

Anchor Center Newsletter

Scott County Health and Human Services

June 2018

Read Mobile

The Read Mobile is a Scott County Library sponsored library on wheels that will be parked outside of our Anchor Center (at the CAP Agency building) every Tuesday from 10:00am-2:00pm over the summer. It is free and kid friendly. Stop by, with or without your kids, and check it out. You can check out a book and keep it as long as you like. When you're done, drop it off at any Scott County Library. While you are there, please stop in to say hello to us inside the building at one of our drop in events (drop in hours are 1:00-4:00). The last time the Read Mobile was here, I browsed the books inside (all brand new and shiny). I checked out a book called Parent Hacks by Asha Dornfest. It features 134 genius shortcuts for life with kids. Some of my favorite "shortcuts" were:

- Write your phone number in pen on your

toddlers tummy when going out on a big adventure in public. If he/she gets lost - what a lifesaver it could be for an adult to see the number and call you right away!

- Have you ever thought about using silicone bracelets (or even rubber bands) to tie around cabinet doors in your kitchen to quickly and easily baby proof?
- I never knew that I could temporarily hem/shorten pant leg lengths by using first-aid tape. It even stays put during washes and is flexible enough not to irritate sensitive skin.
- Just a couple weeks ago we needed to iron a shirt, but couldn't find our iron anywhere. I wish I would have had this trick up my sleeve - use a flat iron (normally used to flatten hair) to



get some of those wrinkle pressed out of your shirt or pants. This works especially good on smaller (kids) clothing.

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Special points of interest:

- Watch Wonder and eat hot, buttered popcorn on June 1st.
- Health challenges are June 13th and June 27th.
- Father's Day is Sunday June 17th! Come and join us on Friday June 15th. We will have supplies here to make your father— or someone else's father— a gift.
- Birthday Bingo is June 20th!

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5 Healthy Habits for a Longer Life

You could add years to your life with some very doable changes! The new findings come from two studies that have followed over 123,000 U.S. health professionals since the 1980s. Over the years, the participants gave detailed information on their diets, exercise habits and other lifestyle factors. Based on the new study, those

who maintain five lifestyle choices could add roughly a decade (10 years!) to their life expectancy. The researchers estimated that at the age of 50, U.S. women who've maintained those 5 healthy habits can expect to live another 43 years. Their male counterparts can expect to live for roughly 38 more years. The key factors include: not smoking; eating healthy; exercising regularly; maintaining a normal weight; and

drinking alcohol only in moderation. The research demonstrates the great potential of diet and lifestyle changes in improving life expectancy. The habits are also realistic. For example, moderate exercise -- such as brisk walking for 30 minutes a day -- was enough.

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Poem By Heather B.

Won Soul

A mind made up of more than before
 Making no mistakes of walking through that
 door
 Closing, slamming, locking any entrance of
 deceit
 Shackling, stubbing, slowing now of my own feet
 Tired of the same old song and dance
 Now I'm ready for my performance to enhance
 Told myself never ever again
 This time asking God not to even let it begin
 A true change is one you must want
 A true change puts you out in front
 Sound mind, heart, and body was soul in sight
 Now with change I have a soul with fight



Read Mobile Continued

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- Have you ever had a slippery shampoo or soap bottle slip from your hands in the shower? Try sliding thick rubber bands around the bottle - they will act as nonslip grips
- and keep you from spilling the soap - or bruising your feet!!!
- I'll leave you with one more tip that I wish I had started doing years ago... Batch-sign and address birthday cards in advance. If you buy birthday cards four or five at

time, you can write them out, sign, seal, address, and stamp the cards before filing them in a place that you'll remember. Next, set an alert to remind you to mail the card 3 or 4 days before the recipient's birthday!

5 Healthy Habits Continued

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Moderate drinking meant no more than one alcoholic drink per day for women, and no more than two per day for men.

People were considered to have a "healthy" diet if they scored in the top 40 percent on a standard measure called the alternate healthy eating index. The scoring system gives

people points for eating vegetables, fruit, whole grains, beans, fish and poultry, and "good" fats from sources like olive oil and nuts. They are also rewarded for minimizing added sugar, red meat and sodium.

The research found no safe amount of smoking. Unfortunately, few Americans stick to that magic 5 lifestyle factors. In recent years, only 8 percent of U.S. adults have

met all five goals.

On average, the researchers found, people who adhered to the 5 healthy habits were 74 percent less likely to die during the study period, versus those who maintained none of those habits. Those who followed all five good lifestyle habits were also 82 percent less likely to die of heart disease or stroke, and 65 percent less likely to die of cancer, the findings showed.

Katie's Korner

Cucumber and Tomato Salad



Ingredients:

- 1 lb cucumbers, diced
- 1 lb fresh ripe tomatoes, seeded and diced
- 1/3 cup minced red onion (optional)
- 1/2 cup minced fresh parsley
- 1 lemon
- Salt to taste

Directions:

1. Dice cucumbers and tomatoes. Mince red onion and parsley.
2. Place the cucumbers, tomatoes, red onion, and parsley into a large mixing bowl.
3. Cut lemon in half and squeeze lemon juice onto the vegetables. Mix until the vegetables are well coated with juice. Add salt to taste.
4. Best served fresh at room temperature. You can also serve chilled for a more refreshing salad.

Need a Laugh? (Father's Day Edition)

BAD DAD JOKES!

Classic lines only a Dad could find funny! by Allan Plenderleith

1. When driving past a graveyard:
People are dying to get in there!

2. Dad, I'm thirsty. Hi Thursday! I'm Friday!

3. Put the cat out. I didn't know it was on fire!

4. Dad, can you put my shoes on? No, they don't fit me!

5. Where's your bin? I haven't been anywhere!

6. Pull my finger!

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The Anchor Center is a community support program that is part of the Adult Mental Health unit of Scott County Health and Human Services. We have a calendar full of events to help and support adults with mental health issues. We welcome you to join us for a drop in or special event. Check the calendar attached to this newsletter to learn more. We look forward to seeing you again or meeting you for the first time!



“A Day in the Zoo” Word Find

Find these words:

- Elephant
- Giraffe
- Lion
- Monkey
- Pig
- Shark
- Snake
- Tiger
- Tortoise

G	I	L	T	E	M	U	F	I	S	E	E	P	U	N	L
B	O	D	N	K	O	A	T	G	B	N	Y	S	L	A	A
E	L	I	T	E	N	A	G	I	I	I	E	E	F	W	A
L	B	H	R	I	K	V	N	R	B	E	A	S	W	A	D
E	A	T	A	D	E	E	G	A	T	F	T	W	U	E	K
N	H	T	A	T	Y	W	L	F	V	V	O	Y	A	R	G
M	O	V	P	F	P	L	A	F	I	O	R	A	A	E	T
I	A	I	O	T	E	P	O	E	S	E	I	H	O	N	H
E	S	R	L	A	I	N	O	O	S	Z	S	A	R	O	B
L	E	I	M	Z	D	H	U	N	E	H	D	L	D	P	U
E	N	R	H	C	F	T	A	E	P	R	T	T	I	I	E
P	I	I	Y	N	Y	K	T	U	D	H	I	I	N	G	E
H	N	N	Q	O	E	V	U	L	R	A	R	G	A	T	A
A	S	I	E	S	I	O	T	R	O	T	I	E	E	O	G
N	R	R	O	L	N	R	R	F	D	E	D	R	A	H	T
T	P	P	L	S	O	Y	O	G	O	T	T	J	I	B	A