

# FaithCommunitiesalive!

A partnership of NDSU Extension Service, Cass County Extension Service and community partners, with funding from Dakota Medical Foundation

Issue 11

December 2014

## FaithCommunitiesalive!

was launched in 2013 for 20 inaugural churches thanks to funding and additional expertise from Dakota Medical Foundation, which has operated the CassClayAlive! initiative since 2008. CassClayAlive! is a community collaborative at work in schools, childcares and the community to reduce childhood obesity in Cass and Clay counties 20% by 2020. DMF was impressed by the innovative approach put forward by the NDSU Extension Service and its partners and the eager pledge of participation by the pilot churches. DMF provided a \$50,000 Breakthrough Idea investment for the project to move forward in 2013 and \$35,000 to continue our efforts in 2014.



## Onward and Upward... Moving Forward with Year 2!

Welcome to Winter! We can brighten winter days with fun, health-promoting activities and fellowship within our faith communities. Thank you for all that you are doing!

In November, Bev connected with each participating faith community passing along a packet to all of our leaders. Please remember to submit your signed contract and program plans for year 2 by December 15, along with your wish list orders (for year 1) if you have not done so already. Sometime in January, each participating faith community will receive a revised wish list order form with instructions. We would love to hear your input for items to include on this list. The list will include a variety of items to choose from to initiate or enhance an existing wellness program in your faith community. We are here to help you reach your goals and walk this journey with you!

**MISSION:** To transform our faith communities to make active living and healthy eating the easy choice.



**VISION:** Individuals and families in the FM community will embrace the concept of health within a Faith Community setting, as it encompasses body, mind and spirit.

**GOAL:** To engage the Fargo-Moorhead/Cass-Clay Community in "Faith Communities Alive!" by providing collaborative training, education, tools and support to faith communities addressing healthful eating and physical activity to promote overall well-being.

Our website: [www.ag.ndsu/FaithCommunitiesAlive/](http://www.ag.ndsu/FaithCommunitiesAlive/)

Quick tip: If you can't remember the web address, just "google" Faith Communities Alive

Check us out and like us on Face book! <https://www.facebook.com/fmfaithcommunitiesalive>

## Help Us Bring Awareness to FaithCommunitiesAlive!

We are working as a team to continue bringing awareness to this thriving initiative. Here are some ways you can help:

- Proudly display your framed certificate in an area that is familiar to your members so they can see your faith community's involvement.
- Table tents are a wonderful way to educate and act as an attractive centerpiece during your dining or fellowship opportunities.
- Share your involvement in bulletins or newsletters using the short article to personalize. Bev provided this to FCA leaders by email in November.
- "Like" our Facebook page and invite your friends to like us too. Anyone can participate in this Facebook page.
- The FaithCommunitiesAlive! website has a wealth of resources and information about health and wellness. Please refer to this site for ideas and share with your friends.
- Invite volunteers to be involved by leading a health talk (see your 'Faithful Families Guide') or assist with other events.
- Host a FaithCommunitiesAlive! display table on a Sunday morning in your faith community gathering space. We have a banner, cards and other promotional items we can share with you



### Let's Celebrate

Do you have any new initiatives to share? Any milestones? Send them to Bev Gravdahl by the 15th day of the month: [bevgravdahl@dakmed.org](mailto:bevgravdahl@dakmed.org).

## Are You Looking For Educational Health Displays?

If you desire a tangible resource to display in your faith community, please contact Bev. We have access to table tents and a variety of educational props that would be easy to set up on a table, counter, kitchen area, in an entrance, for an event, or even outside of the main office area where there may be increased traffic. Concordia nutrition students, with the help from Dr. Betty Larson, have created a large variety of nutrition displays that are available for check out. Concordia Nursing Students are currently working with Bev to create additional topics related to physical health. This is an easy way to create awareness about health and wellness for all ages.



## The Gathering - Adult Day Services

"The Gathering" is a new concept in Adult Day Services. In partnership with First Lutheran Church, AllHealth, a licensed quality service provider, will be offering a respite care program for caregivers while providing an enriching experience for their loved ones. A Certified Therapeutic Recreation Specialist ( C.T.R.S.) creates programs that include physical, cognitive, social, emotional and spiritual functioning in order to facilitate full participation in life. The program is enhanced by the involvement by a Registered Nurse and the Faith Community Nurse and other experts in the health field. If you have any questions, please contact Katie Gross 235-7389.

# THE CHRISTMAS PLEDGE

Believing in the true spirit of Christmas, I commit to myself to:

Remember those people who truly need my gifts

Express my love in more direct ways than gifts

Examine my holiday activities in the light of my deepest values

Be a peacemaker within my circle of family and friends

Rededicate myself to my spiritual growth

(Source: Unplug The Christmas Machine)

## Try This Holiday Children's Activity

Take a look at your existing holiday activities and see if your children have an active role to play in them. All too often at Christmas, children are the passive recipients of their parents' labors. Making salt-dough ornaments is a wonderful holiday activity for children, because they can mold and shape the clay to their heart's content and then, when it's dry, have fun painting it. Here is a good recipe to use. The ingredients are inexpensive and you likely have everything you need without making a special trip to the store. This can be a fun Sunday School project in your faith community setting too. The resulting ornament can be used as gifts for the children's parents and loved ones.



### Salt Dough Ornaments

- 2 cups white flour
- 1 cup salt
- 1 cup water (warm water feels good to the hands)
- 2 tablespoons oil

Combine all the ingredients. Knead for 10 minutes or until smooth. (If the dough is too crumbly, add water. If it's too moist, add flour.) Roll and cut with cookie cutters or shape into snow people, gingerbread people, or whatever you wish. Bake in a 325 degrees F oven until dried, but not browned (about 15 minutes for ornaments that are ¼ inch thick). When cool, paint with watercolors, acrylic paint or felt pens. Spray with plastic for a more durable, shinier surface. If you want to hang these ornaments on the tree, insert a bent paper clip through the top before baking them.

# HAVE A FESTIVE, HEALTHY HOLIDAY!

Spending time with family and friends and enjoying special food is part of most holiday celebrations. However, you may leave the gathering thinking you ate too much. If you are planning any holiday gatherings, try these tips to keep your holidays festive and also focused on good health.

- Keep the celebration simple. How about a soup, bread and salad potluck? If some of your guests do not have time to cook, could they help organize or assist with clean up?
- Have fun with your menu ideas. Be sure to feature fruits, vegetables, whole grains and other healthful foods such as these:



- ◆ Red and green apple wedges with lemon yogurt dip
  - ◆ Parfaits made by layering nonfat vanilla yogurt with frozen red berries
  - ◆ Pomegranate seeds sprinkled over kiwi slices
  - ◆ Spinach dip served with red and green pepper strips and whole grain pita chips.
- Slim down your recipes. Choose lower-fat versions of your ingredients, such as “light” cream cheese. If you are making a dip, substitute plain nonfat yogurt for the mayonnaise or sour cream. Choose baked chips instead of fried.
  - Remember food safety for holiday gatherings. Perishable food, such as cut fruit and vegetables, salads, meats and casseroles, should spend no more than 2 hours at room temperature.
    - ◆ Use a slow cooker to hold hot foods hot. Keep food warm in the oven until you serve it.
    - ◆ Keep cold foods cold by making an “ice nest”: set bowls or plates of food inside or on top of bowls of ice to help keep it cold. Replace ice if it melts.
  - Make activity part of the celebration. Organize a sledding party. If it’s too cold outdoors, make room for dancing indoors.
  - Explore some new recipes. Visit [www.ag.ndsu.edu/food](http://www.ag.ndsu.edu/food) and click on “recipes” for hundreds of foods in categories such as appetizers, soups, breads and main dishes. Check out all the nutrition resources and videos, too.

Reprinted from the FoodWi\$e newsletter (December 2014) by Julie Garden-Robinson, NDSU Extension Service.

## December 1st It's Not About the Broccoli

Join us at Dakota Medical Foundation Monday, December 1st from 5:30-7:30pm for a live-stream event, "It's Not About the Broccoli," featuring Dina Rose, PhD, a nationally known sociologist. Everyone knows what children ought to eat — more fruits and veggies! The question is, how do we get kids to eat the food that is served; it's not nutritious unless they eat it. For parents and others who want to feed their kids right, Dina leverages a unique combination of expertise as a sociologist and a mother to help parents solve their kids' eating problems by focusing on the root of the problem—eating habits, not nutrition. Register at <http://bit.ly/1vmrFNp>

## December 8th Health in All Places

Please join CassClayAlive! at Sheyenne High School on Monday, December 8 from 5:30 to 7:30 p.m. for Health in All Places - a community meeting (meal included). CassClayAlive! is a group of health-minded organizations that have joined together to make Cass and Clay counties the healthiest place in America to live, learn, work, play and pray. They're changing our food and fitness culture to elevate health in all places and they want YOUR perceptions of the food and fitness culture in your area. They will consider your input as they strategize for the next five years. You may also see areas where you would like to become more involved! Register at <http://bit.ly/1DWuCFz>

## Does Your Faith Community Have Potential for “Shared Spaces”?

Shared use of spaces is a strategy ChangeLab Solutions came up with to allow children and their families a safe, accessible, and affordable place to exercise and play. Public schools have often been this place for many families because of all the recreational facilities they have to offer (gymnasiums, playgrounds, fields, courts, and tracks), but unfortunately, schools are inaccessible during after school hours. Faith-based organizations with potential shared spaces could serve as a safe place for children and their families to stay active especially during these long winter months. Is this something your church would be interested in?

Check out ChangeLab Solutions website for more information: <http://changelabsolutions>.

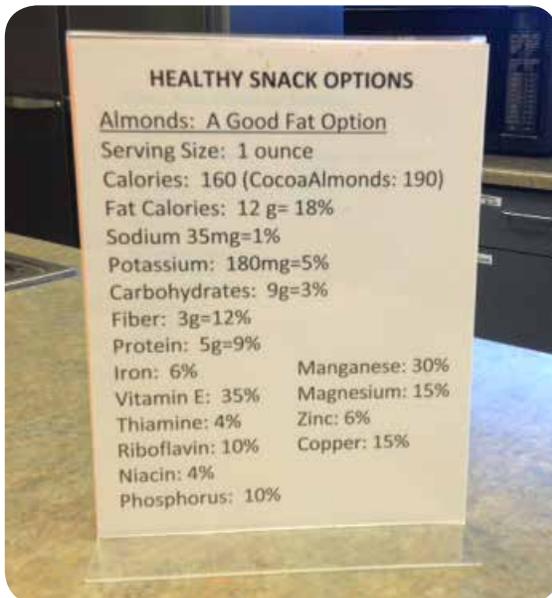


## Wish Lists Deadline Set for Year 1

If you have not submitted your requests to Bev for incentive items from our “Year 1 Wish List,” please do this ASAP. We are evaluating incentive items for year 2 of our grant, and need to ensure ALL committed faith communities have their items before we can move onto the next step. Please have your wish list submitted by **December 15, 2014** at the latest. If you have any questions, please contact Bev by email or phone (701-356-3134) or email [bevgravdahl@dakmed.org](mailto:bevgravdahl@dakmed.org)). We have lots of items on the list that can help you meet your goals!

## Healthy Snack Display

Olivet is committed to health and wellness in their faith community and has displays like this in their kitchen area, outlining nutrition content for healthy food options. Great job!



Check out the pictures and ideas on our Facebook page at:

[www.facebook.com/fmfaithcommunitiesalive](http://www.facebook.com/fmfaithcommunitiesalive)

Please add your comments and ideas.

# Recipe of the Month

This healthy recipe comes from NDSU Extension Service.



## Friendship Soup Mix

½ c. dry split peas  
2 Tbsp. beef bouillon granules  
¼ c. pearl barley  
½ c. dry lentils  
¼ c. dry, minced onions  
2 tsp. Italian seasoning  
½ c. long-grain white rice  
½ c. macaroni noodles

### Directions

To make a gift mix:

In a clean, quart-sized jar, layer all the ingredients except the macaroni. Place the macaroni in a sandwich bag and place it on top of the other ingredients. Cover the jar tightly with a lid, decorate it and attach a copy of the recipe card.



To make right away, you need these additional ingredients:

1 lb. lean ground beef or turkey  
3 qt. water  
1 (28-oz.) can diced tomatoes  
Brown meat and drain. Place in a large pot and add the water and tomatoes. Add soup mix except macaroni. Bring to a boil, reduce heat and simmer for one hour. Add macaroni and continue cooking for another 10 to 15 minutes (until macaroni is done).

Makes 12 servings. Each serving has 150 calories, 4 g fat, 12 g carbohydrate and 390 mg sodium.

## FaithCommunitiesAlive! Project Engagement Committee

- Julie Garden-Robinson, Ph.D., R.D., L.R.D., Professor and Food and Nutrition Specialist – NDSU Extension Service/ FaithCommunitiesAlive! Project Leader; Phone: (701)231-7187; Email: julie.garden-robinson@ndsu.edu
- Rita Ussatis, M.S., L.N., Extension Agent Cass County/FaithCommunitiesAlive! Project Co-Leader; Phone: (701)241-5700; Email: rita.ussatis@ndsu.edu
- Bev Gravdahl, B.S.N., R.N., F.C.N., Healthy Steps Outreach Manager, Dakota Medical Foundation/FaithCommunitiesAlive! Project Coordinator; Phone: (701)356-3134; Email: bevgravdahl@dakmed.org
- Becky Berg, R.D., Graduate Student, Department of Health, Nutrition and Exercise Sciences. Email: Rebecca.m.berg@my.ndsu.edu
- Kim Beauchamp, M.S. Extension Specialist and Doctoral candidate with emphasis in health communication Phone: (701-231-7254); Email: kimberly.beauchamp@ndsu.edu
- Kim Lipetzky, M.N.S., L.R.D., Nutritionist, Fargo Cass Public Health; Phone: (701)241-8195; Email: klipetzky@cityoffargo.com
- Betty Larson, Ed.D., L.R.D., FADA, Professor, Concordia College; Phone: (218)299-3748; Email: blarson@cord.edu
- Carrie McLeod, M.B.A., M.S., L.R.D., C.D.E., Enterprise Community Benefit/Community Health Improvement, Sanford Health; Phone: (701)234-3464; Email: carrie.mcleod@sanfordhealth.org
- Ruth Hanson, B.S.N., R.N., M.Ed., Parish Nurse Volunteer, First Lutheran Church; Phone: (701)235-4567; Email: ruth.hanson@flcfargo.org
- Katie Gross, B.S.N., R.N., Parish Nurse Coordinator, First Lutheran Church; Phone: (701)235-4567 Ext. 143; Email: Katie.gross@flcfargo.org
- Lois Ustanko, B.S.N., M.H.A., Director of Faith Community Nursing, Sanford Health; Phone: (701)234-5818; Email: lois.ustanko@sanfordhealth.org
- Barb Hanson, B.S.N., R.N., F.C.N., Parish Nurse Coordinator, Atonement Lutheran Church; Phone: (701)237-9651; Email: bhanson@atonementfargo.org
- Rory Beil, Director CassClayAlive!, Dakota Medical Foundation; Phone: (701)893-6366; Email: rorybeil@dakmed.org

# Powerful Tools for Caregivers

Feeling stretched caring for a loved one?

This class is designed to provide you – the family caregiver – with skills you need to take care of yourself.



You'll learn to:

- Reduce stress
- Improve self-confidence
- Balance your life
- Better communicate your feelings
- Increase ability to make tough decisions
- Locate helpful resources

When you take care of yourself, everyone benefits

**January 13, 20, 27, February 3, 10, 17 (Tuesdays)**

**6:00-7:30 pm**

**First Lutheran Church**

619 Broadway Fargo, ND

Cost \$50.00

To Register: Send payment to Cass County Extension

1010 2nd Ave S, Fargo ND 58103 (241-5700)

For more information: Katie Gross, First Lutheran Parish Nurse –

701-235-4567 ext 143

Rita Ussatis, Extension Agent/Cass County – 701-241-5700

NDSU is an EO/AA institution.

Requests for accommodations related to disability should be made to Rita Ussatis, Cass County Extension Agent, at 241-5700, one week prior.

**NDSU** EXTENSION  
SERVICE