

Community CareLink

April-June 2022



Caring for men

From the desk of Cynthia Tauog, DHA, Vice President of Community Health Services

Caring for men is the focus of this issue because preventive health and wellness care are not priorities of most of them. It's not that men do not want to take care of all aspects of their health; rather, they tend to be more focused on other responsibilities and goals. As a result, women often need to take the lead in assisting and supporting men to be healthy.

How do we show care for the men in our lives? I believe it starts with showing appreciation for the things men do for us and our families. Their inherent physical strength contributes to their ability to protect the family. Yes, their ability to provide is important, but I believe the former adds just as much benefit to the family. When a man is lovingly present, we will feel protected; the children will feel safe; and our homes will be more welcoming. Frequently expressing appreciation to our men for what they do for our families is one way we care for them emotionally and mentally. This includes appreciating our fathers, brothers, sons (who are learning to be men) and other men in the family as appropriate.

As women, we also care for our men by assisting them in taking care of their physical health. The food we cook, prepare and present should be as healthy as possible. Reminding them, and if needed, making appointments for their check-ups with their doctor. May is Prostate Awareness Month, and provides an opportunity to remind them to get checked. If they take medication for any identified conditions, assisting as needed with reminders to take the medication as prescribed shows care. Yes, they should be able to do this for themselves;



they are not children, but most men appreciate our loving and caring support in this area.

Encouraging them to take time to relax, reduce stress, and exercise is important to their health, especially if they seem stressed or depressed. Planning fun activities at home for the family can also reduce stress. The Christian worldview tells us that God made men first and then women to be partners, so they could complement and help each other using their different abilities. When we show love, appreciation and respect for our men, this is one side of the relationship coin. Doing these things strengthens their desire to show love, caring and protection for us. In healthy caring families, this is done frequently and not only on Mother's Day, Father's Day and holidays.

As women, let's start and keep this great cycle going by demonstrating care for the physical, emotional and mental health of the men in our lives. When we care for our men, we care for ourselves, our families and our communities.



Look for this symbol for offerings focused on heart health.

♥ Health devotional for men

Men, do you treat your car better than your own body? Some men spend more money on their cars than their wives! We know that cars are important, but how much more important is our health?

The Bible tells us to put off the “old nature,” which refers to our sinful, corrupt nature, which includes anger, rage, malice, lying (Colossians 3:5). We are instructed to put on the “new man” or “new nature,” which has the fruit of the Spirit, which includes love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control (Galatians 5:22-23).

We all have the “old nature,” and putting it off and putting on the “new nature” takes true determination. This determination also needs to be applied to work on our own health. Imagine if you spent as much time on your health as you did on your car. Do you know your cholesterol level, your PSA (prostate-specific antigen)

number, your BMI (body mass index) number or your blood pressure? What exactly are you putting in your “gas tank?” Healthy foods and exercise keep your engine running in top performance, and faith, prayer and mindfulness feed your soul and spirit.

1 Corinthians 6:19-20 says, “...but your body is the temple of the Holy Spirit ... so glorify God in your body.” Just like you take care of other people, then you need to take care of yourself first. As they say on an airplane, the flight attendant gives instructions — in the event of a change in cabin pressure, put your own oxygen mask on before you help others. This is what it means to love your neighbor as yourself.

Remember, you need to show “self-love” by taking care of your body, mind and spirit. Then, you will be able to take care of others better!

♥ Healthy eating tips for men

It is important to eat healthy to reduce the risk of chronic diseases such as heart disease, cancer and Type 2 diabetes, and to keep your mind sharp.

- **Go for whole grains.** They help you feel full and give you important nutrients such as potassium, B vitamins and fiber.
- **Get more fiber** from fruit, vegetables, whole grains and beans. Younger men need 25-34 grams of fiber per day, and men over 50 need 30 grams of fiber per day.
- **Get at least 2 cups of fruits and 2½ cups of vegetables each day** for vitamins, minerals, fiber and phytochemicals.
- **Focus on heart-healthy fats** such as avocado, canola oil, olive oil, peanut oil, nuts and seeds, instead of high-saturated fat options. Limit fried foods. Eat oil-based salad dressings more often than creamy types.
- **Drink mostly water.** Limit high-calorie and sugary beverages such as alcohol, energy drinks, sport and fruit drinks, and pop.
- **Read Nutrition Facts labels** and ingredient lists to learn more about the food you eat.
- **Make home-cooked meals more often** to control what and how much you eat. Try grilling or oven-roasting lean protein, fruits and vegetables. It's a delicious and quick way to cook a healthy meal.
- **Practice portion control.** Follow the MyPlate method by making half of your 9-inch plate vegetables and fruit, a fourth grain and the remaining fourth lean protein.
- **Eat less saturated fat and sugar.** Limit fatty meats like bacon, chicken wings, hot dogs, ribs and sausage. Make cakes, candies, cookies, ice cream and chips just occasional treats.

Men's energy needs are different from women's needs because they have more muscle mass than women. Men who are moderately active need about 2,200-2,800 calories a day. Your energy needs are based on your height, weight, age and physical activity level.

There are no magic foods. If a food is advertised as being a secret weapon that cures your health problems, ask yourself: why wouldn't everyone be eating it?

♥ Four factors that promote a healthy lifestyle

Weight management has a significant impact on overall health. Being overweight or obese increases your risk for high blood pressure, Type 2 diabetes, heart disease and stroke. In addition, obesity increases the overall risk of death from any cause. As always, the first step in any lifestyle change is to see your healthcare provider to make sure these changes are good for you. Then, pay attention to these four factors:

Healthy eating

Choose nutritious meals over fad diets. Set yourself up for long-term success by eating colorful fruits and vegetables, like dark leafy greens; bright apples and oranges; vivid carrots and sweet potatoes; and vibrant berries. Try something new, like adding vegetables to omelets, or try a fruit smoothie. A healthy diet also includes whole grains and fat-free or low-fat dairy products. Eat a variety of proteins, including seafood, lean meats, eggs and beans. Choose foods that are low in saturated fats, trans fats, salt and added sugars. Take smaller portions of comfort food and cheese, and save treats for special occasions.



Get active

An active lifestyle increases the number of calories you burn, helping you maintain or lose weight. The *Physical Activity Guidelines for Americans* recommend getting at least 150 minutes of moderate activity or 75 minutes of vigorous activity each week. To meet this goal, you could walk for at least 30 minutes a day on five days of the week. Another option is to do more vigorous activity, like jogging, swimming laps or cross-country skiing, several times a week. In addition, adults should do muscle-strengthening activities twice each week. This can include resistance band exercises, lifting weights or doing push-ups. Ask a friend to join you, or join one of our exercise classes to get yourself moving.

Reduce stress

Stress can have a negative impact on your weight. When we're under stress, cortisol levels increase. This can lead to craving foods that are high in sugar, salt and fat, causing you to eat more junk food. The end result can be weight gain.

When you feel stress building, pull back. Take a few deep breaths, do some stretches or take a walk. It can also help to talk to others about how you're feeling. If mental health problems intensify, talk to a counselor or contact your employee assistance program.

Get your rest

When you're short on sleep, decision-making suffers, and it's tough to resist the craving for comfort foods. In addition, you will be less likely to have enough energy for exercise.

Adults should get 7-9 hours of sleep each night. To get a good night's rest, be consistent — go to bed and get up at roughly the same time each day. In addition, remove electronic devices from the bedroom and make sure it's dark and quiet. Being active during the day can also help you sleep better at night. Avoid large meals, caffeine and alcohol shortly before bedtime.

♥ Need a suggestion for help with dealing with stress?

Exercise + nature = aaaaahhhh!

When you combine physical activity with time in nature, the stress-relieving effect is powerful. Here's why:

- **Exercise reduces anxiety and lifts your mood.** Physical activity brings an increase in endorphins, which help you feel good. If the weather is nice, consider a walk outdoors; if not, consider one of our many exercise programs that target most fitness levels. Consider walking inside at your local mall.
- If a walk outdoors is calling you, **nature can help improve well-being.** Trekking in a rural area or along a lakeshore can help us feel restored, according to the American Psychological

Association. You can also lift your mood by walking in an urban park.

- **The power of awe.** The colors of a sunrise, the vastness of a starry night, and the intricacies of a flower petal create a sense of wonder that can help lower stress levels. Going outdoors for a walk or hike can be challenging at this time of year if you're in a cold climate. When it is possible to head out, the effort is worth it. You'll reap many benefits when you take the time to appreciate your surroundings.

Always check with your healthcare provider before starting an exercise program, and then check out the local parks in your neighborhood.

♥ Plan a walking program

So what's stopping you from starting a walking program? No time? Don't have a good place to walk? You have a health concern you think prevents you from walking?

First and foremost, always check with your doctor or healthcare provider, especially if you have a health issue, if you are over 40 or you have been inactive recently. Once you have the go-ahead to begin, plan to build a habit that can last a lifetime.

Step one: Ask yourself, what are my best reasons to start a walking program?

Step two: Get your family or friends on board. Find a walking buddy.

Step three: Walk when it works for you. Are you an early bird, or do you want to walk in the evening?

Step four: Set goals. Start with warming up for five minutes, maybe just a slower-paced walk. Use the last 4-5 minutes to cool down. Start out at a pace that's comfortable for you, and build up to about 30 minutes of exercise on most days.

Step five: Walk with good gear. Make sure you have a sturdy and comfortable pair of shoes. If you regularly walk with assistance, continue to use those aids. If walking outside, dress for the weather. Walking at night? Wear a headlamp and/or reflective clothing to increase your visibility.

Get healthy, one step at a time!

Local parks and trails

Livingston County — <https://www.livgov.com/parks>

Macomb County — <https://living.macombgov.org/living-home>

Oakland County — <https://www.oakgov.com/parks/parksandtrails/Pages/default.aspx>

St. Clair County — <https://www.stclaircounty.org/offices/parks/>

Wayne County — <https://www.waynecounty.com/departments/publicservices/parks-recreation.aspx>

April is Sexual Assault Awareness Month

Sexual assault is NEVER the victims' fault. Sexual violence happens in every community and affects people of all ages, races, genders and religions, including individuals with disabilities. The operative word for sexual violence is any type of "unwanted" sexual contact. A person may use force, threat, manipulation or coercion to commit sexual violence. Often, the onset of sexual assault originates in childhood. Behaviors presenting in a child sexualized in childhood may manifest into a succession of toxic, mental, physical, sexual, financial, emotionally abusive relationships throughout their lifetime.

Many feelings and emotions resonate in individuals affected by sexual assault, sexual abuse and incest. Common symptoms reflect a lifetime of triggers, and stressors often result in self-medicating to numb graphic and upsetting images of flashbacks and intrusive thoughts of the sexual encounter. A sexual assault may affect a survivor's daily life, no matter when it happened. Common emotional reactions include guilt, shame, fear, numbness, anger, shock and feelings of isolation.

However, there is help available. Open Arms, a crime victims service program under Ascension Southeast Michigan Community Health, provides support for all victims, and provides therapeutic intervention, resources and counseling. The program is open to male and female victims and currently provides virtual individual, family and group therapies to all survivors of assault and abuse. Our program also provides assistance with completing the crime victim compensation application on behalf of victims of domestic violence, sexual assault and human trafficking. The financial assistance covers many of the expenses incurred by crime victims, including the cost to serve a personal protection order. Open Arms also offers therapy to victims in residential shelters and recovery centers. There is no cost for our services.

The long-term psychological effects survivors may face if their trauma is left untreated include post-traumatic stress disorder, anxiety, depression and isolation.

If you know someone who needs support as a result of a sexual assault, have them contact Open Arms at 313-369-5784.



♥ Virtual ongoing exercise classes

All classes are virtual and are FREE. You must have Internet access and the use of a computer or tablet. Use of smartphone is available only for lectures.

These virtual exercise classes take only one registration for participation April-June 2022. No class Friday, April 15 and Monday, May 30. You may attend one or all classes listed below.

♥ Seated Exercise

Mondays and Wednesdays, 10-10:45 a.m.

Seated exercise program for those who want to move but don't feel that they can stand for a long time. A sturdy armless chair is recommended. Suitable for all ages and fitness levels.

Presenter: Lynne Behrens-Hanna, RN, BSN, MSA
Ascension SEM Community Health

♥ Beginners Resistance Training

Mondays and Wednesdays, 11-11:45 a.m.

For beginners or those who have not trained for a while, an excellent way to initiate your wellness journey and tone your muscles. You will need two 1-pound weights (two soup cans or two water bottles will work).

Presenter: Lynne Behrens-Hanna, RN, BSN, MSA
Ascension SEM Community Health

♥ Lunchtime Zumba Gold

Mondays, noon-12:30 p.m.

An easy-to-follow, Latin-inspired dance fitness party. It is a low-impact, lower-intensity version of a typical Zumba class, but just as much fun! Wear comfortable clothing and flat-soled shoes.

Instructors: Belinda Kabodian, BS, RN, RYT, AFAA
Takiyah Calhoun-James, MBA, BS
Ascension SEM Community Health

♥ Resistance Band Exercise

Tuesdays and Thursdays, 10-10:15 a.m.

Join us for Resistance Band Exercise and learn ways to improve strength using oppositional force to train your muscles. This class is suitable for all ages, fitness levels and physical conditions. A sturdy, armless chair and resistance band are required.

Instructor: Belinda Kabodian, BS, RN, RYT, AFAA
Ascension SEM Community Health

♥ Walking Workout

Tuesdays and Thursdays, 10:15-10:45 a.m.

Join us as we walk/march and strengthen your heart. Working out together from home with easy moves like side steps, hamstring curls and kicks, will assist in making you healthier! This class is suitable for all ages and fitness levels.

Instructor: Belinda Kabodian, BS, RN, RYT, AFAA
Ascension SEM Community Health

♥ Chair Yoga

Tuesdays and Thursdays, 11-11:45 a.m.

Chair yoga adapts yoga poses through creative use of a chair, so the participant is able to warm up and stretch the body safely, with support and stability. Poses will be done seated on the chair, or the chair can be used for support during standing poses. Participants will be taught a gentle flow that will end in a short meditation. This class is suitable for all ages, fitness levels and physical conditions. A sturdy, armless chair is required.

Instructor: Belinda Kabodian, BS, RN, RYT, AFAA
Ascension SEM Community Health

♥ Drums Alive — Drumming exercises

Wednesdays and Fridays, 1-1:30 p.m.

For those interested in drumming for exercise. You will need a 65-cm stability ball and a pair of drumsticks. If you don't have drumsticks, you could use two wooden spoons or a pool noodle from the dollar store, cut in half. This is a class for those who enjoy music and want to experience a fun time while getting some exercise.

Presenter: Lynne Behrens-Hanna, RN, BSN, MSA
Ascension SEM Community Health

Virtual Lectures

All classes are virtual and FREE. You must have Internet access and the use of a computer or tablet. Use of smartphone is available only for lectures.

Wednesday, April 13 — 11 a.m.-noon

Basics in Diabetes

Join us to learn about the basics of diabetes, primarily Type 2. Dr. Jacobs will speak about how diabetes affects the body, exercise, risk factors and treatment options.

Presenter: William Jacobs, DO
Ascension St. John Hospital

Tue., April 26 — noon-1 p.m.

Cervical Cancer Prevention: Vaccinations, HPV tests and PAP exams save lives!

Please join us for an interactive lecture to learn how to prevent or detect cervical cancer early. We will also discuss the role of family history, and how lifestyle and behavior changes can save your life! Bring your questions and a friend!

Presenter: Carmen Stokes, PhD, RN, CNE,
Nurse Navigator, SM Gavini Center for
Cancer Prevention

Wed., May 11 — 11 a.m.-noon

Men's Health — Maintenance for Life

Men are experts at preventive home maintenance and taking care of their cars with oil changes, checking the tires, washing and waxing, etc. Do you take care of your own body in the same manner? Join us to learn the essential screenings to keep men in the best of health.

Presenter: Matthew Romano, DO
Ascension St. John Hospital

Fri., May 13 — 11 a.m.-noon

Men's Mental Health

Millions of Americans struggle with mental health issues. The biggest difference in men vs. women mental health issues is prevalence. Men typically have fewer mental health conditions, and are also less likely to seek treatment. According to the American Foundation for Suicide Prevention, in 2019 men died by suicide at a rate of 3.63 times higher than women. With over 6 million American men struggling with depression, it is crucial to know the signs of mental health struggles, and end the stigma that stops men from getting help.

Presenter: Richard J. M. Austin, LLMSW, MA
Ascension SEM Community Health

Fri., May 20 — 11 a.m.-noon

Depression in Men 55+

Symptoms of clinical depression can be triggered by other chronic illnesses later in life. Approximately 68 percent of adults aged 55 and over know little about depression; and only 38 percent believe that depression is a "health" problem. Join us to learn the signs, symptoms and triggers of depression, and ways to address these feelings with therapeutic treatment and lifestyle changes.

Presenter: Chris Cox, MA, LPC
Ascension SEM Community Health

Thur., May 26 — noon-1 p.m.

The Intersection Between Mental Health & Physical Health

We will explore not only the link between mental health and physical health, but also discuss ways to make healthy changes to improve a sense of well-being physically, mentally and emotionally.

Presenter: Nicole M. Bryant, LPC, CAADC
Ascension Eastwood Behavioral
Health - Livonia

Lectures (continued)

All classes are virtual and FREE. You must have Internet access and the use of a computer or tablet. Use of smartphone is available only for lectures.

Tue., June 7 — 6-7 p.m.

Prevention & Treatment of Injuries in the Golfer

Ready to get your golf game in full swing? Join us to learn the common types of golf injuries in the shoulder, elbow, wrist, trunk and lower back, from an orthopedic sports medicine specialist. We will cover injury prevention, treatment and swing technique, and have the opportunity to answer your questions.

Presenter: Jefferey Michaelson, MD, Orthopedic Sports Medicine Specialist and Surgeon, Ascension Providence Hospital

Wed., June 8 — 11 a.m.-noon

Safe Fun in the Summer Sun

As we become more active outdoors, the risk of certain injuries and illnesses also increases. Join us to learn summer safety tips around the water, how to prevent heat-related injuries, and ways to protect your skin.

Presenter: Erin Vavro, MD
Family Medicine
Ascension St. John Hospital

Wednesday, June 29 — 11 a.m.-noon

African American Men's Health

Black men have the lowest life expectancy of any racial or ethnic group. Chronic illnesses affect Black men earlier and more often than other races. Join us to learn about African American Men's Health and Chronic Disease Prevention.

Presenter: Phyllis A. Nelson, RN, MSN, FNP-C
Ascension SEM Community Health

Virtual workshops

Workshop size is limited. All workshops are virtual and are a series built upon the previous session. Workshops are FREE.

A Matter of Balance

Thursdays, May 19-July 14 — 1-3 p.m.

Join us for a nine-week virtual workshop that focuses on reducing the fear of falling, stopping the fear of falling cycle and increasing activity levels. Participants learn to view falls and fear of falling as controllable, and set realistic goals for increasing activity. They also find ways to change the environment to reduce fall risk factors and learn simple exercises to increase strength and balance.

Diabetes Prevention Program

Wednesdays, April 6 and 20 — 11:30 a.m.

(in person) Intro Sessions; then weekly starting April 27 — 11:30 a.m.-noon

Older Persons' Commission, 650 Letica Drive
Rochester, MI 48307

Tuesdays, April 19 — 2 p.m. (virtual) Intro Session; then weekly starting May 3 — 2-3 p.m.

Thursdays, April 28 — 1 p.m. (virtual) Intro Session; then weekly starting May 12 — 1-2 p.m.

Join us for a virtual group-based, structured lifestyle change program for people who are at risk or have pre-diabetes. The diabetes prevention program is a year-long program which focuses on lasting lifestyle changes like regular physical activity, healthy eating, weight loss and stress management. The program meets for 16 weekly sessions and then six monthly follow-up sessions. This program helps you make lifestyle changes to reduce your risk for Type 2 diabetes. You must have risk factors for, or a diagnosis of, prediabetes to meet the class requirements. Pre-diabetes can be diagnosed by your doctor, or you can take the self-screening test by going to the following website: doihaveprediabetes.org. If you have a diagnosis of Type 2 diabetes you will not qualify to attend.

Virtual workshops (continued)

Workshop size is limited. All workshops are a series built upon the previous session. Workshops are FREE. MUST have a computer, laptop or tablet with a camera to participate. (Smartphones are highly discouraged)

You must pre-register. Visit healthcare.ascension.org/events

Diabetes PATH (Personal Action Toward Health)

Wednesdays, April 13-May 25 — 1-3 p.m.

The Diabetes PATH virtual workshop is seven weeks, with the first session being a mandatory informational session.

Diabetes PATH is designed to provide the skills and tools to help people living with diabetes and their support system live a healthier life. Two trained leaders conduct the workshop. The skills and tools learned in the workshop will help you manage everyday activities by making an action plan; avoid complications; learn to balance your blood sugar; improve your communication skills with your family and healthcare provider; understand the importance of monitoring your blood sugar; manage symptoms and decrease stress; improve your overall health; and increase your energy.

Conversations in Diabetes

Tuesdays, May 24-June 21 — 11 a.m.-12:30 p.m.

This is a five-week virtual workshop, with the first session being a mandatory informational session. The road to managing your diabetes! Similar to planning a trip on the road, in which we use maps and directions, we also need a “road map” to make sense out of managing diabetes. Learn simple steps to get control of your diabetes.

Healthy Habits

Tuesdays, June 7-21 — 10-11:30 a.m.

This three-week virtual workshop is designed to improve your physical, emotional and spiritual well-being. It includes information on nutrition; meal planning; stress management; and developing an exercise plan to form healthy habits for life.

Pain PATH (Personal Action Toward Health)

Thursdays, May 5-June 16 — 1-3 p.m.

Pain PATH is a seven-week virtual workshop that provides the skills and tools to help people living with pain live a healthier life. The first session is a mandatory informational session.

This workshop is led by certified leaders to help people living with chronic pain manage their health conditions, and live a healthier, more enjoyable life. Learn how to: challenge myths about dealing with pain; master techniques to deal with frustration, fatigue, isolation and poor sleep; pace yourself around activity and rest; exercise appropriately to maintain or improve strength and endurance; use medication wisely; and work effectively with family and healthcare providers.

Kidney PATH (Personal Action Toward Health)

Wednesdays, April 20-June 15 — 10 a.m.-noon

Kidney PATH is a nine-week virtual workshop for participants who are in various stages of chronic kidney disease. The first session is a mandatory informational session. It will be followed by six weeks focusing on overall healthy living, with two additional sessions that cover kidney-specific content. Participants will discuss quality-of-life with kidney disease; have a panel discussion with healthcare professionals about dialysis and transplant; and discuss getting the most out of their kidney care. A key activity is development of a kidney disease “toolkit,” which is not a physical toolkit but a set of strategies that people can use to help manage their kidney disease.

Community Board

FREE VIRTUAL Wednesday Walking Workout

Meets on the third Wednesday of the month — noon-12:30 p.m.

Join us and the Ascension Providence Hospital Heart Institute Women Heart Clinic during your lunch break, as we walk up to 3500 steps, burn over 150 calories and strengthen your heart.

Registration and e-waivers are required. Register quarterly at: healthcare.ascension.org/events or call 248-849-5752 for more information.

Presenter: Belinda Kabodian, BS, RN, AFFA

Observances

- April is Sexual Assault Awareness Month
- May is Mental Health Awareness Month
- Mother's Day is May 8.
- June is Mens' Health Month
- Father's Day is June 19.

GAVINI Center for Cancer Prevention — Colon Cancer testing

May 22 — 2:30-3:30 p.m.

Methodist Children's Home Society — Senior Community Programs

For more information, call Carmen Stokes at 248-849-2781 or email carmen.stokes@ascension.org

Run for the Ribbon 5K Run/Walk

**Michigan Institute of Urology
Father's Day, June 19 — 8 a.m.**

Detroit Zoo

Registration:

<https://www.miumenshealthfoundation.org>
or www.MIURunfortheRibbon.org

2022 American Heart Association Metro Detroit Heart & Stroke Walk & 5K

Sat., June 4 — 10 a.m. start time

Ford Field

2000 Brush St. , Detroit, MI 48226
To register, visit www.miheartwalk.org.

Ascension Michigan Call Center

Find a doctor — Connect with more than 3,000 primary care doctors and specialists; obtain office locations, hours, insurances accepted and more.

Schedule appointments — Schedule appointments for doctor visits, diagnostic tests, physical therapy, doctor referrals and second opinions.

Connect with behavioral health resources — With one call you speak with our behavioral health social worker to access a wide range of hospital- and community-based social services.

Talk with someone who speaks your language — Multilingual customer service in Chaldean and Arabic is available.

Locate support groups — Explore the many support groups available.

One number does it all — 866-501-DOCS (3627)



Reminder: Contact your medical provider for routine health examinations.

♥ Skillet fish with spinach and tomato sauce

Serves 4

Ingredients

- 1 tablespoon canola or peanut oil
- 1 pound skinless cod filets
- 1 small yellow onion, peeled and chopped into ¼ inch pieces
- 2 cloves garlic, peeled and minced
- 2 cups canned low-sodium diced tomatoes (or diced fresh tomatoes)
- ½ cup water
- 2 cups frozen spinach, chopped
- ¼ cup pitted black olives, chopped

Instructions

1. Wash hands for at least 20 seconds with soap and water.
2. Put the skillet on the stove over medium-high heat. When it is hot, add 1½ teaspoons of oil.
3. Using a fork, add fish. Cook about 5 minutes per side, until browned. Remove the pan from the heat. Place the fish on a clean plate and cover them.
4. Reheat the skillet to medium heat. Add the remaining 1½ teaspoons oil, onion and garlic. Cook for about seven minutes, stirring frequently to prevent burning.
5. Add tomatoes and water. Cook for about 10 minutes, until the mixture thickens and the tomatoes turn an orange color.
6. Return fish to skillet with the tomato mixture. Cover with spinach and sprinkle with olives. Cover skillet.
7. Cook 2-3 minutes over low heat, until the spinach is steamed hot and fish is at a temperature of 145°, or until flesh is opaque and separates easily with a fork. Serve immediately.

Note: You can substitute skinless catfish, halibut, haddock or tilapia for the cod.

Nutrition Facts

4 servings per recipe

Serving size

1/4 of recipe

Amount per serving

Calories

215

% Daily Value*

Total Fat 6 g **9%**

Saturated Fat 1 g **2%**

Trans Fat 0 g

Cholesterol 47 mg **16%**

Sodium 393 mg **16%**

Total Carbohydrate 17 g **6%**

Dietary Fiber 5 g **20%**

Total Sugars 6 g

Includes 0 g Added Sugars **0%**

Protein 25 g

Vitamin D 41 mcg 10%

Calcium 209 mg 21%

Iron 4 mg 20%

Potassium 738 mg 21%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Southeast Michigan Community Health
28000 Dequindre
Warren, MI 48092

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Our facilities are currently taking precautions to help keep patients and visitors safe, which may include conducting screenings, restricting visitors and practicing distancing for compassionate, safe care. We continuously monitor COVID-19 guidance from the Centers for Disease Control and Prevention (CDC) and adjust our safety practices and safeguards accordingly.



Website for Community Health programs

Visit the Community Health program pages on the web at: <https://ascension.org/CommunityHealthMichigan>

This site provides information about our departments: Bridges to HOPE; Infant Mortality; Open Arms; School-Based Health Centers; Faith Community Partnership; and Community Outreach.

Other information available: current and back issues of the Community CareLink; community health needs assessment; and community benefit.

We are never farther than a click or a tap away!

To subscribe to the Community CareLink newsletter, please complete this [enrollment form](#). You can also email us at CareLink@ascension.org or call 586-849-5652 with your full name, address, phone number and birth year. Please indicate if you would like a hard copy or an electronic copy.

To unsubscribe from this newsletter, please call 248-849-5724 or send an email to carelink@ascension.org with your name, phone number and address.