

# HEALTH & WELLNESS

## Mountain Health Champions

BY LYNN NEFF

Recently I attended a "Garden Party" sponsored by Mountain Health & Community Services and hosted by Teddy Davis-Inman. It was a chance to share ideas about health care for kids and adults and accessibility to medical and urgent care in the back country.

I was impressed with this informal gathering, even though it was sparsely attended. Judith Shaplin, CEO of MHCS, has come up with a plan to help the local health centers stay open for our convenience during this time of economic downturn. The heart of the plan is the Mountain Health Champions - Campo Auxiliary. The focus of this group is to promote health education, social services and an exchange of ideas and experiences that will aid in serving MHCS and the interests of the communities served by Mountain Health.

The Auxiliary will also support Mountain Health & Community Services in their mission and support

the new health center in Campo with additional services (dental, pharmacy, etc.), and expanded patient care services.

The membership will consist of members of the communities that share this common goal. If you would like to be a member, please call Carol Lewis at (619) 445-6200. Let her know how you can help.

Some of the events that the auxiliary is planning include: A community Baby Shower, National Health Center Week (August 8-14) BBQ and festivities, Lion's Club Mobile free vision exams (August 7th in Alpine and August 14th in Campo), Back to School Night (August 31st, see page 18), Rubio's Fundraiser (Sept. 23rd), a Fall Fundraiser, Bowling for Kids, Harley Ride for Kids Health, Macy's Shopping Spree For A Cause (October), Christmas Parties & Toy Distribution (December).

Mountain Health is expanding their services to include the following: Alpine:

- Extended hours at Alpine Family Medicine for urgent care
  - Expanded court approved and group behavioral health classes: Parenting Skills, Anger Management (Adolescents & Adults) Domestic Violence, Smoking Cessation, Life Skills, and Teen Weight Management (presently)
  - New Branding and Marketing (presently)
  - Prenatal Services (presently)
  - HIV Services (presently)
  - Telemedicine Expanded Services (presently)
  - Electronic Health Records (future)
  - Practice Management Systems-Patient Data, Appointments, etc. (presently)
  - Additional Providers
  - Safety Net Connect-Program that connects patients from emergency rooms with medical homes (presently)
  - Home Visits (some now, planning program)
- Campo:
- New Clinic and Administrative facility (property purchased-securing funding)
  - Dental Services (future)
  - Extended hours at Mtn. Empire Family Medicine for urgent care (future)
  - Pharmacy (future)
  - X-Ray services (future)
  - Additional Providers (future)
  - Prenatal Services (presently)
  - HIV Services (future)
  - Expanded court approved and group behavioral classes (presently)
  - School Services-behavioral and health care (presently)
  - Telemedicine Expanded Services (presently)
  - Electronic Health Records (future)
  - Practice Management Systems-Patient Data, Appointments, etc.

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## Eating Right When Money's Tight



SUBMITTED BY LISA M. TURNER, RD, CDE  
PRESIDENT:  
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With the rising costs of just about everything these days, moms are challenged by the cost of buying and serving healthy foods to their families.

"We know moms are trying hard to make sure good health is not sacrificed in a bad economy," says Lisa Turner, RD, CDE of the Network for Healthy California (Network), a program funded by the USDA Supplemental Nutrition Assistance Program through the California Department of Public Health that empowers low-income Californians and their families to live better by eating healthy and being physically active every day. "In these tough times, moms need to hear from other moms who are overcoming their budget challenges to make healthy choices."

The Network talked to Champion Moms, everyday moms from across California who are role models for healthy change, to find the top 10 mom-tested tips on how to eat right when money is tight:

- Put healthy foods on the top of this list. List all of the important healthy food that you need before heading to the store to avoid overspending. Start with healthy foods like fruits and vegetables that you will need for meals.
- Let your kids pick snacks and side dishes. If they choose what they want, less goes to waste. Make a game of it by challenging them to pick a new fruit or vegetable to try each week.
- Buy fresh fruits and vegetables in season when they taste better and cost less. Look for good deals on seasonal produce at your local farmers' market.
- Make it meatless. Cook meals that use beans or tofu instead of meat or chicken. You still get lots of protein, and it costs less.
- Buy frozen fruits and vegetables that last longer and cost less than fresh. Since they are packaged cleaned and cut, using them can also save time in the kitchen. Stock up when they are on sale.
- Check out the bulk bins. You can save a lot by bulk buying things like dried fruits and vegetables, cereals, rice, pasta and nuts.
- Avoid over-packaged products. When you buy 100 percent juice, it is usually cheaper to get a big bottle instead of small juice boxes. You can use a small reusable container to pack juice for your kids' lunches.

Learn more about how food stamps can increase your family food budget. For more information call 1-877-847-3663 or learn more about the Food Stamp Information Line, please visit <http://myfoodstamps.org/Infolinestats.html>.

Be a Champion for Change. Visit [www.cachampionsforchange.net](http://www.cachampionsforchange.net) for more cost-saving tips and healthy recipes.



## Advice from the Purple Mountain Sage



BY: SHARON COURMOUSIS,  
SACRED ROCKS RESERVE

**Tips From The Purple Mountain Sage**  
*Increase your enjoyment of living:*

"Don't blow it - good planets are hard to find." ~ Quoted in Time

"There is a sufficiency in the world for man's need but not for man's greed." ~ Mohandas K. Gandhi

Recipe: Lime and Coriander Char-Grilled Chicken

Ingredients: 5 and 1/2 teaspoons cilantro, 3 teaspoons fresh ginger (grated finely) 4 and 1/2 Tablespoons Lime Juice, 1 and 1/4 teaspoons lime zest (grated), 1 and 1/3 Cups Jasmine Rice, 4 Boneless Skinless Chicken Breasts, 2 Tablespoons Oil, 4 Large Mushrooms, 3 zucchini stalks, sliced 1 inch

Directions:  
Combine the cilantro,

ginger, lime zest and lime juice. Season the chicken breast well and spread two teaspoons of the above mixture on each fillet. Marinate the chicken breasts for approximately 1 hour. Combine the rest of the herb mixture with the remaining 2 tablespoons of lime juice in a dish and set aside. Lightly brush the zucchini and mushrooms with the remaining oil. Cook the Jasmine Rice for approximately 12 minutes. Heat the grill to medium and brush lightly with oil. Grill the chicken, cooking each side for about 5 minutes. Grill the vegetables for about 5 minutes. Serve the rice in 4 individual bowls, topped with the chicken (cut into strips), and the herb mixture. The vegetables can be added in the rice bowl or served on the side. Enjoy!

**I wonder...Examining Random Thoughts & Beliefs That Impact the Planet**

Why do we have to wash our face twice a day? Is it a ploy by the face cream companies to sell more products so our skin will not have the natural oils that protect it? Personally, I have decided to wash thoroughly with the evening shower. How could my face possibly be dirty the next morning?

We bought some portable bamboo eating ware, fork - spoon - knife and chopsticks. I feel virtuous

when I eat out by avoiding plastic utensils. I think it will help the earth.

Recently I saw a photo of the ocean where it had collected hundreds of thousands of plastic water bottles, perhaps even millions. Our ocean ... precious earth filter ... overwhelmed by the plastic water bottles. I feel appalled. What can I do? WHAT can I do? What CAN I do? WHAT CAN I DO? From here on forward in my life, I vow to use re-useable bottles like stainless steel, wherever possible. We now have stainless steel water bottles in our general store at Sacred Rocks. And reasonable prices invite others to participate in our earth and ocean-friendly strategy.

When I see beggars on the corners, what is the right thing to do? I have some loose dollar bills that I pass along when a person is handicapped or really old. Otherwise, giving granola bars fills my personal need to help out. What do you do?

Ever smelled anyone really stinky and then decided that would never be you? And then thought intensely about antiperspirants? Isn't sweat the body's way of ridding toxins? So what happens to the toxins when you stop the perspiration? I found a natural, mineral salts spray that kills the bacteria that stinks, but allows you to perspire. My friends and family tell me it

works!

What is most valuable to me? Yesterday, we were evacuated from our home for a fire in the canyon. Quickly, I packed up the family, not even papers or heirlooms, and left. I was appalled at the stream of incoming cars to the area, "looky loos," coming to see the fire for real. Cars with children! With no thought to consequences.

I am convinced that we have a duty to be good caretakers of our earth. Whatever impact I have, must be earth-friendly. My children and grandchildren and generations beyond matter more to me than conveniences which cause me to be careless with the blessings that are given to me.

Dear Readers: What do you think about? Will you share your thoughts and ideas? Write to: [askthepurplemountainsage@gmail.com](mailto:askthepurplemountainsage@gmail.com) and you might see your excellent ideas in print next month.

The Purple Mountain Sage is Sharon Courmouis, co-owner of Sacred Rocks Reserve and RV Park, a 163-acre wilderness preserve and campground in Boulevard, CA, which is also home to the Sacred Rocks Artists' Colony. Sharon can be reached by calling: 619-766-4480. Visit the Sacred Rocks Reserve website at: [www.sacredrocksreserve.com](http://www.sacredrocksreserve.com).