Help for Your New Year’s Goals

By: Kathleen Martin RDN, LDN

The New Year is upon us, and along with that comes a renewed vow to improve your health. Manchester Nutrition and Food Services has multiple programs available to help support your goals throughout the upcoming year.

If you are interested in managing your weight, let me introduce you to the MOVE program. The VA Medical center has a variety of options through the MOVE program to fit your lifestyle and needs. We offer group classes, tele health support and a new phone app that you can download. Ask to be signed up for an introduction to MOVE class to explore which option is best for you.

Support in managing your diabetes is always available through nutrition services. We have individual counseling to help you work on a nutrition plan with a Registered Dietitian. Let us show you how to put a diet together to improve your blood sugar control. We also offer Diabetes workshop classes. These classes help teach all the basics you need to self-manage your diabetes, from medications to exercise.

Do you need to improve your cooking skills or just want some ideas for healthy recipes to prepare? We are pleased to offer Healthy Teaching Kitchen Classes. Our classes include nutrition tips along with tasty, easy recipes for you to taste test before preparing them at home. It is a perfect complement if your goals include a healthier diet.

Are you involved in the Whole Health program? The VA medical center is now offering Whole Health Nutrition classes. Don’t forget to review your Whole Health Monthly Calendar to see if there is a nutrition class that interests you.

As always, our VA Medical Center Nutrition Clinic is available to address your nutritional concerns and needs. No consult is needed. Call to schedule an appointment today.

Check us out on https://www.manchester.va.gov/
If you choose to drink alcohol, drink in moderation. Women should drink no more than 1 drink per day (and not more than 7 drinks per week), and men should drink no more than 2 drinks per day (and not more than 14 drinks per week). One drink is equivalent to:

• 12 oz. regular beer, usually about 5% alcohol or
• 8-9 oz. malt liquor, or
• 5 oz. table wine (12%), or
• 1.5 oz. 80-proof hard liquor

Drinking too much alcohol or “binge drinking” can lead to a higher risk of health problems, such as liver damage or other injuries. For many adults, drinking small amounts of alcohol does not cause serious health problems. Women who drink no more than 1 drink a day (and not more than 7 drinks per week) and men who drink no more than 2 drinks a day (and not more than 14 drinks per week) are at low-risk for developing problems with alcohol use. However, people such as children, pregnant women, and those with certain medical conditions should not drink any alcohol.

For William (Bill) Post, US Marine, Korean War Veteran, crossing the finish line of the Boston Realtors Relief Foundation 5k, arms linked with his daughter and granddaughter, was what mattered most to him. Bill has been a familiar face within the Whole Health Program class offerings. A few months ago, Bill spoke with the Whole Health Coach to express his goal of completing the 5k with his daughter and granddaughter and was looking forward to training. Bill has been attending the Whole Health Walking Group twice a week for the last couple of months in preparation for the 5k and through Whole Health Yoga and the Walking Group, Bill has improved his ability to take part in “new” daily activities at 85 years young and continues to look forward to attending Whole Health offerings in the future along with his wife, Joan.

If you are interested in learning more about the Whole Health Program or would like to participate, please call us at: 603-624-4366 ext. 2680.

"Early to bed and early to rise, makes a man healthy wealthy and wise" ~Benjamin Franklin

The Manchester VA Medical Center is pleased to offer a specialty clinic for our transgender and non-binary Veterans. This clinic is made up of a team of providers who are trained in the unique needs of this Veteran population. It includes a primary care provider, nursing staff, social worker, and psychologists. If you have any questions about how this clinic may serve you or a Veteran you know, please contact:

Danni Bultemeier, X3623

LIMITING ALCOHOL
JANUARY IS CERVICAL HEALTH MONTH

WHY HAVE A PAP TEST?

Early on, problems in the cervix produce no symptoms. Often, the only way to know about cervical changes is to do a Pap test. A Pap test can find cervical problems early, when they are easier to treat.

WHAT IS A PAP TEST?

A Pap test is a procedure that helps find changes in the cervix that may lead to cancer. The cervix is the part of the uterus that opens into the vagina. For this test, a small sample of cells is taken from the cervix. This is done in your healthcare provider’s office. The cells are then analyzed in a lab. A Pap test is a safe procedure. It takes just a few minutes and causes little or no discomfort.

WHO SHOULD HAVE A PAP TEST?

Ask your healthcare provider when to start having Pap tests, and how often to have them. The following are general guidelines:

- A first Pap test no earlier than age 21, regardless of age at onset of sexual activity or risk factors.
- A Pap test every 3 years after 21 until age 29.
- A Pap test alone every 3 years or a Pap test along with an HPV test every 5 years for women ages 30-65.
- More frequent testing may be indicated if you have a risk factor for cervical cancer. Risk factors include having a history of dysplasia or abnormal Pap smears, HIV, immune suppression, or exposure to the medication DES while your mother was pregnant with you.
- If you’re ages 65 and older and:
  - The last 3 Pap tests (done once every 3 years) were negative OR had 2 consecutive negative Pap tests and HPV test results within the past 10 years, you can stop screenings. The most recent test should have happened within 5 years.
  - If you have had a hysterectomy and no longer have a cervix, and you have not had abnormal Pap tests in the past, you do not need to continue having Pap tests.

THE HPV CONNECTION

HPV (human papillomavirus) is a family of viruses that spread through skin contact, almost always sexual contact. Some HPV types cause genital warts (condyloma). But not all types of HPV cause visible symptoms. Some types cause cell changes (dysplasia) in the cervix that can lead to cancer in some women. That’s why it’s important to have Pap tests as recommended by your healthcare provider. This helps ensure that any abnormal cells will be found and when necessary be treated before they become cancerous.
Whole Health Coaching is now part of our Manchester VA’s excellent health care system. The Whole Health approach to care has shifted the focus back on what really matters to the Veteran. This approach changes the mindset from disease-centered care to a model that is personalized and patient driven.

**What is health coaching?**
Whole Health coaches work with the Veteran to identify and reach personal goals. Areas explored include: physical, emotional, spiritual, environmental, social and nutritional. Health coaches put the Veteran at the center of their health and well-being. The focus of coaching is to determine what matters to the Veteran and what inspires the Veteran to be healthy.

**Who is health coaching for?**
Health coaching is for everyone, because everyone has goals, whether or not they have recognized them formally. Everyone needs support as they meet the challenges of their lives.

**What will I get out of health coaching?**
Health coaches are trained staff who want to help Veterans improve their health and well-being. If you are willing to make small changes to increase your health, health coaching may be right for you to set and accomplish your health and life goals.

**How do I sign up for health coaching? Do I need a consult?**
To sign up for health coaching, call 603-624-4366 extension 2680 to speak with the Whole Health Program to set up your health coaching appointment. No consult is required for health coaching, but your primary care provider can send a consult if you request this at an appointment.

**I don’t visit the VA in Manchester often – can I participate in health coaching from my home on my smart phone or computer?**
Yes! We now offer VA Video Connect health coaching to allow Veterans to communicate with their health coach from afar. To have a VA Video Connect appointment the Veteran must have internet access as well as a webcam or smartphone with camera to connect with the health coach. If you are interested in Video health coaching, feel free to ask for this when scheduling.

**Do I need to attend other Whole Health classes to participate in coaching?**
Although participation in the other Whole Health classes is recommended, it is not necessary to take part in coaching. Your health coach may help to determine what classes may be right for you.
20 Minute Chicken Creole

Prep time: 15 minutes
Cook time: 20 minutes

This quick Southern-style dish contains no added fat and very little added salt in its spicy tomato sauce.

12 oz. boneless, skinless chicken breast, cut into thin strips
1 C canned whole peeled tomatoes, chopped
1 C chili sauce (look for lowest sodium version)
1½ C green bell pepper, rinsed and chopped
1½ C celery, rinsed and chopped
¼ C onion, chopped
1 Tbsp. garlic, minced (about 2–3 cloves)
1 Tbsp. fresh basil, rinsed, dried, and chopped (or 1 tsp dried)
1 Tbsp. fresh parsley, rinsed, dried, and chopped (or 1 tsp dried)
¼ tsp crushed red pepper
¼ tsp salt
Cooking spray

2. Cook chicken in hot sauté pan, stirring for 3–5 minutes. Reduce heat.
3. Add tomatoes with juice, chili sauce, green pepper, celery, onion, garlic, basil, parsley, crushed red pepper, and salt. Bring to a boil over high heat, and then reduce heat to simmer.
4. Simmer, covered, for 10 minutes.

yield:
4 servings

serving size:
1½ C

each serving provides:
calories: 274
total fat: 5 g
saturated fat: 1 g
cholesterol: 73 mg
sodium: 383 mg
total fiber: 4 g
protein: 30 g
carbohydrates: 30 g
potassium: 944 mg
Home Telehealth provides patient care in the comfort of the Veterans home.

Home telehealth is a program that:
- Promotes self management in the comfort of your home
- Provides education on your health condition
- Provides on-going support
- Prevents or reduces medical complications
- Reduces frequency of unplanned hospitalizations or clinic or ER/UC visits resulting from your illness or health conditions

Home Telehealth can help manage:
- Hypertension
- Diabetes
- CHF (congestive heart failure)
- COPD
- PTSD or other mental health conditions
- Tele-MOVE-weight loss program
- Tobacco Cessation

If you need support managing your medical condition contact your provider for a referral
Winter

SNOW
SHOVEL
SLEDDING
FROST
IGLOO

GLOVES
MITTENS
SKATING
COAT

BOOTS
SNOWMAN
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Learning from the teacher within

For more information on these programs please call the Whole Health Program
603-624-4366 ext. 2680

All classes at VAMC are held in the Solarium unless otherwise noted
*Mindful Eating and HTK require registration-see back for info
HTK attendees meet outside the T&E
Integrative Health Program Offerings

**Introduction to Whole Health**
A workshop designed to introduce you to the VA Whole Health approach to care. This approach is helpful in meeting your goals and capitalizing on your opportunities. You will be introduced to the areas of self-care and well-being and have the opportunity to explore all offerings of Whole Health.

**Yoga for Well-Being**
A specifically designed yoga for Veterans regardless of physical limitations or emotional issues. It includes meditation, movement, and relaxation therapy. Participants will benefit from increased physical flexibility, decreased depression, anxiety, and irritability resulting in better coping abilities and a general sense of contentment.

**RxRelax Yoga**
“Relax Yoga” is suitable for beginners as well as experts. These sessions are designed to help people reverse or better manage stress, depression, anxiety, insomnia, pain and hypertension. This is a seated practice.

**Mindfulness Group**
Mindfulness Practice is to achieve a sense of calm and quiet in the face of dealing with the difficulties we encounter in our daily lives. Mindfulness Practice can help with a wide range of issues including pain, anxiety, depression, stress, PTSD and life in general.

**Tai Chi Moving for Better Balance**
Tai Ji Quan Moving for Better Balance uses 8 forms of the traditional Yang style of Tai Chi. It is designed for older adults at risk of falling and people with balance disorders. Participants will benefit from enhanced mindfulness, core strengthening, and a greater locus of Center of Gravity.

**Qi Gong**
Qi Gong is a set of techniques from China that encourage greater mental mastery over the body. Regular practice can help you move with greater ease, lower pain and stress, and enjoy activities in your life longer. We offer a group that teaches these techniques for people of all ages and abilities.

**Individual Whole Health Coaching**
Coaching includes a comprehensive assessment of all parts of the Veteran’s life through the completion of the Personal Health Inventory. Areas explored include: physical, emotional, spiritual, environmental, social and nutritional. From this evaluation, the Veteran, with the help from the Health Coach, designs a Personal Health Plan with achievable goals.

**Walking Group**
A class for every one of all ages and fitness levels. This class allows you to choose your own "speed" of walking. The terrain will consist of primarily outdoor flat terrain with indoor track walking on inclement weather days. Class members meet at the beginning and end of each class session to stretch.

**Functional Fitness**
An exercise program designed to help reduce back, joint or muscle pain by improving strength, flexibility and function with the goal of giving Veterans the knowledge to safely exercise on their own. *This class requires a provider’s consult*

**Healthy Teaching Kitchen for Whole Health**
Classes offer a hands on experience to learn healthy cooking skills. Veterans and their families learn how to make healthy food choices and prepare different foods. A variety of classes will be offered focusing on different nutrition topics. Participants will have the chance to sample new foods that they may have not tried before. To sign up, please call 624-4366 ex 6404.

**Mindful Eating**
This is a 4-week program teaching how to end mindless eating. Each class builds on the other so be sure to attend all 4 classes. Registration is required, please call 624-4366 ext. 3829.
**UPCOMING EVENTS**

Jan 7th - 10th **Retreat for Women Veterans** [https://www.prli.us/future-events.html](https://www.prli.us/future-events.html)

Jan 8th 1400-1500 - Veterans Coffee : Nashua Senior Center

Jan 29th 1730 - 1830 - Veteran Town Hall - Training and Education Room

**Healthy Living Kitchen:**

**Healthy Teaching Kitchen (HTK)** is a national goal to help you practice healthier cooking at home.

- Join us for either our four week session or a specialized mini-class.
- Classes include live cooking demonstrations, taste testing and recipes for home use.
- Class size is limited to 8 people.
- All classes are held in the HTK kitchen from 9:30-11:30am. Please wait in the waiting area outside the T & E.

**Upcoming Classes**

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<tr>
<td>• 1/3: New Year, New Me</td>
<td>• 2/14: Valentine’s Day Treats</td>
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<td>• 2/21: Homemade Soups</td>
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<td>• 2/28: Healthy comfort food</td>
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Annie J. Duquette, RN, BSN
Health Promotion Disease Prevention Program Manager/
Veteran Health Education Coordinator

[Annie.duquette@va.gov](mailto:Annie.duquette@va.gov)