

# UPMC

## WESTERN MARYLAND

# Real WELL

SPRING 2023

WELLNESS NEWS YOU CAN USE!



## SPRING HAPPENINGS at the UPMC Western Maryland Wellness Center

Call **240-964-8424** or email [leesm9@upmc.edu](mailto:leesm9@upmc.edu) to register.

**NEW!! RESISTANCE BAND CLASS** on Tuesdays at 5 p.m. at the LaVale Library. Build strength, increase bone density, and decrease arthritis pain. Suitable for all levels, and all bands are provided. Bring a mat, water, and a friend!

**FREE YOGA CLASSES** at your local libraries on Wednesdays at 11 a.m. at the South Cumberland Library and Fridays at 10:30 a.m. at the LaVale Library. Join this beginner-friendly class to experience how gentle stretching and mindful breathing can make you feel better!

**SMART RECOVERY:** Every Thursday from 12-1 p.m. online. This is a self-empowering addiction recovery support group. This is not a spiritual-based program but a self-empowering, abstinence-based, self-help support group for both men and women. SMART Recovery can help people recover from all addictions and addictive behaviors, including alcoholism, drug abuse, drug addiction, substance and alcohol abuse, gambling addiction, and food addiction.

**BUILDING BETTER CAREGIVERS:** 7-week course for caregivers of a loved one with dementia, PTSD, brain-related injury, and more. Registration is ongoing. Respite care funds are available to qualified participants. Please contact us for more details.

**CHAIR YOGA** is offered by UPMC Western Maryland every Monday at the Gilchrist Museum of the Arts at 104 Washington Street, Cumberland, at 2:30 p.m. Please register to attend in person or online via ZOOM by contacting Christina Collins-Smith at [collinssmithcd@upmc.edu](mailto:collinssmithcd@upmc.edu).

**HEALTH COACHING:** Have you tried to change your lifestyle only to find yourself falling back into the same routine and/or not-so-healthy habits? A certified health coach can help! Health coaching services are free.

Activities and events are always being added. For an up-to-date listing, contact the Wellness Center at 240-964-8424 or visit [Get Healthy Allegany on Facebook!](#)

### SAVE THE DATE!

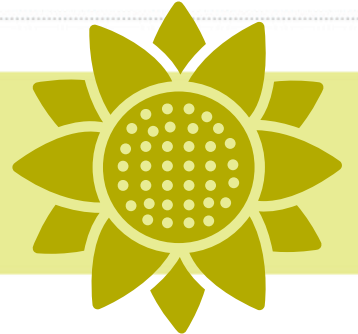
The Women's Health and Wellness

Expo is returning in 2023! Mark your calendars for Wednesday, April 19, from 2-7 p.m. at the Cumberland YMCA!



## HAPPY SPRING!

Jen Thomas



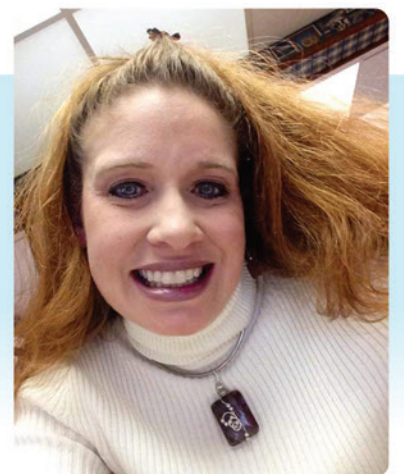
I hope that winter treated you well and you have allowed time for reflection and relaxation - and to genuinely enjoy all that you are grateful for. Spring is almost here, and it is the season of hope - that things will get better after they were worse. "If we had no winter, the spring would not be so pleasant," wrote English poet Anne Bradstreet. I do not know about you, but longer days and more sunlight are my favorite part of spring. Research suggests that additional sunlight boosts mood, overall well-being, and energy for many people. Spring signifies the beginning of the new year because it is a fresh start and a new beginning! Time to spring clean, declutter, renew your fitness and nutrition goals, start a new project, or even say goodbye to old

habits that may be holding you back from living life to your fullest potential. If you feel challenged, give yourself a pep talk - use words such as "Let's Go!" - "Come On!" - and "I've Got This!" On that note, I want to share that this will be my last article in Real Well. Just as the seasons change, life ebbs and flows, and I will move on to a new position. Real Well was a dream that turned into reality - even bigger and better than I ever imagined! Like you, I look forward to being a "reader" of Real Well. Thank you for supporting this publication. Continue to stay healthy and be real well!

In happiness and health,

Jen

## Wellness Ambassador SPOTLIGHT!



This month's spotlight is on Jessica Ogle, who started **Multiple Sclerosis Empowerment Meetings** in our community. The monthly meetings cover topics the group wishes to learn more about. Meetings are held from 6-8 p.m. in the South Cumberland Library conference room at 100 Seymour Street, Cumberland. The next scheduled meeting dates are:

3/6/23 | 4/4/23 | 5/2/23 | 6/6/23 | 7/11/23

Past meeting topics have included diet, self-defense for those living with disabilities, available assistance and how to apply, stretching, and the importance of proper hydration. There are also preliminary plans to host an MS Walk in our area. For more information, contact Jessica at [Jessicaogle37@gmail.com](mailto:Jessicaogle37@gmail.com) or 240-609-5744.



For more information on diabetes prevention or self-management programs, visit

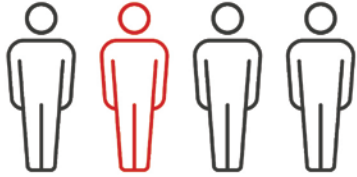
[UPMCWesternMaryland.com/FindOut](http://UPMCWesternMaryland.com/FindOut) or scan the QR code.



Do you LOVE Real Well? Please send your email address to [thomasj39@upmc.edu](mailto:thomasj39@upmc.edu) so we can add you to the mailing list. You will receive the quarterly edition delivered straight to your inbox!



## I WILL Prevent Another Stroke



**1 IN 4**  
CLOT-RELATED STROKE SURVIVORS  
WILL HAVE ANOTHER STROKE.

A previous ischemic stroke puts you at a **higher risk** of having a second one.

Up to **80%** of strokes may be prevented by:

- **Managing blood pressure, cholesterol and diabetes**
- **Making healthy lifestyle choices** such as eating a healthy diet, being physically active, not smoking and limiting alcohol
- **Taking medications as recommended by your doctor** after an ischemic stroke or TIA, most patients will be prescribed an antiplatelet or anticoagulant therapy

**Treatment to prevent future strokes can be tailored to individual situations.** Work with your doctor through a shared decision process to decide on the best treatment plan for you. This plan should address your wishes, goals, concerns and circumstances.

**Preventing another stroke starts with YOU.** Don't delay. Talk to your doctor about a prevention plan that's right for you.

Learn more at  
[stroke.org/OnesEnough](https://stroke.org/OnesEnough)

### ONE IS ENOUGH Tips to help prevent another stroke:

- ✓ Work with my doctor to identify the cause of my stroke.
- ✓ Keep my follow-up appointments.
- ✓ Take my recommended meds and talk to my doctor before making any changes.
- ✓ Manage my risk factors with small, healthy steps for big impact.
- ✓ Connect with a group for support, information and shared experiences.
- ✓ Ask my doctor about a formal program to help me live a healthier lifestyle. It should include exercise, education and counseling.
- ✓ Call **911** if I see or have any stroke warning signs or symptoms.

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With all the technology at our fingertips, there is one piece of traditional equipment you may want to consider adding to your collection: a NOAA Weather Radio (NWR)! You can opt for a simple, battery-operated, or battery-backup model, available in many sizes and with many functions and available from big-box and online retailers. Your radio can be programmed using Specific Alert Message Encoding (SAME), so you will only receive alerts that will impact your area. You can also purchase a weather radio already programmed for SAME; when you activate the radio, it automatically tunes in to the nearest broadcast antenna. Many radios also include AM/FM radio bands, which provide access to news reporting that may not be available during a power outage. When selecting a weather radio, make sure it displays the NOAA Weather Radio All Hazards logo.

A NOAA Weather Radio also delivers notifications in addition to weather hazard warnings. NWR broadcasts alerts and post-event information for multiple situations, including natural disasters, environmental incidents such as chemical releases, and public safety notifications such as 911 outages and AMBER alerts.

When the inevitable extended power outage hits, it's a good idea to conserve the battery capacity in your daily tech devices, including your phone, tablet, or laptop, so they are available for emergency communications. A NOAA Weather Radio can provide updates on the situation impacting your area, saving some of the battery life in your other devices.

**Have a safe and happy Spring!**



## RIDE THE SPRING MOTIVATION WAVE



Michael Browning, MA, NBC-HWC

There is a saying that timing is everything, and when it comes to motivation for movement, there is no better time than the spring. Although the weather is not always perfect during the spring in Western Maryland, there is no denying the power of the sun and its effect on us. The sun's physiological impact on our energy level brings hope and spring fever. Don't underestimate these motivational factors. Get stoked and start moving now!

Research shows that more sunlight equals more serotonin released in the brain, boosting mood and focus. In contrast, more darkness equals more melatonin released, which makes us sleepy. Since "spring fever" has scientific backing, understanding this relationship clarifies why, when the sun stays in the sky longer, we feel more motivated to move and less likely to wipe-out.

The benefits of the sun don't stop there; the sun also helps us physically. More vitamin D production and absorption lead to less inflammation and the building of stronger

bones. You certainly don't feel the effects of bone density immediately, but less inflammation directly boosts your motivation to move.

Additionally, more warmth in the air motivates us to move and helps prevent injury by keeping the muscles warm and pliable.

Now that you have extra motivation...Surf's up! It's time to catch that perfect wave and make things happen!

As a trainer and wellness coach for over 20 years, I have learned that developing a consistent and beneficial exercise routine requires motivation. Starting a new routine is difficult and may be more than half the battle, so it's just as important to keep it simple and not overexert yourself with all that extra mojo.

If you are beginning a new exercise routine and haven't exercised in a month or more, try starting with 1-2 days a week of moderate-intensity exercise for 10-30 minutes. Build upon that weekly or bi-weekly until you reach 30 minutes, five days a week of moderate-intensity activity. If you can keep a routine for at least a month, your chances of maintaining exercise in your life

skyrockets! You can then enjoy the fruits of your labor, like more energy, less weight, more strength and function, reduced blood pressure, and many more health benefits.

Some great outdoor spring exercise examples are walking, hiking, yard work, and playing with the kids or grandkids. If the weather turns, try out some spring cleaning, home renovation projects, organization, or an online workout. Joining the local gym is also a great idea, especially if you are into resistance training.

Regardless of your choice, spring is a great time to take advantage of this natural cycle and extra sun and ride the motivational wave to create healthy habits that can last a lifetime.

You may contact the Community Wellness team at UPMC Western Maryland for free exercise advice, wellness coaching, and a host of other great programs. A new program I am teaching is a **Resistance Band exercise class** at the LaVale Library every Tuesday from 5:00-5:45 p.m. Contact me at [browningmr@upmc.edu](mailto:browningmr@upmc.edu) to register. I hope to see you there!



# SOUNDING THE ALARM for Sleep

## PART 3

Pam Jan, NBC-HWC



Welcome back, and I hope you've been sleeping soundly! Part 1 of Sounding the Alarm gave you some sleep basics - the amount of sleep we need and the role our circadian rhythms play in getting enough of it.

Part 2 covered the value of good sleep and the consequences of sleep deprivation. In Part 3, you'll learn how to find out if you are getting enough and how to increase sleep quality if you aren't.

The definition of sleep is a natural periodic state of rest for the mind and body, in which the eyes usually close and consciousness is completely or partially lost so that there is a decrease in bodily movement and responsiveness to external stimuli. I hope Parts 1 & 2 have convinced you how important sleep is for your overall health and well-being. Now, let's look at how to know if you're hitting the mark and what to do if you aren't.

Are you getting enough? If the following are true, you probably are:

- You awake at the end of your sleep cycle without an alarm.
- You are in a good mood when you awake.
- You don't crave junk food.
- Your skin is clear.
- Your weight is maintained.
- A caffeine boost is not mandatory to stay awake all day.

Are you still trying to figure out if you are getting enough? Tracking your sleep can be helpful. Download this easy-to-follow [tool](#) and track it for a week to get a clear picture. For those who aren't getting enough sleep, these tips may help:

- Exercise:
  - Make room in your schedule for a daily walk. Exercise boosts the effect of natural sleep hormones such as melatonin.
  - Morning workouts that expose you to bright daylight help your natural circadian rhythm. However, exercising too close to bedtime can be stimulating.
- Reserve your bed for sleeping. Watching television, checking emails, making calls, or using your game apps after you crawl in for the night can keep you up.
- Ambiance can affect your sleep quality too. Keeping your bedroom comfortable by having it quiet, dark, and cool helps promote sleep.
- Calming rituals help signal the body and mind that bedtime is coming.
- Avoid eating meals within two to three hours of bedtime. If you're hungry, eat a small healthy snack such as a handful of nuts or a slice of cheese.
- Avoid stimulants like alcohol, chocolate, and caffeine before bedtime.
- De-stress by giving yourself time to wind down before bed. Add a relaxation technique or two to your routine. A good start is to inhale deeply (all the way to your belly), exhale slowly, and repeat. On the inhale, visualize the oxygen refreshing your cells and imagine stress leaving your body while exhaling.

Are you one of many who have tried seemingly everything and still can't sleep? It's time to see your doctor for an evaluation because you could have a sleep disorder. The following includes common conditions:

- Insomnia is defined as having trouble falling asleep or staying asleep or having an unrefreshing sleep despite having ample opportunity to sleep.
- Sleep Apnea (also called sleep-disordered breathing) causes breathing to briefly stop or become very shallow during sleep.
  - This change is caused by intermittent blocking of the upper airway, usually when the soft tissue in the rear of the throat collapses and partially or entirely closes the airway.
- Restless Legs Syndrome (RLS) causes an unpleasant prickling or tingling in the legs, especially in the calves, that is relieved by moving or massaging them. People with RLS need to stretch or move their legs to eliminate uncomfortable or painful feelings.
- Narcolepsy's main symptom is extreme and overwhelming daytime sleepiness, even after adequate nighttime sleep. In addition, nighttime sleep may be fragmented by frequent awakenings.
- Abnormal Arousals include sleepwalking, sleep paralysis, and night terrors.

While I wish everyone was catching enough healthy zzz's each night, statistics say otherwise. Remember, there are many shortcuts in life, but sleep isn't one of them.

It is a critical component of living a healthy life. I wish you sweet dreams!



SCAN TO  
DOWNLOAD A  
SLEEP DIARY.



# SELF-CARE

with HEALTH COACH CAREY MOFFATT, MS, NBC-HWC

During May, UPMC Western Maryland, and various partners, are planning events and activities to spread awareness on issues impacting mental health. One such issue is stigma, which is known as the silent killer. It causes people to delay and/or not seek treatment. Therefore, it is so important to normalize conversations surrounding mental health disorders. Although stigma is the number one reason individuals do not ask for help, many others exist. Misinformation and not being aware of support are two other factors. Support comes in various forms. Professional and self-help resources provide a lifeline for those struggling to cope with mental health challenges. The Community Health and Wellness Department at UPMC Western Maryland has compiled a list of websites, hotlines, and phone apps to assist those in need. Please stay tuned for details about May's Mental Health Awareness events.

If you are experiencing a mental health crisis, please call the National Suicide Prevention Lifeline at 988, dial 911, or go to the nearest emergency department. Remember, you are not alone.

### BEHAVIORAL HEALTH RESOURCES

<b>General Mental Health Websites</b> National Alliance on Mental Illness National Institute of Mental Health	<b>Anxiety Websites</b> Anxiety.org Social Anxiety Association Anxiety Social Net
<b>Suicide Prevention Websites</b> The Trevor Project American Foundation for Suicide Prevention 988Lifeline.org	<b>Mood Disorders Website</b> Depression/Bipolar Support Alliance
<b>Substance Use Disorders Websites</b> National Council on Alcoholism and Drug Dependence National Institute on Alcohol Abuse and Alcoholism National Institute on Drug Abuse Al-Anon and Alateen Narcotics Anonymous and Alcoholics Anonymous SMART Recovery SAMHSA Substance Use Treatment Locator: <a href="#">findtreatment.gov</a>	<b>Schizophrenia Website</b> Schizophrenia and Related Disorders Alliance of America <b>Screening Tools Websites</b> <a href="#">www.drugscreening.org</a> <a href="#">www.alcoholscreening.org</a> <a href="#">www.depressionscreen.org</a>
<b>Eating Disorders Websites</b> National Eating Disorders Association Eating Disorders Anonymous	<b>Mental Wellness Apps</b> PTSD Coach Clear Fear Insight Timer SMART Recovery 7 Cups Virtual Hope Box Head Gear Mood Tools Calm Harm What's Up? Suicide Safety Plan Breathe2Relax There Is Hope Stay Alive Virtual Hope Box Tingles Fluid Simulation This Is Sand
<b>Behavioral Health Help Lines and Locator</b> Suicide and Crisis Lifeline: 988 Veterans Crisis Line: 988 (Press 1) Crisis Text Line: Text HOME to 741741 Teen Line: 1-800-TLC-TEEN or text TEEN to 839863 Maryland Crisis Hotline: 1-800-422-0009 NAMI HelpLine: 1-800-950-NAMI (6264) SAMHSA's National Helpline: 1-800-662-4357 (HELP) UPMC Western Maryland Crisis Counselor: 240-964-1399 Behavioral Health Treatment Services Locator: <a href="#">findtreatment.samhsa.gov</a>	

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SAVE  
THE MONTH  
A CALL TO ACTION.  
JOIN THE FIGHT.  
MAY IS  
MENTAL HEALTH  
AWARENESS  
MONTH



**Spring is a time of rejuvenation, growth, and new beginnings. As the earth warms, leaves on the trees turn green, flowers bloom, and the air is sweet with birdsong. It is the perfect opportunity to nurture your physical, mental, and spiritual well-being. One effective way to do this is through yoga and meditation.**

Regular yoga practice can improve physical flexibility, strength, and balance by combining physical poses and movement, breathing techniques, and meditation to achieve inner peace, harmony, and many

## Soak Up Spring Energy

Christina Collins-Smith, MLA, LMT, RYT-500

physical benefits. These benefits can include an easing of back and joint pain while reducing the risk of injury from a fall. Syncing these with deep breathing and meditation practices can also help to reduce stress and anxiety levels, offering a measurably positive impact on overall mental health. Deep breathing and physical movements in yoga can stimulate the immune system and help the body to fight off illness and disease.

Synced with physical yoga practice or not, meditation offers numerous benefits of focusing the mind on achieving a feeling of inner balance and calm. Yoga meditation can help reduce the physical and mental effects of stress, manage blood pressure, improve sleep quality, and improve overall well-being - a valuable tool for personal and professional life.

Regular yoga and meditation are natural and effective ways to promote and support overall well-being. Why not take advantage of spring's rejuvenating energy and start your yoga

practice today? For a complete experience that combines yoga poses and movement, breathing and meditation, join UPMC-sponsored Community Yoga on the following days and times:

### CHAIR YOGA

**Every Monday at 2:30 p.m.**  
at the Gilchrist Museum of the Arts  
104 Washington Street, Cumberland

### YOGA FLOW

**Every Wednesday at 11:00 a.m.**  
at the South Cumberland Library  
100 Seymour Street, Cumberland

### YOGA FLOW

**Every Friday at 10:30 a.m.**  
at the LaVale Library  
815 National Highway, LaVale

Monday and Wednesday sessions are available on Zoom. Email for the link: [collinssmithcd@upmc.edu](mailto:collinssmithcd@upmc.edu)

## SPIRITUAL WELLNESS



## WHERE CAN WE FIND COMFORT?

Pastor Bruce

### Is there hope in this scary world? Where can we rest in the midst of storms, illness, and heartbreaking loss?

The Scriptures give us great admonition and encouraging words as we go through many unknown results. These are the times that try men's souls.

Some people turn to movies, gambling, alcohol, or other expressions of escape to change the venue of their hurt or loss. Few turn to God and fall into prayer and say, "Lord, I need your presence in my life."

After conducting (instead of "doing") many funerals in my lifetime, the same question is asked over and over - "How do I deal with the loss?" "How can I find hope to cope with pain?"

Experience over the last six years has taught me loud and clear - God does not always answer the WHY questions, but He does answer the WHAT questions.

Lord, "WHAT" do you want me to learn in this adventure? "WHAT" do you want me to gain out of this trial in my life? "WHAT" lessons are for me to grow into?

These questions force us to look beyond, look within, and learn lessons amidst hurt and loss. The book of JOB in the Bible deals with the loss and questions of unknown trials in the life of a man named JOB. He held on to God's promises and lived not by explanations, but by promises.

The opposite of faith is fear. Belief breeds confidence, while unbelief breeds fear. Maybe you are facing fears today, and your attention is all over it. Whatever that fear is, it is only amplified by failure to place our hope in God. He focuses on the person He is forming you to be. He sees those storms as growing pains - part of the formation process. He knows that a storm may be the thing that awakens you to deep faith in HIM.

God's word affirms that faith drives out FEAR - "Whenever I am afraid, I will trust in YOU" (Psalm 56:3). "I will trust and not be afraid" (Isaiah 12:2).

No matter your trouble, you can call on God in the midst of it, and he will calm the storm. Deep is the joy of the one who calls on God before the storm, for he will find that his faith drives out all fear.

"Be still and know that I am God" (Psalm 46:10). You say, "How can I do that? The world is closing in on me! I need help!" "I will lift my eyes to the hills—From whence comes my help? My help comes from the Lord, who made heaven and earth" (Psalm 121:1-2).

Psalm 145:18, "The Lord is near to all who call upon him, to all who call upon him in truth." There is nothing in your life that your shepherd cannot handle.

# ALLEGANY COUNTY HEALTH PLANNING COALITION “SPOTLIGHT”

Agency Name: Tri-State Community Health Center (TSCHC)

In 1987, TSCHC was incorporated in Hancock, MD, as a private, not-for-profit corporation with a community-based volunteer Board of Directors, over 50% of whom receive health care at a TSCHC site. TSCHC provides five clinical areas in MD, PA, and WV. Responding to the requests of two communities, TSCHC expanded and secured federal grants to develop two Cumberland, MD, sites (Cumberland Primary Care Center in 2002 and the Women’s Health Center in 2005) and a McConnellsburg, PA, site in 2006. Responding to community needs, TSCHC developed a Berkeley Springs, WV, site in 2014 without a federal grant.

## What is your purpose?

TSCHC’s mission is “To improve lives by providing high-quality health care to everyone in the community regardless of their ability to pay.” TSCHC is one of over 1400 Community Health Center (CHC) corporations with over 14,000 sites serving over 30 million people - the largest primary care network in the U.S., serving 1 in 11 Americans. CHC’s successful patient-centered team-based model of care saves the U.S. health system \$24 billion annually. CHCs apply to the federal Health Resources and Services Administration (HRSA) to receive grant funds to assist in serving everyone. To ensure that CHCs are utilizing those federal dollars wisely, CHCs are strictly regulated and reviewed by HRSA to abide by the U. S. Public Health Services Act.

## What programs/services do you offer?

TSCHC provides comprehensive quality primary, preventive, education, and supplemental health care services. TSCHC’s four family practices offer Family Practitioner MD, Certified Nurse Practitioner, and Certified Physician Assistant providers. The Women’s Health Center offers OB/GYN providers, Certified Nurse Midwives, and Certified Nurse Practitioners.

## Who do you serve?

TSCHC is a quality healthcare home for everyone in our communities, regardless of income, insurance status, or medical status. It helps individuals and families of all ages and offers a sliding fee scale to assure access to quality healthcare for all. TSCHC treats everyone with kindness and dignity and cares about each whole person. To improve patients’ quality of life, TSCHC provides case management and referrals to needed holistic non-medical and medical services.

## Fact or success story:

TSCHC was among 36 CHCs nationwide to receive HRSA’s 2018 National Quality Leader Award for exceeding national clinical quality benchmarks, including Healthy People 2020 goals in chronic disease management, preventive care, and prenatal/perinatal care. TSCHC was also among 46 CHCs to receive the 2017 National Quality Leader Award.



## CONTACT INFORMATION:

**Family Practice  
Cumberland Primary Care Center**  
301.722.3270  
621 Kelly Road  
Cumberland, MD

**Obstetrics/Gynecology  
Women’s Health Center**  
301.723.3940  
12502 Willowbrook Road - Suite 550  
Cumberland, MD

**Family Practice  
Hancock Primary Care Center**  
301.678.7256  
130 W. High Street  
Hancock, MD

**Family Practice  
Fulton County Primary Care Center**  
717.485.3850  
525 Fulton Drive  
McConnellsburg, PA

**Family Practice  
Berkeley Springs Primary Care Center**  
304.258.5790  
261 Berkmore Place - Suite 1A  
Berkeley Springs, WV

LAUGHTER  
IS THE BEST  
MEDICINE



What did  
Detective Duck  
say to his partner?

“Let’s quack this case!”





# IN THE KITCHEN with RACHEL

Rachel Sproat, RDN, LDN



## Kale Salad with Salmon and Greek Yogurt Dressing

This colorful salad is packed full of nutrients. The key with salads is to add a variety of vegetables. If you are using a salad as your meal, remember to add protein and starch too! This is an excellent option for Easter or Mother's Day celebrations.

### INGREDIENTS

Homemade Greek Yogurt Honey Mustard Dressing

- 1/2 cup plain Greek yogurt
- 1/4 cup extra virgin olive oil
- 3 Tbsp honey
- 2 Tbsp lemon juice freshly squeezed
- 1/4 cup Dijon mustard
- 1/8 tsp salt
- Fresh cracked pepper to taste

Kale Salad

- 8 cups chopped kale (may substitute another leafy green per preference)
- 2 Tbsp extra virgin olive oil
- 2 Tbsp lemon juice freshly squeezed
- 1/2 red onion thinly sliced
- 1/2 apple chopped
- 1/2 cup chopped strawberries
- 1/3 cup dried cranberries
- 1/2 cup feta cheese
- 1 Tbsp minced garlic
- 1/2 cup pecans chopped

Salmon

- 2 salmon fillets 6 oz each
- 1/2 Tbsp avocado oil
- Fresh cracked black pepper to taste



### DIRECTIONS

- 1.) Preheat oven to 400 degrees Fahrenheit.
- 2.) Line a baking sheet with parchment paper, spray with non-stick cooking spray and add your thawed salmon fillets. Spray or drizzle salmon with avocado oil and season with fresh cracked salt and pepper to taste. Place salmon in the oven for 13-15 minutes or until an internal temperature of 145 degrees Fahrenheit is reached.
- 4.) To make Greek yogurt dressing, combine plain Greek yogurt, dijon mustard, honey, extra virgin olive oil, lemon juice, salt, and pepper in a small bowl and mix well. Store in an airtight container, such as a mason jar, in the refrigerator until ready to use (for up to 2 weeks).
- 5.) If purchasing bunches of kale, wash well, pat dry with paper towels, and use your hands to tear leaves off the stems. (Alternatively, you can buy pre-chopped kale, which is the route I took to save time!) Add chopped kale to a large bowl, add 2 Tbsp extra virgin olive oil and 2 Tbsp of freshly squeezed lemon juice, and massage well for about 60-90 seconds to break it down. Add 1 Tbsp of minced garlic here as well.
- 7.) Prepare all your other mix-ins: chop strawberries and apples, and thinly slice red onions. Add toppings in the amounts suggested in the recipe. However, you can make it your own and add more or less of these items.
- 8.) Add all toppings to a large bowl with massaged kale, and mix well.
- 9.) Serve chilled and top individual servings with about 2 Tbsp of homemade Greek yogurt dressing.
- 10.) Add cooked salmon on top.
- 11.) Store any leftovers in an airtight container in the fridge for 2-3 days.

[wellnessforthewin.com/kale-salad-with-salmon-and-greek-yogurt-dressing/#recipe](https://wellnessforthewin.com/kale-salad-with-salmon-and-greek-yogurt-dressing/#recipe)

## Korean Ground Beef and Rice Bowls



I am a huge fan of rice bowls because you can create a delicious meal with simple ingredients. This means fewer dishes and prep time, which makes this meal perfect for busy weeknights. Try adding a vegetable to this such as (such as carrots or zucchini) to make your rice bowl more balanced.

### INGREDIENTS

- 1 lb. lean ground beef 90% lean
- 3 garlic cloves, minced
- 1/4 cup packed brown sugar
- 1/4 cup reduced-sodium soy sauce
- 2 tsp. sesame oil
- 1/4 teaspoon ground ginger
- 1/4 tsp crushed red pepper flakes
- 1/4 tsp pepper
- 2 cups hot cooked brown rice
- Sliced green onion and sesame seeds for garnish

### DIRECTIONS

- 1.) In a large skillet, cook the ground beef and garlic, breaking them into crumbles over medium heat until they are no longer pink.
- 2.) In a small bowl, whisk brown sugar, soy sauce, sesame oil, ginger, red pepper flakes and pepper. Pour over the ground beef and let simmer for another minute or two.
- 3.) Serve over hot rice and garnish with green onions and sesame seeds.

[therecipecritic.com/korean-ground-beef-rice-bowls/](https://therecipecritic.com/korean-ground-beef-rice-bowls/)

