

Community Health ADVOCATES



Please plan to attend one of the following FREE community education sessions on **“Getting The Most Out Of Your Doctor Visit”** -

Monday, May 17, 12:30 pm — Shelby County Senior Center
112 E. Chesnut, Shelbina

Tuesday, May 18, 11:30 am — P.C. Café & Resource Center
116 S. 17th Street, Unionville

Do you know of a group who might benefit from hearing this presentation?
Be sure to let us know!

Healthy Grill = Healthy Heart, Good Blood Sugars, Good Taste

It is the season of the grill! Warm sunny days and cool evenings and the smell of grills all over town! Despite your mouth watering on overtime and your stomach screaming for that rare steak, you may still hear that little voice in the back of your head...”gotta watch the fat...gotta watch the carbs...what about cancer risk and grilling?” Don’t ignore that little voice...take it on with a few hints for healthy grilling! Here are the keys to silencing that little voice: 1) Marinade it, spice it, shake it, and rub it baby; 2) Use lean cuts of meat; 3) Use heart-healthy oils and lots of vegetables; and 4) Hot is Hot and Done is Done!

Use marinades for those nice lean cuts of meat! Lean cuts of meat include skinless chicken breasts and thighs, center cut pork chops, beef sirloin and top round, turkey breast, tilapia, and salmon. Simple things like lemon juice and pepper or red wine vinegar and rosemary tenderize the meat and leave a nice flavor. Good news! The juice and vinegar also reduce the cancer-causing compounds that form in the grilling process!

Put these ingredient combinations over your meat, refrigerate while at work, come home...brush with a little olive oil (good for your heart) and you are off to the lounge chair to enjoy your family and smell your supper cooking up in a jiffy! Toss course chopped vegetables in the marinade to and cook in foil.

Add spices including freshly ground black pepper, garlic and onion add lots of rich flavor and antioxidants...but no fat or sugar! You can also try toasting your spices ahead of time, grinding them up with a mortar and pestle. If you don’t have a mortar and pestle...put them in a baggy and roll them with a rolling pin and rub in after you marinade before you put them on the grill. Many spice sections in the grocery store have really good “rubs and shakes”. These are spice mixes you rub into your meat or shake over it once it is completely cooked!

**Did you know the
CareLink
Resource Directory
is now available online at
www.nmrhn.org?**

Updates are continually sought for the directory. If you learn of new resources in your community that should be listed or see needed changes to current listings, please call Terri at 877-539-2227.



CareLink

**Northeast Missouri Rural Health Network
CareLink - Linking Communities to Services**

117 W. Potter Avenue
Kirksville, MO 63501
660-665-3455 or
877-539-2227 toll-free

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Need help locating affordable health care services?

Need a ride to the doctor?

Need medicine you can't afford?

Do you have diabetes?

Do you need assistance locating services for an elderly person?



Contact the
Northeast Missouri Rural
Health Network
to see if we can help!

NMRHN provides the following services (most are FREE) for the residents of Adair, Clark, Knox, Lewis, Linn, Macon, Putnam, Schuyler, Scotland, Shelby and Sullivan counties.

CareLink-

- *Provides referral services to link people to the care they need
- *Toll-free number available allowing no cost to callers (877-539-2227)
- *Resource Directory listing over 800 providers and services provided on NMRHN website (www.nmrhn.org)
- *Free transportation services to medical and social service appointments within service region

Prescription Drug Assistance Program-

- *Provides assistance with enrollment for free or low-cost medications for those without coverage (no insurance/Medicaid/Medicare Part D)
- *Emergency Medication Needs Fund – pays up to \$50 per person per year, paid directly to pharmacy

Better Self-Management of Diabetes Program-

- *Provides diabetes self-management training and care coordination services to patients with Type II diabetes
- *Appointments are scheduled with the certified diabetes educator/registered dietitian and registered nurse/care coordinator for one-on-one sessions to set up plan of care and goals

ElderLynk- (call 660-216-4724)

- *Provides phone assistance in locating services needed by elderly in order to maintain their independence
- *Care coordination service provides comprehensive assessment to determine needs, helps establish plan of care, monitors client's condition and needs on a regular basis

**Call 660-665-3455 or 877-539-2227
for more info!**