



Health Mentors Program Newsletter

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HMP Newsletter Editors:

Couple & Family Therapy

Student:

Elizabeth O. Adewale

Medical Students:

Mica Kane

Benjamin Meyers

Anjithaa Radakrishnan

Nursing Students:

Amanda Ogg

Deborah Shamilov

Occupational Therapy Students:

Samantha Burke

Madeleine Clements

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Dear Health Mentors,

By Amanda Ogg

When Punxsutawney Phil predicted that we would endure six more weeks of winter, I don't think any of us thought it would take quite this long to arrive at some springtime weather that would last! My hope for everyone is that when you find yourself reading this edition of the newsletter, the sun is shining brilliantly.

Since the New Year, our students have been paying visits to our Health Mentors in their homes. Thank you, Mentors! Being able to visit you in your communities gives us students valuable perspective on how our patient populations manage health issues outside of the clinical setting, which is the only area most of us will ever see you once we are in practice.

Some of you are seasoned veterans of the in-home visits and the program in general, but for those of you who are new to it, we hope that it was a good experience for you! Positive word of mouth exposure about our program is the best marketing tool, and we are always looking for more mentors to join our program.

As we break for summer, we wish you all a happy and healthy one. Many thanks to the students and staff, as well as our wonderful mentors, for making this program what it is.

Best wishes,

Amanda Ogg & the HMP Newsletter Editor Team

Whole Grain Foods, Compared by Price

By Benjamin Meyers

Menus and grocery stores advertise the buzzwords everywhere: Low carbohydrate! Whole grain! These foods can help keep down weight and blood sugar, compared to foods like sweet cereals and white breads.

"I use whole grain. I use brown rice so that I'm using the fiber," says Rafael Nathan, a mentor who has diabetes and high blood pressure. He loves to cook. "But I don't look at the food labels too much because I'm on a limited income."



So what do all these buzzwords mean? And which alternatives are worth the switch without being more expensive?

What are Carbohydrates, Whole Grain, and Fiber?

Starchy or sweet foods like bread, cereal, pasta, and potatoes are loaded with carbohydrates.

"Carbohydrates have the biggest impact on your blood sugar levels. More than protein and fat," says Emily Rubin, a Clinical Dietician at Jefferson. "Milk, yogurt, fruit, and juice—all those contain carbohydrates, too."

Whole Grain means that farmers kept the husk on wheat, corn, or rice—kind of like keeping the skin on a fruit. On the other hand, white flour and white rice have the husk totally removed.

The husk has fiber, an important nutrient. "Fiber helps when you're eating so that the food doesn't give you as much sugar content," Mr. Nathan says.

"Choose high-fiber carbohydrates that contain greater than 4 grams of fiber per serving," suggests Rubin.



Some brands remove more husk than others or add sugar. For example, if your brown rice only has 2 grams of fiber per serving, then it may not be a huge improvement over the white version. You might focus on another brand or whole-wheat pasta instead.

"The 100% whole wheat flour doesn't rise as well," Nathan says. He admits he often splits his white flour 50/50 with whole wheat when he bakes. Every little bit helps!

"Remember—I tell my patients—it is not what you eat, it is how much and how often," Rubin, the dietician, says.

"Restriction doesn't work. Balance and moderation is key."

<u>Grain</u>	<u>Price Per Pound</u>	<u>Fiber Per Serving, in grams</u>
White Bread	\$1 per loaf	1 / slice
Whole Wheat Bread	\$2 – 4 per loaf	2 - 4 / slice
White Pasta	\$1	2
Whole Wheat Pasta	\$1.30	5
White Rice	\$1*	1
Brown Rice	\$1.50*	2 - 4
Barley	\$1.50	2 - 5
Lentils	\$1.50	7**
Oats	\$1.50*	4

*White rice, brown rice, and oats can be cheaper in larger packages.

**Lentils also have 7 grams of protein. Protein is digested slower than carbs, and helps us feel full.

Health Mentor Reflections

By Samantha Burke

The Health Mentors Program is a win-win! While mentors can feel good about the value they are contributing to future health professionals' education, students benefit from the meaningful interactions and the inclusion of patient perspective. Following are some comments from our mentors about their experiences.

"The Health Mentors Program enables me to connect with both future health professionals and other disabled people. We are in a unique position to present the challenges experienced by the disabled community to those who will be caring for us. The best part is the home visit. I really enjoy showing the students my home's modifications and interacting on an informal basis."

- *Chris T.*

"It has been a privilege to be part of the Health Mentors Program for the past 6 years. I wish it was incorporated in all medical universities. There is a special connection that happens when I meet with these students that fosters good communication and listening skills in a warm, trusting atmosphere that they can bring with them in their future professions. I love sharing myself with the students knowing that I have contributed to their professional growth."

- *Joan H.*

"I think it's a good program because you get to meet people like me! If you are going into a health care profession, it is important that you know about people with all types of disabilities. People working in *any* medical profession should be knowledgeable about disease, medications, and those medications' side effects, including those they think they already know about. You can't treat all people with a certain disability the same way - everyone is unique and it's important to get to know the individual. You have to be willing to keep learning."

- *Jennifer B.*

What the students are saying about HMP

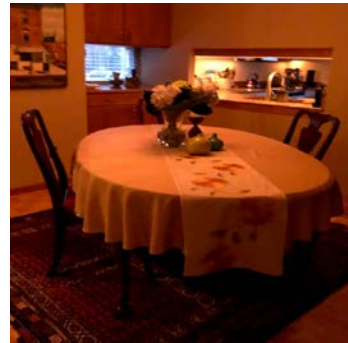
By Elizabeth Adewale

"Now that I am well into the first year of the program, I am so happy that our university provides something like the Health Mentors Program! At first, I admit that I was hesitant to being a part of it, and I was really trying to see its significance; now, though, I appreciate it because I can see how it will be useful in the future. Perhaps one thing that I have been seeing is the fact that different fields see different things; what I see from my MFT mindset is completely different from what the OT sees! It's a no brainer, but I am learning the importance of seeing a client from a holistic perspective! I appreciate the opportunity and I am sure that it will definitely help me out in the future!"

-E.A.
CFT Student

"The Health Mentors Program allowed me to work with other health profession students and gave me a more rounded understanding of how each profession can help an individual. I enjoyed getting to meet my health mentor and understand more about how he lives his life."

-A.W.
CFT Student



Students enjoyed the opportunity to visit their mentor in the mentor's home.

Spread the Word, Volunteers Needed!

We are looking for Health Mentors from all different backgrounds who are at least 18 years of age and are living with a chronic condition or impairment (high blood pressure, asthma, arthritis, heart disease, multiple sclerosis, blindness, etc.) or are a caretaker to someone who is living with a chronic condition or impairment and who enjoys sharing their personal health experiences. **Meetings resume in October.**

If you know someone who is interested in learning more about the Health Mentors Program, please have them contact Sarah Libros:

Phone: 215-955-4418 Email: HMP@jefferson.edu

Or visit our website to complete an online application: www.jefferson.edu/health-mentor