



[www.csfs.org](http://www.csfs.org)

## **Welcome to CSFS Health e-News: February 2009** **~Heart Month~**

Starting this New Year we are going to add a “Staff Profile” 1 of which will feature one of our Health Staff.

Christina Brazzoni, MSW, RSW, Eddoc (cand)

Christina has been in the mental health profession for over 20 years. She has lived in Prince George since 1995 and has worked with CSFS on various mental health related contracts since 1996. She is currently manages the mental health wellness program in nine communities that CSFS serve.

### **Staff Changes in Health:**

- It is with a sad heart that the Addictions Recovery Program says goodbye to Dawn Badine. Dawn has moved back to Fort Nelson to be with her family. We will miss her smiling face in our office.

### **Job Opportunities with CSFS:**

- 3 Community Health Nursing Advanced Practice Positions in Takla Landing
- 1 Full time Diabetes Nurse Educator Position
- 1 Nutritionist/Dietician Position
- Mental Health
- There are both full and part time positions available in the Prince George and Bulkley Valley area.

### **UPDATES**

#### **Addictions Recovery Program:**

We had 43 participants at our annual Sexual Abuse Intensive workshop this year. I would like to thank Shirley Walker, Kingsley Lyons, and Jane Middleton-Moz for the work that they did with the clients. I would also like to thank Denise from the

Mental Health Program, we appreciated all the work you did with us, and it was a pleasure to have you on our team.

We are currently working to ensure that all of the clients receive some follow up work. We will be contacting clients and front line workers for group follow up sessions to this intensive.

Please call Marilyn Janzen at the Vanderhoof office if you would like to schedule a group session or a community workshop. She can be reached at (250)567-2900 or toll free at 1-866-567-2333 or by email at [mjanzen@csfs.org](mailto:mjanzen@csfs.org)

### **Nursing:**

How are you starting the New Year?



Nursing Staff have been busy again this month and with the traditional new years resolutions that take place many clients and staff are interested in improving their health as they enter 2009. If you are interested in making a change in your life such as ; losing weight, quitting smoking or substance use, getting your blood pressure or diabetes under control or managing stress better please talk to your community health nurse.

Also please think about how as a community you can assist one another to meet your health goals. Often having the support of a friend or colleague is of great benefit to making and maintaining healthy lifestyle choices.

### **Mental Health:**

The mental health program is busy expanding services to include Children and Youth for the Bulkley Valley Region. This is a MCFD contracted program. So far, Andrea Mcleod has been hired as one of three clinicians for this program.

## Healthy Tips:

Here are ten easy steps to better heart health:

1. Stop smoking. Nourish yourself with a handful of sunflower seeds and a cup of nettle or oat straw infusion daily for 4 to 6 weeks before quitting. Sunflower seeds reduce the body's craving for nicotine by filling the nicotine receptor sites. The infusions strengthen blood vessels and nerves and cushions the impact of withdrawal.

2. Touch and be touched. Many scientific studies have shown that people who were touched lovingly every day had significantly fewer heart problems than the control group.

3. Eat seaweeds. They have been shown to stabilize blood pressure, regulate levels of triglycerides, phospholipids and cholesterol, they dissolve fatty build-ups in the blood vessels, they can restore cardiac efficiency and prolong the life of the heart muscle, and they encourage a steady heart beat.

4. Eat foods rich in beta-carotenes: they can cut your risk of a stroke by 40 percent. Foods rich in beta-carotenes include carrots, cabbage, winter squash, sweet potatoes, dark leafy greens, apricots, and seaweed. (We try to include a few beta-carotene rich recipes in every issue of Eat Well Naturally and Green Cuisine.)

5. Eat garlic. Study after study has confirmed garlic's abilities to lower blood pressure, reduce phospholipids and cholesterol, strengthen heart action, increase immune response, reduce platelet clumping and clotting (thus reducing strokes) and stabilize blood sugar levels. Eat garlic raw or lightly cooked, several cloves a day.

6. Eat foods rich in essential fatty acids. Fresh pressed oils of wheat germ or flax seed are especially nourishing.

7. Drink lemon balm tea. It is so strengthening to the heart that there's an old saying about it: "Those who drink lemon balm tea daily will live forever!" You can also steep a handful of fresh leaves in a glass of white wine for an hour or so and drink it with dinner. Or make lemon balm vinegar to use on your salads.

8. Move! Go for a walk, jump rope, swim, or do leg lifts and arm raises from your bed or wheelchair: however you can do it, do it! Regular exercise is key.

9. Avoid restrictive diets. Frequent dieting, fasting, binging and purging imbalance your electrolyte levels, causing weakening of the heart muscle and damage to the heart.

10. Eat as much as you want of: whole grains, vegetables, beans, greens, fruits, fish, seeds, and yogurt. Go easy on: nuts, cheese, and milk.

**Dates to Remember:**

- National Eating Disorders Week February 22-28
- Sexual Reproductive Health Awareness Day - February 12

