



September 2023

Hi everyone!

Welcome to the Mason Matters Newsletter! This newsletter will be used to send out information to the entire health coalition. Some things you can expect are updates on the workgroup projects, Blue Zones, Public Health and also any information on upcoming events.


The first update for you is that the Healthy Mason County website will be the 'headquarters' for all things relating to the coalition. Each workgroup has a dedicated section. Here you will be able to find all of the details about each group and what they are working on. If you miss a meeting or a workshop, this will be where all of the information will go. You will also be able to find each installment of this newsletter and a place to submit any questions, comments, or concerns.

Thank you to everyone who came to our second workshop! The conversations were flowing and some really great ideas came out.

If you do not see any SMART Goals or other information on the website, that means either a group was not represented at the last meetings or I did not get any notes back from the group. If this is the case for your workgroup and you were at the last meeting, please send me your SMART Goals so I can upload them!

Next Steps:

We will reach out to help you establish a Workgroup Lead for each group: Behavioral Health, Healthy Living, Education & Employment, Access to Healthcare, Housing & Homelessness, and Empowered Families. This person will be in charge of scheduling meetings for their group, and making sure their project stays on track. Let me know if you are interested!



[Click here to go to the  
Healthy Mason  
County website](#)

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## Blue Zones Update:

Blue Zones Activate is a three year health and wellbeing project sponsored by CHOICE Regional Health Network for Mason County. Blue Zones Activate focuses on policy-related projects in the areas of food systems and the built environment.

Julie Knott, the executive director of the Activate Mason County project, is located at the EDC Mason County office in downtown Shelton. Please look for more information about the Blue Zones Activate project kickoff coming soon.

“The goal is to discover which projects communities have prioritized through local planning efforts and to help see the project forward,” explains Knott. Project support, depending on the needs of Mason County, might come in the form of finding funding, technical assistance, or more staff muscle to build capacity.

Blue Zones is a project based on the work of National Geographic explorer Dan Buettner. Blue Zones is the name of a handful of places around the world where people live longer than average, seemingly without any strict diets, expensive supplements or rigorous exercise routines.

**Live to 100: Secrets of the Blue Zones** was released on August 30 on Netflix, with explorations in better food choices, exercising more and exploring nature to aid in living a long, healthy life. Check out this four-part series for ideas on how to live a longer, healthier life.

Corn is in season and corn chowder is universally appealing, especially among children, because of its sweet taste and creamy texture. Here you will find a recipe for corn chowder that has the creaminess without the heaviness of traditional recipes.

*Makes about 10 cups*

*Ready in 50 minutes*

### INGREDIENTS

1 small onion, cut into 1 ¼ inch dice (about 1 cup)

6 small garlic cloves, minced (about 1 tablespoon)

6 to 7 cups no-oil, low-sodium vegetable stock

6 cups fresh or frozen corn kernels (from 6 fresh cobs or about 24 ounces frozen)

1 large russet potato (about ¾ pound), scrubbed and cut into ¼ inch dice (about 3 cups)

1 medium red bell pepper, cored, seeded, and cut into ¼ inch dice (about 1 cup)

1 tsp finely chopped fresh parsley

1 tsp finely chopped fresh thyme

⅓ cup almond flour

Sea salt and freshly ground black pepper

### DIRECTIONS

1. In a large stew pot or Dutch oven, place the onion, garlic, and 1 ½ cups of the vegetable stock. Cover the pot and bring to a boil over high heat. Reduce the heat to low and simmer, covered, until the onion is translucent, about 10 minutes.

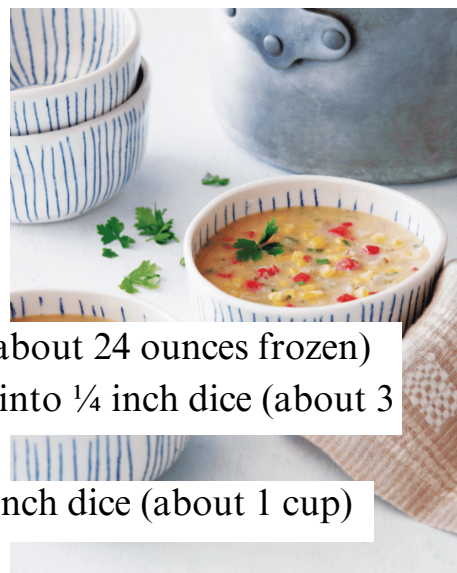
2. Add the corn, potato, and 4 ½ cups of the remaining stock. Bring to a boil over medium heat. Reduce the heat and simmer until the potato is soft, 10 to 15 minutes.

3. Transfer half of the mixture to a blender and blend until smooth. Return to the pot. Add up to 1 cup stock to adjust the consistency if necessary.

4. Add the bell pepper, parsley, and thyme. Bring to a simmer and cook for another 10 minutes, until the flavors have blended and the pepper is tender.

1. Meanwhile, place the flour and ⅓ cup water in the blender and blend until smooth. Stir the almond cream into the chowder. Add salt and pepper to taste. Serve hot.

Storage: Cool soup completely and transfer to an airtight container. Store in the refrigerator for 4 to 5 days or in the freezer for up to 1 month.



This Blue Zones recipe and more can be found at:

<https://www.bluezones.com/recipe/corn-chowder/>