

Que Onda

April 2012

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A Message From Our CEO



Hello All:

Well, here we are in April. The long hard winter is mostly behind us. Just think, slogging through snow drifts, dark days of below zero temps and treacherous driving conditions should be no more!

Oh, wait. This winter wasn't much like that, was it? Sure, we can still get hit with an April (or May! snowstorm) but really when you think about it, it wasn't that bad weather-wise for us this year.

I wanted to start off my message about the weather, because I think sometimes, out of habit, we tend to concentrate on the small things that aren't going right, when there are so many other, bigger and more numerous things that are positive, that we should be proud of.

For example, a little bird told me that Sixteenth Street is going to be listed among the 100 Top Workplaces in southeast Wisconsin, as reported by the Milwaukee Journal Sentinel in late May. Now we can't really get into the details now (because the list is "embargoed" – which is newspaper talk for "you have to wait until May 20th) but this is a really great accomplishment for us. I am especially proud of our 83% response rate and want to thank everyone who took the time to take the survey. We'll share more information about this when the list becomes public knowledge.

Another bit of good news, is that it looks like Sixteenth Street will end this last budget year on a positive note. You may have already heard from your manager that the Board of Directors authorized up to a 3% merit increase for salaries. So that's a good thing.

As always, the upcoming fiscal year will probably hold some challenges for us. The State will be moving ahead with new premiums and higher co-payments for people on BadgerCare. If this makes people drop their coverage, we will have to work harder to try to help people stay on BadgerCare if they are eligible, and be sure to collect 100% of our sliding fee charges if people "choose" not to be on BadgerCare. We are fortunate to have enrollment experts in social services and diligent people in our business office to help out with these issues.

Thanks for everything you do, every day for our patients and program participants. And join me, in looking forward to a beautiful spring and summer.

John Bartkowski, DrPH
President & CEO



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SSCHC Employee Wellness: 7 Healthier Alternatives to Common Cravings



Whether you're a sweet tooth person or a savory, salt craver, we all have certain foods that are so satisfying we crave them. When we satisfy our cravings for certain unhealthy foods too frequently we

can become addicted to the feeling and reach the point where we're not in control of our choices.

That said, nobody can eat perfectly healthy 100% of the time, we're all human with flaws and short comings. So when you have that craving, here are 7 healthier alternatives to try to meet that craving without showing as much disrespect to your heart, body and mind in the long-haul.



Alternatives for the Salt Fix:

Sweet Potato Fries and Fried Plantains: I, for one, am more of a "salt-tooth" than a sweet-tooth person. When you combine a fried food with crazy amounts of salt it's very hard for me to resist. Since Americans eat 2 million tons of French Fries each year, I must not be the only one craving that salty, fried treat.

So why choose fried yams or plantains instead of potatoes? The answer is simple, both sweet potatoes and plantains have much higher key nutrient content than regular potatoes. Since both of these alternatives make tasty treats when fried, these are healthier bets when eaten in moderation and are easy to make at home.

According to www.nutritiondata.com, a 115 gram serving of French Fries has 0% of your daily value of vitamin A, while Sweet Potato fries have roughly 290% of your daily value of vitamin A in the same portion size. Similarly, a one cup serving of plantains has roughly 50% of one's daily value of Vitamin A. Sweet potato fries also have more iron, calcium and vitamin C than regular fries while plantains will provide you with potassium, magnesium and vitamin B-6.

I've switched to both these alternatives in recent years and find them more satisfying than French fries once

you embrace the different flavors. Side note: try to fry with healthier oils (i.e. olive oil) wherever possible.

Salt alternatives: If you know you have high blood pressure as I do, start trying out some savory alternatives to salt. Mrs. Dash has been a long-time option at grocery stores that shows you can use less salt and add more healthy spices (many spices have key antioxidants and other health benefits) to achieve great flavor and meet the healthy salt intake levels.

You may have also noticed more brands are promoting sea salt in their packaging because sea salt is said to have reduced sodium content without compromising flavor. We do need some salt but the key is moderation for a nation that over-consumes salty foods.

Alternatives for Dessert Decadence:

Mango Sorbet: With such record temperatures heating up Wisconsin, many of us may start craving icy treats like ice cream, custard and other treats that put our cardiovascular system into a clogged disarray of doom (if consumed too often).

Mangos are delicious and sorbets can have that nice richness and texture of ice cream while reducing your saturated fat intake immensely. One single scoop of Culver's chocolate custard equates to 45% of your daily value of saturated fat while the same size serving of Mango Sorbet puts 0% fat into your body. You can find Mango sorbet at nearly all the major grocery stores including Pick n' Save. Depending on the mango content in the sorbet, you can also enjoy the positive effects of vitamin A found in mangoes while enjoying a special treat.

Bonus: there is also less sugar and sodium in sorbet compared to ice cream or custard.

Fruit Smoothies: Smoothies are one of the most fun foods to make with your kids, family and friends. All you have to do is buy your favorite fresh fruits (frozen works well too), use low-fat yogurt and/or milk and



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blend away.

To get your protein and electrolytes after a killer workout there are also peanut butter smoothies among millions of other options for smoothies that are bound to satisfy even the pickiest eaters' taste buds.

Chocolate Covered Fruits: Whether it's a chocolate covered strawberry or a choco-banana, very few people can claim this healthy treat is not good enough to meet their craving.

If you're a dark chocolate fan, all the better. Dark chocolate has far greater positive health effects than milk chocolate including lower blood pressure and higher antioxidant content.

- by **Evan McDoniels**
(Wellness Team)

Summer Safety



Do you know what the most popular summer activity is? Swimming! The best thing you can do to help your family stay safe this summer is to enroll in age-appropriate swim lessons. Contact your local Red Cross chapter to find courses in your area.



- Follow these safety tips whenever you are in, on or around water:

Make Water Safety Your Priority

- Swim in designated areas supervised by lifeguards.
- Always swim with a buddy; do not allow anyone to swim alone. Even at a public pool or a lifeguarded beach, use the buddy system!
- Ensure that everyone in the family learns to swim well.
- Never leave a young child unattended near water and do not trust a child's life to another child; teach children to always ask permission to go near water.
- Have young children or inexperienced swimmers wear U.S. Coast Guard-approved life jackets around water, but do not rely on life jackets alone.

- by **Carlos Barrancos**
(Security Manager)

National Nutrition Month: Goodbye Food Pyramid, Hello MyPlate!



The food pyramid has been the gold standard from the USDA for years. It has attempted to guide people towards healthier lives through recommendation of daily intake through the food groups. The pyramid was heavy on the grains at the base of the pyramid and light on the sweets at the top. A few years back, the pyramid was updated, adding in a rather large category for physical activity.

Now the food pyramid is gone. It has been replaced by a modern, more visual and relatable approach: MyPlate. The aim of the new nutritional education campaign is more about portion control and healthy eating habits. It provides a simple reminder to think about every time you sit down to enjoy a meal. The new website is loaded with food tracking tools, healthy eating recipes and ideas, tips and downloadable materials: www.choosemyplate.gov.

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Announcements

Congratulations to these employees for their tenure at Sixteenth Street Community Health Center:

5 Years:

Jing Chen	Senior Accountant
Lauren Christie	Registered Dietitian
Maribel Perez-Rivera	Medical Assistant II
Myra Rivera	Medical Assistant II
Rosemarie Torres	Financial Counselor

10 Years:

Emilia Arana	Pediatrician
Gerardo Jimenez	Certified Asthma Educator
Anna Perez	Medical Assistant I

15 Years:

Ellyn McKenzie	V.P. of Communications
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20 Years

Tom Bachhuber	Physician
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The following employees are no longer with Sixteenth Street Community Health Center:

Andrea Fuentes and Carrie Zvespar

Bridget Harland, our Badger Care enrollment team leader is due to earn her MSW (Master of Social Work) Degree in May. What a perfect way to celebrate national Social Work month! We congratulate Bridget for her hard work.



Employees with Honorable & Perfect Attendance for the 1st quarter of 2012 are:

Perfect Attendance:
Marcos Zendejas

Honorable Attendance:

Jacqueline Garcia
Cynthia Lahl
Jacqueline Ortiz
Anna Perez
Carlos Quintanilla
Aracely Ramirez
Mayra Rivera
Anna Sanchez
Martha Sanchez
Corina Vasquez
Margie Vasquez
Teresa Vasquez



Welcome To Our New Employees:

Jackelyn Romero
Veronica Aravena-Salgado
Kenneth Woody
Rebecca Weidensee

Operator/Appointment Clerk
Facilitator
Security Officer
Registered Nurse

Welcome back to SSCHC:

Alejandra Vigil
William Reyes

Health Screener
Psychotherapist

