

See What's Happening in the GoodNEWS Flash!

Volume 1, Issue 3

May 2009

Had Your Mental Check-up Lately?

May had been designated as **National Mental Health Month**. The idea is to bring awareness to how our mental health effects our ability to do, or not do life in a healthy way.



We all have stressors at sometime in life, and that is natural. Some of us call it, "going through." If you are handling those ups and downs in a healthy way, you should eventually get "on the other side of through!"

The current situations with the economy and job lay offs, has not helped our stress levels. How do you know if you are stressed? Here are some of the symptoms: headaches, insomnia (can't sleep), over-eating, back pain, high blood pressure, irritability, and a weak immune symptoms (getting infections or colds easily).

There is hope! Even though there will be financial problems, family problems, illness, loss of loved ones, job stress... you can get "to the other side of through."

Mental Health America has a health information campaign called, "Live Your Life Well."

www.livemyourlifewell.org.

They give 10 tools to help you feel stronger and more hopeful:

1. **Connect with others:** talk to friends and co-workers; go to social activities
2. **Stay positive :** Look for the good in the worst of situations; recall or write about the blessings in your life.
3. **Get physically active:** Start walking or exercising at least 20-30 minutes a day. Find a fun activity you like doing.
4. **Help others:** Perform acts of kindness; call someone who has been shut-in; volunteer.

5. **Get enough sleep:** Set a regular bed time; no caffeine before bed.
6. **Create joy and satisfaction:** Laugh more; go to the spa.
7. **Eat well:** Eat more fresh fruits and vegetables; don't overeat; don't skip meals.
8. **Take care of your spirit:** Attend worship service; pray; meditate.
9. **Deal better with hard times:** write down your problems, and the solutions.
10. **Get professional help if you need it:** If you feel your problems are holding you back, or you are feel like hurting yourself or others.

Life is too short and sweet, so make each day a day of praise and thanksgiving.

- Ms. J.R. Newton

LHPs Getting Online!



Gwen Wright, LHP Greater Harvest COGIC and Ruby Brown, LHP New Friendship Baptist (both seated) are being assisted by Claudia DeShay, Ph.D., UTSW Education Librarian, and Mark DeHaven, Ph.D., GoodNEWS Director

On Saturday April 18 and 25, 2009 GoodNEWS Lay Health Promoters (LHP) attended a health information literacy class at the UT Southwestern Library. The class was taught by Education Librarian, Dr. Claudia DeShay. The class is designed to assist the LHPs in obtaining reliable and credible health information on the internet.

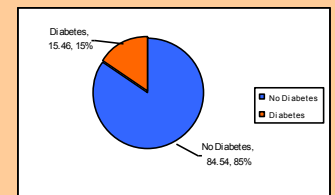
This class was provided free to the LHPs, and helped many of them to increase their internet

skills. The primary source used for health information was from the National Library of Medicine, MedlinePlus.

www.medlineplus.gov

Along with Dr. DeShay, the LHPs were assisted by Dr. Mark DeHaven, GoodNEWS Program Director, Ms. Tikisa Walker, GoodNEWS Health Educator, and Natalie Hsieh, GoodNEWS Project Coordinator.

GoodNEWS Measurement Event Fact:



At the GoodNEWS Measurement event where 392 Wellness Club Members were screened September 2008 for heat disease, diabetes and BMI, 15.46% of the members are diagnosed diabetics! Diabetes can go undiagnosed for years before being discovered! Have you been screened?



We are on the Web!

www.goodnews-trueliving.com

Win the GoodNEWS Goodie!

Visit the GoodNEWS website and submit your answer to the question below and win a GoodNEWS apron!

www.goodnews-trueliving.com

The winner will be randomly selected from those submitting the correct answer. The answer and winner will be announced in next months GoodNEWS Flash!

Question

The speed at which information travels through a nerve cell is:

- A. 90 miles per hour
- B. 100 miles per hour
- C. 250 miles per hour
- D. 400 miles per hour.

**Congratulations to last month's GoodNEWS Goodie Winner:
 Carolyn Crook of Community Missionary Baptist Church!**

Last month's question: What common pie ingredient is the rose related to? Answer: Blackberries

Wellness Walker Ckeck-Up!

*The Healthy Wellness Walkers
 Quarterly Check-up*

is scheduled for

Saturday– May 23, 2009

From 9:00 a.m. to 11 a.m.

at

Warren United Methodist Church

3028 Malcolm X Blvd.

Dallas, TX 75215

Healthy Recipe

Veggie Mac and Cheese

(Makes 4 servings)

- 1 Cup dried whole wheat elbow macaroni (about 4 ounces)
- 1/2 Cup low-sodium vegetable broth
- 2 1/2 Tablespoons all-purpose flour
- 1 Cup fat-free half-and-half
- 1/4 Teaspoon salt
- 1/8 Teaspoon cayenne pepper
- 1 Cup low-fat shredded Cheddar cheese
- 1/4 Cup shredded or grated Parmesan cheese
- Cooking spray
- 1 16-ounce package frozen chopped broccoli, thawed
- 1 12-ounce jar roasted red bell Peppers, drained and thinly Sliced
- 2 Tablespoons plain dry bread crumbs

Prepare the pasta using the package directions, omitting the salt and oil. Drain well in a colander. Transfer to a large bowl. Set aside.

In a medium saucepan, whisk together the broth and flour. Whisk in the half-and-half, salt and cayenne. Bring to a simmer over medium high heat, whisking occasionally. Reduce the heat and simmer for 1 to 2 minutes, or until thickened, whisking occasionally. Remove from the heat. Stir in the Cheddar and Parmesan until melted.

Meanwhile, preheat the oven to 350 degrees. Lightly spray a shallow 2-quart casserole dish with cooking spray.

Stir in the broccoli, bell peppers, and cheese sauce into the cooked pasta. Spoon into the casserole dish. Sprinkle with bread crumbs.

Bake for 25-30 minutes, or until warmed through and golden brown on top.



Nutrition information:

Per serving: Calories 287, total fat 4.5g, Trans Fat 0.0g,

Cholesterol 10mg, Sodium 679 mg, Carbohydrates 46g, Fiber 6g, Sugars 6g, Protein 21g.

Source:

American Heart Association "47 Soul Food Recipes" Cookbook. June 10, 2008