



# Healthy South Chicago News

Living Healthy In South Chicago

## Welcome to the Autumn issue!

### Letter from the Coordinator

I hope everyone had a great summer! The Healthy South Chicago Coalition (HSC) members have been very busy these past few months connecting the dots between organizations throughout the Greater South Chicago community. For example, the Chicago Department of Public Health recently issued a Public Health Alert for "Lucas" brand candies that contain unacceptably high levels of lead. Lead is a heavy metal that can poison even in small amounts and is particularly hazardous to children's health. In response to this, Neil Bosanko, Director of the South Chicago Chamber of Commerce, conducted site visits to over 42 grocery stores to investigate whether or not stores were still selling these products. Stores that refused to remove the candy were referred for immediate investigation to the Chicago Department of Public Health. Recently, Neil Bosanko reported that all the candy had been removed from the grocery stores.

The Southeast Senior Coalition, in collaboration with Julia Lopez, from the Villa Guadalupe, is spearheading a campaign to bring a fully operational senior center to the southeast side of Chicago. The senior center will address the needs of over 30,000 seniors.

The South Chicago Clinic/Chicago Department of Public Health held its first health fair on August 31, 2004; over 200 people attended. Thanks to Ninfa Molina and her team, the health fair was a great success.

On September 21, the South Chicago TIF Housing Task Force, chaired by Michelle Turner, met at St. Michael's school hall. Over 90 residents came out to discuss their issues and concerns about the USX development.

Coming soon! The HSC Family & Friends Cookbook, please submit recipes by **October 15**. The Southeast Chicago Anti-Gang Initiative is planning its second teen conference for November 5th.

These are just a few of the endeavors that Healthy South Chicago is involved in. Please join us in taking a proactive role in your community, today!

*With open arms,*

*Dinah Ramirez R.N., Project Coordinator*

773-719-3427

*Healthysouthchicago@yahoo.com*

## What is Healthy South Chicago?

Starting in August 2001, with the assistance of the Chicago Department of Public Health, Healthy South Chicago undertook a planning process to identify public health resources and gaps in the community. Healthy South Chicago is a coalition made up of community residents, local service providers, agencies, organizations and others interested in the public health of the South Chicago community area.

Based on community input, needs assessments, and the availability of local resources, the coalition identified key areas of concern. Coalition members developed strategies to

address the identified issues, and have now collaborated and formed new linkages to accomplish their goals.

To address the identified issues, the coalition formed work groups focusing on four key areas:

- 1) Facilitating access to health care; 2) Promoting healthy behaviors; 3) Fostering a positive community environment; and 4) Supporting community development.

Become part of one of these action areas today!

Oct —Dec 2004

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### TGIF:

**Free exercise classes every**

**Friday!**

- Villa Guadalupe Center, 3021 E. 91st St. 9—10 am
- Russell Square Park, 3045 E. 83rd St., 12—1 pm
- For more information call Yolanda Vasquez at 312-745-1640



## Healthy Food of the Month



Healthy South Chicago has been providing delicious food samplings at local area grocery stores to promote our Healthy Food of the Month Campaign. You may have seen us at the Back to School Rally this year giving away kiwi lemonade, beet and cucumber salad and of course our specialty – pico de gallo with nopales (cactus dip) and veggie chips. **Watch for us at community grocery stores.**

### Watch for us!

Find us at the following neighborhood grocery stores – La Fruteria, Del Rey and Supermercado El Guerro. We distribute the nutritional values for each food along with recipes that you can try at home.

### Autumn Foods of the Month

*Oct: Winter Squash*

*Nov: Sweet Potatoes*

*Dec: Cranberries*

Call Dinah at 719-3427 for more information.

**Winter Squash** The yellow or orange flesh of winter squashes is darker than that of the summer varieties, and it is more nutritious, richer in complex carbohydrates, and in many cases, richer in beta-carotene. Some types such as Hubbard and butternut squash contain enough beta-carotene to supply almost 150% of the Daily Value for vitamin A in 1 cup of cooked squash. Winter squashes are almost always cooked, but only the flesh is eaten. Some winter squashes, particularly acorn, are in good supply year-round. *Calories 98, Carbs 26g*

*Vitamin C 27mg*

**Sweet Potatoes** are among the most nutritious of vegetables. Their bright color is a key to their high beta-carotene content. Eaten with the skin, a baked sweet potato is an excellent fiber source (about half of which is soluble). These naturally sweet treats supply substantial amounts of vitamins C and B6, and manganese, as well as a small amount of potassium. Sweet potatoes are grown mainly in California, Louisiana, and New Jersey and are sold throughout the year, but are most abundant in the fall and early winter. *Calories 117, Carbs 28 g, Vitamin C 28mg, Vitamin B6 .3 mg, Dietary Fiber 3.4 g*

**Cranberries** The health focus on cranberries of late has been on their apparent effect in preventing urinary tract infections. Researchers are not sure of the precise mechanism. Cranberries, like a number of other berries, also contain ellagic acid, a cancer-fighting phytochemical. Cranberries are too tart to eat raw or in any unsweetened form, but they can be combined with sweeter fruits, such as apples or pears, so that very little additional sugar is needed. Dried cranberries (sometimes called craisins), which are usually sweetened, can be substituted for raisins or other dried fruits in compotes, cookies, and muffins. *Cal 47, Carbs 12g, Vit C 13 mg*

## Recipe: Sautéed Winter Squash



Butternut and Hubbard squash have the greatest amount of beta-carotene of the commonly available varieties of winter squash.

### Ingredients:

- 1/3 cup golden raisins
- 1/2 cup hot water
- 2 teaspoons olive oil
- 1 medium red onion, cut into 1/2 chunks

- 1/4 cup white wine
- 2 tablespoons red wine vinegar
- 1 tablespoon sugar

In small bowl, combine raisins and hot water; set aside to soften. In large nonstick skillet, heat oil over medium heat. Add onion and garlic, and cook, stirring frequently, until onion has colored, about 7 minutes. Add squash and cook, stirring often, until squash begins to color, about 5 minutes. Add raisins and their soak-

ing liquid, wine, vinegar and sugar. Bring to a simmer, cover and cook until vegetables are tender, about 10 minutes.

### Nutritional Informational

**Per serving:** 164 calories, 2.5g total fat, 1.7g monounsaturated fat, 0.2g polyunsaturated fat, 1.3g dietary fiber, 3g protein, 34g carbohydrate, 13 mg sodium

# Community Calendar

If you are interested in participating in a Healthy South Chicago meeting please call 773-719-3427 or e-mail healthysouthchicago@yahoo.com for the next meeting date. Everyone is welcome!

- Coalition meets quarterly
- Action Area meetings occur monthly:
  - Action Area I Access to Care
  - Action Area II Healthy Behaviors
  - Action Area III Community Environment and Development
  -
- **Other community meetings**
  - Commercial TIF, S. Chicago Library, 91st and Houston, 6-7:30 pm, 2nd Thursday every month
  - Bush Block clubs, rotating community sites, 6-7:30 pm, 2nd Friday every month
  - South Chicago TIF, S. Chicago Library, 91st and Houston, 6-7:30 pm, 3rd Tuesday every month
  - CAPS Beat 424, Our Lady of Guadalupe Church, 91st and Brandon, 7-8 pm, 3rd Wednesday every month
  - CAPS Beat 423 Immaculate Conception Church, 87th and Commercial, 7-8 pm, 3rd Thursday every month

## Organizations to Watch: South Shore Hospital and El Valor

**South Shore Hospital** is known for delivering high-quality care since its founding in 1912.

South Shore Hospital is an acute care, 170-bed facility with a full range of services to meet the primary healthcare needs of the community.

They are committed to serving the community and provide quality medical care for the whole family. Appropriate care is provided to their patients, regardless of race, color, creed, and financial status.

South Shore Hospital's reputation is based on the dedication of its physicians and caring professional and support staffs.

They offer:

- Physicians, nurses and professional staff;
- Complete primary care services, from routine check-ups and preventive care at five affiliated neighborhood clinics and affiliated physicians

To find out more about their services or where the clinics are located, call 773-768-0810.

**El Valor** is a multicultural, multipurpose organization with a mission that reaches thousands of families throughout Chicago.

Their mission is to support and challenge urban families to achieve excellence and participate fully in commu-

nity life. El Valor seeks to enrich and empower people with disabilities, the disadvantaged and underserved.

El Valor is working to build stronger, more inclusive communities by supporting adults with disabilities, promoting early child development, enriching youth, strengthening families and encouraging leadership.

To find out more information about their South Chicago programs contact:

*Rey Gonzalez Children & Family Center  
3050 E. 92nd Street  
Chicago, IL 60617  
Phone: 773-721-9311*

## YOU ARE HEALTHY SOUTH CHICAGO! BECOME A MEMBER TODAY!

Healthy South Chicago Coalition

Phone: 773-719-3427

Fax: 773-768-3033

healthysouthchicago@yahoo.com



### ***There are many benefits to participating and becoming a coalition member***

- To create a healthy community
- To improve the quality of life for South Chicago residents
- To join forces with other community residents, agencies, and organizations
- To influence health policy and resource distribution in your community
- To make your voice heard

### ***What does it take to be a member?***

- Contact us
- Tell us what you are interested in
- Come to an orientation
- Join a working team

Call Dinah Ramirez @ 773-719-3427,

or e-mail [healthysouthchicago@yahoo.com](mailto:healthysouthchicago@yahoo.com)

## ***Did you know?***

### ***Health Topic: Overview of Prostate Problems by Paul Sieber, MD***

Prostate problems are common in men age 50 and older. Sometimes men feel symptoms themselves, or sometimes their doctors find prostate problems during routine exams.

There are many different kinds of prostate problems. Many don't involve cancer, but some do. Treatments vary but prostate problems can often be treated without affecting sexual function.

There are several common prostate problems including: **Acute prostatitis, chronic prostatitis, benign prostatic hyperplasia.**

**Acute prostatitis** is an infection of the prostate caused by bacteria. It usually starts fast and can cause fever, chills or

pain in the lower back and between the legs. It also can cause pain when you urinate.

**Chronic prostatitis** is a prostate infection that keeps coming back time after time. Symptoms may be milder than in acute prostatitis, but they can last longer.

**Benign prostatic hyperplasia** is the term used to describe an enlarged prostate, and is common in older men. Over time, an enlarged prostate may block the urethra, making it hard to urinate. It may cause dribbling after you urinate or a frequent urge to urinate, especially at night.

Signs of prostate problems include:

- Frequent urge to urinate
- Blood in urine or semen
- Painful or difficulty in urinating
- Difficulty in having an erection
- Painful ejaculation
- Frequent pain or stiffness in lower back, hips or upper thighs
- Inability to urinate
- Dribbling of urine

If you have any of these symptoms, see your doctor right away to find out if you need treatment.

For more information visit the following websites:

<http://www.nci.nih.gov>

<http://www.niddk.nih.gov/health/kidney/nkudic.htm>