

Spring 2022

# Healthy Carroll Families



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**The Partnership**  
*for a Healthier Carroll County*





Welcome to Healthy Carroll Families for Spring 2022.

Healthy Carroll Families is our media campaign with information designed to help you take the next step in your family-based approach to healthy living. We encourage you to make copies and distribute these handouts to your clients, customers, students, PTA, family, friends...everybody!

These materials may also be downloaded for free from

our website,

**HealthyCarroll.org.**

Please call or email The Partnership with any questions, feedback, or suggestions you may have about Healthy Carroll

Families. We look forward to hearing from you.

ThePartnership  
@healthycarroll.org  
410-871-7645



As the weather warms up, there's no better time to get outside, try new things, and be active. Our county, state, and community has lots to offer. Check out the following links for fun things to do this Spring!

### COMMUNITY EVENT PAGES:

Carroll County Tourism: [Calendar of Events - Carroll County Tourism](#)

Patch - Westminster: [Westminster Events Calendar - Westminster, MD Patch](#)

Macaroni Kid - Westminster: [Events | Macaroni KID Westminster-Carroll](#)

Carroll County Public Library: [Month Calendar | Carroll County Public Library](#)

Carroll County Times: [Carroll County Events - Carroll County Times](#)

The Partnership for a Healthier Carroll County: [HealthyCarroll.org/events/](https://HealthyCarroll.org/events/)

Face Book - Carroll County Community Events:

[Carroll County Community Events - Home | Facebook](#)

### HIKING TRAILS:

Carroll County has plenty of paved and natural surface trails to help get your legs moving and your blood pumping. The Carroll County Park Trails Passport is a great way to explore our county trails and perhaps win a prize!

Get passport here: [2022-carroll-county-park-trails-passport-final.pdf](#)

### MARYLAND - TOP THINGS TO DO IN THE SPRING:

Shake off any lingering cabin fever and enjoy seasonal festivals, fun overnight trips and gardens exploding with color. [www.visitmaryland.org/article/top-things-to-do-spring](http://www.visitmaryland.org/article/top-things-to-do-spring) By Heather Cisar

### GET YOUR HANDS DIRTY:

Looking to grow your own fruits and vegetables?

Contact UMD Extension for tips, resources, and tools to get started!

<https://extension.umd.edu/locations/carroll-county>

## COULD YOU HAVE PREDIABETES?

More than 1 in 3 Americans have prediabetes - a serious health condition where blood sugar levels are higher than normal, but not high enough yet to be diagnosed as type 2 diabetes. And about 84% of those with prediabetes don't even know they have it.

Prediabetes puts you at increased risk of developing [type 2 diabetes](#), [heart disease](#), and [stroke](#).

Take this [quick quiz to see if you may have prediabetes](#). Talk to your doctor to learn more.

Keeping your weight in check, being active, and eating a healthy diet can help prevent prediabetes from becoming diabetes.





# Spring Cleaning Workout

Cleaning your house may not be a replacement for regular physical activity, but most household chores burn calories using some of the same physical movements that you do in the gym. With a few small adjustments, you can get a full-body workout, build muscle, and burn more calories while you tidy up your home.

- When you vacuum, step into a full lunge each time you move forward. This activates muscles in your core and legs.
- When cleaning windows or tall shelves, stand on your toes and stretch your arms. This activates your biceps, calves, and lower leg muscles.
- When you mow the lawn, try and engage your core when you push forward.

Source: <https://www.verywellfit.com/how-to-burn-more-calories-cleaning-house-3495596>

## FARMERS MARKETS

Get to know the farmers, bakers, and artisans of Carroll County at our local farmers markets. Leave with the freshest, highest quality foods while buying local.

- ◇ Did you know that when you support local businesses, over 70% of that money goes right back into the community? This means more money will be circulating in the local economy, which may lead to more public infrastructure like libraries and schools and raising more money in taxable transactions to fund local government services.

Sources: <https://ced.msu.edu/upload/reports/why%20buy%20local.pdf>  
<https://carrollgrown.org/farmers-markets/>







National Nutrition Month® is an annual campaign created by the Academy of Nutrition and Dietetics. During the month of March, everyone is invited to learn about making informed food choices and developing healthful eating and physical activity habits.

This year's theme, “Celebrate a World of Flavors”, embraces global cultures, cuisines and inclusivity.

### **Adding Spices and Herbs to Food**

Spices and herbs add flavor and nutrition to the foods that we eat, but sometimes it can be a challenge to know what to add, how much to add, and when to add it – especially with seasonings we may not be familiar with. Don't know what tarragon smells like? Wondering if tarragon will mix with rosemary? Take a sniff! Our noses are great at telling us whether things will mix well together. Just an FYI: tarragon and rosemary are delicious on roasted chicken and potatoes.

Googling recipes with the spice that you're looking to use is a great way to become a “seasoned” chef. You just may find your new favorite flavor!

#### **How to Add:**

- Spices and herbs should be used to enhance the natural flavor of food—not disguise or obscure it. Many herbs and spices can complement a dish and each other; however, be selective in their combinations.
- Do not sprinkle seasoning directly from the container into a steaming pot. The rising moisture may diminish the potency of the spice or herb remaining in the jar, or may cause it to clump or spoil more quickly.

#### **When to Add:**

- Herbs may be added near the end of cooking for more distinct flavor, or at the beginning for more blended flavors.
- Ground spices and herbs release their flavors readily. In long cooking dishes, such as stews, add these near the end of the cooking time to minimize the “cooking off” of its flavors.
- Whole spices and bay leaves release flavor more slowly than ground or leaf form and are ideal for using in dishes with longer cooking times. For easy removal after cooking, tie in cheesecloth or place in tea ball before adding to foods.
- For uncooked foods, such as salad dressings, fruits or fruit juices, add spices and herbs several hours before serving to allow flavors to develop and “marry” or blend.

#### **How Much to Add:**

- When no recipe is available, try starting with 1/4 teaspoon for 4 servings, per pound of meat, or for each pint (2 cups) of sauce or soup; adjust as necessary. For cayenne and garlic powder, decrease to 1/8 teaspoon; adjust as necessary.
- Red pepper flavors increase in intensity upon cooking. Use in small increments to allow the flavor to intensify during cooking.

Adapted from: <https://spiceadvice.com/usage/adding/>



## **Roasted Carrots with Thyme**

#### **Ingredients**

- 1 pound medium carrots, peeled and halved lengthwise
- 2 teaspoons minced fresh thyme or 1/2 teaspoon dried thyme
- 2 teaspoons canola oil
- 1 teaspoon honey

#### **Directions**

Preheat oven to 400°. Place carrots in a greased 15x10x1-in. baking pan. In a small bowl, mix thyme, oil, honey and salt; brush over carrots. Roast until tender, 20-25 minutes.

Source: [Roasted Carrots with Thyme Recipe: How to Make It \(tasteofhome.com\)](https://tasteofhome.com/recipes/roasted-carrots-with-thyme/)



# **FITNESS FRIDAY**

## **— FIRST FRIDAY OF EVERY MONTH**

**March 4th – Walk Carroll Kick-off**

**April 1st – Spring into your Steps**

**May 6th – Cultivating Compassion**

**June 3rd – Summer Ready**

**July 1st – A Partnership Picnic**

**August 5th – Story Stroll**

**September 2nd – Autumn Apples**

**October 7th – Falling into Health**

**November 4th – Thankful Thoughts**

**December 2nd – Merry & Bright**

**TOWNMALL**  
OF WESTMINSTER

**9:00 TO 11:00 A.M.**  
**BY THE FOOD COURT**



**The Partnership**  
*for a Healthier Carroll County*





# FITNESS FRIDAY

**FIRST FRIDAY OF EVERY MONTH**  
**TOWNMALL OF WESTMINSTER - BY THE FOOD COURT**  
**9:00 TO 11:00 A.M.**



Mini Health Fair



Fun Activities



Give-A-Ways

**JOIN US!**  
**VIRTUALLY**

**3RD FRIDAY OF THE MONTH**  
**10:00 A.M.**

**HEALTHYCARROLL.ORG/EVENTS/**  
**ONLINE FITNESS**  
**CLASS**



**WALK**  
**WITH US**  
**EVERY**  
**FRIDAY**

Join our walking group  
every Friday at 9:00 a.m.  
by the Food Court.



HealthyCarroll.org





# JOIN US

## *A Walk in the Park*

**March 29th – 6:00 p.m. | Cape Horn Park**

2500 Cape Horn Rd., Hampstead, MD 21074

**April 25th – 10:00 a.m. | Sandymount Park**

2250 Old Westminster Pike, Westminster, MD 21157

**May 18th – 6:00 p.m. | Westminster Community Pond**

30 College View Boulevard, Westminster, MD 21157

**June 21st – 2:00 p.m. | Krimgold Park**

5355 Woodbine Road, Woodbine, MD 21797

**July 21st – 6:00 p.m. | Freedom Park**

1111 Raincliffe Road, Sykesville, MD 21784

**August 16th – 10:00 a.m. | Deer Park**

637 Deer Park Road, Westminster, MD 21157

**September 21st – 6:00 p.m. | Westminster Vet. Memorial Park**

Crest Lane, Westminster, MD 21157

**October 18th – 2:00 p.m. | Leister Park**

4134 Black Rock Road, Hampstead, MD 21074

**November 17th – 10:00 a.m. | Bennett Cerf Park**

544 Manchester Road, Westminster, MD 21157

**December 7th – 10:00 a.m. | Bear Branch Trails**

300 John Owings Road, Westminster, MD 21158







# *1st Annual Cultivating Compassion Art Show*

Carroll Community College Langdon Gallery

Exhibition runs: May 2nd – 6th, 2022

Reception: May 6th | 6:00 – 8:00 p.m.

## *Seeking Artists of All Ages!*

We want artists to celebrate their own resilience and strengths and grow the community's idea of mental health.

This art show will focus on the beauty and the uniqueness of individuals experiences. Much like variety in a field of wildflowers, no two experiences are alike.

Each artist will create a piece that reflects how their experiences are unique.

- Artwork can consist of all medias and does not need to contain flowers.
- Email The Partnership at [ThePartnership@HealthyCarroll.org](mailto:ThePartnership@HealthyCarroll.org) if you would like to participate.
- Artwork to be submitted to The Partnership by **April 27th, 2022.**
- All wall-hanging pieces must be framed and wired (no sawtooth or unwired d-rings).
- Measurements are needed for all artwork: paintings/pictures size of work excluding frame, sculptures size of base.



295 Stoner Avenue, Suite 306,  
Westminster, MD 21157

[ThePartnership@HealthyCarroll.org](mailto:ThePartnership@HealthyCarroll.org)  
410-871-7442

## Mental Health Ranked # 1 in Carroll County

## Help Us Make A Difference!



Our community ranked mental health as the number one health concern in Carroll County during our Community Health Needs Assessment.

Join our **FREE** Mental Health Speaker Series and help us make a difference.

### **FREE CEU'S for Therapists and Social Workers**

#### **2022 Speaking Topics**

10:00 to 11:00 a.m. \*Except March 15th

**January 14th** - History of Mental Health

**February 11th** - Mind Over Matter: Addressing Normalizing Stress

**March 15th\*** - Trauma Informed Care (8:00 a.m. to 12:00 p.m.)

**April 8th** - ACEs (Adverse Childhood Experiences)

**May 13th** - Taking on Stigma

**June 10th** - Generational Differences in Mental Health

**July 8th** - Co-occurring Disorders

**August 12th** - Early Identification of Mental Illness

**September 9th** - Integrating Peer Specialist into the Workforce

**October 14th** - Domestic Violence

**November 4th** - What is advocacy and what does it look like?

**December 9th** - Living Mentally Well

**Speaker series will start virtually and moved to in-person when safe to do so.**

**Register at: [HealthyCarroll.org/Mental-Health-Speaker-Series/](https://HealthyCarroll.org/Mental-Health-Speaker-Series/)**



**For more info:**

[HealthyCarroll.org](https://HealthyCarroll.org)  
[ThePartnership@HealthyCarroll.org](mailto:ThePartnership@HealthyCarroll.org)  
410-871-6032



# SCREENING DAYS AT THE SENIOR CENTERS

**Tuesday**

**May 3, 2022**

**9:00 to 11:00 a.m.**

**Westminster Senior Center**

125 Stoner Ave, Westminster, MD 21157

**Tuesday, May 10, 2022**

**9:30 to 11:30 a.m.**

**South Carroll Senior Center**

5928 Mineral Hill Rd, Eldersburg, MD 21784

**Wednesday, May 11, 2022**

**9:00 to 11:00 a.m.**

**North Carroll Senior Center**

2328 Hanover Pike, Hampstead, MD 21074

**MARK  
YOUR  
CALENDARS!**

**FREE  
SCREENINGS**



**BALANCE**



**COGNITIVE**



**BLOOD  
PRESSURE**



**DIABETES/  
PRE DIABETES**



**SKIN  
ANALYSIS**



**PIVOT**  
PHYSICAL THERAPY



**Bureau of Aging & Disabilities**  
Carroll County Department of Citizen Services

**CARROLL  
HOSPITAL**  
A LifeBridge Health Center