

# Living Healthy News

## Consumer Engagement Associate (CEA)

You may have heard Sarah or Melanie refer to the Consumer Engagement Associates (CEAs) when talking about the *Living Healthy* Program. But, what is a CEA?

CEAs develop and implement the consumer engagement work plan associated with the P<sup>2</sup> Collaborative of Western New York's Robert Wood Johnson Foundation's *Aligning Forces for Quality initiative*. CEAs lay the foundation in their assigned community to engage consumers using a community wide approach. The work is often performed collaboratively with numerous community partners. The goal: to build and support an individual's own capacity to manage their health and health care.

P<sup>2</sup> Collaborative and the American Red Cross, Greater Buffalo Chapter work with several CEAs throughout Western New York to help promote and coordinate *Living Healthy* workshops. As we work together to coordinate more workshops, the CEA in your area may contact you. We encourage leaders to work directly with the CEAs to help promote

and implement workshops.

You can learn more about the CEAs by visiting:  
<http://www.p2wny.org/provider/ceas.php>. Please refer to page 2 to "Meet the CEAs".



## The Best Kept Secret in Health Care

Collecting your family health history is, indeed, "the best kept secret in health care," according to Dr. Charis Eng, a cancer geneticist at the Cleveland Clinic's Genomic Medicine Institute. Dr. Eng says, "I view family health histories as back to the future."

Holiday gatherings can be a good

chance to gather the information, as can reunions or even funerals. However you do it, get the scoop on both sides of the family. Researchers found that women not only know less about the health of their paternal relatives, they tend to dismiss the threat of breast cancer if it's on Dad's side. "It's a

American Red Cross & the P<sup>2</sup> Collaborative of WNY, Inc.

Living Healthy News  
February & March 2011

Sarah Rugnetta, Chronic Disease Self Management Program Coordinator

Email: [sarah@p2wny.org](mailto:sarah@p2wny.org)

Ph: (716) 697-5698

Melanie Keem, Living Healthy Program Specialist

Email:  
[KeemM@usa.redcross.org](mailto:KeemM@usa.redcross.org)

Ph: (716) 878-2351

---

### Inside this issue:

<i>CEAs</i>	1
<i>Best Kept Secret</i>	1
<i>Meet the CEAs</i>	2
<i>Asthma</i>	3
<i>Healthy Recipe</i>	4

## Meet the CEAs



Kerry Mihalko is located in Chautauqua County. In the Spring of 2009, she was trained as a CDSMP master trainer. Kerry has co-taught two CDSMP leader trainings, and co-facilitated three *Living Healthy* workshops. Kerry works at The Chautauqua County Health Network (CCHN). Kerry can be contacted at [kmihalko1@stny.rr.com](mailto:kmihalko1@stny.rr.com).



Christi Hayden works in Genesee, Orleans, and Wyoming Counties. Christi helps coordinate *Living Healthy* workshops in these three counties. In October of 2008 Christi was trained as a CDSMP master trainer. Christi works at the Lake Plains Community Care Network. Christi has co-taught two leader trainings, and co-facilitated three *Living Healthy* workshops. Christi can be contacted at [chayden@lakeplains.org](mailto:chayden@lakeplains.org).



Lesley Hoag works in Allegany, Cattaraugus, and Southern Erie Counties. Lesley works at Healthy Community Alliance. Lesley recently attended the CDSMP master trainer training, and has almost completed the requirements for becoming a CDSMP master trainer. Congratulations Lesley! Lesley can be contacted at [leshoag@hotmail.com](mailto:leshoag@hotmail.com) or 716-560-8667.

## The Best Kept Secret in Health Care Cont.

risk no matter what," says Dr. Wendy Rubinstein of Chicago's NorthShore University Health System.

Because genes seldom are destiny, a family health tree should reflect shared environmental or lifestyle factors that can further affect an inherited risk, says James O'Leary, of the nonprofit Genetic Alliance. He advises, "Collecting your family health history isn't just about knowing; it's about making healthy choices."

What should be included in a family medical history? Going back about three generations (to your grandparents or great-grandparents), try to col-

lect details on every direct family member who has died and the cause of death. Also, document the medical conditions of all family members, including the age at which they were first diagnosed, their treatment, and if they ever had surgery. Important medical conditions to document include cancer, heart disease, alcoholism, stroke, birth defects, and others.

For family members with known medical problems, make notes on their overall health, including if they smoked or were overweight. What were their exercise habits? If your family members came from a different country, make note of that as well, as some medical

conditions have possible ethnic roots.

The U.S. Surgeon General operates a free Web site (<https://familyhistory.hhs.gov>) that helps people create a family health history and share it electronically with relatives and their doctor. Keep in mind that the format and questions don't have to be perfect. The more information you gather, in whatever format is easiest for you, the more informed you'll be about your medical heritage. You may save your life or the lives of your children.

~ [www.aarda.org](http://www.aarda.org)



## Asthma Management Plan

For people with asthma, having an "asthma management plan" is the best strategy to prevent symptoms.

An asthma management plan is something developed by you and your doctor to help *you* control your asthma, instead of your *asthma* controlling you.

An effective plan can be developed by visiting the Asthma and Allergy Foundation of America's website at :

<http://www.aafa.org>





6225 Sheridan Drive  
Suite 206  
Williamsville, NY 14221

Telephone: (716) 580-2380  
Fax: (716) 631-2962

## Put Life Back in Your Life



### LIVING HEALTHY



786 Delaware Avenue  
Buffalo, NY 14209

Telephone: (716) 878-2371  
Fax: (716) 878-2220

### *A Little Laugh*

They claim red meat is bad for you. But I never saw a sick-looking tiger. ~Chi Chi Rodriguez



## Slow-Cooker Meat Loaf with Shiitake Mushrooms

### INGREDIENTS

- 2 (1-ounce) slices whole wheat bread
- 3/4 pound ground round
- 3/4 pound ground turkey
- 1 1/2 cups sliced shiitake mushrooms
- 1/2 cup grated fresh onion
- 1 teaspoon dried Italian seasoning
- 3/4 teaspoon salt
- 2 large eggs, lightly beaten
- 1 garlic clove, minced
- 2 tablespoons ketchup
- 1 1/2 teaspoons Dijon mustard
- 1/8 teaspoon ground red pepper

### PREPARATION

Place bread in a food processor,

and pulse 10 times or until crumbs measure 1 1/3 cups. Combine the crumbs, beef, and next 7 ingredients (beef through garlic) in a large bowl, and shape meat mixture into a 9 x 6-inch loaf. Place loaf in an electric slow cooker.

Combine ketchup, mustard, and pepper in a small bowl, stirring with a fork. Spread ketchup mixture evenly over top of loaf. Cover with lid; cook on LOW for 5 hours.

### Nutritional Information

Calories: 265 (43% from fat)  
Fat: 12.7g (sat 4.2g, mono 5.1g, poly 1.7g)

Protein: 25.2g  
Carbohydrate: 12.7g  
Fiber: 1.9g  
Cholesterol: 152mg  
Iron: 3mg  
Sodium: 545mg  
Calcium: 41mg