF PILATES, BUT, IS IT RIGHT FOR YOU?

Meet Amanda Jessee, Director of Education, Personal Best Pilates Studio who dispels the myths surrounding Pilates. Pilates is a smart choice if you are interested in better posture, less pain and deep core work. Be sure to read this informative article.

Looking to increase your audience reach? Our Health Matters can help. Our ever-expanding readership consists of everyday people wanting to know how to lead healthier lives, health care providers, decision-makers and stakeholders who are interested in health and wellness issues.

LET US INTRODUCE YOU.

Call us at 816-361-6400 to reserve space, or email your request to info@kcourhealthmatters.com.



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The Martinez Family Focuses on Health

Interviewed by *Our Health Matters*

The Martinez family decided very early in their marriage that they would choose eat healthier, exercise more and lead a healthier lifestyle overall. They are currently raising their children to appreciate fresh food raised on farms, and to get lots of exercise – all in a cost-effective way.



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for Good Mental Health**

**5 Facts about Canned Foods
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**You've Heard of Pilates,
But, Is it Right for You?**



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American Heart Association

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OUR KIDS MATTER

Let's Prevent Heatstroke Deaths This Summer

Safe Kids Metro KC

Heatstroke deaths are not rare, isolated tragedies. In an average year, an innocent child dies of heatstroke in a vehicle once every ten days.

Exercise? You Decide. Eat Healthy? You Decide.

Your decision to choose to live a healthier lifestyle begins with you. Facts about the dangers of not pursuing good health — and the benefits of doing something healthy — are all over the place. Haven't you seen and heard them? Take this to heart. According to the Centers for Disease Control and Prevention (CDC) 2015 report, the leading causes of deaths nationally were:

Heart disease:	614,348
Cancer:	591,699
Chronic lower respiratory diseases:	147,101
Accidents (unintentional injuries):	136,053
Stroke (cerebrovascular diseases):	133,103
Alzheimer's disease:	93,541
Diabetes:	76,488
Influenza and pneumonia:	55,227
Nephritis, nephrotic syndrome, and nephrosis:	48,146
Intentional self-harm (suicide):	42,773

We have a lot to learn. For each of us, it requires acceptance about our state of health. Most of us already know what we need to work on, i.e., quitting smoking, eating healthy, averaging 30 minutes a day of physical exercise, limiting sodium in our meals, relieving and managing stress, and more! Let's tear down the walls of procrastination or denial — whichever one is holding us back — and do something now, rather than later.

In this edition, our focus is on encouraging you to do something that contributes to improving your health and that of your loved ones. The Martinez family featured in our cover story are one of many families who took steps early on with their children to teach them to appreciate healthy, nutritious foods, and foster wholesome and healthy relationships.

Also Dr. Braden L. Dunbar, DO, a family medicine physician with Meritas Health Vivion, shares five of her favorite ways to get your family focused on health.

It's summer, a time to enjoy the outdoors and spend some quality time with family.

Be Safe and Healthy,

Ruth Ramsey

Ruth Ramsey, Publisher and CEO



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Storing Fresh Fruits and Vegetables for Best Flavor

Store in the refrigerator

<u>FRUIT</u>		<u>VEGETABLES</u>				
Berries		Belgian Endive		Cauliflower	Leafy Vegetables	Radishes
Apples (more than 7 days)	Cherries	Artichokes	Broccoli	Celery	Leeks	Spinach
Apricots	Cut Fruit	Asparagus	Brussel Sprouts	Cut Vegetables	Lettuce	Sprouts
Asian pears	Figs	Green Beans	Cabbage	Green Onions	Mushrooms	Summer Squashes
	Grapes	Beets	Carrots	Herbs (not basil)	Peas	Sweet Corn

1. Place fruits and vegetables in separate, perforated plastic bags.
2. Use within 1-3 days for maximum flavor and freshness.
3. Store each group in different produce drawers in the refrigerator to minimize the detrimental effects of ethylene produced by the fruits on the vegetables.

Ripen on the counter first, then refrigerate

Avocados	Kiwi	Nectarines	Peaches	Pears	Plums	Plumcots
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1. To prevent moisture loss, store fruits and vegetables separately in a paper bag, perforated plastic bag, or ripening bowl on the counter away from sunlight. Ripening fruit in a bowl or paper bag can be enhanced by placing an apple with the fruit to be ripened.
2. After ripening, store in refrigerator and use within 1-3 days.

Store only at room temperature

<u>FRUIT</u>			<u>VEGETABLES</u>			
Citrus fruits	Persimmons		Garlic*	Peppers†	Tomatoes	
Apples (fewer than 7 days)	Mangoes	Pineapple	Basil (in water)	Ginger	Potatoes*	Winter Squashes
Bananas	Melons	Plantain	Cucumber†	Jicama	Pumpkins	
	Papayas	Pomegranates	Eggplant†	Onions*	Sweet Potatoes*	

1. Many fruits and vegetables should only be stored at room temperatures. Refrigeration can cause cold damage or prevent them from ripening to good flavor and texture. For example, pink tomatoes ripen to a better taste and red color if they are left at room temperature. In the refrigerator, they do not turn red, and even red tomatoes kept in the refrigerator lose their flavor.
2. Keep away from direct sunlight.
 - *Store garlic, onions, potatoes, and sweet potatoes in a well-ventilated area in the pantry.
 - †Cucumbers, eggplant, and peppers can be refrigerated for 1-3 days if they are used soon after removing from the refrigerator.

Cleaning Your Produce

Always keep produce separate from raw meat, poultry, and seafood. Never use detergent or bleach to wash produce. Instead, rinse produce under running tap water immediately prior to use, including those with skins and rinds that are not eaten. Washing too far in advance removes some of nature's natural preservatives. However, head lettuce or leafy greens remain crisper when washed right away and then refrigerated. Packaged fruits and vegetables labeled "ready-to-eat," "washed," or "triple washed" need not be washed. Refrigerate all cut, peeled, or cooked fruits and vegetables within 2 hours.

For information on how to store other fruits and vegetables go to **FruitsAndVeggiesMoreMatters.org**

Source: UC Davis Postharvest Technology

Volunteer "Gleaners" Help Bring Healthy Food to Hungry People



after the harvest
healthy food for hungry people

MORE THAN 50 PERCENT OF AMERICA'S PRODUCE — FRUITS, VEGETABLES, ETC. — WINDS UP GOING TO WASTE. Much of it is perfectly good to eat, but it's not pretty enough to sell or doesn't meet Grade A standards. This happens while men, women and children, including many in the Kansas City area, go hungry. But the "gleaners" are out to change that.

Saving Millions of Pounds of Healthy Food

Gleaners are volunteers with an organization called After the Harvest. They pick what's left behind in farmers' fields after the harvest and collect leftover produce elsewhere as well. The nonprofit organization then donates the food to agencies that distribute it to people in need.

After the Harvest also raises funds to help secure semi-truckloads of donated produce that might otherwise end up in landfills. In its first three years, the organization delivered 8.7 million pounds of fresh produce. In 2016, about 1,350 volunteers gleaned more than 65 kinds of produce from over 100 farms, orchards and gardens.

Feeding Thousands of Hungry People

Each month in Greater Kansas City, 142,000 people seek emergency food assistance. Food insecurity and its health consequences are serious problems in the area, and After the Harvest has a three-pronged strategy for changing this situation:

- Fight food waste
- Fight hunger
- Support healthy eating

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The strategy is having an effect. More nutritious fruits and vegetables are reaching hungry people in the 26-county area that includes Kansas City. Most of the rescued produce is distributed by Harvesters—The Community Food Network. After the Harvest is Harvesters largest produce donor.

Additional information:

**Support Greens&Jeans,
a County Fair Fundraiser for After the Harvest**

September 16, 2016

Tickets on sale June 16

\$50/person Early Bird Pricing

For information: aftertheharvestkc.org/greens-and-jeans

Recruiting an Army of Gleaners

After the Harvest welcomes volunteers of all ages to glean and, if possible, deliver produce to local agencies. Gleaners enjoy a few hours of fresh air at a farm within 30-45 minutes of Kansas City and the satisfaction of helping hungry people get enough healthy food to eat. The organization also welcomes produce donations from farmers, growers and packers as well as financial gifts from supporters.

More information about gleaning is available from Mariah Friend, After the Harvest Volunteer Coordinator, at 816.921.1903 or mariah@aftertheharvestkc.org. The After the Harvest story can be found at aftertheharvestkc.org.





Martinez family photos by Ruth Ramsey

The Martinez Family Focuses on Health

Adopting Healthy Habits Early Pays Off

Interviewed by *Our Health Matters*

OMAR AND MARGARET MARTINEZ sat down with *Our Health Matters* to discuss how they work to maintain a healthy lifestyle. And it doesn't involve a gym membership. Omar and Margaret decided years ago to change the way they ate, and they are now passing on those healthy habits to their children.

What are you doing as a family to live a healthier life?

Actually, we don't work out, if that means going to a gym as a family. We will go to a park maybe two or three times a week, or when we can, especially when the weather is nice. Our children are always active and very energetic, in the house and outside in the backyard.

We try to include vegetables with our meals every day. We eat foods and drinks that are nutrient dense, as well as limit how much sugar we eat — especially sugar that's been chemically treated. We also believe in buying straight from the farmer and cooking at home a majority of the time. We also believe in eating organic foods. Besides food, we also try to teach the children to take a break if they get frustrated or upset, to get some fresh air and breathe, and we take a moment to talk it out.

Why did you decide to pursue this lifestyle?

After my husband and I saw the movie, "Super-Size Me" around 2004, and before we had kids, we questioned the food system in the U.S. Then, we started checking out natural gro-

cery stores and noticing the organic and natural labels. We realized that a lot of food in regular grocery stores contained chemicals and preservatives. This eventually led us to start buying directly from farmers. We wanted to know where our food came from and how it was grown and treated.

How long have you been doing this?

For more than 10 years.



Have you noticed any changes in your health?

(Mrs. Martinez): I used to get panic attacks, especially when I was stressed about work projects. I even felt like my lower chin went numb right after eating a fast food meal, and would suffer from sleep apnea. I do not experience these symptoms anymore. In fact, I feel more relaxed and sleep better than I did in the past. I also noticed that when I switched to eating organic foods, I lost some weight – about 10 pounds.

How do your children feel about the food choices?

Our children grew up eating this way and it's just normal everyday food for them. Very rarely, do they not like food at home or even out. They have always like vegetables prepared in different ways, I've never had an issue with them eating their vegetables. This is what they know, so I think that has a lot to do with it.

What physical activities do you engage in?

I personally do not work out at a gym, nor are we involved in any organized sports. The children have participated in soccer, karate and

ballet, together and separately. They are not involved in sports right now, but I try to sign them up when I can, and when we have extra resources and availability.

(Mrs. Martinez): I work out at home. I do push-ups, lunges and planks multiple times during the day. We have stairs in the house and I do things like skip steps to make it challenging.

The children for now very actively play in the park, and we sign them up for different activities when we can.

What advice would you give to other families who are struggling to start or maintain a healthier lifestyle?

Keep it simple. I always tell people to visit local farmers markets. There, you can meet farmers and establish a relationship with them, and learn how their food is grown. I think a healthy lifestyle starts with eating healthy, and doing physical activity like walking more.



Omar and Margaret decided very early in their marriage that they would search for and pursue a healthier lifestyle for themselves and their children. When asked if their children crave fast food, they replied, “they don’t ask for or prefer to eat those types of foods because it has never been a part of their diet.” Hats off to the Martinez family.

Visit www.kcourhealthmatters.com to read the rest of our interview with Omar and Margaret Martinez, and to find links to Kansas City area farmers markets. •

HATE EXERCISE?

These Tips May Just Change Your Mind.

American Heart Association

You don't have to be a gym hero to get enough physical activity to improve your health. There are a lot of ways to make regular activity part of your life – which can help you have more energy, handle stress better, reduce your risk of illness and disease, and look and feel good! It's pretty much a no-brainer. But most of us (about 80 percent of Americans) don't make exercise a regular habit. And many say it's because they just don't like it.

So how can you stop being a hater and get over exercise aversion? Here are some tips to help you add physical activity to your life – and maybe even learn to like it!

Find your jam.

Instead of forcing yourself to do something you don't enjoy, find ways to exercise that fit your personality. If you're a social person, do something that engages you socially – take a group dance class, join a recreational sports team, or start a walking group with friends. Connecting with your peeps is a great way to stay motivated and avoid working out alone. If you're more of a lone wolf, running or swimming might be a better fit. And if you're not a morning person, you're not likely to get up at the crack of dawn to make a boot camp class.

Give it time.

It can take a while for a new behavior to become a habit, so give yourself time to get into a regular routine. One way is to try to be active around the same time each day. Exercise can become addictive in a good way. Once it becomes a habit, you'll notice when you aren't doing it.

Build it in.

Build activity into your schedule and lifestyle so it doesn't feel like a chore. There are many ways to fit exercise into your life, and it doesn't mean you have to give up something else, like time with family and friends. Get active together as a family, you'll all benefit. And if you just can't imagine life without your daily phone chat with your BFF, take that call for a walk around the block.

Break it up.

It's OK to break up your physical activity into smaller segments. The American Heart Association recommends a total of at least 150 minutes a week, but if that sounds overwhelming, try two or three 10-minute activity sessions most days of the week. It all adds up! You could do a quick yoga routine when you wake up, take a brisk walk after lunch at work, and if you commute with public transportation, get off a stop earlier and walk the rest of the way home.

Keep going.

If you miss a day or a workout, don't worry about it. Everybody struggles once in a while. Just make sure you hit it again the next day. And if what you're doing just isn't working for you, revisit this list. You may need to try a different activity or a different time of day. Don't give up! •

TO GET MORE TIPS AND TRICKS, VISIT HEALTHYFORGOOD.HEART.ORG.



FIVE WAYS TO MAKE GETTING HEALTHY A FAMILY AFFAIR

OBESITY IS A RISK FACTOR FOR MANY CHRONIC DISEASES AND SERIOUS HEALTH CONDITIONS, such as heart disease, high blood pressure and Type 2 diabetes. At a time when more than 30% of adults in Kansas and Missouri are considered obese, making healthy lifestyle choices is more important than ever. Making decisions for yourself can be challenging, but if you're trying to get the entire family on board, it can be downright overwhelming.

Braden L. Dunbar, DO, a family medicine physician with Meritas Health Vivion, sees patients of every age — children and adults. She knows the positive impact of living healthy. "Summer is a good time to start new healthy habits," she notes. "The weather makes it really easy." To get you started, Dr. Dunbar shares five of her favorite ways to get your family focused on health.

1. Hit the Parks

With more than 200 parks and 100 miles of trails, Kansas City boasts an incredible amount of green space. "Just moving counts as exercise," Dr. Dunbar says. "You can keep it simple while having fun." She recommends Macken Park and Happy Rock Park for beginners. The walking paths aren't overwhelming, and there are fun play areas for children and plenty of resting spots.

2. Splash the Day Away

"Go to the pool or splash pad, or set up a sprinkler on the lawn," Dr. Dunbar suggests. "That gets in a lot of activity and movement, and it's fun." Remember the sunscreen!

3. Play in Your Driveway

A quick trip to a discount store and a little creativity can turn your driveway into a great play space. Dr. Dunbar recommends hopscotch, four square, jump rope, hula hooping and basketball. You can also build a makeshift obstacle course.

4. Shop Farmers Markets

Kansas City area residents have access to more than 30 farmers markets throughout the metro. If you've never been to a farmers market before, you're missing out! "Buy small portions of new foods to try," she advises. "And just buy for the week. Don't stock up on too many things and have food go to waste."

5. Plan Your Meals

Busy families need to get dinner on the table fast. With a little planning, quick and easy meals can also be healthy meals. Involve the family in making meal choices. "My nieces, nephew and I spend time looking through Pinterest for fun new recipes to try together," Dr. Dunbar says. Look for healthy swaps of family favorites like replacing traditional pasta with spaghetti squash or using hummus instead of mayonnaise.

The more fun you make getting active, the more your family will want to join in. "Sometimes getting children to do what we want is a power struggle," Dr. Dunbar says. "But if it's their idea or they have a say in it, it can be a win-win." •



By Braden L. Dunbar, DO,
Family Medicine,
Meritas Health Vivion

ACT to Prevent Heatstroke Deaths this Summer

Safe Kids Metro KC

The weather is heating up, and so is the danger that a child will die in a hot car. In fact, five children have already died so far this year:

A boy, 1, died Feb. 6 in Pinecrest, Florida

A boy, 2, died Feb. 28 in Brandon, Florida

A girl, 3, died March 28 in Ville Platte, Louisiana

A boy, 1, died April 4 in Vestavia, Alabama

A boy, 23 months, died April 14 in Burleson, Texas

Heatstroke deaths are not rare, isolated tragedies. In an average year, an innocent child dies of heatstroke in a vehicle once every ten days. Safe Kids Metro KC wants to make sure that no child has to die this way. One way to do this is to share the message with everyone, and everywhere possible, because one of the biggest challenges is that nobody thinks this could ever happen to them. But it can happen to anyone.

According to safekids.org, almost 800 children have died in these preventable tragedies since they started keeping track in 1990. An average of 37 children die needlessly every year from vehicular heatstroke. In 2016 a total of 39 children died across the United States.

“A child’s body absorbs more heat than an adult’s. A temperature of 107 degrees is lethal to a little child,” explains DuJuan Hord, Safe Kids Metro KC Coordinator. “Parents and caregivers can help avoid this unthinkable tragedy by learning some new habits when they’re transporting little ones.”

REMEMBER TO ACT:

A: AVOID HEATSTROKE-RELATED INJURY AND DEATH by never leaving your child alone in a car, not even for a minute. And make sure to keep your car locked when you’re not in it so kids don’t get in on their own.

C: CREATE REMINDERS by putting something in the back of your car next to your child such as a briefcase, a purse or a cell phone, that is needed at your final destination. This is especially important if you are not following your normal routine.

T: TAKE ACTION. If you see a child alone in a car, call 911. Emergency personnel want you to call. They are trained to respond to these situations. One call could save a life.

Take it a Step Further: Create Reminders and Communicate with Your Child’s Daycare

- Make a habit of looking in the vehicle—front and back before locking the door.
- Place a window sticker as a visual reminder to help yourself and others remember your child.
- Create a calendar reminder on your electronic devices to make sure you dropped your child off at daycare.
- Ask your childcare center or babysitter to call or text you if your child doesn’t arrive on time.
- Place a toy or a diaper bag in the passenger seat of your vehicle as a reminder that there is a child in the car.

Please join the effort on Facebook and Twitter use hashtags #heatstrokekills and #lookbeforeyoulock. Safe Kids will post safety tips throughout the summer about ways to prevent child vehicular heatstroke. For more information visit www.safekids.org/heatstroke and www.kidsandcars.org/heatstroke-day.



HELPING TO BUILD NEW LIVES IN A NEW NEIGHBORHOOD

LAZARUS MINISTRIES IS ON THE MOVE. The organization, which has served homeless people in the urban core for more than 20 years, has relocated to Linwood United Church, 3151 Olive Street, Kansas City, Mo. It has also expanded its mission to help families, the elderly and the working poor find a new and better life.

PROVIDING HELP, FORGING CONNECTIONS

At the same time it has undergone its move, Lazarus has planned for the future. It has decided which programs will fit in with the new location and best serve its new neighborhood.

One thing that will not change is Lazarus' commitment to connecting people in suburban and rural areas with the urban core. This effort has already resulted in a base of more than 2,000 volunteers—the organization's lifeblood.

Volunteers will continue to be vital to Lazarus Ministries' success. They will contribute by helping the full- and part-time staff of seven run programs and meet the needs of the communities the organization serves.

HOW YOU CAN HELP LAZARUS MINISTRIES

To provide services in its new location, Lazarus Ministries needs:

- General operating support, including financial donations
- Men's clothing
- Technology upgrades, including laptops
- Window unit air conditioners
- More volunteers



MAKING A POWERFUL IMPACT

Is Lazarus Ministries effective? Ask Sharon.

On the streets since she was 13, lacking education and, still today, hampered by 30+-year-old felony conviction, Sharon now lives in the first place she has ever been able to call her own. She's involved in counseling and works as a manager in Lazarus' Emergency Overflow Shelter.

Sharon never gave up. And Lazarus Ministries never gave up on Sharon. That's how it is and must continue to be with the people Lazarus serves.

Additional information about Lazarus and how to help it bring new life to the urban core, contact Jessica Brooks-Bryon, executive director, 214.493.3601 or jessicabb@lazminkc.org, or visit www.lazminkc.org.



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What's Next September + October 2017 Edition

VISION AND DENTAL CARE



If you have an eye exam and are told you have 20/20 vision, does this mean you have perfect eyesight? Is it possible to achieve even better than 20/20 vision? What is "perfect vision" anyway?

Our Health Matters' next edition will answer these and other questions such as:

- How often you should get your eyes checked.
- Common eye conditions to be aware of.

We will also examine the importance of maintaining healthy gums and teeth, how to prevent cavities and how to select a dental care provider.





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