



## *Patriot Day, September 11*

### *September*

Cholesterol Education Month

Fruit & Veggies—More Matters Month

Healthy Aging Month

National Childhood Obesity Month

Traumatic Brain Injury Awareness Month

World Alzheimer's Month

9/5 Labor Day

9/11 Patriot Day

9/16 DDS Fall Food & Craft Fair

Patriot Day is an annual observance on September 11 to remember those who were injured or died during the terrorist attacks in the United States on September 11, 2001. Many Americans refer to Patriot Day as 9/11 or September 11. On September 11, 2001, four planes were hijacked. The hijackers then deliberately flew three of the planes into



two important buildings, the Pentagon in Washington DC and the Twin Towers of the World Trade Center in New York. The fourth crashed into a field near Shanksville, Pennsylvania. The loss of life and damage that these hijackings caused form the biggest act of terrorism ever on United States soil. Nearly 3000 people died in the attacks and the economic impact was immense.

## *National Childhood Obesity Month*

One in 3 children in the United States are overweight or obese. Childhood obesity puts kids at risk for health problems that were once seen only in adults, like type 2 diabetes, high blood pressure, and heart disease.

The good news is that childhood obesity can be prevented. In honor of National Childhood Obesity Awareness Month, we en-

courage your family to make healthy changes together.

- Get active outside: Walk around the neighborhood, go on a bike ride, or play basketball at the park.
- Limit screen time: Keep screen time (time spent on the computer, watching TV, or playing video games) to 2 hours or less a day.

- Make healthy meals: Buy and serve more vegetables, fruits, and whole-grain foods.

Taking small steps as a family can help your child stay at a healthy weight.



### September Birthdays

9/2 John Rhodes

9/10 Pam Daniels

9/12 Keesha Lucas

9/13 Debbie Renfroe

9/17 Merinesa Morris

9/17 Tracy Turner

9/21 Clara Moore

9/29 Mike Pack

9/29 Eric Beasley

9/29 Laura Sherwood

# Tips & Recipes for Healthy Living

# WALK

YOUR WAY TO BETTER HEALTH

## Anatomy of Walking

**BOOSTS ENDORPHINS**  
EASING STRESS, TENSION, ANGER, FATIGUE, AND CONFUSION IN TEN MINUTES

**REDUCES GLAUCOMA RISK**

**HALVES ALZHEIMER'S DISEASE RISK**  
OVER 5 YEARS

**LIMITS SICKNESS**  
BY HALVING ODDS OF CATCHING A COLD

**IMPROVES HEART HEALTH**  
BY INCREASING HEART RATE AND CIRCULATION

**WORKS ARM & SHOULDER MUSCLES**

**ENGAGES AB MUSCLES**

**IMPROVES BLOOD PRESSURE**  
BY FIVE POINTS

**BUILDS BONE MASS,**  
REDUCING RISK OF OSTEOPOROSIS

**LIMITS COLON CANCER**  
BY 31% FOR WOMEN

**STRENGTHENS LEGS,**  
INCLUDING QUADRICEPS, HIP FLEXORS, AND HAMSTRINGS

**IMPROVES BALANCE**  
PREVENTING FALLS

**BURNS MORE FAT**  
THAN JOGGING

ONLY 30 MINUTES A DAY,  
5 TIMES A WEEK CAN MAKE YOU  
HEALTHIER AND HAPPIER.

**Every Body WALK!**  
The Campaign to Get America Walking

[WWW.EVERYBODYWALK.ORG](http://WWW.EVERYBODYWALK.ORG)

## Top 10 Spices with Health Benefits

**CHILI PEPPERS**  
Image: Jennifer Ratfeyan/Flickr CC  
Relieves pain, cold symptoms, congestion; prevents stomach/prostate cancer, ulcers; improves circulation, heart health, immunity, weight loss; reduces cholesterol, triglyceride levels, blood clots

**CINNAMON**  
Image: Zak Grant/Flickr CC  
Antioxidant; antimicrobial, lowers cholesterol; manages blood sugar, improves arteries, brain function

**CLOVES**  
Image: Craig Hermann/Flickr CC  
Relieves pain, nausea, diarrhea

**CORIANDER**  
Image: Yoppy/Flickr CC  
Antioxidant; manages blood sugar; lowers cholesterol; relieves swelling, mouth ulcers, menstrual disorders, conjunctivitis, skin disorders, diarrhea, anemia; prevents macular degeneration

**GARLIC**  
Image: John Norton/Flickr CC  
Antibacterial/antiviral; antifungal; lowers cholesterol, triglyceride levels, blood clots; disrupts cancer cells/tumor metabolism; improves heart health

**GINGER**  
Image: Andy Roberts/Flickr CC  
Antioxidant; anti-inflammatory to fight heart disease, cancer, Alzheimer's, arthritis; aids blood flow, digestion; relieves motion sickness, nausea

**OREGANO**  
Image: Cookbookman17/Flickr CC  
Highest antioxidant activity of fresh herbs, antibacterial agents (thymol & cavacol)

**PARSLEY**  
Image: Alice Henneman/Flickr CC  
Antioxidant; inhibits tumor formation; neutralizes carcinogens; prevents artery buildup

**THYME**  
Image: Cookbookman17/Flickr CC  
Antiseptic/antibacterial; can kill MRSA infections

**TURMERIC**  
Image: Steven Jackson/Flickr CC  
Antioxidant; reduces cholesterol; anti-inflammatory; blocks formation of some cancers

Graps.net  
HealthyWayToCook.com

<p><b>SECRET 1 : MAKE SURE THAT YOU EAT BREAKFAST</b></p>  <p>It's been scientifically proven that eating a protein and fiber-rich breakfast leads to weight loss</p>	<p><b>SECRET 2 : INCREASE YOUR PROTEIN INTAKE</b></p>  <p>Protein-rich foods require more energy to digest, thereby contributing to weight loss. They also help keep muscles intact during weight loss periods, while filling you up and supporting your metabolism</p>	<p><b>SECRET 3 : GET 8 HOURS OF SLEEP</b></p>  <p>Studies show that those who get at least 8 hours of sleep have an easier time both losing weight and maintaining a healthy body weight</p>
<p><b>SECRET 4 : DO MINI WORKOUTS</b></p>  <p>Stoke your metabolism throughout the day with mini workouts</p>	<p><b>SECRET 5 : EAT COLOURFUL</b></p>  <p>Fruits and veggies are low calorie and high in vitamins and minerals. Fill your plate with these and watch the pounds melt away</p>	<p><b>SECRET 6 : AIM FOR HIGH FIBER</b></p>  <p>High fiber foods tend to be high in volume while low in calories. Think broccoli, fill up on these while lowering your calorie intake</p>

Fresh Green Salad in a Jar- Add the dressing to the jar first. Follow with heartier veggies like tomatoes, carrots and peas. Throw in any meat/cheese and then add the lettuce on the top. To eat, either dump the whole salad in a bowl, or just shake it up and eat it with a fork out of the jar. Here are four mason jar recipes for



## Cheesy Chicken Fajita Panini

### Ingredients

#### Grilled Fajita Chicken:

- 1 teaspoon of garlic powder
- 1 teaspoon of ground cumin
- ½ teaspoon of ground coriander
- ½ teaspoon of smoked paprika
- ½ teaspoon of sea salt
- ¼ teaspoon of ground black pepper
- 2 chicken breasts
- 12 slices of fontina cheese
- 1 loaf of sourdough bread (8 slices)
- 1 red pepper, thinly sliced
- 1 orange pepper, thinly sliced
- ½ cup red onion slices
- 1 tablespoon olive oil
- salt & pepper to season
- Chimichurri sauce

**Prep time** 5 mins  
**Cook time** 20 mins  
**Total time** 25 mins



### Instructions

- Preheat grill to medium high heat.
- In a small bowl, add garlic powder, cumin, coriander, smoked paprika, sea salt, and ground black pepper. Mix and season chicken with spice blend on both sides.
- Place chicken on grill and grill each side for 5-6 minutes, or until there is no pink. Remove and let rest for 2 minutes, then thinly slice.
- In the meantime add sliced onions and peppers to a bowl and season with 1 tablespoon of olive oil, sea salt, and pepper. Toss to coat.
- Next, add peppers and onions to a grill basket. Grill for 3-4 minutes. Remove from the grill.
- To assemble the sandwiches, spread chimichurri sauce on one slice of bread, top with two slices of cheese, sliced chicken, grilled peppers and onions, two more slices of cheese, and top with the other slice of bread. Repeat process for 3 more sandwiches.
- Place sandwich in a panini press and cook until bread is browned and the cheese is melted. Cut in half and serve!

## Layered Oven-Baked Ground Turkey Tacos

### Ingredients

1 Tbsp. olive oil  
 1 onion, diced small  
 1 green bell pepper, diced  
 2-3 cloves garlic, minced  
 ½ cup tomato paste  
 4 tsp. chili powder  
 1 pound lean ground turkey  
 1 tsp. salt  
 1 (16-oz) can Old El Paso Refried Beans  
 1 (7.1-oz) box Old El Paso Stand 'N Stuff Taco Shells  
 tomatoes, chopped  
 cilantro, chopped  
 green onions, chopped  
 shredded Colby Jack cheese  
 Old El Paso salsa, for topping



### Instructions

Heat oil in large skillet over medium-high heat. Add onion and bell pepper and sauté until softened, about five minutes. Add in garlic and stir for another minute or two. Stir in tomato paste, chili powder and salt. Add ground turkey, breaking up with a wooden spoon until cooked through.

Meanwhile, preheat oven to 325°F. Lay the taco shells out as directed on the box and pre-bake for 6-7 minutes (or as directed on box).

When shells are done, pull out of oven and let cool for a few minutes. Turn oven heat up to 350°F. Arrange taco shells on baking sheet and fill the bottom of the shells with refried beans. Then add cooked taco meat. Now layer the veggies on: tomatoes, cilantro and green onions and top with cheese.

Bake in preheated oven for 10 minutes or until heated through and cheese is melted. Serve with any extra toppings, such as salsa. Enjoy!

## Meatballs in Marina Sauce

### Ingredients

1 pound lean ground turkey	3/4 t. dried oregano
1 egg, slightly beaten	1/2 t. kosher salt
1/4 cup panko breadcrumbs	1/4 t. black pepper
1 T. Worcestershire	4 ounces mozzarella cheese, cut into 1/2 inch cubes
1 clove garlic, minced	1/2 cup mozzarella cheese, shredded
1 t. dried basil	3 cups marina sauce

### Instructions

In a large bowl, combine the ground turkey, egg, panko, Worcestershire, garlic, basil, oregano, salt and pepper with your hands. Using a small ice cream scoop, scoop the meatball mixture. Take one of the pieces of cubed mozzarella and stuff it into the center of the meatball, making sure to cover the cheese completely with meat. Repeat the process until all of the meat mixture is gone. Heat a skillet over medium heat and spray generously with cooking spray. Place meatballs in the skillet and brown them for 2 minutes on each side. Pour the marina sauce evenly into the skillet and turn the heat down to medium low. Cover the skillet with a lid and simmer the meatballs for 10 minutes. Top meatballs with the shredded mozzarella and serve.



# 10 Tips for Healthy Aging Month



1. Do not act your age or at least what you think your current age should act like. What was your best year so far? 28? 40? Now? Picture yourself at that age and be it. Some people may say this is denial, but we say it's positive thinking and goes a long way toward feeling better about yourself. (Tip: Don't keep looking in the mirror, just FEEL IT!)



2. Be positive in your conversations and your actions every day.

When you catch yourself complaining, check yourself right there and change the conversation to something positive. (Tip: Stop watching the police reports on the local news.)

3. Have negative friends who complain all of the time and constantly talk about how awful everything is? Drop them. As cruel as that may sound, distance yourself from people who do not have a positive outlook on life. They will only depress you and stop you from moving forward. Surround yourself with energetic, happy, positive people of all ages and you will be happier too. (Tip: Smile often. It's contagious and wards off naysayers.)

4. Walk like a vibrant, healthy person. Come on. You can probably do it. Analyze your gait. Do you walk slowly because you have just become lazy or, perhaps, have

a fear of falling? (Tip: Make a conscious effort to take big strides, walk with your heel first, and wear comfortable shoes.)

5. Stand up straight! You can knock off the appearance of a few extra years with this trick your mother kept trying to tell you. Look at yourself in the mirror. Are you holding your stomach in, have your shoulders back, chin up? Check out how much better your neck looks! Fix your stance and practice it every day, all day until it is natural. You will look great and feel better. (Tip: Your waistline will look trimmer if you follow this advice.)

6. How's your smile? Research shows people who smile more often are happier. Your teeth are just as important to your good health as the rest of your body. Not only is it the first thing people notice, but good oral health is a gateway to your overall well-being. (Tip: Go to the dentist regularly and look into teeth whitening. Nothing says old more than yellowing teeth!)

7. Lonely? Stop brooding and complaining about having no friends or family. Do something about it now. Right this minute. Pick up the phone, landline, or cell and make a call to do one or more of the following: Volunteer your time. Take a class. Invite someone to meet for lunch, brunch,

dinner, or coffee. (Tip: Volunteer at the local public school to stay in touch with younger people and to keep current on trends. Take a computer class or a tutorial session at your cell phone store to keep up with technology. Choose a new person every week for your dining out.)

8. Start walking not only for your health but to see the neighbors. Have a dog? You'll be amazed how the dog can be a conversation



starter. (Tip: If you don't have time for a dog, go to your local animal shelter and volunteer. You will be thrilled by the puppy love!)

9. Make this month the time to set up your annual physical and other health screenings. Go to the appointments and then, hopefully, you can stop worrying about ailments for a while.

10. Find your inner artist. Who says taking music lessons is for young school children? You may have an artist lurking inside you just waiting to be tapped. Have you always wanted to play the piano, violin, or tuba? Have you ever wondered if you could paint a portrait or scenic in oil? What about working in wood? (Tip: Sign up now for fall art or music classes and discover your inner artist!)



## *HDCs Success Stories compiled by Forrest Steele*

Things began to go bad for Janice after her mother died. The two had made it together for years but shortly after her mother's death Janice went to live with her aunt. Within months her life took a drastically worse turn. Her aunt reached out to Adult Protective Services (APS) saying she could no longer care for Janice and wanted her out of her home.

When the APS case worker arrived, Janice was in a darkened bedroom curled up in her bed, dirty, soiled. She had severe bed sores from staying in her bed for extended periods...roaches darted from the bed when the workers entered.

Janice was 35 years old at the time but had the intellect of a child less than two...

Carol was very strong. At one point she had reportedly picked up her aunt and thrown her onto a table. Aggressive toward others, as well as self-abusive, she stayed awake many nights screaming. Her mother, diagnosed with schizophrenia, and her father, who had a learning disability, had taken to living behind locked bedroom doors, allowing Carol free access to the remainder of the house...

Carol was 23 years old at the time but had the mind of a child of less than three...

Kenneth's mother stated he had not been routinely aggressive until after a male member of the family left the home. Kenneth became violent toward other family members by trying to choke others, twisting their arms. At night he went into his neighbor's homes to search their refrigerators for food. Finally, because they were afraid he would harm them, his mother and sister moved out of the house to live in the family car. They gave Kenneth food through open windows in the house.

Kenneth was 24 years old at the time but had the intellect of a two year old...

"Many times people come to the Division of Developmental Disabilities Services (DDS) when things have gone terribly wrong in their lives," said Melissa Stone, DDS Director. "Our challenge is to give them the supports they need to get their lives back on track."

Janice, Carol, and Kenneth all left the situations they were in and moved

into a human development center, a part of the DDS service system. But transition is not always easy.

Janice refused to leave her bedroom for weeks after moving to a center. The HDC staff continued to work with her, building relationships, providing care.

Kenneth's aggressive outbursts continued. Behavior plans were designed and implemented to help him better control these outbursts. He slowly formed relationships with those around him.

Carol's autistic tendencies and self-abusive behavior continued as well. But, again, plans were put into place. She became familiar with HDC staff and her roommates.

Slowly, slowly, improvements in all three peoples' ability to control their challenges were seen. Janice became involved in activities on campus and felt more comfortable around others at the center. Kenneth was better able to control his violent outbursts and became more open to others. Carol became more focused and responded to the structural environment provided her.

## Guest Writer Submission— Gerald Canada, 27 Years of Service

### "Walk In My Shoes"

When I was a young child growing up in Monticello, I often would spend valuable time with my grandmother either in the kitchen, outside raking leaves or just sitting on the porch watching cars and neighbors pass by. Being an only child at the time, I had to find creative ways to both entertain myself and not get on my granny's nerves. So, I would often stick my feet (believe it or not) in her shoes and walk around the house and the yard.

My walk would always be stumbling and awkward causing me to fall. At that time, I thought the reason I had trouble walking in my granny's shoes was because they were not only bigger but because they were old and ragged. I asked my Granny why she didn't buy herself a new pair of shoes so I could walk in them? She responded, "Baby, to walk in my shoes... you would have to walk down my path!"

When I wake in the morning, I often find myself dragging and dreading the upcoming events of the pending day. Although thankful for each and every blessing, I neglect sometimes to be appreciative of the fact that I can brush my teeth while some cannot hold the brush...that I can dress myself while some have no mobility in their limbs...that I can prepare myself a small snack...while others rely on feeding tubes. If the events of life had been different, could I have "walked in the shoes" (continued on page 8)



# Fall Food & Page Craft Fair

Friday, September 16 • 11a.m. - 2p.m.

Hosted by DHS Division of Developmental Disabilities Services ~ 7th Street in downtown LR from Main Street to the alley behind the Masonic Lodge

Support developmental and intellectually disabled crafters ~ items include hand-made rugs, dog treats, piggy banks and more!

(All proceeds go to the clients who created the items and the five Human Development Centers. Please bring both cash and credit card for payment options. Some of the providers are only able to accept cash.)



Some of Little Rock's best food trucks will be on-site ~ Haygood's BBQ, Kool's BBQ, Loblolly Creamery, Philly Phresh and Southern Gourmasian!

For more information, please contact Yvette Swift at [yvette.swift@dhs.arkansas.gov](mailto:yvette.swift@dhs.arkansas.gov) or 501-682-4268.





Meet

## Carol Parker

First Connections  
Early Intervention  
Data Manager

**BIO:** I was born and raised in Little Rock, AR. I am divorced with three grown daughters, ages 31, 30, and 24; two grandsons, ages 13 and 7, and 1 granddaughter age 1. I have an Associates of Arts in Liberal Studies, Bachelor of Science in Health Sciences with emphasis in Community Health Education, and Master’s Degree in Adult Education from University of Arkansas at Little Rock.

I am currently and have been employed with the DDS, First Connections Early Intervention Program for 11 years as a Data Manager. I have over 35 years of State Government experience involving four different state agencies: the Secretary of State’s Office, State Police, and the Office of Child Support Enforcement.

I have worked as an Adjunct Professor at Pulaski Technical College (serving for more than 4 years) teaching Comp Fundamentals and English Skills.

Overall, my experience includes 19 years of database management, 35 years customer service and providing technical assistance, and 20 + years supervisory and training experience.

I commit numerous volunteer hours working in the community advocating in rural, low socio-economic areas and church.

I love traveling, exercising, shopping, reading, sewing, gardening, and listening to music.

**Best Life Advice:** Always be honest and true to yourself.

“Walk In My Shoes” cont.

and traveled the path our consumers faced on a daily basis with no feasible reality of an improved life?

That’s why the services we provide and the attitude which we portray not only with our consumers and their families, our providers and stakeholders but with each other is so vital. Vital in creating an atmosphere and environment that conveys to everyone that although we might not “walk in their path or walk in their shoes,” we can do everything possible to make their daily journey and their daily challenges a little brighter and a little easier to cope with.

Could we walk in each other’s shoes???

Go Team DDS!

Gerald G. Canada, DDS Liaison/ASH

## Comments, Suggestions, Q & A

Our first request from the DDS family was for information on healthy tips and recipes. We’ll continue to feature recipes. If you have a healthy recipe you’d like to share. Send it to [yvette.swift@dhs.arkansas.gov](mailto:yvette.swift@dhs.arkansas.gov)

Let us know what you’d like to see featured. If you’d be interested in being a guest writer, let us know.

