

# Health Education

Volume 3, Issue 4

October-December 2009

## Quit Smoking TODAY!

### Points of interest:

- New Seat Belt Law
- Booster Seat Law
- New Recipe
- Heart Health Article
- Winter Fire Safety
- Calendar
- Web site address

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Call Fond du Lac's Wiidookawishin (Help Me) QUITPLAN Center at Fond du Lac. Schedule an individual appointment to get ready for your quit date! Save money, be healthy, smell better, **QUIT TODAY!**

Wiidookawishin QUITPLAN Center: Call 218-878-3707 to make a Smoking Cessation appointment at MNAW (218-878-3707) or CAIR (218-279-4064) or 612-871-1989 for an appointment at the Mashkiki Waakaaigan Pharmacy in Minneapolis.

Persons not eligible for smoking cessation sessions and Nicotine Replacement Therapies at FDL MNAW or Duluth CAIR can access QUITPLAN Services at St. Mary's QUITPLAN Center in Duluth (218-786-2677).

QUITPLAN Helpline: 1-888-354-PLAN

Available to any Minnesota smoker, the QUITPLAN Helpline offers free professional telephone counseling to help you quit.

[www.quitplan.com](http://www.quitplan.com): The quitplan.com website

offers free membership, helpful quitting tools and a chance to connect online with thousands of others.

### Need more motivation?

Enter before October 1st and you could win \$5,000! Contact your QUITPLAN for more information or check out the website at:

[www.quitcash.com](http://www.quitcash.com)



## H1N1 & You... <http://www.fdlrez.com/HumanServices/phn/main.htm>

The symptoms of 2009 H1N1 flu virus in people include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. Some people have reported diarrhea and vomiting.

In order to protect yourself make sure you cover your nose and mouth with a tissue when you cough or sneeze and then throw out the tissue. Wash your hands often with soap and water. Avoid touching your eyes,

nose or mouth as you can spread germs this way. Try to avoid close contact with sick people.

For more information, check out Fond du Lac Public Health Nursing Department's website.

# Tomato Basil Soup

[http://www.whymilk.com/recipe\\_print.php?recipe=tomato\\_basil\\_soup](http://www.whymilk.com/recipe_print.php?recipe=tomato_basil_soup)

## Ingredients:

8 ripe plum tomatoes or 1 - 16oz  
Can of tomatoes drained

1 medium onion chopped

1 T olive oil

2 cloves garlic crushed

1 pinch ground red pepper

1 T chopped fresh basil or 1 t  
Dried basil

2 cups fat free or low fat milk

Salt

Freshly ground pepper

Fresh basil leaves for garnish,  
optional

## Directions:

In boiling water, blanch tomatoes for 10 seconds. Put in colander and cool slightly. Peel off skin. Cut tomatoes in half, remove seeds and chop. In saucepan, cook onion in olive oil over medium heat, stirring frequently, until golden brown, about 4 minutes. Add garlic and cook 1 more minute. Add chopped tomatoes. Cook uncovered over medium heat for 20 minutes. (If using canned tomatoes, decrease cooking time to 10 minutes.) Spoon 3/4 of mixture into blender, puree until smooth. Return to saucepan. Add red pepper, basil and milk to the soup. Heat until hot but do not boil. Season to taste with salt and pepper.

## Cooking Information:

Makes 2 servings

8 ounces of milk per serving

## Nutrition per serving:

Calories	220
Fat	7g
Saturated fat	1g
Cholesterol	5mg
Carbohydrate	30g
Fiber	4g
Protein	12g
Sodium	145mg
Calcium	295mg

## Winter Fire Safety For more information visit: [www.usfa.dhs.gov](http://www.usfa.dhs.gov)

During the winter months, residential fires are more prevalent than they are in the spring or summer. This is due, in part, to an increase in the number of cooking and heating fires. With colder temperatures, many people resort to using fireplaces, wood stoves, space heaters, and alternative heating methods such as cooking stoves to keep warm.

To ensure a fire safe winter season, be sure furnaces and chimneys are professionally cleaned and smoke alarms are properly maintained and in good working condition.

Make sure when cooking you

wear short or close fitting sleeves that stay away from your heat source. Do not leave cooking equipment unattended where kids could burn themselves or a fire could start.

With fires that are heat sources, keep matches and lighters out of reach. Make sure equipment is properly installed and maintained to prevent fires.

Space heaters should only be used if cords are in good condition. Make sure they are in a safe area away from curtains or things that will start on fire. Unplug heaters when not in use.

Do not leave space heaters running when you are not in attendance.

Keep in mind...

- Fires can cause debilitating burns and can be fatal.
- Once you escape, do not go back in to find anyone missing.
- Lack of oxygen can cause impaired judgment.
- Fires are dangerous, move away from fires to avoid explosions, electrocutions and collapsing buildings.

## Measuring Your Blood Pressure

Adapted from Honoring the Gift of Heart Health Manual

Blood pressure keeps the blood flowing in our bodies. Our blood pressure naturally changes during the day. If it stays high over time, it is called "hypertension," or high blood pressure.

High blood pressure means that the heart has to work harder to carry blood to the vital organs in the body. High blood pressure can cause heart attack, stroke, kidney disease and other serious medical problems.

Even though people can die from high blood pressure, the only way to know if you have it is to have your blood pressure checked. A nurse or a doctor, who puts a "blood pressure cuff" around your upper arm and fills it with air, usually does this. As the air is released, your blood pressure is measured.

When your blood pressure is checked, the results are called a "reading." A blood pressure reading has two parts. The first number is sometimes called the top number, or the "systolic" pressure. It measures your

blood pressure when the heart contracts and is pumping blood.

The second number is sometimes called the bottom number, or the "diastolic" pressure. It measures your blood pressure when the heart is at rest, between heartbeats.

Normal blood pressure is less than 130/85. When we say this reading out loud, we say "130 over 85."

If your first number is 130 or higher or your second number is 85 or higher, there is reason to be concerned. You should have your blood pressure checked again on another day. You should also begin making changes in your lifestyle to lower your blood pressure.

Life style changes can include diet and exercise. Your doctor may want you to add or take out certain foods in order to help your blood pressure. If you are not currently exercising, you may want to check with your doctor about which exercises to start with and if you are healthy

enough to start right away.

If your first number is higher than 140 or your second number is higher than 90, you may have hypertension. In addition to lifestyle changes, your doctor may prescribe medicine. Don't stop taking the medicine if your blood pressure reading is okay – that means the medicine is working!

For example, a person with blood pressure of 160/100 is three times more likely to have a heart attack or stroke than a person with blood pressure of 140/90.

So, have your blood pressure tested and know your numbers. The people who love you will be glad that you are taking care of yourself.

Next month:  
5 Steps to Lower  
Your Blood Pressure



## Booster Seat Law Changed In July

On July, 1, 2009, a booster seat law went into effect in Minnesota. All children up to the age of eight **and under** 57 inches in height must be in a vehicle booster seat or the driver will be stopped, ticketed and fined.

Car seat and booster seat classes are offered at the

Min No Aya Win Clinic in Cloquet at 2PM on the following dates: October 7 & 21, November 4 & 18, and December 2 & 16.

[Registration is required.](#)

Call (218) 878-3759 for more details on booster seats and the new law.

**REMINDER!** A new state law went into effect June 9, 2009 that requires all drivers and passengers of all vehicles on Minnesota roads and highways to wear a seatbelt at all times in a vehicle. You can now be pulled over just for not wearing your seatbelt... so click it, or ticket!

Check us out at:

<http://www.fdlrez.com/HumanServices/phn/main.htm>

## Regularly Scheduled Classes

### Car Seat Classes — Please enter at Door #3

MNAW Clinic	Wednesday October 7 and 21	2PM
	Wednesday November 4 and 18	2PM
	Wednesday December 2 and 16	2PM

### Elder Exercise

ENP	Every Monday and Wednesday	9-11AM
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### Cooking Class

ENP	Tuesday Oct. 20, Nov. 17, Dec. 15	5-7PM
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### Water Aerobics for Elders

Pool	Every Monday and Wednesday	8-9AM
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### On The Move Incentives Pick Up

Tribal Center Gym	Wednesday Oct. 14, Nov. 18, Dec. 9	12-1PM
Brookston Center	Tuesday Oct. 20, Nov. 17, Dec. 15	3-3:30PM
Sawyer Center	Wednesday Oct. 14, Nov. 18, Dec. 9	3:30-4:30PM

### Smoking Cessation

Scheduled Individually	Please call 218-878-3707 to make an appointment	
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### Yoga

MNAW McKnight Room	Fridays	12-1PM
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## Special Event

**Women's Health Brunch**  
**October 17th 10AM - 12Noon**  
**at the Cloquet ENP**

**Remember offices will be closed for Veterans Day, Thanksgiving & Christmas on:**  
**November 11**  
**November 26 & November 27**  
**December 24 & December 25**