

## MESSAGE FROM LORI...

### WHAT'S IN THIS MONTH'S LETTER

*Message from Lori*

*Employees of the Month*

*Safety/Health Corner*

*Upcoming Events*

*Highlights of October*

### JUST FOR FUN

*Sudoku*

*Brainteasers*

*Did You Know*



**Lori Chesna**  
Executive Director

Hello out there!!!!!!

I'm feeling disconnected these days. Most everyone is on direct deposit, so no one comes in for their pay checks anymore. I would like that to change. I feel like we need to do more staff/volunteer bonding. Let me give you a specific example why.

I was working at the Posen Park District's Kaboom! Playground Build Day. Will recruited the staff and volunteers who would be working with me. Some of the staff I had never even met before that day. On the other hand, we had staff that day that have worked for us for years! As they started showing up, I said hello to "Sandy" and the response I got was, "I'm not Sandy, I'm Kayla!" Kayla has worked for SWSRA for over 2 years and I called her Sandy. (OOPS!) I think I have a good excuse though. Please, let me explain. I clearly do know the difference between Kayla McKinney and Sandy McMahon. However, Kayla changed her hair style and she REMINDED me of Sandy from the movie GREASE! Yes, that's the truth! To add insult to injury, a few hours later, we were watching the children and Kayla noticed that I had written her name on my hand. She said, "Lori, why do you have my name written on your hand?" Oh boy, I was BUSTED! You see, I have always had this horrible habit that when I see people and I think they resemble someone, I get that "someone's" name stuck in my head. I didn't want to make the same mistake twice, so I wrote Kayla's name right on my hand!!!

Kayla, this is my "official" apology. I don't think I will ever confuse your name again with Olivia Newton-John (Sandy from GREASE) again!

This incident made me go back and think about how disconnected we really are as an agency. The disconnect exists and I would like to change that! Maybe we need to start monthly staff socials, have quarterly team development training. Seeing everyone at special events is just not enough! If you have suggestions, please e-mail them to me at lachesna@aol.com, OR better yet, if you're ever in the Apollo Recreation Center, stop up to see me! It really is lonely upstairs!

## EMPLOYEE OF THE MONTH

### Jim Reeves



Over the past couple months, Jim has been involved in several activities. He always participates in the Knights of Columbus Tootsie Roll Fundraiser (K of C). As an active member in the K of C organization, he needs to 'work the streets' on their behalf, and every year Jim always goes out for additional hours on SWSRA's behalf as well. Jim is a person that you know you can call when extra staff is needed. If he is available, he's there for us. He was happy to work a booth during an Open House Night in School District 104 when we needed him. He even recruited a potential new staff member. Jim also worked the Kaboom! event in Posen. He worked with the children and assisted in clean up. Jim is happy to work and always shows up with a smile and positive attitude. SWSRA is very fortunate to have Jim as a staff member for 10 years now!

## SUDOKU

This month's puzzle level is: Mild

		2	1	6			3	7
9			2					
			8	9				
			7			6	1	
3		6				8		2
	8	1			6			
				8	1			
					2			3
5	2			4	9	1		

## UPCOMING EVENTS

6 - Candlelight Bowl  
Fundraiser

19 - Feast for Friends

10 - Theater Night: "Cabaret"

## Power Couples

By Karen Ansel, R.D., Women's Health

Whoever coined the phrase “the whole is greater than the sum of its parts” might as well have been talking about the nutritional potential of food. “When we eat certain foods together, their components work in sync—they produce health-promoting results that far outweigh what you’d get from eating either food alone,” says Elaine Magee, R.D., author of Food Synergy. To get the most punch from your plate, try these dynamic duos.

### Chickpeas + Red Peppers

#### MORE ENERGY

One out of five women doesn't get enough energy-boosting iron. But eating more iron-rich food won't do much if your body can't process it. “The kind of iron that comes from plant foods is difficult for our bodies to absorb,” says Heather Mangieri, R.D., owner of Nutrition CheckUp in Pittsburgh.



So all that iron from beans like chickpeas goes to waste? Not if you add some delish red peppers. The vitamin C in the scarlet veggie acts as a key and unlocks plant-based iron so your blood cells can get to it. Simply toss in roasted red pepper when making homemade hummus (or use red pepper as your primary dipping vehicle), and top salads with red peppers and chickpeas.

### Spinach + Avocados

#### BETTER VISION

Spinach is packed with lutein and vitamin A, which are both amazing eye protectors. Avocado not only supplies even more lutein and A but also delivers the healthy fats your body needs to soak up these nutrients, says Hope Barkoukis, Ph.D., R.D., an associate professor of nutrition at Case Western Reserve University in Cleveland.

So top quesadillas and tacos with spinach instead of shredded iceberg, and then add the guac. Or mix up a spinach salad with avocado dressing (puree chunks of avocado with lemon juice, olive oil, and your favorite seasonings—even a simple combo like garlic, salt, and pepper).

### Tomatoes + Olive Oil

#### SMOOTHER SKIN

Lycopene, a powerful antioxidant found mostly in tomatoes, can help prevent sun damage. But for supple skin, don't eat them

plain. First coat them in olive oil, says Mangieri. The healthy fats in this Mediterranean staple allow lycopene to be better absorbed by your body. And olive oil has its own skin-saving secrets. A study published in The American Journal of Clinical Nutrition found that people who take in more olive oil are less likely to have wrinkles, possibly because it protects against the oxidative stress that causes skin to age.

These two foods were destined to be eaten together in Italian dishes such as bruschetta or Caprese salad. Get even more of a beauty bang by slow-roasting plum tomatoes in olive oil at 225°F for three hours. (Heating helps release more lycopene.)

### Yogurt + Ground Flaxseed

#### BETTER DIGESTION

Your gut is home to more than 400 kinds of bacteria, some friendly, others not so much. When the bad bugs outnumber the good ones, things slow down digestively and your bowels become, er, sluggish. Yogurts that are specially designed for digestive health can help by providing probiotics, good-for-you bacteria that get things moving again.

But you can't just eat those buggers and forget about them. Probiotics need to feed on prebiotics—specialized fibers found in foods like flaxseed—to survive and thrive. When you eat them together, you restore and then maintain the healthy balance in your belly. It doesn't get any easier than this: Sprinkle a tablespoon of ground flaxseed onto your probiotic yogurt. To dress it up, make a fruit and yogurt parfait with flaxseed granola to add some crunch.

### Oatmeal + Apples

#### A HEALTHIER HEART

Oatmeal houses two superstar ingredients that help protect your ticker: beta-glucan, a cholesterol-lowering fiber, and avenanthramides, compounds that shield LDL cholesterol from harmful free radicals.

Pump up your breakfast bowl's heart-health quotient even more by tossing in a chopped apple. (Keep the skin on—that's where all the nutrients live.) Apples are filled with flavonoids, major-league antioxidants that also zap free radicals and take on inflammation to boot. Saute slices in a touch of butter and ground cinnamon, then chop and mix into your hot cereal.



### Chicken + Sweet Potatoes

#### A STRONGER IMMUNE SYSTEM

It's hard to find a food that packs more infection-fighting vitamin A than sweet potatoes. But getting A without enough zinc—found in meats like chicken, beef, and pork—is like trying to start a fire without a match. “You need zinc to metabolize and carry vitamin A throughout your body,” explains Barkoukis. “You won't be able to use that A if you don't have enough zinc to get it where it needs to go.” So microwave a sweet tater and top it with some precooked chicken and cheese, serve up sweet potato fries (baked, of course) as a side with roast chicken, or seek out chicken and sweet potato soup recipes.

### Pasta + Balsamic Vinegar

#### A TRIMMER TUMMY

When you down some pasta, are you hungry a few hours later? Try tossing it with some vinegar. “Vinegar's acetic acid slows down how quickly you digest and absorb glucose from starchy foods, so your blood sugar rises and falls more gradually,” says Carol Johnston, Ph.D., R.D., director of the nutrition program at the College of Nursing and Health Innovation at Arizona State University in Phoenix. “That helps control hunger, so you're less likely to overeat later.” Adding two tablespoons of vinegar to a starchy dish can slash postmeal blood-sugar surges by 20 percent, according to a study at Arizona State. Toss whole-wheat pasta with olive oil and balsamic, or shake up your pasta salad by experimenting with flavored vinegars.



### Green Tea + Lemon Juice

#### CANCER PROTECTION

Green tea is a primo source of cancer-fighting catechins. But while these nutrients may be tough on cancer cells, they're total wimps in your stomach—only 20 percent survive the digestive process and make it out to your body to do it any good. A Purdue University study found that squeezing lemon juice into your green brew toughens up catechins, boosting the number you digest up to 13 times.

For even more cancer protection, stir in sugar (a teaspoon contains only 16 calories). The sweet stuff morphs catechins into a form that's three times easier to absorb.

Information obtained from: <http://health.yahoo.net/rodale/WH/power-couples>

## HIGHLIGHTS OF OCTOBER 2010

- Pet Therapy continues to be one of SWSRA's most popular programs. We had to have two groups in one night to accommodate everyone enrolled. Petland in Chicago Ridge is always extremely accommodating.
- We had our annual 50's dance at Midlothian Park District. Attendance was down, but everyone had a great time. The hula hoop contest was a hit; as always.
- We went on a 3 day trip to Starved Rock. We did lots of hiking, used the indoor waterpark and went to a Pumpkin Patch. Everyone commented that they really enjoyed the trip.
- Posen Park District has a NEW park that is handicap accessible. On October 23, numerous volunteers, including SWSRA staff, came out to help build this park in about 6 hours. Thank you to all those who helped, and if you get a chance, go check it out!

## BRAINTEASERS

1.) I never am, but always to be.  
All believe I will come, but have never seen me.  
What am I?

2.) I come in many different colors and several different flavors.  
If you shake me, I'll go all over you. You know you shouldn't have me, but you cannot resist me, and if you have too much of me, I'll make you go crazy.  
What am I?



## DID YOU KNOW....

### Facts about Thanksgiving



The first Thanksgiving was celebrated in 1621 by the Pilgrims who had come over on the Mayflower, and the local Wampanoag people. There was a feast and games, and the celebration lasted for three days.

The first annual Macy's Thanksgiving Day Parade took place in 1924. Today, the parade is attended by an estimated three million people each year. Approximately 44 million people around the country watch the parade on television.

About 91% of families in the United States eat turkey on Thanksgiving Day. It is estimated that more than 45 million turkeys are cooked each year, and as much as 525 million pounds of turkey are consumed.

More than 40 million green bean casseroles are consumed each year on Thanksgiving. This traditional Thanksgiving side dish, usually made from green beans, canned mushroom soup and French fried onions, was first created in 1955 by the Campbell Soup company to promote Campbell soup products.

Tofurky, a soy-and-wheat-based vegetarian turkey alternative, was invented by Seth Tibbot in 1995. The product was a huge success, and continues to be a popular choice for vegetarian Thanksgiving celebrations.

Information obtained from: <http://www.life123.com/holidays/thanksgiving/kids-thanksgiving/interesting-thanksgiving-facts.shtml>