Kennebunk Healthy Times

A Quarterly E-Newsletter

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Congratulations to Kennebunk's Community Champion!

HEALTHY MAINE STREETS
Where wellness works

Ahmed Ciangiulli was recognized by Molina Medicaid Solutions for his efforts in creating healthy opportunities for business and the community by naming him an official honoree at its third annual Community Champions Award ceremony in Augusta. The Community Champions program celebrates community members and partners "who work together to care for society's most vulnerable individuals," according to the award press release. Each candidate across Maine is nominated by a community-based organization. Ciangiulli was nominated by Kennebunk's chapter of Healthy Maine Streets — a program launched by the Maine Downtown Center, a subset of the Maine Development Foundation. The aim for Healthy Maine Streets is to facilitate healthy lifestyles at the workplace by connecting local businesses with creative opportunities to stay healthy. "Healthy people build downtown vitality, fuel economic growth and strengthen our quality of place for future generations," according to the website. Ahmed's dedication and commitment have made Kennebunk a healthier place to live and for that we commend him," said Peter Gray, executive account manager of Molina Medicaid Solutions in Maine through the outlet of Healthy Maine Streets, in addition to visiting multiple downtown businesses to promote general lifestyle wellness (healthier food suggestions, tobacco-free lifestyle, etc.), Ciangiulli has started an early morning walking group. He has also created a walking map for the downtown community, which helps residents gauge mileage. "Ciangiulli has changed the culture of health in downtown Kennebunk to one where health is kept at the forefront," reads the release.

Ciangiulli was also awarded $1,000 to give to a non-profit of his choice, which was the Neuroscience Institute at Maine Medical Center.

Congratulations Ahmed!

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Move to Win! It's not too late to sign up!

Following the success of Walk to Win, Healthy Kennebunk presents Move To Win. Participants who log in every week with the most steps will be eligible to receive prizes. View Walk to Win photos of previous participants which included local business employees as well as Town staff.

FMI:
www.kennebunkmaine.us/healthymainestreet or call
207-985—2102 x 1341

The Waterhouse Center is now open!

As you may already know, the Waterhouse Center officially opened on October 11, 2014 during Kennebunk's Harvest Fest Celebration. There was a great turnout and everyone was excited knowing that this space will be a true community space.

The Waterhouse Youth Endowment which was made possible by generous donors Geraldine Waterhouse and granddaughter Paige Schroeder will create healthy activities and programming for Youth and Families at the Waterhouse Center indefinitely. Many activities have already taken place and are being planned. Local businesses are also benefitting from the additional foot traffic generated by this venue. So far, the Waterhouse Center has hosted:

- Harvest Fest
- Victory Dance, a joint effort by the Town and Brick Store Museum
- Free Ice Skating including Skate Swaps
- Tree Lighting

and many more events planned…

FMI:
www.kennebunkmaine.us/wc

The WORST breakfast foods by Fitness Nuthouse's Daryl Conant, M.Ed.

* Orange Juice * Most Cereals
* Bananas * White enriched bleached (muffins of any kind) * Pancakes
* Waffles * Smoothies with fruit, skim milk, juices etc…* Rice Cakes * White Bread *
Fruit Cocktail * Yogurt with sugar * Coffee

Fruit sugar requires little or no enzymatic reaction before absorption. Complex carbohydrates require enzymes such as salivary amylase, pancreatic amylase and maltose for digestion. What this means is that complex carbohydrates take longer to breakdown and absorb into the bloodstream. Simple sugar like Fruit sugar bypass enzymatic breakdown and enter into the bloodstream at a very fast rate. Once the blood sugar levels rise over 140 mg dL insulin is released to clear out the sugar. If a person exercises and has burned off glycogen stores within the muscle, some of the extra blood sugar will get absorbed by the muscle. If the muscles are not depleted of glycogen, then the extra sugar will get stored into fat cells. Nutrition doesn't cause a person to "lose weight", proper nutrition helps restore the proper nutrient synthesis to the systems of the body that are working at a high rate to keep up with the energy being displaced. Nutrients help support the metabolic processes of the body. Losing weight requires a shift in the metabolic processes of the body, usually increased by exercising muscle tissue to help create a thermogenic effect. In addition, losing weight doesn't always mean a good thing. If a person "loses weight" they could be losing muscle tissue as opposed to losing fat. The important factor is knowing how much fat is being metabolized from fat cells while maintaining or increasing muscle activity. The best way to maintain body weight is to limit the intake of foods that cause a spike in insulin. All the foods that I mentioned have been researched and proven to cause insulin spikes within a very short time of ingestion.

Daryl Conant, M.Ed.

Worksite Wellness. Community Leadership. Downtown Vitality.

Healthy Maine Streets focuses on several goals including but not limited to: smoking cessation, nutrition, physical activity and overall worksite wellness. Click on each box for information that benefits not only those in the workplace but everyone in the community. ***FMI: 985-2102 X1341***

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Healthy Kennebunk

We're online at
www.kennebunkmaine.us/
healthymainestreets

Fitness Tips for the Winter

- Dress in layers
- Hydrate Properly
- Stay Alert and Dress for Defense
- Beware of Frostbite & Hypothermia
- Stay the Course!

To read full article click here or go to:
www.theheartofnewengland.com

Duffy's 5k Run/Walk participants dressed warm on that cold day.

Thanks to our sponsors!!!

CUT RECIPES AND TAPE TO FRIDGE OR INSERT INTO YOUR WALLET FOR SHOPPING

Comfort Food Dinner Ideas

RED HOT FUSILLI *from Bethanie Cardner of the Water District*

Ingredients:
1 TBSP Olive Oil
4 Cloves Garlic
¼ Cup Dried Parsley
28 Oz Can Petite Cut Tomato
2 tsp Dried Basil
2 tsp Dried Oregano
¼ tsp Crushed Red Pepper
16 Oz Boneless Skinless Chicken Breast
2 Cups Cooked Pasta

Sauté the olive oil, garlic, parsley, basil, oregano and pepper until golden brown. Add tomatoes bring to a boil and let simmer for about ½ hour. While tomatoes are simmering cut chicken into bite size pieces. Add the small pieces of chicken to the sauce and let cook for 5 to 10 minutes, or until chicken is cooked completely. Serve over pasta.

SOUP TIME!

Ingredients:
1 med. butternut squash, peeled & diced
2 cup soy milk
2 14.5-oz. cans diced tomatoes
1 to 2 teaspoon salt (to taste)
1 tablespoon fresh ginger, grated

Place squash in saucepan with soy milk. Simmer until squash is soft. Add 1 can diced tomatoes & puree with squash. Add second can of diced tomatoes, leaving in chunks. Heat; add salt & ginger. Serve warm, garnished with croutons & sliced scallions.

PRESSED FOR TIME?

TOMATO BROCCOLI

Ingredients:
1 bunch broccoli, chopped
1 dozen cherry tomatoes, quartered
3 tablespoons minced parsley
2 tablespoons chopped chives
salt, to taste

Into a microwaveable lunch container, add broccoli until the box is almost full. Put tomatoes on top.. Add parsley, chives, and salt. Do not mix! Mix, then microwave for 8 minutes for soft broccoli, or 6 minutes for crunchier broccoli.

News from your Downtown Committee

Would you like to join the Downtown Committee?

- Linda Johnson, Chair
- Ahmed Ciangiulli
- Sylvia Cavanaugh
- David Cluff
- Haven W. Andrews, Jr.
- Tucker Smith
- Arlene L. Salvati
- Judith Stark, Alt.
- **Vacant, Alt.**
- Albert Searles, Selectman Liaison

There is a vacancy. If you are interested in serving as a member, click here to download a Volunteer Form or fill one on-line.

Downtown Committee Meetings

1st Thursday of every month at 8 a.m.

Town Hall, 3rd floor

Open to Everyone!

Agendas

Save the dates!

December 13th—

Santa is coming to the Village (Shopper's Village)

"Pick Your Path" - Walks you can do locally whether you have 5 or 45 minutes!

"The Healthy Corner Booth" will be present at every town sponsored event offering wellness tips for all ages.

And many events planned at the Waterhouse Center !

Downtown Appreciation Program

On March 7, 2013, the Downtown Committee started a Downtown Appreciation Program. Each week members of the Downtown Committee present a local business with an appreciative floral arrangement thanking them for being a part of the Kennebunk community and for all that they do. Special thanks to Downeast Flowers & Gifts for making the arrangements. Recent visits made to: Hancock Lumber, Old House Parts, Kennebunk Savings Bank Financial Center, Bob's Auto Body, Maine Legal, Norway Savings, Nature's Gifts and Dietz & Associates. To read about who else has received a visit click here.

We need you!

- **We need more Volunteers to help with Winterfest. Please call 207-985-2102 x1641**
- **Do you have old photos and stories of Downtown you would like to share?**
- **Shop Local!**

Did you know

that within walking distance in Downtown you have access to: Two museums, a bookstore, a health food store, two bakeries, pet supply and services, two barbers, hair salons, an arts venue, frame shop and access to banks, lawyers and realtors? You can run all your errands without having to move your car!