



# Sunshine Health Club

A zine to celebrate our  
community.



*TealWing Photography*  
*Cindy L. Carroll*





**The Sunshine Health Club is a social group that focuses on nutrition and wellness through education and creative collaboration. It is derived from Health Confianza's Health Club model, and comprised of seniors from a local housing complex in San Antonio. Workshops and gatherings are facilitated by Community Health Workers from UT Health and Metro Health's Healthy Neighborhoods. This zine is intended to document the club and resource sharing. It is an outlet for creative expression.**









**Reasons I joined this club...**

**“Healthy Living,  
Friendships,  
& Socialization”**





# ALL ABOUT US

## Carmen

I like to collect rocks and do embroidery. My favorite food is chicken fried steak and chocolate. I am good at sewing and planting and hope to learn how to knit. Something I would like to gain from this club is friendships.



## Teresa

I am good at problem solving, cooking and investigating sources. I spend my time gardening, reading and doing seasonal crafts. I would love to learn to crochet, gain healthy living tips and comradery from this Health Club.

## Carole

I love Italian food and am good at cooking, and keeping my word. My hobbies are shopping, making greeting cards, sewing and calligraphy. I hope to gain friendships and do group activities in this health club





## Marla

I love Mexican and Asian food, my hobbies are crafts, painting and jewelry making. I am good at graphics design and love roses.



## Patricia

I am good at cooking and baking. I spend my time reading, listening to music and I would love to learn more Spanish. I like to attend health club to avoid being isolated.



## Maxine

I love to cook, sew and garden. I am good at everything I attempt and truly enjoy staging homes. I love southern food, Mexican and French cuisine and want to socialize in this Health Club.





## Josie

I am good at making tamales, menudo and ranchero beans. I spend my time in bible study, watching TV, playing games and shopping. I would love to learn how to use my tablet more and do more arts and crafts at this Health Club.



## Irene

I love tacos and menudo, and spend my time sewing and walking. I am good at dancing and would like to do arts and crafts in this Health Club.



## Terri

I love to dance, read the bible, color and bake. My favorite food is puffy tacos and I am good at helping others. I would love to learn to play the piano and hope to keep learning at this Health Club.





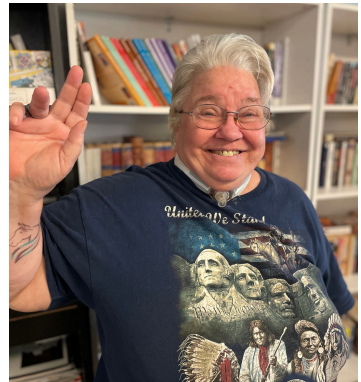
## Elida

I love dancing and performing and nature walks. I am a sous chef so I enjoy cooking, and would like to learn about medicine and medical care and would like to learn about resources from this club.



## Cindy

I love to binge watch tv, fossil hunting, taking nature photos and helping people. I am good at photography and genealogy research. From this Health Club, I hope to interact more with others.



## Maria

I love to dance and play music. My favorite food is salmon and milanesa. I am good at making cakes, cookies and various foods. I would like to learn English and me more social.



## Geneva

I am good at crafts and painting. I love beef enchiladas and the colors purple and pink. I want to learn to knit and would like to do more crafts and learn computer skills from this club.



## Petra

I love to go to the casino and bingo. My favorite food is tacos and I am good at cooking, working with plants and I think it's nice to be around friends in the Health Club.



## Diana

I love to watch movies, decorate and thrift store shop. I love Chinese food and am good at cooking menudo, rice and beans. I would like to learn to do flower arrangements.



# Recipes

Shared by participants & chefsa.org

## SPICE DONUTS



### INGREDIENTS:

1 BOX SPICE CAKE MIX (YOUR CHOICE)  
1 CAN OF WHOLE 100% PUMPKIN PUREE (NOT FILLING)  
2 EGGS

### DIRECTIONS:

MIX ALL INGREDIENTS TOGETHER AND PLACE IN BAKING PAN. BAKE FOR 20 MINUTES AT 350 DEGREES  
TEST WITH UTENSIL TO MAKE SURE IT IS READY

### GLAZE:

1/4 CUP CONFECTIONARY SUGAR  
2 TABLESPOONS MILK  
MIX UNTIL GLAZE CONSISTENCY

### \*\*KETO VERSION\*\*

USE KETO FRIENDLY CAKE MIX AND NO GLAZE. IF SPICE KETO CAKE MIX IS NOT AVAILABLE USE YELLO KETO CAKE MIX AND ADD 1 TAESPOON OF PUMPKIN SPICE CAKE MIX.

## FRUIT SMOOTHIE



1 CUP FROZEN FRUIT (YOUR CHOICE)  
1/2 CUP MILK (YOUR CHOICE)  
1 TABLESPOON HONEY (OPTIONAL)

MIX ALL INGREDIENTS IN BLENDER UNTIL CREAMY

# STRAWBERRY LEMONADE WITH CHIA SEEDS



## INGREDIENTS:

- 1 LITER OF WATER
- 1/2 CUP LEMON JUICE
- 1 CUP STRAWBERRIES, TRIMMED AND SLICED
- 1/4 CUP SUGAR
- 3 TABLESPOONS CHIA SEEDS
- 2 TABLESPPONS MINT LEAVES, CRUSHED

## DIRECTIONS

1. COMBINE WATER, LEMON JUICE, STRAWBERRIES, AND SUGAR INTO BLENDER AND BLEND UNTIL SMOOTH.
2. PASS THE LIQUID THROUGH A SIEVE TO REMOVE ANY PULP INTO A LARGE PITCHER.
3. ADD CHIA SEEDS AND MINT. LET LEMONDADE SIT FOR AN HOUR BEFORE SERVING TO ALLOW CHIA SEEDS TO GEL.

Recipe from chefsa.org



# RANCHERO BEANS

- 1 LB PINTO BEANS
- 2 JALAPENOS
- 1 SMALL ONION
- 1/2 LB BACON
- 5 WIENERS
- 2 TSP CHICKEN KNORR

BOIL BEANS HALF WAY, SAUTE BACON FIRST, THEN ADD ONION AND WIENERS AND SAUTE TOGETHER. ADD TO BEANS AND FINISH COOKING BEANS ALL THE WAY THROUGH

Recipe by Josie.



# Resources

## **Physical Therapy**

### **HOME CLINIX**

Phone: (210) 384-1123

homeclinux.com

## **Health Literacy**

### **HEALTH CONFIANZA**

Phone: (210) 567-0821

healthconfianza.org

## **Metro Health Program**

### **HEALTHY NEIGHBORHOODS**

Phone: (210) 207-7061

[https://sanantonio.gov/Health/HealthyEating/Healthy Neighborhoods](https://sanantonio.gov/Health/HealthyEating/Healthy%20Neighborhoods)



# Ways to deal with Diabetes

As shared by Health Club participants.

*“Always have a non-melt able sugar treat with you in case of blood sugar low.” -Cindy Carroll*

*“Eat a balanced meals, decrease carb intake and drink sufficient amounts of fluids. Walk daily, if no more than 10-15 minutes a day. Check blood sugar before and after meals...prepare meals yourself, and keep doctor’s appointments...” -Maxine*

*“Drink lots of water and drink less sodas. If possible, no bread or sweets and limit salt. Eat lots of fresh vegetables and fruits. Eat lean meats and monitor insulin levels. Take your meds even if levels are good. Exercise-any movement will help. Don’t be discouraged if you can’t see progress immediately.” -Geneva*

*“I’m not diabetic, but was diagnosed as hypoglycemic. At the time I started eating a low carb diet and have never been diabetic.” -Marla*

*“Have some fruit like oranges with you or chocolate and hard candy. I take apple juice and cranapple juice. Get a sugar monitor.” -Josie*

