



AUGUST- OCTOBER 2020
**QUARTERLY
NEWSLETTER**
EDITION I

What Is Grow Well?

Chelcie Oseni, MBA, BSN, RN

Grow Well TN is a West Tennessee Rural Health Delta Initiative funded by the Federal Office of Rural Health Policy of the Health Resources and Services Administration. Grow Well serves the 18 rural West Tennessee counties and focuses on programs to address needs identified by providers and residents of the region including school-based health services to proactively prevent obesity and address behavioral health among at-risk children, care coordination, chronic disease self-management, access to affordable medicines, access to medical specialists, and transportation assistance. The target population for Grow Well TN is adults and children in rural communities throughout the region who are at risk for obesity or those who have chronic conditions such as diabetes, cardiovascular disease, and cancer. (See more on page 2)

Featured:

- What is Grow Well?
- COVID-19 Resources
- Back To School: Why Pediatricians are Advocating for a Safe Return to School
- Recipe: Healthy Cinnamon Apples
- FALL-ing For Autumn Produce
- Gratitude: More Than a Positive Personal Trait

What Is Grow Well? (cont.)

Chelcie Oseni, MBA, BSN, RN

The primary partners of the Grow Well TN Consortium are Paris-Henry County Healthcare Foundation and Henry County Medical Center, Le Bonheur Children's Community Outreach, and Hardeman County Community Health Center. The new initiative focuses for the 2020-2023 grant cycle include navigating the delivery of traditional programs in new and innovative ways, exploring telehealth options for providers and patients, and an emphasis on evidence-based health education for children and adults. Grow Well TN meets quarterly and regularly participates in community meetings and events throughout the region. If you would like more information or to be involved, visit growwelltn.org or find us on Facebook!

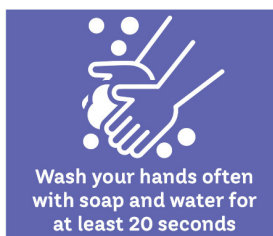


Scan here for resources and information on COVID-19:

- posters
- podcasts
- blogs
- flyers
- Le Bonheur's Back to School Task Force recommendations
- and more!

COVID-19 (also known as Coronavirus)

What you can do



Healthy Tip:

Aim for 60 minutes of exercise each day!



The best healthy
CINNAMON APPLES

**QUICK, EASY, & READY TO EAT
IN LESS THAN 5 MINUTES!**

Ingredients:

- 1 red apple (Fuji or Gala), chopped
- 1 teaspoon of cinnamon
- 1 tablespoon of brown sugar Swerve (or other sugar substitute like Splenda)
- 1 teaspoon of butter
- 1 teaspoon of honey

Directions:

Chop the apple into chunks and place in microwavable bowl. Add cinnamon, sugar substitute, honey, and butter. Microwave for 1-2 minutes, stirring every 30 seconds, until apples are soft.

Serve by itself or with a dollop of ice cream on top! Enjoy!






Apples	Ginger	Peas
Bananas	Grapes	Pineapples
Beets	Green Beans	Potatoes
Bell Peppers	Kale	Pumpkin
Broccoli	Kiwifruit	Radishes
Brussels Sprouts	Lemons	Raspberries
Cabbage	Lettuce	Rutabagas
Carrots	Limes	Spinach
Cauliflower	Mangos	Sweet Potatoes & Yams
Celery	Mushrooms	Swiss Chard
Collard Greens	Onions	Turnips
Cranberries	Parsnips	Winter Squash
Garlic	Pears	

snaped.fns.usda.gov



Why Pediatricians are Advocating for the Safe Return to School

The American Academy of Pediatrics (AAP) recently released guidelines and planning considerations for safe re-opening of schools, advocating for “physical” presence in classrooms. The AAP emphasized not only the importance of education, but of the myriad support services schools provide for children and families. Health experts at Le Bonheur Children’s Hospital agree that a safe return to school is a priority for the health of all children and have formed a task force in partnership with The University of Tennessee Health Science Center to help local school officials implement safe strategies for re-entry and to support those parents who decide to educate their children virtually. Le Bonheur Developmental Pediatrician Toni Whitaker, MD, who is serving on the schools task force, summarizes the reasoning behind the AAP’s push for re-opening.

-  **1. Schools are fundamental to child and adolescent development.** Beyond academic instruction, children learn social and emotional skills and have access to reliable nutrition, physical/speech therapy, mental health support, the Internet and opportunities for physical activity while at school.
-  **2. Schools play a critical role in addressing racial and social inequity.** School closings this spring disproportionately affected children of different races, ethnicities and socio-economic statuses.
-  **3. While the positive impacts of in-person learning are well-documented, there is mounting evidence of negative impacts on children due to school closures.** This “unseen” impact on children’s health includes increased social isolation, learning deficits, child and adolescent physical or sexual abuse, substance abuse, depression and suicidal ideation. School supportive services are critical in identifying these issues in children and preventing further harm.
- 4. Safe return is critical** and will require teamwork. The AAP and CDC offer additional guidance for considerations for personal and environmental prevention practices to minimize risk to students, staff and families.

The AAP’s recommendations acknowledge that our understanding of the novel coronavirus (COVID-19) is rapidly changing, and there is no “one size, fits all” solution for kids and families. Our community must come together to support children, families and our educators during this uncertain time. Each school, each child, and each family has different needs that must be taken into account as school systems carefully plan for safe re-entry. At Le Bonheur, our number one priority is the health and well-being of all children, and we understand the important responsibility we bear in helping to inform educational institutions and parents of the best practices and standards to ensure a safe transition back to formal learning.

Toni Whitaker, MD, Division Chief of Le Bonheur Developmental Pediatrics and Professor of Pediatrics at the University of Tennessee Health Science Center



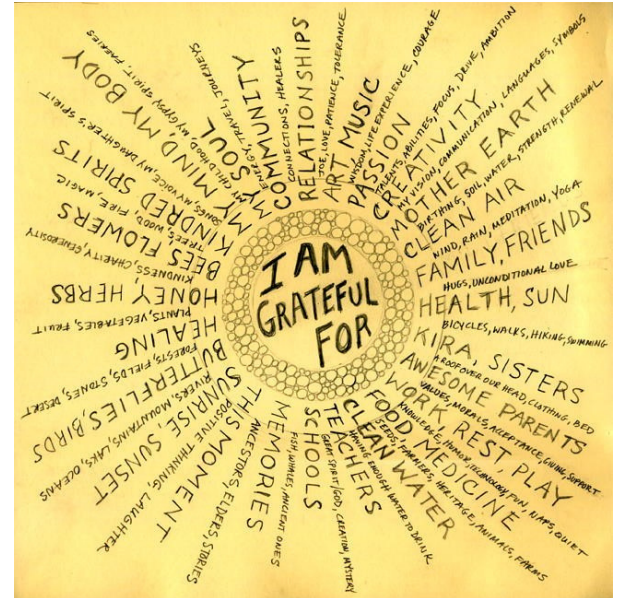
Healthy Tip:

Sleep is **still** important in the summer. Aim for 8 hours each night.



Gratitude: More Than a Positive Personal Trait

Meghan Larson, LCSW, Community Health Counselor
 Have you ever considered what contributes the most to a person's mental wellness? According to researchers, gratitude is the most powerful predictor of psychological well-being and a protective factor against stress and depression. Gratitude has been defined as appreciating positive aspects of life, being thankful, or a readiness to show appreciation. In addition to positive mental and physical health benefits, gratitude can also help us manage very challenging times, lower levels of anxiety, open the door to new relationships, increase our sensitivity and empathy toward others, and even improve sleep.



Dr. Brene Brown discovered in her research that it's not just a person's feelings of joy or happiness alone, but the practice of gratitude that contributes to well-being. When practicing gratitude we train our brain to notice positive thoughts and emotions. Some good suggestions of ways to practice gratitude include journaling about what you're grateful for, sharing out-loud about what you're grateful for during a meal with others, volunteering, creating a gratitude wall at home or work, and writing a thank you note. So, if you're wanting to invite more joy into your life and grow your mental wellness, find some practical ways to express your gratitude.

“It's not joy that makes us grateful; it is gratitude that makes us joyful.”

-David Steindl-Rast, Catholic Benedictine Monk

- Resources:
- Brown, B. (2012). On joy and gratitude. <https://www.youtube.com/watch?v=2ljSHUc7TXM>
 - Kapil, R. (2019). Being grateful can improve your mental health. National Council for Behavioral Health. <https://www.mentalhealthfirstaid.org/2019/11/being-grateful-can-improve-your-mental-health/>
 - Kardas, F., Cam, Z., Eskisu, M., Gelibolu, S. (2019). Gratitude, hope, optimism, and life satisfaction as predictors of psychological well-being. Eurasian Journal of Educational Research, 82, 81-100.
 - Morin, A. (2015). 7 scientifically proven benefits of gratitude. Psychology Today. <https://www.psychologytoday.com/us/blog/what-mentally-strong-people-dont-do/201504/7-scientifically-proven-benefits-gratitude>

GrowWell Partners

**HIC HENRY COUNTY
MIC MEDICAL CENTER**

Le Bonheur
Children's Hospital

 **HARDEAMAN COUNTY
COMMUNITY HEALTH CENTER**

 **PARIS AND HENRY COUNTY
HEALTHCARE FOUNDATION INC.**

For more information,
visit www.growwelltn.org