



Neighborhood Health Advocate

A Program of the Center for Excellence in Aging Services

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NEWS OF THE NEIGHBORHOOD HEALTH ADVOCATE PROGRAM

*A program of the Center for
Excellence in Aging Services*



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Dr. Bob Receives Community Partner Award

Dr. Robert Paeglow, medical director of Koinonia Primary Care—the site of the Center for Excellence in Aging Services’ (CEAS) Healthy Hearts on the Hill and Neighborhood Health Advocate Programs—received the Community Partner Award at the 2008 CEAS annual recognition luncheon held on May 12th at the Albany Marriott. Dr. Paeglow began his relationship with the Center some years ago when he identified the need for community supports for aging individuals in the West Hill neighborhood. His vision has led to the initiation of several projects and programs addressing those needs and utilizing community volunteers.

Dr. Bob, as he is affectionately referred to by West Hill residents, began his medical career as an X-ray technician, but in 1990 returned to medical school. In 1994, as a fourth year student at Albany Medical College, Dr. Bob led a small team into postwar Mozambique, Africa to provide basic medical care to refugees of war. The horror he experienced in the refugee camps further cemented his resolve to use all of

his resources to somehow make life better for the poor.

In 2000, Dr. Bob began to feel a call to return to his old West Hill neighborhood which had degenerated into one of the poorest, most crime-ridden neighborhoods in the city of Albany. Selling the family home and investing everything, Bob and his wife Leane, a nurse, moved back into the inner city and founded Compassion in Action/Koinonia Primary Care located at the Capital Region Prayer and Healing Center. Koinonia provides primary care and mental health care to the poor in the West Hill neighborhood and beyond. Dr. Bob has worked for five years without a salary to make this care possible. Leane has labored beside him as the office nurse and now as a nurse for the Neighborhood Health Advocate Program, as well as being named the Neighborhood Association president. Their son, Bob Jr. is the office manager at Koinonia and their daughter-in-law also plays a role in patient care at Koinonia Primary Care.

(Dr. Bob continued on page 4)



Healthy Hearts on the Hill is a collaborative initiative of the Center for Excellence in Aging Services

(CEAS) and Koinonia Primary Care, which is located in the West Hill Community of Albany. The goals of



Healthy Hearts on the Hill

the project are to raise awareness about heart health, promote ways to better manage heart health through activity and nutrition and to develop ways to make West Hill a heart healthy community. This is a community wide initiative,

which enlists the support of a community coalition. The project is seeking the help of community advocates, partners, and volunteers as

well. Through this project, West Hill neighbors can access evidence-based health education programming, screening services and participate in community building health activities. Volunteers are supported by Koinonia Primary Care, which includes a team of health care professionals and a social worker, the CEAS, and the Healthy Hearts on the Hill Coalition.

If you are interested in the Healthy Hearts on the Hill project and how you can help, you can call Mary Pliska at the CEAS at 518-442-5779.

Kindred Spirits

Marie Coleman did not want to sit around and wait. She wanted to do the opposite—to thank God in the morning and to take on the day.

Marie is a very busy lady. She is the energetic leader of Kindred Spirits senior group of Albany. She makes calls to all kinds of government offices to find out what her group can do.

Marie was a retired school district employee when Norma Chapman of Frank Chapman Memorial Institute introduced her to AmeriCorps. Ms. Chapman also introduced Marie to Peter Fish, AUMS Executive Director and AmeriCorps Coordinator, and Marie signed on with AmeriCorps. Last year, Marie worked with young people and enjoyed it very much. This year Peter challenged Marie to create something for older people in the West Hill neighborhood, and Marie's senior group was born and is flourishing. The first meeting was organized last October, where many seniors from West Hill met. Slowly but surely, a senior group was formed

and identified their interests of traveling, exercising, being physically and mentally active, and looking for a purpose. More and more people are joining the group, now called Kindred Spirits, who live out of the West Hill neighborhood. The participants did not want senior in its name. Although the group consists of about 15 people 60+ who have at least one chronic condition, the name identifies many bonds between people regardless of their age and health status, almost a sense of purpose.

Marie would recommend the AmeriCorps program to seniors since she enjoys interacting with many people, educational opportunities, and the stipend that AmeriCorps members receive.

Beginning September 18, 2008, Kindred Spirits will host an Active Living Every Day (ALED) class weekly from 10:30—11:30 am. In this twenty-week class, participants will find ways to be active every day—at work, at home, out running errands, with family, and so on. To register, contact Marie Coleman at 518-432-0818.

Carnival on the Hill—August 2008

The seventh annual Carnival on the Hill 2008 on 2nd and Judson Streets in the West Hill Neighborhood of Albany, NY came and went like a herd of buffalo on Saturday, August 16. This fun and educational event, conceived of and brought annually to the neighborhood by the careful planning and diligent work of the West Hill Ministerial Fellowship, the West Hill Neighborhood Association, members of the West Hill Community and

the City of Albany, focused on bringing in exhibitors to provide health related information and education. There was also lots of fun for children and adults alike with three Bouncy Bounces, art projects, mural painting, jump rope, golf, games, and numerous other hands-on activities as well as



(Carnival on the Hill continued on page 3)

In the news recently, there has been quite a bit of buzz over a book written by Jessica Seinfeld, wife of the comedian Jerry Seinfeld. The book is a cookbook which Ms. Seinfeld wrote based on recipes she developed to get her kids to eat healthy foods, including vegetables. Ms. Seinfeld notes that the Seinfelds have three children, the oldest of whom is eight years old. The oldest was born a picky eater and passed on her poor eating habits to the second child. When the third child came along, Ms. Seinfeld felt compelled to try to stem the tide of dinner table battles and poor eating habits which were encroaching on the family bliss. One day while preparing pureed vegetables for the baby, Ms. Seinfeld decided to mix a little of the pureed veggies into one of the favorite foods of the two other children. (Think pureed

Eat Your Veggies

sweet potatoes or squash in a batch of macaroni and cheese). The ruse worked. The children ate the pureed veggies with glee and never noticed the difference. A cookbook was born!

After that, Ms. Seinfeld experimented with many dishes and mixed in healthy foods. The children learned to eat more healthful foods without noticing the difference. She made such treats as brownies with spinach and chocolate cake with beets. If this works with children, why wouldn't it work with adults. Sometimes old folks are just as hard headed about trying new and more healthy foods than the children are. So, just close your eyes and try something different for a change.

Here are some ideas. When you go to make chicken nuggets, put a pureed sweet potato, or maybe even spinach, into the batter with the egg

before you put on the breading. Mix pureed squash with the macaroni and cheese. Bake a carrot cake mix and put in a cup of real carrots. Bake a banana cake and put in zucchini squash. When you make muffins, make them pink with pureed beets. Use your imagination. Or, you can go to the library and check out some of the new cookbooks that make eating your veggies a lot more fun. Jessica Seinfeld's book is *Deceptively Delicious: Simple Secrets to Get Your Kids Eating Good Food*. Other cookbooks on the same topic by other authors are: *The Art of Hiding Vegetables: Sneaky Ways to Feed Your Children Healthy Foods*; *The Sneaky Chef: Simple Strategies for Hiding Healthy Foods in Kids' Favorite Meals*. Remember, eating your veggies is not just for kids. Grown-ups—that means parents and grandparent—need to eat them too!

(Carnival on the Hill continued from page 2)

entertainment in the form of music and dancing. In addition, all food and drinks were free; these included hamburgers, hot dogs, soft drinks, juice, water, cotton candy, popcorn, apples, and big bags of trail mix which participants could prepare themselves through a mix and match process. Also, dozens of children were instructed in how to take photos of themselves and print them out on computer printers provided by the Upstate Artists' Guild and its many volunteers.

This year's Carnival on the Hill was even larger than past years' which have had some 3,000 attendees, having had perhaps an additional 500 participants. Vendor/exhibitors went from just under 30 in 2007 to just short of 50 in 2008.

Vendor/exhibitors provide health related information or spiritual and emotional support. Financial support to the event is given by donations from interested organizations. This year's carnival had four Gold Level Sponsors who each gave \$1,000; these were Albany Medical Center, Council 82 of the Law Enforcement Officers' Union, Fidelis Care NY, and St. John's Evangelical Lutheran Church. Numerous other organizations donated in the \$200 to \$500 range. Vendor/exhibitors pay a rental fee to offset the cost of the tables on which they exhibit their information. The Center for Excellence in Aging Services and the Healthy Hearts on the Hill program donated \$500. Albany Medical Center and the Center

for Excellence in Aging Services provided around 100 volunteers to help with the logistics of the Carnival as well as to provide some help with the Health Screenings that were taking place during the event. There were 50 cholesterol/glucose/blood pressure tests administered by the Healthy Hearts on the Hill Program working with Dr. Bob Paeglow's Koinonia health care, 17 mammograms were completed by the Bellevue Mobile van, 25 Prostate Cancer Screenings were performed by the Capital Region Medical Research Foundation, and three colorectal cancer kits were taken home for self testing. As a health event, Carnival on the Hill was really a winner!

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(Dr. Bob continued from page 1)

Most recently, Dr. Bob leads the Healthy Hearts on the Hill Coalition made up of West Hill community leaders focused on improving cardiovascular health. The Coalition's community leaders represent several local faith-based organizations, local health and human service organizations, politicians, food pantries, volunteers and CEAS.

Under his leadership the Coalition is initiating screenings, community dinners, community development projects and evidence-based health programs to address cardiovascular health disparities in West Hill. As an ordained minister, Dr. Bob has provided the invocation at several CEAS Recognition Events. Dr. Bob continues to support a

variety of Center projects through his consultation and volunteer involvement. Within the framework for community-university partnerships he is an inspiration to all CEAS community partners and volunteers exemplifying the role of a community partner volunteer. *Thank you, Dr. Bob!*

Healthy Hearts on the Hill's—Recipe of the Month

BAKED CHICKEN WITH VEGETABLES

Ingredients:

- 4 sliced potatoes
- 6 sliced carrots
- 1 large quartered onion
- 1 raw chicken—cleaned and cut into pieces, skin removed
- 1/2 cup water
- 1 teaspoon thyme
- 1/4 teaspoon pepper

Cost:

Per Recipe: \$5.58
 Per Serving: \$.93

Instructions:

1. Preheat oven to 400 degrees.
2. Place potatoes, carrots and onions in a large roasting pan.
3. Put chicken pieces on top of the veggies.
4. Mix water, thyme and pepper. Pour over chicken and vegetables.
5. Spoon juices over chicken once or twice during cooking.
6. Bake at 400 degrees for one hour or more until browned and tender.

Yields 6 Servings

Provided by Healthy Hearts on the Hill and Adapted by the USDA's Food Stamp Nutrition Connection from:
 Go with Chicken, Eau Claire County, 2002, University of Wisconsin Cooperative Extension Service



Nutrition Facts	
Serving Size 1/6 of recipe (314g)	
Servings Per Container	
Amount Per Serving	
Calories 190	Calories from Fat 30
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 75mg	25%
Sodium 135mg	6%
Total Carbohydrate 13g	4%
Dietary Fiber 5g	20%
Sugars 6g	
Protein 25g	
Vitamin A 210%	Vitamin C 40%
Calcium 0%	Iron 15%
*Percent Daily Values are based on a diet of 2,000 calories per day. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	