



HEALTHY CHOICES

for a Healthy Clearwater



♥ LIVE:

PAIN AWARENESS MONTH

September is Pain Awareness Month. Living with chronic pain, and/or being the caregiver of someone with chronic pain, can be a very frustrating and isolating experience. The American Chronic Pain Association, ACPA, defines chronic pain as pain that continues a month or more beyond the usual recovery period for an injury or illness, or that goes on for months or years due to a chronic condition. This chronic pain can significantly impact quality of life for the person and caregiver.

The ACPA's website is a great resource for anyone who directly or indirectly deals with chronic pain. Their ten steps from Patient to Person are summarized below.

1. Accept the pain and educate yourself on your condition and options for pain management.
2. Get involved in your care and find a healthcare team that will actively work with you to achieve the best quality life possible.
3. Set priorities on what you want to accomplish.
4. Make realistic goals, be patient in getting there and celebrate your success along the way.
5. Know your basic rights and remember that everyone deserves to be treated with respect.
6. Recognize and deal with your emotions. It can be beneficial to get involved in a support group. It's okay to feel sorry for yourself, while remembering that dwelling on it does not help you achieve a full life.

7. Learn to relax with healthy outlets, such as deep breathing, visualization and creative outlets, like music and art. Relaxation can diminish additional pain and provide you something that redirects your attention away from the pain.
8. Exercise performed in a safe and well planned exercise program is hugely beneficial. Talk with your health care team about a good program for you. Aquatic exercise is typically a good choice, as the water is very forgiving to the body with little to no impact.
9. See the big picture and remember that pain is not what defines you. Focus on what you can do, not what you can't do.
10. Reach out to others who have chronic pain and be a resource.

To find a doctor who can assist with chronic pain, visit the American Academy of Pain Medicine or the American Board of Pain Medicine.

The Aging Well Center at the Long Center has teamed up with Stanford University to offer their evidence-based Chronic Pain Self Management Program. This program includes ways to deal with fatigue and poor sleep, exercise, medication use, communicating with family, friends and health professionals, nutrition and more. Programs consist of six, 2 ½ hour sessions to include lecture from certified instructors and group discussion. For more information, call 724-3070.

💡 LEARN:

(free programs unless specified)

Can Eating Gluten Make You Sick?: Thursday, Sept. 1 (6:30 p.m.) at Nature's Food Patch, 1225 Cleveland St. Are you overwhelmed by the thousands of products labeled gluten-free? Can gluten make you sick, bloated and tired? Learn all you need to know about gluten and if gluten-free is the right diet for you. Liat Golan, RD, LDN, of Bee Well Nutrition, will lead this seminar. For more information, call 443-6703.

The Latest Breakthroughs in Research: Tuesday, Sept. 6 (7 p.m.) at Rock Solid Fitness 1969 Sunset Point Rd., Suite 11. Hear about Rock Solid's fitness coaches favorite research subjects: Learn how to reduce risk of Alzheimer's Disease and Dementia; is strength training exercise better for your heart than cardio; how to stave off certain diseases through strength training. For more information, call 282-1800.

The Environment and Your Health: Thursday, Sept. 15 (6:30 p.m.) at Nature's Food Patch, 1225 Cleveland St. LifeWorks Wellness Center's Jennifer Baer, ARNP, will discuss environmental illness, such as mold toxicity, heavy metals and pesticides and will describe how to keep the body functioning normally. For more information, call 443-6703.

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LEARN, continued.

Know Your Risk for Prostate Cancer:

Monday, Sept. 19 (noon) at the Cheek-Powell Heart and Vascular Pavilion, 455 Pinellas St. Urologist Dr. Chris Sherman, MD, will discuss the signs and symptoms of prostate cancer, how it's diagnosed and available treatment options. To register, call 953-6821.

Age-Related Memory Loss: Wednesday, Sept. 21 (noon) at the Aging Well Center at the Long Center, 1501 N. Belcher Road. Neuropsychologist Dr. Shannon Foster, PhD, will teach attendees how to recognize the symptoms of memory loss, what is normal, what's not and when to seek help. To register, call 253-4076.

Understanding the Zika Virus: Tuesday, Sept. 27 (6 p.m.) at the Cheek-Powell Heart and Vascular Pavilion, 455 Pinellas St. Sit down with panel physicians Robert Kopec, MD, Infectious Diseases, and Alexis Lipton, MD, OB/GYN, to discuss the Zika virus outbreak and how it might affect you, as well as get answers to frequently asked questions. To register, call 953-6821.

Energetics of Food: Wednesday, Sept. 28 (6:30 p.m.) at Nature's Food Patch, 1225 Cleveland St. Dr. Paul and Cara Reynolds, from thereynoldskitchen.com will teach attendees how to feed their organs in this Chinese Medicine-based class. This month is a continuation of the lungs. For more information, call 443-6703.

WellnessInPinellas.com

This newly created website is a business directory for holistic/wellness businesses located in North Pinellas County. The directory has lists of acupuncturists, chiropractors, health food stores, holistic doctors, yoga places, etc. Also included on the site are links to health related news websites, links to other wellness websites, an events calendar, an article section and a coupon section.



WORK: GIVING BACK THROUGH VOLUNTEERISM

Doing good for others tends to make us feel good. When we donate time, talent or treasure, we do so because we want to. Most of us choose the charity or cause that really resonates with us and that we feel a kindred connection to.

Did you know that volunteerism and giving back is also extremely beneficial to your health? When we look at total well-being, physical wellness is just one component - the other components include emotional, intellectual, social, environmental, spiritual, occupational, intellectual and financial wellness.

From a social and spiritual wellness perspective, volunteering helps people feel more socially connected and part

of the bigger picture. Giving of yourself to something that is important to you, and makes you feel like you are making a difference, can be a very good stress management tool.

Putting life into perspective by working with or for populations that are dealing with poverty, disease, etc., redirects attention away from you and your own personal problems. Dealing with stress effectively makes for better emotional health, and healthy coping can result in better physical health by reducing blood pressure, muscle tension and headaches.

Since many volunteer opportunities also involve activity, there is the added benefit of physical exertion. Other studies have looked at the benefits of green spaces, and how being outside, away from all our techy toys can help us relax and slow down in a way that is hard to do in a fast-paced, convenient focused society.

Are you and your organization looking to do some volunteer work in the Clearwater community? The city's Parks and Recreation Department has numerous volunteer opportunities for groups and corporations, including Adopt-A-Park and Adopt-A-Trail programs, children's events, sports and athletics, Moccasin Lake Environmental Education Center and much more. For more information, contact Natalie Lamb at 562-4803.

PLAY:

(free programs unless specified)

Chi Chi Rodriguez Golf Club: 3030 McMullen Booth Road. Take advantage of September's Sundowner Special: Walk and play the course anytime after 4 p.m. for \$10 +tax. Need to grow your golf game? Head across the street to the Chi Chi Rodriguez Golf & Family Sports Complex to take a lesson with an instructor. Group lessons and Boot Camp available. For more information, call 726-4673 or visit chichi.org or chichi.org/the-sports-complex.

Fit Body Boot Camp: 627 S Missouri Ave. September Special. During September, Fit Body is offering a special 21 days for \$45, which includes unlimited boot camps, weigh in, body fat tracking, before and after pictures and nutrition guidance. For more information, call 324-8927 or visit FitBodyClearwater.com.

Chainwheel Drive Ream Wilson Trail Ride: Friday, Sept. 9 (8:30 a.m.) at the Ream Wilson Trailhead at the Long Center, 1501 N. Belcher Road. Focus on enjoying yourself during this casual ride along the beautiful Ream Wilson Trail. You'll ride on a paved trail in the shade of the tree canopy along scenic waterways, taking in the sights of the foliage along with feathered and furry friends. Ride is approximately two hours. Bring a helmet and hydration. Pace is about 12 mph. For more information, call 441-2444 or email cycling@chainwheeldrive.com.

City of Clearwater Employee Art Show: Friday, Sept. 9 (5:30-7 p.m.) at the Long Center, 1501 N Belcher Road. This art show celebrates the artistic talent of city of Clearwater employees. Open to the entire community. Free admission; donation suggested. Please bring a toiletry or non-perishable food item-donations will be delivered to the RCS Food Bank. Meet and greet with the artists, light music and refreshments, raffle prizes and art stations to create your own work of art. For more information, call 562-4837 or 793-2339 ext. 238.

Vegan Italian: Sunday, Sept. 11 (4 p.m.) at Nature's Food Patch, 1225 Cleveland St. Brad Myers, the Vegabond Chef, will show you how to make filling vegan Italian food-it is possible. For more information, call 443-6703.

100 Second Challenge: Saturday, Sept. 17 (2-3 p.m.) at the Main Library, 100 N Osceola Ave. Celebrate our library centennial with this program based on the "Minute to Win It" show with 100-second challenges. For more information, call 562-4970.

Grow with Baby: Wednesday, Sept. 21 (10:30-11 a.m.) at Countryside Library, 2642 Sabal Springs Drive. Bring your little one for sensory activities-intended for ages 2 and younger. For more information, call 562-4970.

Tips from the Trainer:

You and Your Pelvic Floor

If you have a pelvis then you have a pelvic floor. The pelvic floor is the base of your CORE with the diaphragm being the top. All human movement passes through the core. It is important that these muscles work in an integrated fashion with the other core muscles: abdominals, lower back, etc. If all of these muscles are not working together correctly, incontinence can occur, as well as pain experienced in other areas of the body, like the groin and lower back. By improving the biomechanics throughout the pelvis, you will see a decrease in symptoms associated with pelvic core dysfunction. Proper stretching and strengthening of the pelvic floor can lead to the reduction of lower back pain, hip pain, knee pain, sacroiliac joint dysfunction and balance deficits.

The Kegal has long been touted as "THE" exercise for the pelvic floor, but the more important action to work on is restoring the subconscious contraction that would happen in normal daily life situations. The voluntary pelvic floor contraction of the Kegel exercise has some benefit in improving muscle strength, but does little to return the pelvic floor to normal function.

An ideal way to train the pelvic floor is to recreate movements that will lengthen the muscles. Muscles can be thought of as similar to rubber bands. When you lengthen the muscle, the fibers stretch and, like a rubber band, the muscle gets "loaded" with potential energy. This load then allows the muscle to "explode" and create the motion we desire.

A good exercise would be to squat with feet wide, staggered front to back, and toes turned out. Start with a small squat, sitting back into the hips. As you get stronger, try to go deeper and even add weight. Don't forget to switch the stagger of the feet.

*Jeanmarie Scordino M.Ed., FAFS
Exercise Physiologist*

Every Child Swims with \$10 Lessons

The city of Clearwater has partnered with the Brooke Bennett Swim Academy (BBSA) to provide high-quality swim lessons with low student-to-teacher ratios. Swimmers will receive American Red Cross certification upon completion of required skills. Lessons are being offered at the Long Center indoor heated pool. Thanks to a generous donation from the Long Center Foundation, all group swim lessons (Water Babies to Level 4) will be \$10 for all children. Our hope is that no child will ever drown in Pinellas County because they couldn't afford to take swim lessons. For more information, call 793-2320.

Healthy Recipe

Three-Bean Vegetarian Chili

6 servings (1 ½ cups)

Total time: 1 hour, 45 minutes



Ingredients:

- 2 red bell peppers
- 3 tablespoons extra-virgin olive oil
- 1 cup chopped onion
- 2 teaspoons ground cumin
- 1 teaspoon crushed red pepper
- 1 teaspoon paprika
- ¼ teaspoon salt
- 4 garlic cloves, thinly sliced
- 2 cups organic vegetable broth
- 1 ½ cups (1/2-inch) cubed peeled butternut squash
- 1 (28-ounce) can no-salt-added tomatoes, undrained and chopped
- 1 (15-ounce) can pinto beans, rinsed and drained
- 1 (15-ounce) can cannellini beans, rinsed and drained
- 1 (15-ounce) can red kidney beans, rinsed and drained
- ½ cup thinly sliced green onions

Directions:

1. Preheat broiler.
2. Cut bell peppers in half lengthwise. Remove and discard seeds and membranes. Place pepper halves, skin sides up, on a foil-lined baking sheet. Broil 15 minutes or until blackened. Place pepper halves in a zip-top plastic bag; seal. Let stand 15 minutes. Peel and chop peppers.
3. Heat a Dutch oven over medium-low heat. Add oil to pan; swirl to coat. Add onion; cook 15 minutes, stirring occasionally. Stir in cumin and next 4 ingredients (through garlic); cook 2 minutes, stirring frequently. Add bell peppers, broth, squash, and tomatoes; bring to a simmer. Cook 20 minutes, stirring occasionally. Add beans; simmer 25 minutes or until slightly thick, stirring occasionally. Sprinkle with green onions.

Cooking Light, 2010.
myrecipes.com/recipe/three-bean-vegetarian-chili

Clearwater Healthy Choices Challenge

Many Clearwater residents have already signed up to take the Healthy Choices Challenge by promising to make at least one healthy choice each day. This month's prize-winning challenger is **Donna Adams**, who has won a **Green Market Cafe** gift card. Fill out and send in your application today, or visit myclearwater.com and complete the application online. Prizewinners will be drawn each month. Also, be on the lookout for businesses displaying the Healthy Choices for a Healthy Clearwater apple logo. These businesses will provide discounts to those who show their Healthy Choices for a Healthy Clearwater Card.

Healthy Choices Partner Spotlight

Café Milano Pizzeria

105 N. Ft. Harrison Ave.,

444-4504

cafemilanopizzeria.com

Show your card and receive 10 percent off your lunch or dinner bill at this authentic Italian restaurant, where every meal is made from scratch out of the finest fresh ingredients. Ask for Donato or Leonor.



Healthy Choices For a Healthy Clearwater is published each month by the city of Clearwater to encourage community wellness by highlighting healthy ways to Live, Learn, Work and Play.

Apply for a Healthy Choices Card online at myclearwater.com/wellness, call Regina Novak at 793-2339, ext. 238 or email regina.novak@myclearwater.com.

Send your questions, comments, or suggestions about this newsletter to regina.novak@myclearwater.com.

Clearwater Healthy Choices Restaurant

Who doesn't like going out to eat? Unfortunately, it can sometimes be very difficult to eat healthy when you eat out. To make it a little easier, each month we will recognize a local Clearwater restaurant that offers healthy options on their menu. It is up to you to make Healthy Choices once you get there. This month's Clearwater healthy choices restaurant is **Roly Poly**.

Location: 1261 S. Ft. Harrison Ave., Clearwater 33756

Hours: Monday-Friday, 7 a.m.-4 p.m.; Saturdays, 11a.m.-4 p.m., closed Sunday
Phone: 442-2750

Website: rolypoly.com

Healthy Highlight: Take your pick with a variety of salads, sandwiches, and delicious soups. Pick from one of their special selections or roll your own. It's a great way to get your servings of veggies in.

Olives

Olives are a versatile fruit that can be added to salads, sandwiches, pestos and tapenades. Did you know they are high in vitamin E and other antioxidants? Scientific studies have noted that they are anti-inflammatory and can help protect against heart disease and cancer. Olives and other healthy fats, like avocados, nuts, seeds and olive oil are prevalent in the heart healthy Mediterranean diet.

