

# Neighborhood Health Center

## Spring is here...

Neighborhood Health Center is here to support your health journey. We also want to share some information on how you can take care of yourself as the weather gets warmer during this spring season. Here are some of the things we recommend to do every day to enhance both your physical and mental health.

## What can you do?

### #1: EAT WELL

That means eating healthy and in moderation. Find a balance that works for you. Eating smaller meals more frequently helps to keep the hunger at bay and reduce the urge to cheat. Limit processed foods and sugar-filled soda. The more colorful the fruits or vegetables, the more vitamins, minerals, and antioxidants they have and the healthier they are. Get creative with meals and make meal prep a fun, family activity. We do not have to live on salad greens and beans, small steps can make a big difference.

### Top 5 of seasonal foods:

#### Mushrooms



Seasonality: April, May, June, July, August.

What to look for: Look for fresh mushrooms without slimy, moldy or black spots

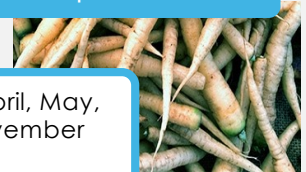
#### Chives



Seasonality: March, April, May, June, July, August

What to look for: Look for perft green blades without signs of yellowing, moisture or mildew.

#### Parsnips



Seasonality: April, May, October, November

What to look for: Look for parsnips that are firm but not tough.

#### Sprouts



Seasonality: April, May, October, November

What to look for: Avoid any that smell off or that appear slimy or wilted.

#### Honey



Benefits: Local honey can help alleviate allergy symptoms like a sore throat, and itchy, watery eyes.

## Where can I find my fresh produce?

### Richmond's Farmers Market



**Where?**  
Starr Gennett Historic Site,  
101 S 1st Street.  
**When?**  
November - April  
Every Saturday from  
9 am-Noon



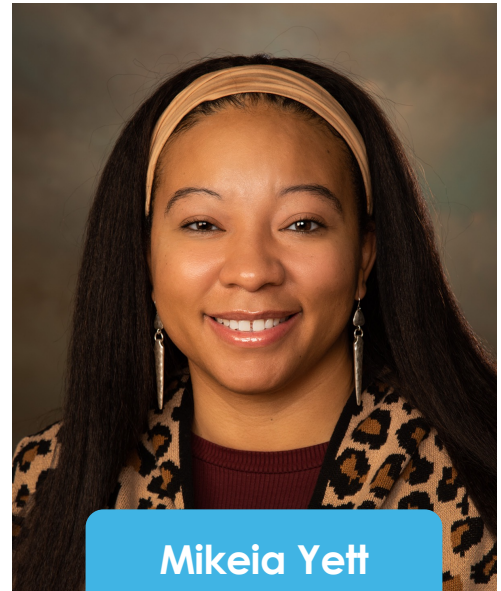
**Where?**  
Jack Elstro Plaza, 47 North  
6th Streetst.  
**When?**  
May-October  
Every Saturday from 9am-  
Noon

Find local products each week from 100% certified local farmers & vendors! Produce, meat, eggs, honey, baked goods, jams and jellies, candles, soaps, jewelry, fine art, and so much more.

## #2: REMAIN PHYSICALLY ACTIVE

Exercise eases stress, boosts the mood, and elevates our energy level, not to mention the heart health benefits. Believe it or not, you can exercise just about anywhere, anytime. It doesn't have to be at the gym, or a scheduled class. It doesn't have to be more than a few minutes a day, all activity counts. Find an activity that you enjoy. Think about how that enjoyable activity can fit into your life: maybe you can ride your bike to work, or take your kids on an easy hike, or get the whole family to rake leaves with you. Spring is right around the corner. Maybe make your next meeting a walking one or take a brisk walk at lunchtime.

In collaboration with Earham College.  
For more information visit:  
<https://www.neighborhoodhc.org/>



### Mikeia Yett

Introducing Mikeia Yett, a nurse practitioner that specializes in mental health accepting new patients at both 10th Street Clinic & Union County Medical Center.

Mikeia is passionate about being a patient advocate and helping patients live with purpose

### Activity alternatives for outdoors...

- Glen Miller Park
- Jack Elstro Plaza
- Gennett Walk of Fame
- White Water Memorial State Park
- Depot District and take post-worthy pictures



### SOME EXTRA TIPS:

- 1) Sleep Well
- 2) Take care of your mental health
- 3) Find a non-profit organization to volunteer with and serve in your community.