

Tamaya Wellness Program

ISSUE 46

Mission: To promote, support, and maintain healthy lifestyle choices within the Santa Ana Community.

April

2020

Staff: Judy Reuter, JoAnna Garcia, Perdita Wexler, Angela Moreno, Kevin L. Montoya, Kathryn Herrera, Tina Trejo-Winn, Judy Parra & Thomas Parker

During this time, the Tamaya Wellness Program staff is still available to offer support, tips, and resources to community members for how to stay healthy during this time of uncertainty. Staff are available by email, text, or phone and can assist with how to maintain healthy eating habits, fitness goals, and diabetes self management while at home. Below are some ways we can help:



Angela Moreno

Nutrition & Fitness Specialist * Tamaya Wellness Program

Available for help with the following:

- * General nutrition information
- * Family-friendly, healthy recipe ideas
- * Tips for incorporating more fruits & vegetables in your diet
 - * Colorful Choices Q&A's
- Online yoga sessions (will send video links from our Tamaya Wellness YouTube channel via email, Facebook & Textmarks)

Email: Angela.Moreno@santaana-nsn.gov *

Phone/Text: 505.259.1795

Blood Glucose Meter Questions/Troubleshooting

Kathryn Herrera 505-228-8389

If you have any questions or need meter troubleshooting, please call Kathryn; she is available by phone Monday-Friday 8:30am-4:30pm or by email at Kathryn.Herrera@santaana-nsn.gov

If you are in need of testing supplies, please contact the Santa Ana Health Center at 867-2497. The clinic hours remain the same, however, the pharmacy is asking you to call in your refills and they will meet you at the door for pick up.

Please continue to dispose of sharps in a heavy duty plastic container such as a laundry detergent or softener bottle. Once the container is full, you can dispose of at the designated site at the transfer station.

For other diabetes-related support or assistance, please contact Kathryn and she can help guide you to the appropriate resources.



RESOURCES FOR COMMUNITY MEMBERS

Wednesday Fitness

Judy and Thomas are creating weekly workouts, mini-fitness challenges, and checking in with Biggest Loser/Personal Training participants. They can support and help you stay accountable with your efforts to get or stay active while you are at home.

When you complete a weekly workout or mini-fitness challenge feel free to send a photo of your smartwatch, timer, a photo of you doing the exercise, or simply send an email/text letting us know that you completed the workout for the week.

Weekly at-home workouts and challenges will be sent every Wednesday via TextMarks, Facebook, and community email.

Judy.Parra@santaana-nsn.gov 520-368-7008

Tommy.Parker@santaana-nsn.gov 505-620-1050

WELLNESS WEBPAGE:

For healthy eating resources, recreation path map, & more visit

<https://santaana-nsn.gov/index.php/wellness/>



FACEBOOK

<https://www.facebook.com/SantaAnaWellnessandEducation/>

TEXTMARKS

To sign up & receive texts for weekly workouts/other Wellness Program info:

Text

TAMAYA

To 41411

**Standard Msg & Data Rates may*



How to get the best results

1. Once your ingredients are picked, wash them thoroughly.
2. Mash the ingredients together to release the juices and flavors, pour water over top and stir or shake the mixture.
3. Leave for 24 hours to allow the flavors to dissipate thoroughly, then drink and enjoy.
4. Use the fruit mixture 2-3 more times but don't try to stretch it to far, fruits can become bitter and lose flavor over time.