



# HEALTHY CHOICES

for a Healthy Clearwater



## ♥ LIVE:

### NATIONAL CAREGIVERS MONTH

The first rule of taking care of others: take care of yourself first. Care giving can be a rewarding experience, but it is also physically and emotionally demanding.

- **Care giving is stressful.** With all of their care giving responsibilities – from managing medications to arranging doctor appointments or planning meals – caregivers too often put themselves last.
- **The stress of care giving impacts your own health.** One out of five caregivers admits they have sacrificed their own physical health while caring for a loved one. Caregivers are twice as likely to suffer depression and are at increased risk for many other chronic conditions.

Good nutrition and rest are two ways you can help take care of you:

- **Proper nutrition helps promote good health for you and your loved one.** Maintaining a healthy diet is one of the most powerful things you can do to take care of yourself and keep a positive attitude overall. Good nutrition for your loved one can help maintain muscle health, support recovery, and reduce risk for re-hospitalization.
- **Rest. Recharge. Respite.** People think of respite as a luxury, but considering caregivers' higher risk for health issues from chronic stress, those risks can be a lot costlier than some time

away to recharge. The chance to take a breather, the opportunity to re-energize, is vital in order for you to be as good a caregiver tomorrow as you were today.

Only by taking care of yourself can you be strong enough to take care of your loved one.

#### 10 Tips for Caregivers:

1. Seek support from other caregivers. You are not alone!
2. Make your own health a priority
3. Accept offers of help and suggest specific things people can do to help you.
4. Communicate effectively with doctors.
5. Take respite breaks often.
6. Watch for signs of depression and don't delay getting professional help.
7. Be open to new technologies that can help you care for your loved one.
8. Organize medical information so it's up to date and easy to find.
9. Make sure legal documents are in order.
10. Give yourself credit for doing the best you can.

Caregiver Action Network is the nation's leading family caregiver organization working to improve the quality of life for the more than 90 million Americans who care for loved ones with chronic conditions, disabilities, disease or the frailties of old age. For more information, visit their website at [caregiveraction.org](http://caregiveraction.org).

## 💡 LEARN:

*(free programs unless specified)*

#### Lung Cancer Physician Panel:

Wednesday, Nov. 9 (noon) at the Aging Well Center at the Long Center, 1501 N. Belcher Road. Expert Physicians Ben Yan, MD, Medical Oncologist, Derek Williams, MD, Thoracic Surgeon, and John Masson, MD, Pulmonologist will be available to answer questions about lung cancer screenings, detection and treatment. For more information and to register, call 253-4076.

#### Clearwater Marine Aquarium Dolphins & Manatees Program:

Wednesday, Nov. 9 (5:30-6:30 p.m.) at the Beach Library, 69 Bay Esplanade. Join the Clearwater Marine Aquarium education team to learn about the fascinating local animals that make Clearwater Harbor their home and what you can do to help protect resident and seasonal dolphins and manatees in our own backyard. For more information, call 562-4970.

#### Identify and Treat Acid Reflux:

Thursday, Nov. 10 (noon) at the Cheek-Powell Heart and Vascular Pavilion, 455 Pinellas Street. Learn the signs and symptoms of gastroesophageal reflux disease (GERD), which should be treated early to avoid long-term complications. Kurt Erickson, MD, General Surgeon, will lead the discussion. For more information, contact [Jordana.Taylor@baycare.org](mailto:Jordana.Taylor@baycare.org).

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## LEARN, continued.

### 10 Potential Signs of Brain Imbalance:

Thursday, Nov. 10 (6:30 p.m.) at Nature's Food Patch, 1225 Cleveland St. Is your child struggling academically, socially or behaviorally? Learn about a holistic approach to integrate sensory motor, cognitive stimulation and other activities that address the root of brain functional disconnection. Meloneese Beal, center director of Brain Balance Centers, will lead the session. For more information, call 443-6703.

### Exploring the Link: Anxiety & Belly Fat:

Thursday, Nov. 10 (6:30 p.m.) at Nature's Food Patch, 1225 Cleveland St. Sit down with Dr. George from Lifeworks Wellness Center to explore the link that connects stress, anxiety, depression, poor sleep, a weak immune system and belly fat. Find out why stress is the number one killer. Learn how to solve the puzzle and put the pieces back together. For more information, call 443-6703.

**Medicare Part D Drug Plans:** Monday, Nov. 14 (3-4 p.m.) at the Main Library, 100 N. Osceola Ave. Specially-trained volunteers of the SHINE program will provide detailed information on the basics of Medicare prescription drug plans, including eligibility and enrollment, costs and steps to compare and choose a plan. SHINE representatives will be available to answer questions and provide enrollment or benefit application assistance. For more information, call 562-4970.

**Ask the Diabetes Educator:** Wednesday, Nov. 16 (10 a.m.) at the Cheek-Powell Heart and Vascular Pavilion, 455 Pinellas St. Sheryl Ferris, RN, BSN, CDE, will answer questions on blood glucose monitoring, medication, reducing risk and healthy coping. For more information, contact [Jordana.Taylor@baycare.org](mailto:Jordana.Taylor@baycare.org).

## WORK:

# NUTRITION TO BOOST YOUR PRODUCTIVITY

Practice these four simple things, and you and your colleagues will see an improvement in productivity.

### Eat a healthy breakfast

Fuel your body to ensure better concentration and a steady energy level throughout the morning. Don't fall back on a grab-and-go donut, which will hurt more than help.

Instead, stick with the following food groups:

- Fruits and vegetables
- Whole grains: Think hot or cold cereals, whole grain breads or bagels or low-fat bran muffins.
- Lean protein: Think hardboiled eggs, peanut butter, lean meat and/or plant proteins like nuts, hemp seeds or tofu.

### Don't skip meals

When you're busy at work, it's easy to skip meals in an effort to squeeze out more productivity. Don't do it. Skipping meals will hurt you later in the day by lowering your energy and productivity. Without a regular supply of nutritious foods throughout the day, your body will not get the vitamins, minerals and protein that it needs.

### Pack your lunch and plan ahead

To avoid the temptations of skipping meals, hitting the vending machine, or joining coworkers for unhealthy fast food, pack your lunch to ensure that you have the types of food you need. Sandwiches on whole grain breads, pitas or wraps are a

## Sweet Swap

Trade Halloween candy for prizes. Earn one ticket per pound of candy for a chance to win great prizes. All candy will be donated to service members overseas through Our Troops Online. Earn a bonus ticket with a thank you letter and/or another donation item for troops. Drop off your candy at any of the city recreation centers from Tuesday, Nov. 1 through Saturday, Nov. 5.

good choice, particularly when paired with spreads like hummus and fillings like tuna, sliced eggs or lean meats like turkey or chicken. Salads pack well too if the dressing is kept separate or away from the leafy greens. Bring small containers of chopped veggies, almonds, granola bars, bananas and apples for additional snacks during the day to keep your brain and body humming.

The choices you make at lunchtime can impact your productivity for the rest of the day.

It also pays to plan ahead. Planning all meals and snacks ahead of time will provide sustained energy to get you through the day, all while helping you resist the temptation of grabbing quick processed foods.

### Make nutrition a workplace priority

Talk to your coworkers and bosses about ways you can create a more nutritionally savvy workplace. Collectively, think of interesting ways to bring nutritious foods into the workplace. This could improve morale, well-being and productivity.

## National Alzheimer's Disease Awareness Month

Go Purple with a Purpose for Alzheimer's Disease Awareness and Caregivers Month. President Ronald Reagan designated November as National Alzheimer's Disease Awareness Month in 1983. At the time, fewer than two million Americans had Alzheimer's. Today, the number of people with the disease has soared to nearly 5.4 million. Get involved this month and help raise awareness for Alzheimer's disease. For more information, visit [alz.org](http://alz.org).



# PLAY:

*(free programs unless specified)*

## Chainwheel Drive Ream Wilson Trail Ride:

Friday, Nov. 4 (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 be riding on a paved trail in the shade of the tree canopy along scenic waterways. Ride is approximately two hours at 12 mph. Bring a helmet and hydration. For more information, contact [cycling@chainwheeldrive.com](mailto:cycling@chainwheeldrive.com) or call 441-2444.

## Sports Fan 5K to Benefit Clearwater for Youth:

Saturday, Nov. 12 (7 a.m.) Coachman Park, 301 Drew St. The Sports Fan 5k is an out and back route, over the Clearwater Memorial Causeway, with views of Clearwater and its number one beach. This is a chip timed event with a USATF certified course. The 5k road race is for sports fans of all kinds, benefitting Clearwater for Youth. One hundred percent of proceeds go to Clearwater for Youth. The Clearwater For Youth mission is to help ensure "no child is turned away" due to financial concerns and to elevate youth sports in our community and beyond by offering support through scholarships and grants to constructive sports programs where children from all levels of society can play together and learn together. Online registration ends Tuesday, Nov. 9. Registration available onsite at the packet pick up location, Abe's Place (1250 S. Missouri Ave.) or on the day of event. Price will increase for onsite registration. For more information and pricing, contact [lelia.peterson@myclearwater.com](mailto:lelia.peterson@myclearwater.com) or call 562-4813, ext. 4844.

**Christmas Under the Oaks:** Sunday, Nov. 13 (9 a.m.-4 p.m.) Coachman Park, 301 Drew St. \$3 donation, kids under 12 free. The GFWC North Pinellas Women's Club presents the 40th annual Christmas Under the Oaks Arts and Crafts Show at Coachman Park in downtown Clearwater. Proceeds benefit community scholarships, grants and projects. For more information, visit [gfwcnpwc.org/christmas-under-the-oaks.html](http://gfwcnpwc.org/christmas-under-the-oaks.html).

## Healthy Teeth

Dr. Jose Matos at First Choice Dental Care wants to remind families about their dental health around the time of year when sweets are abundant. If you are indulging in these treats, try and refrain from snacking on them all day. Keeping sugar in the mouth for long periods of time is the perfect environment for cavities to form. Make sure to brush and floss after large amounts of sugar because preventative dentistry is the best dentistry. Have a wonderful, cavity free holiday season.

**Festival of Trees:** Friday to Sunday, Nov. 18-20 at the Long Center, 1501 N. Belcher Road. Discover more than 125 exquisitely decorated Christmas trees, hundreds of wreaths and countless decorations created by local artists, businesses and community leaders, all perfect for holiday giving or keeping. Enjoy holiday music and songs, live entertainment and visits with Santa. For more information and pricing, call 797-8712 or visit [theartctbfoundation.org](http://theartctbfoundation.org).

**Tampa Bay Times Turkey Trot:** Thursday, Nov. 24 (7 a.m.) at Clearwater High School Stadium, 540 S. Hercules Ave. The Tampa Bay Times Turkey Trot is the largest running event in the Tampa Bay area with more than 17,000 participants. There's a race for every skill level, including competitive runners, recreational runners and walkers. Fee includes an event T-shirt. Top finisher for the competitive races will receive an award. Proceeds benefit local charities. Canned goods and non-perishable foods will be collected in the stadium on race day and will be donated to the Religious Community Services food pantry. For more information and pricing, visit [tampabay.com/turkeytrot](http://tampabay.com/turkeytrot).

## Tips from the Trainer:

### Want to do

It is a sad fact that some people never start an exercise program. For those who do, many get stuck or never follow through on one. They get bogged down formal conditioning programs which are very structured and aim at achieving a particular goal. More people would have success simply by making MOVING a part of their daily life activities. Moving can be accidental, social and fun. There is definitely a place for structured conditioning, but adherence may be improved if moving for simple enjoyment is just as important.

WHY is it important to break through the excuses? The WHY is easy...we want to be able to get better at what we WANT to do and be able to counterbalance what we do TOO MUCH.

### Points to consider:

- Movements are 3-Dimensional and Dynamic.
- Movements teach your body how to accelerate, decelerate, stop and control motion.
- Movements are variable in terms of positions, loads, vertical and horizontal distance, angulations in all three planes of motion, so move in every possible direction.
- Movement programs can be individualized.
- Movements are fun and creative and can be applied consistently over time.
- Movements are specific to your functional needs: Walking, playing with kids, sports, yard work.
- Nothing in life is static...so keep moving and oscillate at all times.
- The hips are the power source of the body in all forms of function...so use your assets.
- We are interconnected so bring all the "friends" to the party and avoid isolating muscle groups.
- We sit too much so let's stand more!

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



# Healthy Recipe

## Carrot-Ginger Soup

Serves 12

Total time: 1 Hour, 2 Minutes



### Ingredients:

- 3 tablespoons unsalted butter
- 3 tablespoons olive oil
- 1 cup chopped onion
- 2 tablespoons finely chopped peeled fresh ginger
- 2 garlic cloves, finely minced
- 7 cups fat-free, lower-sodium chicken or vegetable broth
- 4 cups diced carrot (1 1/2 pounds)
- 1 cup dry white wine
- 2 teaspoons fresh lime juice
- 1/4 teaspoon curry powder
- 1/4 teaspoon freshly ground black pepper
- 2 tablespoons chopped fresh cilantro

### Directions:

1. Heat a large saucepan over medium heat. Melt butter with olive oil in pan; cook 2 minutes or until butter melts. Add onion, ginger, and garlic. Cook 10 minutes or until onion is soft, stirring occasionally.
2. Stir in broth, carrot, and wine. Bring to a boil; reduce heat and simmer, uncovered, for 45 minutes.
3. Place half of carrot mixture in a blender. Remove center piece of blender lid (to allow steam to escape); secure blender lid on blender. Place a clean towel over opening in blender lid (to avoid splatters). Blend until smooth. Pour into a bowl. Repeat procedure with remaining carrot mixture. Stir in lime juice, curry powder, and pepper. Ladle about 2/3 cup soup into each bowl. Sprinkle evenly with cilantro.

[myrecipes.com/recipe/carrot-ginger-soup](http://myrecipes.com/recipe/carrot-ginger-soup)

## 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 **Stephen Pogorzala** who has won a **Green Market Café** gift card. Fill out and send in your application today, or visit [myclearwater.com](http://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

### Chainwheel Drive

1770 Drew St.

441-2444

[chainwheeldrive.com](http://chainwheeldrive.com)

Show your card at time of purchase and receive 10% off the regular price of clothing, parts or accessories. Not valid with any other discount.

## 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 **Grindhouse**.

**Location:** 1432 Cleveland St.

**Hours:** Sun.-Thu., 6 a.m.-8 p.m.;

Fri.-Sat., 6 a.m.-10 p.m.

**Phone:** 300-0905

**Healthy Highlight:** This coffee shops offer more than just a great cup of coffee and tasty pastry. Located in the Cleveland Street District, Grindhouse offers a variety of delicious soups, salads, paninis and fresh wraps. Perfect place to meet for a friendly lunch or a casual business meeting. Great ambience and delicious food!

## November is American Diabetes Month

November is American Diabetes Month. Diabetes is one of the leading causes of death and disability and can cause a variety of health problems, including blindness and kidney disease, if not controlled properly. Currently about one in 11 Americans has diabetes and about 86 million adults are at risk for developing type 2 diabetes. If you have diabetes, make sure you and your health care provider are discussing how to properly manage your sugar levels and what testing or assessments you need on an annual basis. If you are pre-diabetic, make those necessary changes in your life (nutrition, activity, stress management) to lower your risk. For more information, visit the American Diabetes Association's website at [diabetes.org/in-my-community/american-diabetes-month.html](http://diabetes.org/in-my-community/american-diabetes-month.html).

**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](http://myclearwater.com/wellness), call Regina Novak at 793-2339, ext. 238 or email [regina.novak@myclearwater.com](mailto:regina.novak@myclearwater.com).

Send your questions, comments, or suggestions about this newsletter to [regina.novak@myclearwater.com](mailto:regina.novak@myclearwater.com).

