



# Program for Multicultural Health

## *Project Provides Insights on Health Issues of Local Cultural Groups*

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If you would like additional information, or to have your name removed from our mailing list please contact us by telephone at (734) 615-1404 or by e-mail at [pmch@med.umich.edu](mailto:pmch@med.umich.edu)

The Program for Multicultural Health staff includes specialists in:

- Diet/Nutrition
- Physical Activity
- Cultural Competency
- Community Health Education
- Nursing
- Social Work
- Public Health

Last year the Program for Multicultural Health (PMCH) received a grant to obtain information on cultural health beliefs, practices and healthcare experiences of four cultural groups - East Indian, Russian Jewish, male Latino/Hispanic and the Chinese populations.

Results of the project provided very valuable information. Some of the results are listed below.

Participants' personal health risk had increased due to life style changes (sedentary lifestyle, limited access to recreational facilities, etc.) associated with moving to the United States.

Many participants return to their native country

### *Hanukkah*

Many Jewish holidays commemorate events invested with historical and religious meaning.

Hanukkah means "dedication," and it commemorates the rededication of the

for health care because it is cheaper and traditional medicine is integrated into their treatment.

Participants had little experience with healthcare providers in the United States who were aware about their cultural health beliefs and practices.

Language barriers remain a problem in the health care arena.



Based upon the project's results and community needs, health workshops were held.

Temple in Jerusalem after its desecration by foreign forces.

The celebration also reaffirms the continuing struggle to live by God's commandments and to lead Jewish lives.

Workshop topics included oral health, memory loss, physical activity, and the new Medicare Drug Plan. All of the workshops were in Spanish, Chinese or Russian. Health resource directories were developed in Chinese, Spanish and Russian.

Project results will be used to design and collaborate with agencies to address some of the identified health needs from the project.

The PMCH would like to thank all the agencies and health professionals that assisted in making this project successful.

For more information on the project or to receive a health resource directory contact the PMCH.

Hanukkah, also known as the festival of lights, begins this year (2005) on the evening of December 25th.

Source: The Jewish Outreach Institute. <http://www.joi.org/celebrate/hanuk/>

## *Holiday Recipe Ideas*

By: Bertha Aycock, RD

Sharing of recipes from different cultures is always a fun thing to do especially during the holidays. I can't think of a better way to highlight the tremendous spectrum of people and cultures.



Sharing recipes is fun especially during the holidays

Recently Dr. Robert Kelch, M.D., executive Vice President for Medical Affairs stated in his newsletter that "culture is often discussed as an amorphous thing – people talk of it in vague terms and point to it as if it's off in the distance, out of their control". But cultures is quite defined: U-M Business School professor Robert Quinn describes it as the "beliefs, customs, attitudes, practices and social behaviors that characterize a group."

Culture isn't set apart from us – it **is** us.

## *Pickled Copper Pennies*

The origin of the following recipe is from Germany.

### **Ingredients**

- 2 lb carrots
- 1 medium onion
- 1 green bell pepper
- 2 ribs of celery

### **Sauce:**

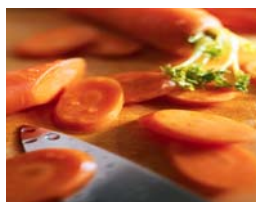
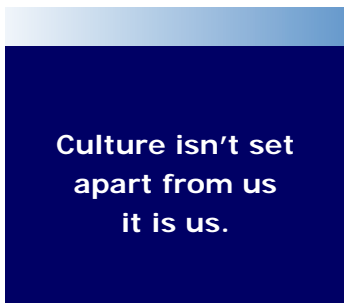
- 1 can tomato soup
- ¾ cup vinegar
- ½ cup vegetable oil
- 1 tsp Worcestershire sauce
- 1 cup sugar
- ¼ tsp prepared mustard

### **Directions:**

Cook carrots, cook and slice into ¼-inch rounds. Dice the green pepper and celery. Layer the vegetables in a bowl. Mix sauce ingredients well and pour over vegetables and let stand overnight. Mix well and serve. Keep tightly covered. Keeps indefinitely.

### **Serving Technique**

Serve as a side dish, or as relish on a buffet, or just to snack.



*Carrots are rich in vitamin A and a great source of disease-fighting flavonoids*

## *German Celebrations and Holidays*

### *Weihnachten (Christmas)*

Christmas in Germany begins four Sundays before Christmas Eve. The so-called Advent season and its celebration have changed over the years from being quite serious (including foregoing pleasures) to one of a more joyous nature — where we receive treats like chocolate-filled Advent calendars. The tradition is meant to "count-down" the four weeks leading up to Christmas Eve. The Advent or Christmas calendar began as a plain card with paper backing. On the face were 24 windows that when opened revealed various Christmas symbols and scenes. Today the most popular version of this calendar is the candy-filled variety. Instead of mere pictures, the windows open to reveal pieces of chocolate shaped to resemble stars, fir trees, and other Christmas symbols.

Many families also set up an Advent wreath on the first Advent Sunday (the fourth before Christmas) to start off the Advent season. Traditional families gather around the wreath on each Advent Sunday to light the next candle and sing Christmas carols.

Perhaps one of the most cherished Christmas traditions in American is the opening of gifts! The original concept came from Europe and is based on the legend of the former holy bishop Nikolaus of Myra who was later named St. Nicholas or Santa Claus. On the evening of December 5th, St. Nicholas knocked on the doors of homes and enquired about the behavior of the children living there. He would then reward the children that had been well behaved with gifts. Later, the opening of gifts was moved to Christmas Eve when they are brought by the Christkind or "Christ Child" (from which Kris Kringle derived his name) and are usually opened after a family meal consisting of roast goose or deer accompanied by red cabbage and potato dumplings. However, today in Germany children still place their boots in front of their bedroom doors or hang their socks in front of the fireplace and hope to find them filled with delicious German candies and chocolates on the morning of December 6th.

Lastly, one of the most anticipated rituals of the holiday season is the festive Christmas dinner. The traditional holiday meal consists of duck, goose, rabbit or a roast, accompanied by well-known Germany delicacies, including apple and sausage stuffing, red cabbage, and potato dumplings. Even the American fruitcake was adapted from one of the most famous German delicacies, "stollen." Since 1329, this unique "fruitcake" has been considered one of the most precious Christmas pastries in the world. The most famous kind of Stollen, which can be found at most local supermarkets, is called Dresdner Christstollen, originating from Dresden, Germany. This tasty version bursts with nuts and fruit and is sure to change your mind about the term "fruitcake." The Stollen is shaped with tapered ends and a ridge down the center, symbolizing the Baby Jesus in swaddling clothes, in which it was customary to wrap newly born children.

Other traditional foods associated with the Christmas season in Germany, and readily available here in the USA, are Lebkuchen (gingerbread), chocolate shaped Santas and various other Christmas confectionery. In Germany, Christmas is also a time for baking "Plätzchen" or Christmas cookies.



*Santa Claus  
face cookie*

Many of our own celebrations, including Santa Claus, the Christmas tree, gingerbread cookies and many popular carols, come to us from Germany.



*Christmas  
Stolen*



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## New Medicare Drug Plan

Anyone in Medicare can get the new drug coverage, known as Medicare Part D.

Being "in Medicare" means enrolled either in Medicare Part A (which covers hospital and some home health care as well as skilled nursing facility care) or Part B (doctor visits and other outpatient care).

If you do not want Medicare drug coverage, you do not have to sign up for it. But be careful. If you don't sign up when you first can, and later change your

mind, you may then have to pay more for it.

To get Medicare drug coverage, you must enroll in one of the private insurance plans that Medicare has approved.

The plans will vary in the coverage they offer and the payments they require, so you will have choices. But the overall value of each package must be at least as good as the "standard" Medicare prescription drug benefit, which is the minimum set by law.

You can compare Medicare drug plans online at [www.medicare.gov](http://www.medicare.gov) or by

calling 1-800-633-4227.

### Important Dates to Remember

January 1, 2006: First day you can use Medicare's drug coverage if you have already joined a plan.

May 15, 2006: Last day you can join a drug plan without paying a penalty, unless you qualify for an exception. (People not yet on Medicare will be able to sign up for drug coverage later when they first join the program.)

Source: [http://www.aarp.org/health/medicare/drug\\_coverage/medicarepdf2.html](http://www.aarp.org/health/medicare/drug_coverage/medicarepdf2.html)



You can compare Medicare drug plans online at [www.medicare.gov](http://www.medicare.gov) or by calling 1-800-633-4227

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