

Healthcare Clinic Hours

Monday-Wednesday, Friday

8:00 a.m. to 5:00 p.m.

Thursday

9:00 a.m. to 5:00 p.m.

Phone: (334) 263-8470

Fax: (334) 263-8670

Pharmacy Hours

Monday-Wednesday, Friday

7:30 a.m. to 5:30 p.m.

Thursday

9:00 a.m. to 5:30 p.m.

Phone: (334) 263-8460

Fax: (334) 263-8660

Authors: Camille Quiles,

PharmD., BCACP



Source: https://www.cdc.gov/genomics/famhistory/knowning_not_enough.htm?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Ffeatures%2Ffamilyhealthhistory%2Findex.html

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National Family History Day

Did you know that Thanksgiving is also National Family History Day?

On a day when families gather for food, football, and togetherness, we suggest you also take the time to learn more about your family's health history. While having a family history of a disease doesn't mean you will definitely get it, knowing your risk can help you act on it.

The important first step is starting the conversation. It might not be easy. Your family members might not be used to talking about their diseases or may not want to talk at all. Just remember, you are asking not just for your own health, but for the health of everyone in your family.

If you don't know where to start, [My Family Health Portrait](#) can help! It is a free and easy to use online tool to help you collect your family health history information. You can share your information with your family members and healthcare providers.

My Family Health Portrait

- Record your family health history
- Learn about your risk for conditions
- Print & save your family health history

VISIT My Family Health Portrait

How to Collect Your Family Health History

- **Talk to your family.** Write down the names of your close relatives from both sides of the family: parents, siblings, grandparents, aunts, uncles, nieces, and nephews. Talk to them about what conditions they have or had, and at what age the conditions were first diagnosed.
- **Ask questions**, including:
 - Do you have any chronic conditions, such as heart disease, diabetes, high blood pressure, or high cholesterol?
 - Have you had any serious diseases like cancer or stroke? What type of cancer?
 - How old were you when each of these diseases or health conditions was diagnosed?
 - What is your family ancestry? From what countries or regions did your ancestors come to the US?
 - What were the causes and ages of death for relatives who have died?
- **Record the information and update it whenever you learn new family health history information.**
- **Share the information with your family members and healthcare providers.**



Tips for a Healthy Thanksgiving



1. Get Active

Eat less and exercise more is the key formula to prevent weight gain during the holidays. Create a calorie deficit by exercising to burn off extra calories before you indulge in your favorite foods. Take a walk early in the day and again after dinner. Get your family involved with a game of flag football.

2. Eat Breakfast

Eating a small meal in the morning can give you more control over your appetite. Start your day with a small but satisfying breakfast, such as an egg with a slice of whole wheat toast or a bowl of whole-grain cereal with low-fat milk. Eating a nutritious meal with protein and fiber before you arrive takes the edge off your appetite and allows you to be more selective with your choices.

3. Lighten Up

Make your recipes healthier with less fat, sugar, and calories. Use fat-free chicken broth to baste the turkey and make gravy. Use sugar substitutes in place of sugar and/or fruit purees, like applesauce, instead of oil in baked goods. Reduce oil and butter wherever you can. Try plain yogurt or fat-free sour cream in creamy dips, mashed potatoes, and casseroles.

4. Watch your Portions

Before you fill your plate, survey the buffet table and decide what you're going to choose. Select reasonably-sized portions of food. Don't waste your calories on foods you can have all year long. Fill your plate with small portions of holiday favorites that only come once a year. White turkey meat, plain vegetables, roasted sweet potatoes, mashed potatoes, thin gravy, and pumpkin pie tend to be the best options as they are lower in fat and calories.

5. Skip the Seconds

Resist the temptation to go back for seconds. If you limit yourself to one plate, you are less likely to overeat and have more room for dessert. Leftovers tend to be much better the next day.

6. Slowly Savor

Eating slowly, putting your fork down between bites, and savoring each bite are some of the easiest ways to enjoy your meal and feel satisfied with one plate of food. Choose items with lots of water and fiber, like whole grains, broth-based soups, salads, and vegetables, to help you feel full after the meal.

7. Go Easy on the Alcohol and Other Sugar-Sweetened Beverages

Keep in mind that calories from alcoholic drinks and other sugar-sweetened beverages can add up quickly. In between drinks, consume plain or sparkling water, to help you stay hydrated and not add extra calories to your meal.

8. Focus on Family and Friends

Thanksgiving is not just about the delicious bounty of food. It is a time to celebrate relationships with family and friends. Instead of focusing on what's on the table, socialize and spend quality time with family and friends.

A Healthier, Fresher Green Bean Casserole



Source: <https://www.cookinglight.com/recipes/green-bean-casserole>

This classic casserole is given an upgrade by swapping sodium-heavy canned soup for a rich homemade mushroom sauce.

Yield Serves 4 (serving size: 1 cup)

Ingredients

12 ounces French green beans	2 tablespoons canola oil
3 cups sliced fresh mushrooms	½ cup chopped onion
1 tablespoon all-purpose flour	1 cup unsalted chicken stock
2 tablespoons heavy cream	½ teaspoon black pepper
¼ teaspoon kosher salt	¼ cup whole-wheat panko
3 tablespoons grated Parmesan cheese	Cooking spray

How to Make It

- Trim and blanch green beans; place in an 11- x 7-inch baking dish.
 - To blanch green beans, cook them in boiling water for 2 minutes, and immediately transfer to an ice bath to cool and stop the cooking process.
- Heat canola oil in a large skillet over medium-high.
- Add sliced fresh mushrooms and chopped onion; cook until browned, 6 to 8 minutes.
- Add all-purpose flour; cook, stirring constantly, 1 minute.
- Add unsalted chicken stock, heavy cream, black pepper, and kosher salt; cook, stirring, until thick and smooth, 1 to 3 minutes.
- Spoon over green beans; sprinkle with whole-wheat panko and grated Parmesan cheese.
- Spray with cooking spray; broil until golden brown, 1 to 2 minutes.

Nutritional Information:

•Calories 171 •Fat 11g •Saturated Fat 3g •Unsaturated Fat 7g •Protein 6g •Carbohydrate 16g •Fiber 4g •Sugars 5g
•Added sugars 0g •Sodium 254mg •Calcium 7% DV •Potassium 11% DV



State Wellness Center
101 S. Union Street
Montgomery, AL 36104

The State Wellness Center and Pharmacy is a healthcare facility conveniently located in downtown Montgomery offering a variety of services to state and local government employees and their covered dependents, ages 12 and older. Our mission is to provide a convenient, economical source of urgent care and preventative care services when you are unable to see your primary healthcare provider. Our team of medical professionals is dedicated to providing the highest quality of care and excellent service while also encouraging a continued relationship with your own personal physician.

State Wellness Center Services

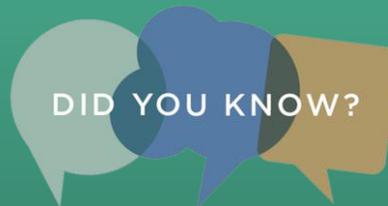
- Treat minor illnesses
- Provide health education & monitoring
- Check health progress between appointments
- Share information with your physician
- Monitor efficacy & safety of every medication
- Evaluate out-of-pocket medication expense
- Smoking cessation & weight loss services
- Diabetes education program
- Anticoagulation monitoring services
- Immunizations & injectable medications administration
- Develop a personalized medication plan
- Monitor control of chronic illnesses
- Medication check-ups
- Medication therapy management
- Sports physicals (ages 12 and up)

CALL FOR AN
APPOINTMENT TODAY!
(334) 263-8470

State Wellness Center and Pharmacy

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With your SEHIP insurance you can fill specialty drugs locally in Montgomery at SEIB Pharmacy. You can pickup at our pharmacy or have it scheduled to be delivered to your State Office in Montgomery. Whether you are just starting a specialty medication or are currently taking one, we can help you!

Contact a member of our pharmacy team at 334-263-8460.

References:

1. https://www.cdc.gov/genomics/famhistory/knowning_not_enough.htm?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Ffeatures%2Ffamilyhealthhistory%2Findex.html
2. <https://healthplans.providence.org/fittogether/find-your-fit/prevention/preventative-care/thanksgiving-is-national-family-history-day/>
3. <https://www.medicalwesthospital.org/9-tips-for-a-healthy-thanksgiving.php>
4. <https://www.webmd.com/diet/features/10-tips-for-a-thinner-thanksgiving#2>
5. <https://www.cookinglight.com/recipes/green-bean-casserole>