Refresh Your Routine in Time for Summer

The weather is getting warmer. Along with the shift in seasons, comes a great opportunity to refresh our routines and spaces, too!

Here are a few tips you’re invited to try:

1. **Unplug** — We’re constantly surrounded by news. Whether it’s through social media, television, or through the paper. Take a break from the 24-hour news cycle and allow yourself some space. Studies show that as little as three minutes of exposure to negative news stories can impact your day.

2. **Make lists** — Get those “to-dos” out on paper! Write down tasks or responsibilities that have been weighing on your mind so you can see what you need to accomplish and can check it off when you’re done!

3. **Get good sleep** — Did you know that studies show that people who make their bed every day get better sleep than those who don’t? Sleeping allows your brain and your body to re-charge so it can function at its best for you! Try to get at least seven or eight hours a night.

Source: aarp.org/

This monthly newsletter is created by members for members and is funded by the Voice of Action Board (CODAC’s Member Advisory Board).
Hi! I’m Inge. I am CODAC’s Population Health Administrator. I will be sharing information with you all about health and prevention.

Did you know that chronic diseases are responsible for 7 out of 10 deaths each year? Prevention is the best way to keep from your body getting a chronic health condition.

Many CODAC members struggle with chronic diseases including:

- Cardiovascular diseases (CVD)
- Cancer (prostate, cervical, lung and breast cancers)
- COPD (chronic obstructive pulmonary disease)
- Obesity and diabetes

Many times, one chronic disease can be linked to another. For example, if you are obese, you are at a higher risk of also having diabetes and high blood pressure.

This month, I am going to share a few things you can do to keep a healthy weight. Maintaining a healthy weight means two things: eating healthier and getting exercise.

My general rule for healthy eating is: if it comes in a bag or a box, it’s probably not good for you. Some of the best ways to maintain a healthy weight is to avoid processed foods, eat plenty of fruits and vegetables and eat lean protein such as chicken breasts!

The second part of avoiding obesity is to stay active. You can start by going on a simple walk around the block. Over time, you will increase your endurance and be able to walk further!

Lastly I encourage you to get regularly health screenings from your primary care doctor. They can run tests and lab work that will indicate if you may have a chronic health condition. CODAC offers primary care services and can provide care for chronic health conditions all from one convenient location!

Ask the front desk staff for more information on how to make your first primary care appointment!

CODAC’s Primary Care offers:

- Treatment of common illnesses and minor injuries
- Wellness check-ups and vaccinations
- On-site pharmacy assistance
- Physical exams and screenings
- Standard lab work available on-site
- Close monitoring of chronic conditions like diabetes and high blood pressure

- Lola
Broken Bones
By: Charlie

Broken pieces came through your door. I think all of us inside me was looking for help for healing, for pairing and maybe most of all a touch of real warmth.

We got all of that above including real caring, no fake faces greeted us. By we, I mean myself and a couple of others within me. There was gentleness yet firmness when needed. We faded and fell and when we did, you helped me to pick myself up, brush off and start taking steps to witness once again. Each time I started those steps again they were a little further away from the baby steps I took in the beginning.

How do you say thank you for the gifts of caring and real caring they so freely put forth. The only way I know to give a real thank you back is to not give up keep trying keep working until the 3 of us within me are blended as one and as well as can be. My bones are healing.

Community Resource
Caridad Culinary Training

Caridad Culinary Training is a free 10-week culinary training program for underemployed and unemployed individuals who are looking to find a career in the restaurant/culinary industry.

This culinary training program offers motivated individuals the opportunity to learn new skills, gain confidence, and succeed in a career in the culinary field — all while providing meals for the hungry in our community.

Participants learn the basics of working in a professional kitchen including cooking procedures, food safety, kitchen sanitation, food utilization and more. For more information, call (520) 882-5641.

Source: www.CommunityFoodBank.org
Vegetable Skillet Supper with Turkey Meatballs

By: Debbie C.

Ingredients for Meatballs:
- 2 Tbsp olive oil
- 1 egg, beaten
- 1 pound of ground turkey
- 1/3 cup Italian seasoned bread crumbs

Directions for Meatballs:
Preheat oven to 350 degrees. Grease 9x13 baking dish with the olive oil and place in oven while preheating. In medium bowl, mix ground turkey, egg and bread crumbs using your hands.

Using ice cream scoop, form meat into golf ball size meatballs. Place 1 inch apart in the hot baking dish. Press down to flatten the bottom just slightly. Bake for 15 minutes in the pre-heated oven and bake 5 more minutes.

Ingredients for Skillet:
- 6-8 small red potatoes thinly, sliced
- Turkey meatballs
- 2 medium sweet onions cut into thin wedges
- 1 red bell pepper cut into 1 inch pieces
- 2 tbsps. balsamic vinegar
- 1 cucumber halved lengthwise & sliced

Directions for Veggie Skillet:
Place potatoes in a large skillet, cover with water and bring to a boil. Cover and reduce heat and simmer for four minutes or until the potatoes are tender. Drain and put in bowl. Add turkey meatballs, onion wedges and bell peppers to skillet. Sauté for three minutes. Add potatoes and cook for three more minutes, stirring gently. Remove from heat and stir in vinegar, salt and pepper. Add cucumber.

Quotes to Live By

By: Charlie

“A loving heart is the truest wisdom.” Charles Dickens

“The energy of the mind is the essence of life.” - Aristotle

“Age is an issue of mind over matter. If you don’t mind, it doesn’t matter.” - Mark Twain

“Not to laugh, not to lament, not to judge, but to understand.” - Baruch Spinoza

“Do what you can, with what you have, where you are.” Theodore Roosevelt