5 Tips to Spring Clean Your Health

Warmer weather and longer days have arrived! Our city is in bloom and the spring season is a great time to refresh our routines and take charge of our health. Here are few spring season health tips to try:

1. **Get your check up.** Regular screenings are an important part of maintaining your health and preventing health issues. Talk with your doctor about important health screenings such as mammograms, colonoscopies, and dental exams. Don’t forget you can get your primary care services with CODAC!

2. **Shop local.** Check out your local farmer’s market and make meals centered around what’s in season! Produce On Wheels Without Waste (POWWOW) is an excellent way to buy fresh produce and share with friends and family! For only $10 you can get up to 60lbs of produce. Visit www.borderlandsproducersrescue.org.

3. **Take time for yourself outside!** Walking is a great form of exercise that improves your cardiovascular system and lowers blood pressure while boosting the immune system. Get outside for thirty minutes and enjoy that sunshine before the weather gets too warm! Just a few minutes of sunlight helps our bodies produce vitamin D.

4. **Declutter your space.** We’ve all heard the term spring cleaning. But sometimes, we forget about cleaning overlooked spaces like pantries and medicine cabinets. Throw away any expired food and take expired and unused medications to an approved location.

5. **Clean up.** Take some time to wash all the linens in your home. This includes blankets, pillows, curtains, towels, etc. Wipe down surfaces such as fan blades and window blinds. Replace or clean filters for air conditioning units or coolers.
DIY Outdoor Twine Ball Lanterns

What you need:
- Balloons, the quantity depends on how many lanterns you want to make.
- Large plastic drop cloth
- Scissors
- Twine or hemp
- Bottle of white glue (Elmer’s or other)
- 1/2 cup corn starch

Steps:
1. Blow up a balloon to desired size. The size of the balloon is the size of your lantern. A bit less air in the balloon makes for rounder lanterns.
2. If you plan to place a lantern light in your finished lanterns, draw a circle on the top of each balloon large enough to accommodate the lighting fixture. If you’re not planning to light the lanterns or you’d prefer to stuff them with a simple strand of twinkle lights, you can skip this step (just make sure you leave enough space while wrapping to stuff the twinkle lights inside).
3. Lay a plastic drop cloth over your work area (it gets messy) and set up a place where the balloons can be suspended from to dry. (They need to dry for 24 hours so if you are going to use your shower rod and use a drop cloth in there keep that in mind.)
4. Mix glue, cornstarch, and warm water in a large container until all lumps are gone, then cover each balloon in petroleum jelly (using glove as this cuts down on the mess).
5. Feed the twine or hemp through the glue mixture until it is coated, then start wrapping it around the balloon (leaving a space for the light to go in).
6. Wrap the ball vertically to a comfortable tightness, then horizontally. Once the ball is wrapped to your liking, use a piece of twine to suspend it from the drying space you have chosen.
7. Allow balls to dry for 24 hours. Then, pop the balloons. Spray the balls with clear, fast drying spray paint. Once dry, insert the light and you are ready to hang the light and enjoy!
The following quotes are from Colombian novelist and screenwriter, Gabriel García Márquez.

“The heart’s memory eliminates the bad and magnifies the good.”

“It is not that people stop pursuing dreams because they grow old, they grow old because they stop pursuing dreams.”

“What matters in life is not what happens to you but what you remember and how you remember it.”

Colorectal cancer is cancer that starts in the colon or rectum, the ends of the large intestine and is the fourth most common type of cancer in the United States.

Deaths from colorectal cancer have steadily declined over the past 2 decades due to early screenings, such as colonoscopies and fecal occult blood tests, which check for blood in the stool.

In order to prevent colorectal cancer, consider adopting healthy lifestyle changes such as eating a diet high in fruits and vegetables, drinking at least 8 glasses of water daily, and getting 30 minutes of activity most days of the week.

If you have experienced any recent changes to your bowel habits or are over the age of 50, see a CODAC primary care provider to coordinate your screening.

Easter Traditions Explained

How did Easter traditions like the Easter bunny and egg hunts become part of this spring holiday celebration?

The most prominent secular symbol of the Christian holiday, The Easter bunny reportedly was introduced to America by the Germans who brought over their stories of an egg laying hare.

The decoration of eggs is believed to date back to at least the 13th Century, while the rite of the “Easter Parade” has even older roots. Other traditions, such as the consumption of Easter candy, are among the modern additions to the celebration to this early spring-time holiday.
Cabbage & Ham Hock Soup  Submitted by: Leticia S.

**INGREDIENTS:**
- 5 ham hocks
- 10 cups of cabbage, cut into chunks
- 1/2 teaspoon salt
- 1/2 teaspoon pepper or more to individual taste
- 4 sausage links cut into bite size chunks
- 1/2 stick of butter
- 2 cloves of garlic, peeled & minced
- 1/2 teaspoon crushed red pepper flakes
- 2 cans of chicken broth (optional)
- 1 onion, chopped
- 2 carrots, chopped
- 2 potatoes, chopped

**DIRECTIONS:**
1. Put ham hocks in a large kettle or pot and cover with water.
2. Bring kettle or pot to a boil, reduce heat and simmer for 20 minutes or until the meat starts falling off the bone.
3. Remove the ham hocks and let cool.
4. Add the remaining ingredients to the water and cover. (You want the cabbage covered at least ¾ of the way with broth from ham hocks, add more water if necessary to get this level).
5. You can add 2 cans chicken broth at this time if you want this for soup.
6. Simmer over low heat until cabbage is tender (about 20 minutes).
7. When cool, cut the meat off the ham hocks and add the pan of simmering cabbage.
8. You can serve this drained or with the broth as soup.

Marbled Orange Fudge

**INGREDIENTS:**
- 3 cups sugar
- 1 jar (7 oz.) marshmallow cream
- 3 teaspoons orange extract
- 12 drops yellow food coloring
- 1 1/2 teaspoons of butter
- 1 10 oz. package of white chocolate baking chips
- 3/4 cup heavy whipping cream
- 5 drops red food coloring

**DIRECTIONS:**
1. Grease a 13 x 9 inch pan with 1 ½ tsp. butter. Set aside.
2. In a saucepan, combine sugar, heavy whipping cream and remaining butter. Cook and stir over low heat until sugar dissolves.
3. Bring to a boil and stir for 4 minutes.
4. Remove from heat and stir in chips and marshmallow cream until smooth.
5. Remove 1 cup and set aside. Add extract and food color to remaining mixture; stir until blended.
6. Pour into prepared pan.
7. Drop the reserve marshmallow mixture by tablespoonful over the top and swirl with a knife.