

Time for Change

Fall is here and Winter is just around the corner. Where did Summer go? Despite the cold and wet weather, we cannot deny the beauty and vibrant colors. But it is not always easy to welcome change.

We are more alike than different when it comes to changes in our lives. We are resistant or blind to the benefits and the beauty that change can produce. Some of us have experienced change that is not welcome; unemployment, mental or physical impairment, hunger and homelessness are difficult and seemingly hopeless changes.

Valley View Health Center provides primary and preventative medical, dental and mental health care for 12,000 of our friends, neighbors, co-workers and loved ones who experience change in their lives. We provide these services regardless of ability to pay. Spanish speaking services are available at all of our seven clinics. Visit our website www.vvhc.org for our history, mission, community events, services and more.

November is Diabetes Awareness Month

And time for all of us to be mindful of what we eat. We decided it would be fun to provide some easy, inexpensive and healthy recipes.

Club Wrap - Prep time: 10 minutes

Ingredients:

whole wheat tortilla, low fat, 7" diameter
 2 tbsp. light cream cheese
 1 oz. lean and low-sodium turkey slice
 1 oz. lean and low-sodium ham slice
 1 oz. Swiss cheese slice
 1 iceberg lettuce leaf
 2-3 tomato slices

Spread cream cheese on one side of tortilla. Layer lettuce, turkey, ham, cheese, and tomato on top. Bring the sides of the wrap in and then roll up. Wrap each in plastic wrap until ready to serve.

Serving size: 1 sandwich - perfect for school lunches!

33 g carbs, 25 g protein, 3 g fiber per serving

Breakfast on the Go: You can make this breakfast the night before.

It's a good source of calcium.

Prep time: 2 minutes

Ingredients:

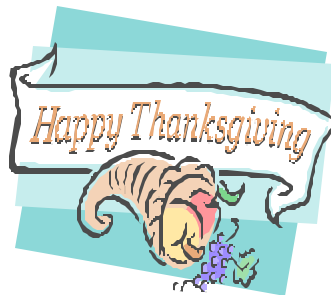
3/4 c. fruit-flavored, fat-free yogurt
 1/3 c. each oat bran and sliced peaches, fresh or canned in light syrup
 1 tbsp. dried cranberries

Layer peach slices, yogurt and cranberries in 16 oz. plastic cup.

Sprinkle oat bran on top.

Refrigerate until ready to eat. **Serving size:** approximately 1 1/2 cup.

44 g carbs, 9 g protein, 0 g fat/saturated fat, 271 mg calcium, 8 mg iron and 3 g fiber per serving.



November / December 2010

Medical Walk-in Open!

1800 Cooks Hill Road, Suite F
 736-3042

Hours: Noon - 10:00 p.m.
 7 days a week - closed holidays

Other Valley View Health Center Locations:

2690 NE Kresky, Chehalis
 (360) 330-9595
 Medical, Dental and Mental Health

Morton Dental
 (360) 496-5101

Onalaska (360) 978-6600
 Medical

Raymond (Pacific County)
 (360) 942-3040
 Medical and Dental

Toledo (360) 864-4400
 Medical

Winlock (360) 785-9400
 Medical

www.vvhc.org



Thank you Veterans!

We stand with you and acknowledge our Freedom isn't free. Thank you for protecting our country.

continued ?

Is the diabetic diet best for everyone? Diabetic diets are low in carbohydrates, sugar and fats which support weight loss and healthy blood sugar. The DASH (Diet Approach to Stop Hypertension) diet is recommended to millions of Americans with diabetes and others on weight loss programs. It has been proven to reduce blood pressure, reduce cholesterol and insulin sensitivity and supports weight loss. It is rich in fruits, vegetables, non-fat dairy, whole grains, lean meats, nuts and beans. This diet is also recommended by Dietary Guidelines for Americans and other national nutrition guidelines. For more information visit http://dashdiet.org/dash_diet_book.asp [google&gclid=CK_GkIWGsqQCFQH_iAodLAFV0A](http://www.google.com/search?q=dashdiet.org/dash_diet_book.asp&gclid=CK_GkIWGsqQCFQH_iAodLAFV0A)

“Time for Change” inspired by Light House Mission Ministries newsletter, Bellingham, Washington

Recipes and nutrition information source: www.seattlechildrens.org/kids-health

Our main location in Chehalis offers Medical, Dental and Behavioral Health services

Happy Holidays from all of us!



We welcome Medicare, Medicaid, the uninsured, underinsured and low-income individuals and families.
Most insurances are accepted. A sliding fee scale program also available.

See reverse side for list of Valley View Center locations
Medical Walk-In open 7 days a week at 1800 Cooks Hill Road, Suite F, Centralia

Bilingual Services available at all clinics

www.vvhc.org