

**SUMMER HAPPENINGS**



at the UPMC Western Maryland Wellness Center

Call 240-964-8424 or email [wmdwellness@upmc.edu](mailto:wmdwellness@upmc.edu) to register.

**HEALTH AND WELLNESS COACHING**

Free one-on-one personalized health and wellness planning for individuals who want to make long-term behavior changes to improve overall well-being and health.

- Board-certified coaches can help with topics such as weight management, fitness planning, lifestyle changes, and stress management. Sessions can be done in person, via video, or by phone.

**FREE COMMUNITY FITNESS CLASSES**

in our region. Build strength, increase mobility, and improve your balance through one of our fitness classes.

- **Body & Band Resistance** and **Bingocize**, will enhance your fitness level, increase your energy, and improve your mood. All fitness levels are encouraged, as each move can be adjusted to individual needs. Workouts will be led by board-certified coaches.
  - Body & Band Resistance Classes: Frostburg Library, Mondays 1:30-2:00 p.m.
  - Bingocize: Call 240-964-8424 for times and locations.
- **Yoga** helps maintain flexibility, range of motion, spinal strength, mental awareness, and calmness. Classes are available for all levels, including those who are new to yoga.
  - South Cumberland Library Wednesdays at 11:00 a.m.
  - LaVale Library Fridays at 10:30 a.m.
- **Chair Yoga** is a gentle, slow-paced yoga performed using the aid of a chair to support the body. This form of yoga is beneficial for those with mobility issues.
  - Gilchrist Museum of the Arts Mondays at 2:30 p.m. Please register for the in-person or online class via ZOOM by contacting Christina Collins-Smith at [collinsmithcd@upmc.edu](mailto:collinsmithcd@upmc.edu).

**ONLINE SMART RECOVERY**

Every Tuesday and Wednesday at 7:30 a.m. and Thursday at noon. This is a self-help support group that assists people recovering from all types of addictions and addictive behaviors by providing tools and techniques based on the latest scientific research. For more information, please contact Carey Moffatt at [moffattcl@upmc.edu](mailto:moffattcl@upmc.edu) or call 240-964-8418.

**BUILDING BETTER CAREGIVERS**

Through interactive sessions, this seven-week class offers valuable support and empowers caregivers to take a proactive approach in their vital role. Participants will explore various aspects of self-care, stress reduction, problem-solving, managing thoughts and emotions, decision-making, effective communication, and finding resources. Please call 240-964-8424 for more information.

Activities and events are always being added. For an up-to-date listing, contact the Wellness Center at 240-964-8424 or visit *Get Healthy Allegany* on Facebook!

**SUMMERTIME WELLNESS**



**Stacey Blank, MS, BTPS RRT**  
Manager, Community UPMC Health and Wellness

**SUMMER IS MORE THAN JUST SUNSHINE** - it's an opportunity to work on your health. You can turn this summer into a season of well-being by discovering invigorating ways to stay active that you really enjoy. The days are longer, and the opportunities to keep moving are endless this season as the sun graces us with its warmth. Grab your hat and sunscreen, include a loved one or friend, and embark on your summer wellness journey.

The vibrant colors of summer's seasonal produce afford us the ability to create wonderful, fresh recipes and beautiful salads. Take advantage of the farm-fresh outdoor markets and try some of the recipes in this edition of our newsletter to keep you energized and glowing all summer.

Whether you crave sunrise meditations, moonlit strolls, an outdoor concert, or a mountain hike, take it all in because we only have about 13 weeks before we start seeing the tell-tale signs of summer's end. Get out there and make some memories!

I hope you enjoy the articles our fabulous health coaches have created for you. Remember, health coaching is free and available to everyone - reach out to talk with them.

Make health a habit; choose one thing you would like to change this summer in your journey to a healthier you.

*stacey*

**UPMC HEALTH PLAN**      **A CELEBRATION OF FREEDOM**      **UPMC LIFE CHANGING MEDICINE**

**#JUNETEENTHUPMC**

Mark your calendar to attend the  
**4th Annual Juneteenth celebration**  
**June 21-23, 2024**

All events will be held at 13 Canal Street, Cumberland, Maryland, on the Canal Place festival grounds.



# Treat Strokes FAST

**Stroke is a medical emergency and should be treated quickly.** Every 40 seconds, someone in the U.S. has a stroke, resulting in approximately 795,000 people annually. Stroke is a leading cause of adult disability, and every 3 minutes and 14 seconds, someone dies of a stroke in the U.S. Approximately 2 million brain cells die every minute during a stroke. Recognizing a stroke and seeking treatment quickly can help to save the brain.

Centers for Disease Control and Prevention. (2023, May 4). *Stroke facts*. Centers for Disease Control and Prevention. <https://www.cdc.gov/stroke/facts.htm>

## BE FAST

When You Spot Stroke Warning Signs

UPMC  
LIFE CHANGING MEDICINE

**B**alance: Loss of coordination or balance



**E**yes: Sudden double vision or vision loss



**F**ace: Facial drooping on one side



**A**rms: One arm becomes weak or numb



**S**peech: Slurred speech



**T**ime: **BE FAST.** Call 911



## SAFETY FIRST



Maggie Mae

### Hot Weather Safety Tips for Our Pets

Susan Lee,  
Administrative Assistant

Summer brings many opportunities to enjoy outdoor activities, and we like to include our pets whenever possible. We need to be mindful of our pets' well-being when temperatures turn toasty. The American Red Cross shares these pet safety tips to keep in mind when temperatures soar:

- Limit exercise on hot days and walk your pet in the morning or evening hours. If possible, walk them in the grass to avoid burning their paws on hot pavement.
- Never leave your pet unattended in a hot vehicle.
- If your pet is outside, make sure it has plenty of cool water and access to a shady retreat.
- Heat stroke is a common problem for pets. Being overweight, having short noses, and having thick fur can contribute to this medical emergency. Signs of heat stroke in your pet include:
  - Heavy panting and excitability, even when lying down
  - Brick-red gum color
  - Fast pulse rate
  - Unable to get up

**If you think your pet might have heat stroke, one of the easiest ways to cool them off is with a water hose; however, bring your pet to the vet as soon as possible because heat stroke can result in severe organ damage.**

- Don't feed your pet "people food" at the family barbeque! Some foods are poisonous to pets, and don't give them any alcohol.
- It's okay to trim long fur on your pet but refrain from shaving their fur down to skin level. Fur protects them from sunburn.
- Visit [www.aspca.org/pet-care/animal-poison-control](http://www.aspca.org/pet-care/animal-poison-control) to find out which plants and flowers are poisonous to animals.
- Download the Red Cross Pet First Aid app for pet first aid emergencies and more at [www.redcross.org/get-help/how-to-prepare-for-emergencies/mobile-apps.html](http://www.redcross.org/get-help/how-to-prepare-for-emergencies/mobile-apps.html)

For more information, visit <https://www.redcross.org/about-us/news-and-events/news/2021/how-to-keep-pets-safe-in-hot-weather.html>.



From top to bottom:  
Hattie, Rooney, and Voo Voo Zella





# RESISTANCE TRAINING AND JOINT HEALTH



Michael Browning, MA, NBC-HWC

**The alarm sounds, and with a tap of my finger, another magical 15 minutes of sleep and its healing power is granted.**

In my 40s, it takes several taps to fully motivate my body to make it out of bed. After the final tap, I make it to the edge of the bed, feet softly on the floor, and with a quiet groan, I'm almost upright. The first hobbled steps get me to the hallway, and as I gain some steam, the limp is gone by the time I reach the kitchen. After the morning shower and the hot steam, I'm fully upright, and my back is in full cooperation. I'm always aware and thankful for that cooperation – the joints and muscles that provide me with independence and movement bear a heavy load daily, so it's only fair to treat them well and understand their importance to my well-being. If you choose to treat them well, your original joints can last you a lifetime. How long do your car's suspension and tires last, even if you care for them properly?

Taking care of your joints can be complex, especially if you have a degenerative or chronic joint condition such as osteoarthritis. Still, generally speaking, it involves building muscular strength, being mindful of your movements, managing your weight, and increasing your range of motion through stretching. This article will focus on what you can do to improve your joint health through resistance training, even if you do have a chronic joint condition. Before we discuss what effective resistance training is, it's important to know how resistance training improves joint health.

In short, our muscles support our joints, and the stronger our muscles become, the more they support our joints by creating a larger natural joint gap. Larger joint gaps are especially important as we age and wear out our natural defense against arthritis inside the joint, which

is cartilage. In essence, once your cartilage has worn out (and it will), muscular strength is the only thing preventing bones from contacting each other too harshly.

To improve your joints through resistance training, it's important to remember a few things. First and foremost, you need to train consistently to see the benefits, and if you stop training, the symptoms you had before will return. Consistent training should be at least two days a week, working all the major muscles in your body (upper, lower, and core). You should work these muscles until they are fatigued, requiring relatively heavy weight. That means weight that's heavy for you, not Arnold in the '80s. But you're in luck: UPMC Western

Maryland Community Health and Wellness has a beginners' resistance band program you can take for free if you need help.

The earlier in your life you start resistance training, the better off you will be in protecting your joints. That being said, you do need to take precautions. If you already have degenerative joints, you don't need to throw in the towel – research shows resistance training improves joint health and decreases joint pain for those with chronic joint conditions. If you have a chronic condition, you need to talk to your doctor about starting a training routine safely. Read "[5 weight training tips for people with arthritis](#)" from Harvard Health to get you started.

**Your body is a miracle; understand it, respect it, and move it!**

## Stay Calm and Keep Your Vagus Nerve Healthy

Pam Jan, NBC-HWC

**My article in the spring edition of *Real Well* focused on the vagus nerve and the effect stress has on our bodies. When experiencing danger or stress, our sympathetic system comes into play and gets us ready to freeze, fight, or flee. Once the stress is over, the vagus nerve comes to our rescue to help us rest and relax. Unfortunately, for many of us, the stress doesn't end, and we carry more and more. This overstimulation can cause dysfunction if we leave it unchecked.**

Keeping the vagus nerve healthy is important to our overall health because its signals regulate the heart, taste, speech, skin and muscle sensations, immune response, respiratory rate, blood pressure, mucus and saliva production, digestion, urination, and mood. There are many ways to tone it; the following are just a few things you can do to help it achieve its full potential:

- Deep, slow breathing is the simplest way I know to activate the vagus nerve. The most common type is box breath, involving equal times of 4 seconds to inhale, hold, exhale and hold breath. Another is 4-7-8, which is rhythmic breathing involving emptying the lungs, breathing in through the nose for 4 seconds, holding the breath for 7 seconds, exhaling through the mouth for 8 seconds and repeating four times. A third is soft belly in which a deep breath is inhaled through the nose and exhaled slowly through the mouth. When breathing in, the stomach will expand and contract during the exhale.

To get the most out of deep, slow breathing, it is helpful to be in a comfortable position, either sitting, standing, or lying. Inhale through your nose, exhale through your mouth, and breathe out for longer than you inhaled, as relaxation is mostly triggered by the slow exhalation.

In addition to the calming effect, deep, slow breathing could help shift your focus away from the stress you are experiencing. It can also help you have better oxygen flow, strengthen lung muscles, improve immunity by keeping blood more oxygenated, slow down heart rate, balance cortisol levels, help with better sleep, increase energy, and promote better posture because it requires a straight spine.

- Cold exposure can stimulate the nerve because when the body tries to adapt to cold temperatures, there is usually a decline in the sympathetic (fight, flight, freeze) system, which leads to an automatic increase in the parasympathetic (rest and digest) system. Cold water immersion involves dunking a part or all of the body in icy water. Not a fan of ice baths? You could also try placing an ice pack on your face or neck or taking a cold shower. However, you'll want to avoid cold immersions if you are already cold, sick, or under the weather, as it can be too much for the immune system or if you have or are at risk of heart disease because it could increase blood pressure and heart rate.



**Laughter may, in fact, be the best medicine when it comes to the vagus nerve.**

A study from the University of Maryland found laughing can stimulate the vagus nerve. When laughing, the diaphragm contracts and pushes air out of the lungs, causing a rush of air through the nasal passages and throat, which particularly stimulates the larynx and sinus nerves. In turn, the stimulation triggers a signal to be sent to the brain stem, thus activating the vagus nerve. Whew, who knew talking about laughing could sound soooo serious? Now that you know the science behind it, let's have a laugh...

**Did you hear about the new restaurant called Karma? There's no menu: You get what you deserve.**

**Resource:** Hartmann, Reiner. *Daily Vagus Nerve Exercises*. 2023.

**SOMETIMES THE MOST IMPORTANT THING IN A WHOLE DAY IS THE REST WE TAKE BETWEEN TWO DEEP BREATHS.**





## Emotional Fitness: A Journey to Inner Harmony

Carey Moffatt, MS, NBC-HWC

**Emotional fitness enables individuals to navigate life's challenges with resilience and grace.** Beyond just understanding and controlling emotions, emotional fitness equips individuals with the ability to adapt to change, maintain healthy relationships, and make sound decisions under pressure. In both personal and professional contexts, being emotionally fit can enhance communication, teamwork, and overall effectiveness. Ultimately, investing in emotional fitness empowers individuals to lead happier, more fulfilling lives.

- **Embrace Emotional Awareness:** The first step in the journey towards emotional fitness is emotional awareness. This involves tuning into your emotions, accepting them without judgment, and responding to them in healthy ways. Rather than suppressing or ignoring your feelings, it is important to recognize that they serve as messengers, providing valuable insights into our needs and aspirations. One actionable tip to boost emotional awareness is to regularly check in with yourself, perhaps through journaling or mindfulness practices, to identify and understand your emotions clearly.
- **Reframe Negative Self-Talk:** A person may engage in an internal dialogue that can be self-sabotaging and critical. This negative self-talk not only undermines self-confidence but it can also be a barrier reinforcing self-doubt and fear and amplifying stress. Instead, identify and challenge these harmful thoughts by asking yourself how they make you feel. Is the thought motivating and helpful, or is it discouraging and harmful?
- **Practice Self-Compassion:** Be kind to yourself. It is easy to be your harshest critic, but self-compassion involves treating yourself with the same understanding and kindness you would offer a loved one. Louise L. Hay wisely said, "You have been criticizing yourself for years, and it hasn't worked. Try approving of yourself and see what happens."
- **Prevent Emotional Exhaustion:** Setting and enforcing boundaries is essential for preserving emotional well-being. This involves the ability to recognize and communicate one's needs while also asserting the power to say no when necessary. By establishing clear boundaries, individuals create a protective space that nurtures self-esteem and shields against emotional exhaustion. Remember, "no" is a full sentence.
- **Cultivate a Growth Mindset:** Embrace challenges as opportunities for growth rather than obstacles. A growth mindset fosters adaptability, enabling you to navigate life's difficulties with a self-empowering outlook. Learn from setbacks, celebrate successes, and continually seek personal development.
- **Practice Emotional Release:** Embrace the freedom to express emotions in constructive ways. Explore tools such as journaling, creative expression through art, heartfelt conversations with loved ones, or engaging in physical activities. Suppressing emotions can lead to increased stress levels while utilizing expressive outlets can provide a means to vent frustration.
- **If Necessary, Seek Professional Help:** Recognizing the need for professional support is key to staying emotionally fit. Mental health professionals can provide guidance, tools, and strategies for navigating complex emotions. For assistance, call UPMC Western Maryland's Outpatient Behavioral Health Department at 240-964-8585. If you are struggling and in need of immediate assistance, please call the National Suicide Prevention Lifeline at 988, dial 911, or go to the nearest emergency department.

Optimizing emotional fitness is a continuous journey that requires self-reflection, intentional choices, and a commitment to self-care. Incorporating these strategies into your life will pave the way for a more balanced and fulfilling life.



For more information, please check out: "Emotional Intelligence: Why It Can Matter More Than IQ" by Daniel Goleman.

**LAUGHTER IS THE BEST MEDICINE**



From [www.fatherly.com](http://www.fatherly.com) ...

**Why are spiders so smart?**

*They can find everything on the web!*

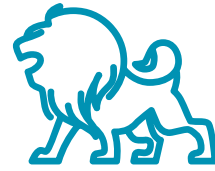
**What do you get if you cross an angry sheep with a moody cow?**

*An animal that's in a baaaaaaaad moooooooood!!!*



## SUMMER FUN WITH YOGA AND BREATHING TECHNIQUES

Brittany Friend, MS, NBC-HWC



It's that long-awaited time of year filled with sun, trips to the pool, vacations, and all the outdoor activities! Everyone is eager to get out of the winter blues and make the most of the summer before going back to school. Kids spend a lot of time in school, feeling the stress of tests, pressure from peers, trying to perfect their school sports, and so much more. One of the ways to help combat this stress and help prepare them for the next year is by engaging in some yoga and breathing. Yoga can help to strengthen your bones, joints, and muscles, but it can also provide some great relaxation techniques. Breathing can bring down the heart rate and help the body and mind in stressful situations.

Here's a great way to incorporate summer fun with yoga and breathing techniques: take a trip to the zoo! Sanford fit has a great tool to create an imaginary trip to the zoo by incorporating yoga poses such as tree, monkey, flamingo, frog, and so much more. Find those resources here: <https://fit.sanfordhealth.org/resources/a-trip-to-the-zoo-animal-yoga-poses-and-breathing-exercises>

But what about actually GOING to the zoo and doing all these poses at each animal or object that you find?

This can be a great way to teach these beneficial yoga poses while engaging in a great summer activity. As you reach the flamingoes at the zoo, stop and do the pose. Here's how it's done:

1. **Stand up tall with your shoulders pulled down.**
2. **Reach behind you with one hand, pulling up and holding onto your foot. Keep that knee close to your body.**
3. **Now, raise the other hand into the air, keeping your elbow close to your ear.**
4. **Balance like a flamingo!**
5. **Don't forget to switch sides and see if one side can balance better than the other.**

Not only will you be able to do some great poses, but you will also be able to engage your kids in some great breathing techniques, such as the lion. The lion roar is a great way to release anger or frustration. As you get to the lion, you know there are kids already roaring, so why not join in with a purpose? Here's how it's done:

1. **Sit with the tops of your feet on the ground, as well as your knees (that you are sitting on top of your legs).**
2. **Keep your back straight and upright.**
3. **Place your hands on your knees and relax.**
4. **Now, take a deep breath in.**
5. **As you exhale out, ROAR like a lion!**

Yoga and breathing are great ways to help lower stress, learn to deal with negative emotions, increase muscle tone and endurance, improve self-esteem, and boost overall health. What a gift to give your kids as they get ready to head back to school for another year of hard work. Prepare them during the summer so that they can do nothing but thrive. Maybe they will even pass along these techniques to their friends.



# Summertime Relaxation and Restoration

Christina Collins-Smith, MLA, LMT, RYT-500

As the summer sun warms and lengthens our days, we are encouraged to relax and enjoy leisure time with family and friends. Amidst the busyness of the season, it is also a perfect time to focus on the self-care that is essential to our well-being.



Summertime offers us many opportunities to harmonize with nature's rhythms. Gentle movement and meditation invite us to experience the sensations reflected in swaying trees, a graceful river's flow, or undulating ocean waves. Functional yoga, with its emphasis on mindful breathing and movement that can be moderated for individual needs, offers a way to harness this sense of fluidity and ease. Whether practiced indoors or beneath the open sky, it allows us to connect deeply with ourselves, releasing tension and inviting a sense of calm centeredness.

Movements such as cat-cow and seated twists offer opportunities to stretch and invite greater flexibility and mobility while soothing the nervous system. Syncing the breath with the flow of sun or moon salutations becomes an elegant dance that honors the resilience of our own being.

In the heat of summer, restorative yoga poses allow us to enjoy deep relaxation. Reclining butterfly, supported bridge, and child's pose are just a few that offer moments of restful stillness, inviting the body and mind to unwind as we experience the support of the earth and a sense of our ability to feel inner peacefulness.

Summer offers many invitations to immerse ourselves in nature. Mindful meditation practiced in the aura of its sights, sounds, and smells becomes a profound practice of presence and connection: sit in a garden, under a tree, by the lake, or any favorite spot that allows you to be fully present in the moment. Close your eyes and draw awareness to the sensation of your breath's ebb and flow. When other thoughts come, acknowledge them and let them go without judgment, then return focus to the breath. Let yourself enjoy the process, remembering that this is a "practice," not a "perfect."

This summer, I invite you to make an active commitment to your health, happiness, and well-being with an invitation, as a gift from UPMC and its location partners, to join me at the following weekly sessions:

## CHAIR YOGA AND ZOOM

**Mondays at 2:30 p.m.**

Gilchrist Museum

## GENTLE YOGA

**Wednesdays at 11:00 a.m.**

S. Cumberland Library

## GENTLE YOGA

**Fridays at 10:30 a.m.**

LaVale Library

Walking meditation offers another opportunity to merge with the rhythms of summer. Feel the solid earth beneath your feet, the warmth of the sun on your skin, and the expanse of the heavens above. As you move slowly, deliberately let go of distractions and worries with each step as you allow yourself to enjoy a sense of wholeness and connection.

While engaging in summer's many activities, it's easy to forget to schedule these moments for self-care and introspection. Yet, it's precisely during this season of abundance that we should replenish our reserves and nurture our best selves.

Through gentle movement and meditation, we can tap into the essence of summer, embracing its restorative warmth, vitality, and sense of possibility. The gift of time you give yourself can be just a few minutes of mindfulness or longer. The benefits will be immediate as you pause, breathe, and immerse fully in the beauty of the present moment, where relaxation and connection can be found.

## SPIRITUAL WELLNESS

# STUCK IN GRIEF

Chaplain Paul H. Demers, M.Ed., M.Div., BCC  
UPMC Western Maryland



If you or someone you know is having a hard time processing grief, you might want to consider the following ideas, which will help you focus on your feelings and the other issues you must deal with to grieve successfully.

**Write** - Keep a journal in which you write down your feelings and thoughts about your loss.

**Remember** - Actively revive memories, events, and relationships associated with the one you lost. Meditate on the details and think through every facet of the relationship.

**Read** - Read the Psalms and write down the verses that speak to you.

**Diagram your losses** - Draw a "personal history" timeline and mark where your major losses have occurred throughout your life (age 1 on the left; your current age on the right).

**Return** - Visit the familiar environments associated with the lost relationship.

**Remember realistically** - With family (or close friends), sit down in a quiet, unhurried place and write down the distinctive characteristics, habits, and idiosyncrasies of the person who has died. Record real-life events, not idealized scenarios.

**Say goodbye** - Say goodbye to the relationship as it once existed. Let family and friends help you create new memories without blocking out those of the person you lost. Make new friends. Be a friend!

**Give yourself permission to move forward** - Be real with yourself and God. Grant yourself permission to heal.

**Attend a support group or see a counselor** - Sometimes, we need other people or another person to help us see things from a different perspective, guide us on the grief journey, and move us into healing. UPMC Western Maryland offers the Circle of Friends Bereavement Support Group. This group is open to anyone in the community who is grieving the death of a loved one and would like to meet with others who have similar shared experiences.

If you have any further questions or concerns, please call or email me at 301-777-1326 or [demersph@upmc.edu](mailto:demersph@upmc.edu).



# ALLEGANY COUNTY HEALTH PLANNING COALITION “SPOTLIGHT”

## Cumberland Community Cafe

**The Rev. Martha N. Macgill** | Chair, Board of Cumberland Community Cafe

**Imagine a place where you can come for a meal of fresh, local ingredients. A relaxed, friendly community atmosphere. A place you can walk to from downtown to grab a morning coffee and muffin or an afternoon tea and cannoli. A place where you can find an affordable, healthy meal for your family when money is tight. A place that welcomes you and supports you in getting back on your feet. Good food and connections to area resources are important for your health and well-being. Good News – starting this August, that place is Cumberland Community Cafe at 127 N. Centre Street!**

The Cumberland Community Cafe is a nonprofit organization, pay-as-you-can café, that welcomes all people to be nourished in body and soul, regardless of their ability to pay. The board of the Community Cafe has a vision of a community restaurant where everyone has access to nourishing food and is treated with dignity and respect.

As a network partner in One World Everyone Eats, the Cumberland Community Cafe will be the first of its kind in the state of Maryland. The need in our community is great. Allegany County's food insecurity rate is nearly 17%, 55% higher than the national average. The child food insecurity rate is even greater.

Cumberland Community Cafe will have fresh, locally sourced, healthy meals, and payment for those meals will not be a barrier. The cafe will also provide job training, serve as a gathering and networking space in the downtown Cumberland area, and honor our values of respect, nourishment, and dignity.

This Community Cafe initiative began in 2019 when a group went to an installation service in Danville, Kentucky, for a former pastor and enjoyed a Saturday brunch in a community cafe there. Following that trip, there was great enthusiasm for opening a community cafe in Cumberland. The interest group began to grow and met through the pandemic. In 2022, a formal board began to work to open a cafe as a program under HRDC. The cafe has now applied for its nonprofit status with the IRS and is awaiting the determination letter.

In 2023, a milestone for the cafe was reached when we found a location through Ed Mullaney. The cafe is located at 127 N. Centre Street and is renting both that storefront as well as the adjoining storefront. This location is convenient to downtown.

Also in 2023, we hosted several open houses in the space as well as provided meeting space for community groups. The space needed a kitchen and with the help of Carl “Buck” Belt, Jr., we are now embarking on a renovation of the bathroom spaces as well as adding a commercial kitchen. We have raised roughly half our goal to date in cash, pledges, and in-kind donations. Most notably, the Catholic Parishes of Allegany County (Divine Mercy and Our Lady of the Mountains) have bought and delivered the three major new appliances for the kitchen. We have also received donations from the former Manhattan restaurant of tables, chairs, and kitchen equipment.

**We look forward to seeing  
you in August or this fall!**



### CANNOLIS

Community Cafe's Signature Dessert



Community Cafe - Cumberland, MD



cumberlandcommunitycafe



[communitycafecumberland.wordpress.com](http://communitycafecumberland.wordpress.com)





# IN THE KITCHEN with RACHEL



Rachel Sproat, RDN, LDN

There are many things to look forward to this summer—sunshine, picnics, and swimming. Grilling is one of the highlights of summer that I look forward to. Standards like barbeque, hot dogs, and hamburgers may come to mind, but why not add some fruits and vegetables to your plate? Grilling caramelizes fruits and vegetables to bring out their natural sweetness. Whether you are savoring summertime tomatoes on a juicy burger or enjoying the subtle sweetness of grilled pineapple, be sure to fill up half your plate with fruits and vegetables.

## Caprese Zucchini Casserole



### INGREDIENTS

- 2 medium zucchini and/or summer squash, sliced
- 2 medium tomatoes, sliced
- ¼ cup finely chopped shallot
- ¼ cup chopped basil plus 2 tablespoons basil, divided
- 1 tablespoon extra-virgin olive oil
- ½ teaspoon salt
- ¼ teaspoon ground pepper
- ¾ cup shredded fresh mozzarella cheese
- 1 dash Balsamic vinegar

### DIRECTIONS

- 1.) Preheat oven to 400 degrees F. Coat an 8-by-8- or 7-by-10-inch baking dish with cooking spray.
- 2.) Arrange squash and tomatoes decoratively, like rows of shingles (some may need to be cut in half), in the prepared dish.
- 3.) Combine shallot, ¼ cup basil, oil, salt, and pepper in a small bowl. Spoon the mixture over the vegetables. Sprinkle evenly with mozzarella. Bake until the vegetables are tender and the cheese has melted about 30 minutes. Sprinkle with the remaining 2 tablespoons basil. Drizzle with balsamic vinegar, if desired.

<https://www.eatingwell.com/recipe/274358/caprese-zucchini-casserole/>

## Turkey Burgers with Spinach, Feta, and Tzatziki



### INGREDIENTS

- 1 cup frozen chopped spinach, thawed
- 1 pound 93% lean ground turkey
- ½ cup crumbled feta cheese
- ½ teaspoon garlic powder
- ½ teaspoon dried oregano
- ¼ teaspoon salt
- ¼ teaspoon ground pepper
- 4 small hamburger buns, preferably whole-wheat, split.
- 4 tablespoons tzatziki
- 12 slices cucumber
- 8 thick rings of red onion (about 1/4-inch)

### DIRECTIONS

- 1.) Preheat grill to medium-high.
- 2.) Squeeze excess moisture from spinach. Combine the spinach with turkey, feta, garlic powder, oregano, salt, and pepper in a medium bowl; mix well. Form into four 4-inch patties.
- 3.) Oil the grill rack and grill the patties until cooked through and no longer pink in the center, 4 to 6 minutes per side. (An instant-read thermometer inserted in the center should register 165°F.)
- 4.) Assemble the burgers on the buns, topping each with 1 tablespoon tzatziki, 3 cucumber slices, and 2 onion slices.

## Mediterranean Chicken Kabobs



### INGREDIENTS

- 1½ pounds skinless, boneless chicken breasts cut into 1-inch cubes
- ¼ cup olive oil
- Juice of one lemon (about ¼ cup lemon juice)
- 4 garlic cloves minced
- 2 tsp dried oregano (or 1 tbsp fresh)
- ½ tsp salt
- ¼ tsp freshly ground pepper
- 1 small zucchini sliced into 1/2-inch slices
- 1 yellow pepper cut into 1-inch chunks
- 1 small red onion cut into 1-inch chunks
- ½ pint cherry tomatoes

### DIRECTIONS

- 1.) Place the diced chicken in a large bowl or sealable bag.
- 2.) To make the marinade, whisk together all the ingredients until combined. Reserve a couple tablespoons of the marinade, pour the rest over top of chicken, and toss until completely coated. Seal the bag or cover and marinate chicken in the fridge for at least 30 minutes or up to 4 hours.
- 3.) Preheat grill to medium-high heat, making sure to lightly coat grill with oil to avoid sticking.
- 4.) To assemble the kabobs, first add a zucchini slice, followed by a pepper slice, a few onion slices, a cherry tomato and a couple pieces of chicken. Then repeat this pattern until you reach the end of the skewer. Repeat on remaining skewers until chicken and veggies are gone.
- 5.) Discard the marinade used for the chicken.
- 6.) Place the skewers on the grill and cook them about 5 to 6 minutes on each side, brushing with the reserved marinade until the chicken is cooked through. The internal temp should reach 165°F. Serve warm with your favorite sides.

Mediterranean Chicken Kabobs - Haute & Healthy Living ([hauteandhealthyliving.com](http://hauteandhealthyliving.com))

