



Crestwood Behavioral Health, Inc.

Health and Wellness News



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The Health & Wellness Kick Off Continues!

The **Health and Wellness Foundational Tool Team** has been busy this last quarter bringing you a series of in-services that not only highlight different aspects of our Foundational Tool, but also challenge you as staff to make health changes that will benefit your physical and mental well-being.

In June, we highlighted our Heart Healthy Menus served throughout most of our Behavioral Health campuses. The unique health challenges of our guests were discussed, as well as some of the positive health outcomes we've seen in people on our diet.

Our June staff health challenge was to get daily exercise, self-monitor by recording your activities, and create accountability by sharing what you are doing with others at your campus on the Wellness Boards.

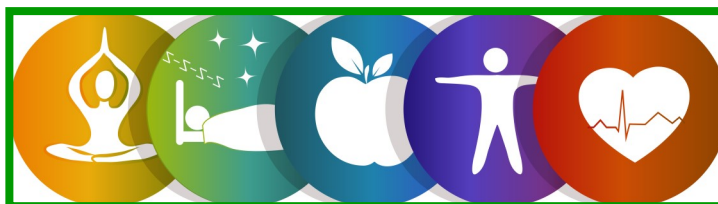
In July, we focused on our Garden Program and highlighted some of the amazing gardens that already exist at many of our campuses. We shared the materials we have developed for you to start a garden at your campus, and some beautiful photos of fruits, vegetables, and flowers that were harvested from Crestwood gardens this summer.

Our health challenge in July focused on gut health and the effect our diet has on mental health. We challenged you to include one of three options in your daily diet: fermented foods, fatty fish or bivalves, or cruciferous vegetables.

We highlighted the Crestwood Cookbook and the importance of cooking groups in August.

The cookbook can now be easily ordered through Office Depot and makes a great gift for persons served and staff, as well as an excellent resource for cooking groups.

Our August health challenge was to eat less meat. There are many clear benefits to both human health and the health of our environment when we consume less meat. We presented three ways to cut back on our meat consumption: participate in Meatless Mondays, practice VB6 (or Mark Bittman's Vegan Before 6 pm Diet), or eat one new plant-based protein source each day.



In September, Greg Parnell highlighted our Zumba program, which is a vibrant and

exciting part of our Foundational Tool that he has brought to all our many campuses. Pamela Lambert challenged you to be more mindful and presented several ways to include mindfulness in your daily life.

At the time of this writing, **we have two more challenges to go**, and we hope you are taking this journey toward health with us. Remember, big changes can be made with small steps! If you missed the in-services, the recordings and PowerPoints can be found in the Health and Wellness Folder of our intranet. We encourage you to take a look for yourself and to share these materials with others at your campus.

Interested in bringing more of our Health and Wellness Foundational Tool to your campus? Join us by becoming a Wellness Ambassador! Contact Margaret Clayton at mclayton@cbhi.net.

The Mental and Physical Benefits of Cooking

Cooking can have real physical and mental health benefits. Home cooked food will have fewer preservatives, and often less sugar, salt, and fat than restaurant or fast food meals. Home cooks can control portion size and adjust ingredients to suit their dietary needs and personal preferences. People who cook at home score better on the Healthy Eating Index, a measure of diet quality put out by the USDA. People who eat home cooked meals tend to eat fewer calories and consume more fruits and vegetables than people who eat out.

A recent review article also found that cooking can increase self-esteem and feelings of well-being. It may also be helpful in reducing anxiety and agitation, including among people with dementia. In fact, there is an emerging field called culinary therapy which uses cooking to address emotional and psychological challenges.

Cooking is a very sensory-rich experience, involving our senses of touch, smell, taste, and sight. We even use our sense of hearing when we cook, listening to the bubbling of water in a pot, the hiss as we add food to a hot pan, and the crunch of vegetables under our knives. It is hard to NOT be mindful when cooking, as we pay attention to the task at hand and fully experience it with all our senses. Since mindfulness is an important part of many treatments for anxiety, it makes sense that such an immersive sensory experience should help with anxiety. Repetitive tasks can also be meditative. Peeling carrots, shelling beans, shucking corn, and kneading dough are all simple, repetitive tasks that can be calming.

Researchers also suggest that some of the more complex aspects of cooking, timing different foods to be done at the same time, for example, while still in the process of preparing others, activates the executive functioning center of the brain. Good executive functioning skills are correlated with better emotional regulation, so

cooking may in some way help us better regulate our emotions.

Cooking is also satisfying because it is rewarding! We are rewarded with the meal that we just worked to prepare. It is also rewarding to cook for others and share meals.

All of these are not only excellent reasons to cook more at home, but also to encourage our persons served to attend and participate in cooking groups. Many of our campuses already have kitchenettes, but you don't need one to hold cooking groups at your campus. Some basic equipment like hot plates, toaster ovens, pots and

pans, utensils, and a sink to wash hands and produce are all you really need. **The Crestwood Cookbook** is full of recipes that can be made with very minimal equipment and ingredients, and the first few chapters are designed to be lessons on food safety, budgeting, adjusting recipe servings, and stocking a pantry. The cookbook can now be ordered through Office Depot. They can be given out as incentives, discharge gifts, or

staff prizes, as well as be used in your cooking groups.

Talk to your Administrator about ordering the Crestwood Cookbook for your campus!



The Crestwood Cookbook



Hispanic Heritage Month

Hispanic cultures have rich and diverse culinary traditions that vary widely across different geographies, ethnicities, and history. However, there are many common threads throughout these unique and delicious cuisines. And fortunately, with an emphasis on fresh vegetables, tropical fruits, corn, beans, and in many cultures, fish, it is not hard to find healthy Hispanic recipes that also taste amazing.

One common thread through many Hispanic cuisines is the use of spices. Many Hispanic cuisines are famous for their “spiciness,” but spice doesn’t just mean heat. Spices like cumin, coriander, cinnamon, and allspice, and herbs like cilantro, oregano, epazote, and thyme, among others, add deep and complex flavors to many dishes. And of course, chili powders and a wide variety of chiles themselves add the heat that we all think of when we think of these cuisines.

There are some theories about why cultures closer to the equator tend to be so heavy on the spice. One involves capsaicin, a compound in hot peppers that tricks our taste buds into thinking we’ve been burned. In response to this, we release endorphins, or “happy hormones” to help us deal with the anticipated pain. So, for those of us that love hot peppers, that little rush we get after eating them is real! In addition, people sweat more after eating spicy foods, and this may help us cool down in hot climates. Many herbs and spices also have antibacterial properties, which would have been especially useful to help preserve foods before the advent of refrigeration. This may explain why many cultures in Central and South America, and even across the globe in Southeast Asia and India, include so many different spices in their foods.



Salsas are also common in Hispanic cuisines and vary widely in ingredients, flavor, and uses. As sauces go, salsas are one of the healthiest, containing little fat, if

any, and are chock full of vegetables, aromatics, herbs and spices. Salsa rojo (or red sauce) is usually made with cooked tomatoes, chilies, onions, garlic, lime juice, cilantro, and other herbs and spices. Pico de gallo contains similar ingredients but is particularly light and refreshing as it is uncooked. Salsa verde (or green sauce) is made with raw or roasted tomatillos and tends to be tangier and less sweet. Other salsas might include avocado, or fresh chopped fruit, such as in pineapple or mango salsas. These diverse and delicious salsas can be used as condiments for tacos or burritos, or served on top of fish, chicken, or other meats.



Beans are also a staple of many Hispanic cuisines, and they provide a healthy and inexpensive source of protein, fiber, vitamins and minerals. Beans might be served as a saucy side dish, stewed with herbs and spices. They may be used as a filling for tacos, burritos, empanadas, or pupusas. They might be the base for a soup or stew that is flavored with just a bit of meat or none at all. Beans paired with rice provide complete protein and make for a filling and comforting traditional meal.

There are so many countries and cultures that make up Central and South America, as well as Spain and Portugal, that it is hard to boil all their foods and traditions down. **For a few tasty, healthy, and traditional recipes to expand your Hispanic cuisine repertoire, check out our [Employee Center website](https://www.cbhiemployeecenter.com/cbhi/)** which is highlighting Hispanic Heritage this month! Visit <https://www.cbhiemployeecenter.com/cbhi/>

Spirituality Corner: 5 Ways to Increase Your Spiritual Wellness

Spirituality is an important component of our individual wellness practice. One definition of spirituality involves a connection to the sacred or transcendent and our personal quest for meaning in life. Our spiritual wellness can be a source of mental and emotional strength during difficult experiences. It can help guide us in our decision making, be more resilient, help us feel more grounded, and provide a sense of inner peace. So, how might you develop your own spiritual practice to reap its benefits? We can develop our spiritual wellness much like we can develop our physical wellness, through consistent and purposeful effort. Here is a list of just 5 of the many ways you can strengthen your spiritual wellness.

1. Self-Reflection

One aspect of spirituality involves identifying your personal values that provide purpose and meaning to life and then using those values to guide your actions. Values can include anything from family to work to having fun. You can identify your own values by writing down or journaling your thoughts. You can also search online for values clarification worksheets for a more guided process. Once you've identified your core values, you can make more purposeful decisions in your life that align with those values.

2. Volunteering

Another aspect of spirituality involves a connection with something bigger than ourselves. Serving our community can help us feel connected to a group of people working together to make a positive difference in a way we couldn't on our own, as well as fostering a feeling of connection with the people we serve. And for those whose core values include helping others, this is also a way to align yourself with your values and further deepen your spiritual wellness.

3. Appreciating music and the arts

Have you ever heard music or seen art that left you with goosebumps or moved you in some way? Music and art may be a way for you to connect more deeply with your spirituality. Set aside time regularly to sing or listen to music that inspires you and makes you feel good. Go to museums, galleries, plays, musicals, performances and appreciate the artists behind the works and ponder the passion and energy involved in their creative process.



4. Practicing yoga, tai chi, or meditation

Many people feel connection to the sacred or transcendent when moving their body or energy in mindful or specific ways, or through focusing their thoughts. Resources like YouTube can be very helpful in finding a wide variety of styles to guide you through a practice that resonates with you.

5. Inspirational books or podcasts

There are countless books and podcasts that address spiritual topics. You can search your local library's online directory on the topic of spirituality. Many libraries offer ways to access material electronically via e-book or audiobook. You can also find a variety of podcast shows, as well as standalone episodes on spirituality, from a wide variety of people and perspectives.

Which one do you think you could try?

Exploring and building your spiritual wellness practice is an individual exercise to support your overall mental, emotional, and physical wellness. By putting in consistent, thoughtful, and intentional work now you may see the benefits pay off as life throws its curveballs at you. You may find yourself feeling more grounded and resilient as you experience life's difficulties.

*This article was contributed by our Wellness Ambassador, **Erin Lubniewski**, Occupational Therapist at Crestwood Treatment Center Fremont. (If you are interested in becoming a Wellness Ambassador for your campus, please contact Margaret at mclayton@cbhi.net.)*

Ceviche

Believed to have originated in Peru, ceviche is a bright, refreshing dish of raw seafood that has been marinated in citrus juices. Ceviche can be made with almost any fresh seafood, from scallops to halibut to shrimp. The acid in the citrus modifies the protein in the seafood, so it looks and has the texture of cooked fish. However, because the seafood is not actually cooked, you should use the freshest fish you can find. At a fish market, you can ask for “sushi quality” fish. In addition, pregnant women should avoid eating raw fish due to the risk of food-borne illness. If you are nervous about eating raw fish, use shellfish like shrimp, mussels, or clams and lightly steam them before a brief marinade in citrus juice. The vegetables used in ceviche also vary widely, but usually include onion, hot peppers, tomato, and cilantro. Avocado, mango, cucumber and other fruits and vegetables are also good. Some recipes include coconut milk or a light tomato broth, and really the variations are endless. Ceviche can be served with tortilla chips, over a tostada, in lettuce cups, or just eaten with a spoon!

Ingredients

1 pound skinless meaty fish (mahi mahi, bass, tuna, cod, etc.)
 1/2 to 1 cup citrus juice (lime, lemon, or orange or a combination)
 1 large tomato, seeded and diced
 1/2 cup cilantro leaves, chopped
 1/2 cup red onion, diced
 1 – 2 serrano or jalapeno peppers, diced
 Pinch of salt



Cut the fish into cubes, then place in a non-reactive dish (like glass or stainless steel). Toss with the citrus juice, making sure it is fully submerged in the juice. If not, add more juice. Marinate for 30 minutes to four hours, depending on how “cooked” you like your fish. When fish is at desired texture, drain most of the citrus juice, and toss the fish with the other ingredients. For an especially fancy presentation, serve in martini glasses with tortilla chips for scooping.

“I feel a recipe is only a theme, which an intelligent cook can play each time with a variation.”

-Madame Benoit

Any Health and Wellness News Questions?

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