

# FITTING ALL THE PIECES

February 2010

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## 4 Steps to a Healthy Relationship

There are four primary ingredients that any relationship (be it a friendship, a close family member, or a romantic relationship) needs in order to be healthy. These four building blocks are respect, honesty, trust, and communication. All four are inter-woven and dependent on each other for success.

**Respect**-When two people are in a relationship, there is mutual respect for each person as an individual. A healthy partnership means learning about the other person and valuing what is important to them. A person who respects a partner listens to what they have to say. If they disagree with each other, they try to understand the other person's point of view. Respect reflects the value, validation, and the worth of another person. Respect in a sexual relationship asks for each partner to feel valued enough to talk openly about both their desires and fears on a sexual level. Each partner should have a respect for their own body, and should feel comfortable choosing whether or not to be sexually active and if so, at what pace and level.

**Honesty**-Though most people would agree that honesty is crucial to a relationship, true honesty about our thoughts, feelings, and what we want to happen in the relationship is a challenge to accomplish. There might be a number of reasons for this: we don't trust the other person enough to tell them the truth; we don't trust ourselves to be honest because maybe we're afraid the "real me" isn't likable; or maybe we just don't have a lot of practice with honesty. People who are deceitful and manipulative are often incapable of creating strong relationships.

**Trust**-One of the greatest things two people can say to each other is "I trust you." It means that they feel they can count on each other and that the other person will "be there" for them. Trust doesn't come easy, and for most people, needs to be earned over time and in a number of experiences. There's nothing worse than a broken promise to take away trust. Once trust is broken, many people have trouble "believing" again. You see this in people who've been hurt in relationships, they are a little more cautious the next time. Some people who come from families with a history of broken promises, because of abuse or alcoholism, have a hard time with relationships because their trust was shattered time and time again. These people need to be gentle with themselves and go slow.

**Communication**-Communication is critical to the other 3 ingredients mentioned. It is how we show our honesty, our respect, our trust. Listening to others and really hearing them, so we respond and follow through on what they are requesting is a sign of a strong relationship. The willingness to listen is not always easy, but it is what people who care for each other do. As valuable as listening is, communication also requires each person to take the responsibility to communicate their own thoughts, wishes, requests, and needs. Oftentimes we leave clues as to what we want, and are disappointed when our partner doesn't figure them out. It is easier to have open lines of communication and vocalize these things, trusting the relationship enough and ourselves to ask for what we believe we deserve.

**Red Flags**- The below list are signs that your relationship may not be healthy, and could even become abusive.

### If your partner:

- \*is extremely jealous
- \*monitors your movements/whereabouts
- \*is controlling/possessive/bossy
- \*doesn't seem to like any of your friends or criticizes your family and friends
- \*criticizes you frequently
- \*acts as though any attention you give another person is flirting
- \*makes all the rules - no flexibility

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## Catrina's Corner

It's almost Valentine's Day and that means taking a long look at our relationships whether those are romantic, professional, friendly, or family. I encourage you all to look at those who are close to you and determine for yourself if your relationship with them is a productive healthy one or a destructive unhealthy one. When it comes to professional relationships, I'd like your feedback about how you feel about your relationship with me and the other staff who work to meet your needs in clinic. I know you all are given surveys periodically, but we love to hear your input...afterall it's the only way we know to make changes. Feel free to call or e-mail me anything you think we should be aware of or sensitive to. Thanks again for all you do to help this program flourish



## Clinic Dates

February 19, 2010  
9:00 am - 4:30 pm

February 26, 2010  
9:00am - 4:30pm

March 26, 2010  
9:00am - 4:30pm



Our office will be closed on February 15th in observance of President's Day.



## Commitment To Change

Ready.

Willing..

And Able...

## Making Health A Priority

# KATTI'S TIPS - Romantic Dinner for Two

February is the month of Love. With these tough economic times save money by staying in and cooking for you and the one you love. All you need to create a romantic atmosphere includes a nice table cloth, candles, flowers, and music. Here are some easy tips to cook a great meal and look like a bona fide chef.

**Purchase individually frozen foods.** These foods allow you to thaw out only the amount you need. Keep on hand low-fat frozen meals and prepackaged single-serving foods.

**Storing food in your freezer.** Helps prevent waste and keeps foods fresher longer. Most foods freeze well, including breads, meats, fruits, vegetables, whole grains, and nuts and seeds

**Cook meals in advance and freeze single size portions for later.** For example, make a casserole or stew and freeze individual-size servings. Then take out only the amount of food you need.

**Prepare one-dish meals.** For quick and simple cooking, choose a dish that serves as the meal. A good choice is one that includes foods

from several food groups, such as meats, whole grains, legumes and vegetables. Healthy examples include beef, barley and vegetable stew; chicken, vegetable and rice casserole; turkey and bean casserole.

**Use extras wisely.** Plan meals so that you can use the extra food in new dishes. For example, cook rice as a side dish for one meal, then use the remainder in a casserole or rice pudding. Bake chicken breasts for a meal and use the rest in sandwiches, soup or a stir-fry.

**Redefine a 'meal.'** If you're short on time or energy, make a nutritious snack rather than a full meal. Incorporate a fruit and protein source to create a meal, try crackers and cheese, fruit and cottage cheese, or hummus and whole grain crackers.

**Don't eat alone.** Make cooking more rewarding by inviting family and friends to join you for a meal.

**Look into cookbooks designed especially for one to two people.** Not only are cookbooks a good source for recipes, they can also provide practical advice and helpful tips on such things as selecting healthy

foods, planning menus, shopping and reading food labels.

An aphrodisiac is believed to be a substance that increases romantic desire; throughout history, certain foods and drinks have been considered aphrodisiacs. Incorporate some of these foods into your next dish to entice the one you love.



## TOP TEN APHRODISIAC FOODS

1. Asparagus
2. Almonds
3. Avocado
4. Bananas
5. Basil
6. Chocolate
7. Figs
8. Garlic
9. Oysters
10. Honey

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\*calls frequently to check-up on what you're doing

\*talks louder and louder until he/she gets your undivided attention

\*makes you stop what you're doing to listen to him/her

\*tells you how to dress/what kind of make-up to wear

Taken from the University of Evansville Wellness and Health Education

\*sulks when things don't go their way/seems childish or insecure

\*ignores things that are important to you

\*says "if you did it my way , I wouldn't get so mad"

\*makes frequent accusations, but won't admit when he/she is wrong

## Support Group

**NEW TIME IS 1:30PM - 3:00PM**

**Feb. 22, 2010** Topic to be Announced

\*date change

**March 15, 2010** Topic to be Announced

**April 19, 2010** Patient Ed. Dinner

\*location change and time change

**May 17, 2010** Topic to be Announced

Support Group meets 1:30-3:00pm. Call Catrina at 989-539-6731 ext. 8221 for location and directions

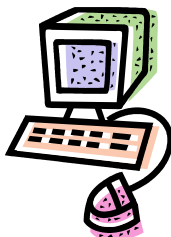
## Websites

[www.thebody.com](http://www.thebody.com)

[www.cmdhd.org](http://www.cmdhd.org)

[www.aidsinfo.nih.gov](http://www.aidsinfo.nih.gov)

<http://aroundthelatenutrition.blogspot.com>



## Questions?

## Comments?

## Concerns?

### Contact:

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