

# HAAF TIME



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## A New Year, A New You



Every year we get older. Often times, with age comes wisdom. Most elderly people will tell you that if they could turn back time they would do things differently. They would have went back to school, they would have applied for that job they didn't think they could get, they would buy that house they admired for years and they would spend less time stressing and more time smiling.

This is a new year. Last year is in the past so don't fret if you regret something you did or didn't do. This year is your chance to make up for it and surpass your previous goals. If you want to improve yourself or your environment, now is the time to do it. It is never too late to start taking better care of yourself.

The best way one can take care of themselves is to simply enjoy life. Try smiling at least five times a day (even if you don't feel happy) and see what a difference that makes. Try complimenting yourself for all the things you did right today instead of beating

yourself up for one mistake. Take a moment out of each day and just look around you and appreciate everything you have from your job, your house, your children, the clothes on your back, to the food on your table. No matter how bad you *think* your life is, there is always millions of people that would love to have your life. So appreciate the things you take for granted.

This year make a promise to yourself that you will love yourself, be kind to yourself, and take care of your health. This is a new year for you to go the distance and be whatever you want to be.

## Having Good Relationships

With the hectic schedules of our lives, its easy to forget the people in them. When was the last time you took a look at the people you love and care for and the people who love and care for you? The people you surround yourself with is very important. They are the background of your life. They can bring you happiness or they can tear you down. It is important to keep positive people in your life. These positive influences can be your family members, your friends, your co-workers, your church group and

so on. They are the people who are in your corner motivating you to push on even when you think you can't. They are the people you can count on in times of hardships. They are the people that share your good traits like compassion and kindness. They are your support. Having a group of people that support you is a very important thing. Good friends help raise your mood when you're feeling down and motivate you to achieve your goals. If you want a happy life, you need happy people

in it. The saying is true "birds of a feather flock together". So surround yourself with the type of people who share your positive attitude. If you're lucky enough to already have people like this in your life, tell them how much they mean to you.





Being proactive about your health can lead to a longer, healthier life.

## Be Proactive with Your Health

Many of the diseases Americans face today could have been prevented or caught early enough to increase the chances of survival. According to the White House, many chronic diseases such as cancer, diabetes, heart disease, and more, are responsible for the death of 7 out of 10 Americans. Sadly, if preventative measures were taken for major health issues, 100,000 lives would have been saved last year. For example, if breast cancer is found early, the survival rate over a 5 year span is 98%. There are three main ways to be proactive with your health.

1. Scheduling regular health screenings  
Diseases that are detected early during a regular health screening can save a life. It is recommended that you schedule a physical with your primary doctor each year.

2. Taking a daily supplement  
Adding a daily supplement to your diet may help prevent osteoporosis, preserve joint cartilage and improve heart health thanks to calcium. The fatty acids found in fish oil supplements can help prevent the hardening of arteries and

blood clotting that leads to strokes. They may also improve brain health, strengthen immune systems and help prevent some forms of cancer.

3. Eating healthy and exercising  
Eating healthy and exercising is great for your health. Nutritious food keeps your body healthy. Exercising helps move your joints, stretch your muscles and of course, helps keep the weight off.



## Exercise Your Way Through 2011

Incorporating exercise into your life is a great way to start off the new year. Although many of us know exercise is a great way to lose weight and gain strength, did you know there is a huge list of other benefits regular exercise can give you?

It has been proven that exercise decreases your risk for many chronic diseases like heart disease. Do you get tired easily during the day? Exercise is a great way to increase your energy. Do you have trouble sleeping? Exercise can improve not only your sleeping habits but it can also improve your mood, making you a happier person. It is a great way to release the stress of the day and clear your head. The list goes on and on.

The best part of exercising is you don't have to have a gym membership or have set "work out" times. There are plenty of exercises you can do during your daily activities and routines, and around your house. You can exercise whenever you can, where ever you can.

There are lots of ways to incorporate exercise into your life. The biggest thing is to start off slow and gradually increase your exercise. If you are just getting back into exercising or if you are exercising for the first time, don't think you can run 10 miles your first try.

When you go grocery shopping, park in the furthest parking spot available and walk those extra steps. When you're at work you can take the stairs instead of the elevator. These simple changes in your daily routine add up and can make you feel and look healthier.

If you do choose to work out for a set amount of time, don't stress out about working out for the entire duration of your set work out time. Break it up if you have to. It may be easier to walk 15 minutes in the morning, and then 15 minutes at night rather than doing 30 minutes at once. Listen to your body and go with what feels the best to you.

Most of all, have fun while you exercise. You are much more likely to stick to your new exercise routine if you enjoy it. Take a swimming class, dance around the house, go roller skating with your kids, or grab a friend and bring them along on your walk. Every bit of exercise helps your health!



Walking is a great way to exercise.



Instead, start off with walking for 30 minutes a day and increase from there. As the saying goes, "slow and steady wins the race."

If you are busy and are unable to set aside 30 minutes everyday to exercise, incorporate exercise into your daily rou-

# 10 Easy Ways to Add Fruits and Vegetables to Your Diet

Getting your 5 servings of fruits and vegetables a day isn't as hard as you might think. There are simple ways you can add fruits and vegetables to your meals. Not only do you get your 5 servings this way but it also enhances the taste of your meals. Here are 10 easy ways you can add fruits and vegetables to your diet:



1. Add pureed vegetables, such as broccoli, carrots and celery to store-bought pasta sauce, mashed potatoes, or canned soup.
2. Try using romaine lettuce or other greens in place of a tortilla wrap.
3. Add dried or fresh fruit to cereal or yogurt
4. Add tomatoes and fresh fruit to salads
5. Serve one-pot dishes, such as baked pasta, chili or soup in hollowed out bell peppers or squash halves.
6. Enrich spaghetti sauce with vegetables like broccoli squash and carrots
7. Blend cauliflower to add to your mash potatoes
8. Add fresh or frozen vegetables to your can or fresh soup. You can spice it up with oregano and parsley

9. Enliven a potato, an omelette or a baked potato with salsa. A few spoons of Regular store bought salsa counts as one serving . You can also add extra chops of tomatoes, onions, mushrooms and peppers.
10. Add vegetables like spinach and mushrooms to an omelette



## Ancho Chile-Beef Fajitas with Mangos



### Ingredients

- 1 teaspoon fresh lime juice
- 3/4 teaspoon ground ancho chile powder
- 1/2 teaspoon Worcestershire sauce
- 1/4 teaspoon ground cumin
- 1 (8-ounce) beef tenderloin, trimmed and cut into 1/4-inch-thick strips
- 1 teaspoon olive oil
- 1/2 cup thinly sliced sweet

- onion
- 1/2 cup thinly sliced red bell pepper
- 1/2 cup thinly sliced green bell pepper
- 1/2 cup thinly sliced mango
- 1 plum tomato, coarsely chopped
- 2 teaspoons low-sodium soy sauce
- 1 tablespoon chopped fresh cilantro
- 4 (6-inch) fat-free flour tortillas
- 2 tablespoons prepared salsa
- 2 tablespoons reduced-fat sour cream

1. Combine lime juice, chile powder, Worcestershire, and cumin in a medium bowl. Add beef; toss well.
2. Heat oil in a large nonstick skillet over medium-high heat. Add onion

and bell peppers to pan; sauté 4 minutes or until onion is almost tender, stirring occasionally. Add mango and tomato to pan; sauté 1 minute. Add beef mixture; sauté 2 minutes or until desired degree of doneness, stirring occasionally. Add soy sauce; cook 15 seconds. Remove from heat; stir in cilantro.

3. Heat tortillas. Place 2 tortillas on each of 2 plates; top each tortilla with about 3/4 cup beef mixture. Top each tortilla with 1 1/2 teaspoons prepared salsa and 1 1/2 teaspoons sour cream.

### Nutritional Information

Calories: 450  
 Fat: 12.9g  
 Protein: 30.6g  
 Carbohydrate: 54.6g  
 Fiber: 5.2g  
 Cholesterol: 68mg  
 Iron: 2.3mg  
 Sodium: 930mg  
 Calcium: 86mg

# Hypothyroidism

As many as 27 million Americans suffer from thyroid disease. Thyroid disease is more common than both diabetes and heart disease. Unfortunately, half of those 27 million people are undiagnosed.

Hypothyroidism is the most common type of a thyroid condition. Hypothyroidism is underactivity of the thyroid gland. It occurs when the gland is not producing enough of the thyroid hormone. The majority of all those who suffer from hypothyroidism are women since they are five times more likely to develop the condition than men. For some, hypothyroidism may be temporary but for most it is a permanent condition.

When the thyroid gland is not producing enough of the thyroid hormone, it slows down many of the bodily functions. Early hypothyroidism may develop so slowly that it is

hard to notice the symptoms. As the thyroid condition worsens, it makes the body's metabolism slow down. Other symptoms of hypothyroidism are:

- Pervasive fatigue
- Drowsiness
- Forgetfulness
- Difficulty with learning
- Dry, brittle hair and nails
- Dry, itchy skin
- Puffy face
- Constipation
- Sore muscles
- Weight gain and fluid retention
- Heavy and/or irregular menstrual flow
- Increased frequency of miscarriages
- Increased sensitivity to many medications

Although these symptoms might

appear, as mentioned before, the rate at which they appear may not be noticeable. Therefore, it is highly recommended that you have diagnostic laboratory tests done to confirm the diagnosis and to determine the cause of hypothyroidism.

The major causes of hypothyroidism are: autoimmune thyroiditis, radioactive iodine treatment, thyroid operation, medications, subacute thyroiditis, postpartum thyroiditis, silent thyroiditis, congenital hypothyroidism, and pituitary hypothyroidism.

Hypothyroidism is usually treated with medication to return the thyroid balance back to normal. However, because the thyroid hormone is underactive, it moves slowly in some parts of the body. Therefore, it may take several months after treatment for some symptoms to improve .



Thyroid disease is more common than both diabetes and heart disease.



Folic acid can help prevent anencephaly and spina bifida in babies.

# Folic Acid and Pregnant Women

Folic acid, also known as vitamin B9, is important for all women, especially for women who are planning to become pregnant and those who are pregnant.

Folic acid helps prevent some of the major birth defects that are associated with the baby's brain and spine (anencephaly and spina bifida). Folic acid can help prevent these birth defects by 50% to 70%. For the

folic acid to help prevent these birth defects, it is important that women start taking the daily amount of folic acid before pregnancy or during early pregnancy and continue taking it throughout their pregnancy.

Women need 400 micrograms (mcg) everyday. Folic acid is found in leafy green vegetables like spinach and kale, orange juice and enriched grains. Women can also get their daily

dose of folic acid by taking a multivitamin with 400mcg of folic acid in it.

Since half of all U.S. pregnancies are unplanned, it is recommended that any woman of childbearing age take the proper amount of folic acid everyday.

For more information visit: [www.cdc.gov/ncbddd/folicacid/about.html](http://www.cdc.gov/ncbddd/folicacid/about.html)

# Self Care is the Key: Making Time for Yourself

First 5 LA presents *Self Care is the Key: Making Time for Yourself*. The Child Care Resource Center invites you to learn effective parenting skills to improve your relationship with your children to grow as a family. In this in-depth and interactive 10-week series you will be exploring topics from stress management and child development to active listening and setting limits. Join them for one session, two or all 10!

The whole family benefits when you learn ways to nurture and take care of "you". Making time for yourself

allows you to be emotionally available for your children. In this workshop you will explore simple technique's to help you manage today's hectic lifestyle. You will also look at how unrealistic expectations set by the media and society can lead us to feel unsuccessful in our efforts to be good parents.

Date: Thursday, Jan. 27, 2011  
 Time: 6:30 - to 8:30pm  
 This event will be held at CCRC, 20001 Prairie Street, Chatsworth, CA 91311

To learn more about this event click on the flyer below or go to CCRC Events: [www.ccrcla.org](http://www.ccrcla.org)



## January Events



### Kingdom Day Parade

The Kingdom Parade is annually held on Martin Luther King Day to celebrate his life and work. The Kingdom Parade features over 150 floats, marching bands, dance troupes, and drill teams that make their way down Martin Luther King Jr. Boulevard. The celebration is accompanied by a festival at Leimert Park (Crenshaw and Vernon).

When: January 17, 2010

Time: 11:00am

Where: Starts at Martin Luther King Jr. Blvd and Western. Los Angeles, CA

### Zimmer Children's Museum

The Zimmer is an interactive space for learning, play, imagination, and exploration.

When: ongoing

Time: Wednesdays 10am - 5pm  
 Tuesdays, Thursdays & Sundays: 12:30pm - 5:00pm  
 Fridays 10:00am - 12:30pm  
 Closed Monday and Saturday

Cost: Adults: \$8

Children 3-12 \$5

Children under 3 FREE

\*Grandparents FREE when accompanied with grandchild.

Where: 6505 Wilshire Boulevard  
 Los Angeles, CA 90048  
 (323) 761-8989

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

Please note: For the safety of guests, all children must be accompanied by an adult over 18 years old. Identification is required. Further, no adults are permitted in the Museum without children.



### Bob Baker Marionette Theater

This puppet palace in the downtown area has been entertaining children since 1961. Baker, a master puppeteer, has more than 3,000 puppets and many of them join in the shows.

When: ongoing.

Time: Tuesday-Thursday (starts at 10:30am) Saturday and Sunday (starts at 2:30pm)

Cost: \$20 for adults and children over 2. Children under 2 get in free.

Where: 1345 W. 1st St  
 Los Angeles, CA 90026

213-250-9995

[www.bobakermarionettes.com/](http://www.bobakermarionettes.com/)



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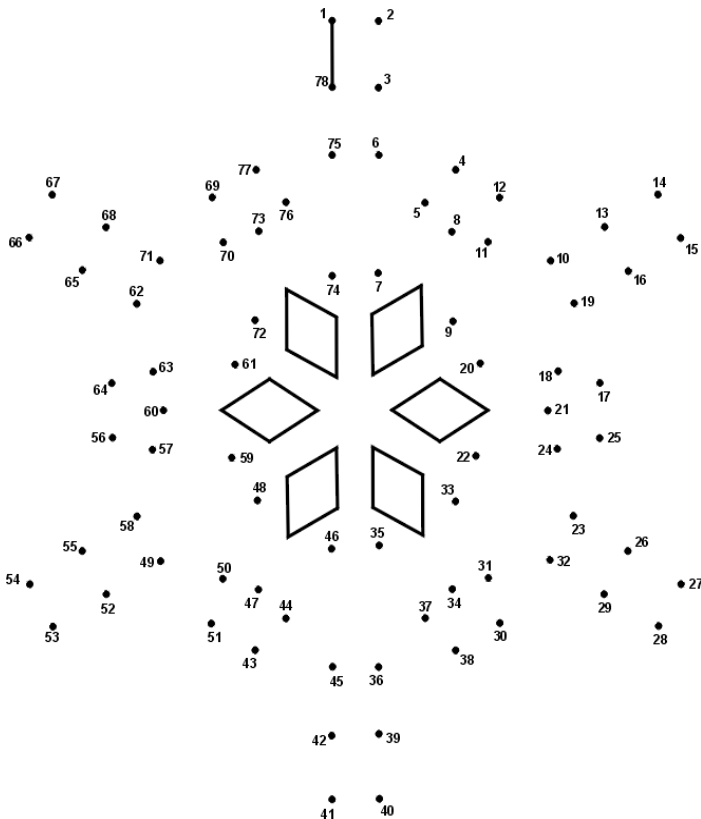
**HAAF is a non-profit, community serving agency. Our mission is to improve the health outcomes of the African American, Latino and Korean communities in Los Angeles County. We are committed to enhancing the quality of care and advancing social progress through education, training, and collaborative partnering with community, academia, researchers, and government.**

**If you would like more information about the organization please visit our website at [www.HAAFII.org](http://www.HAAFII.org) or call Felica Jones, Director of Programs at (323) 292-2002**

**“Your business tag line here.**



# Connect the Dots!



**For previous issues of the HAAF TIME newsletter please visit our website at [www.HAAFII.org](http://www.HAAFII.org)**