



# HOPE Health Letter

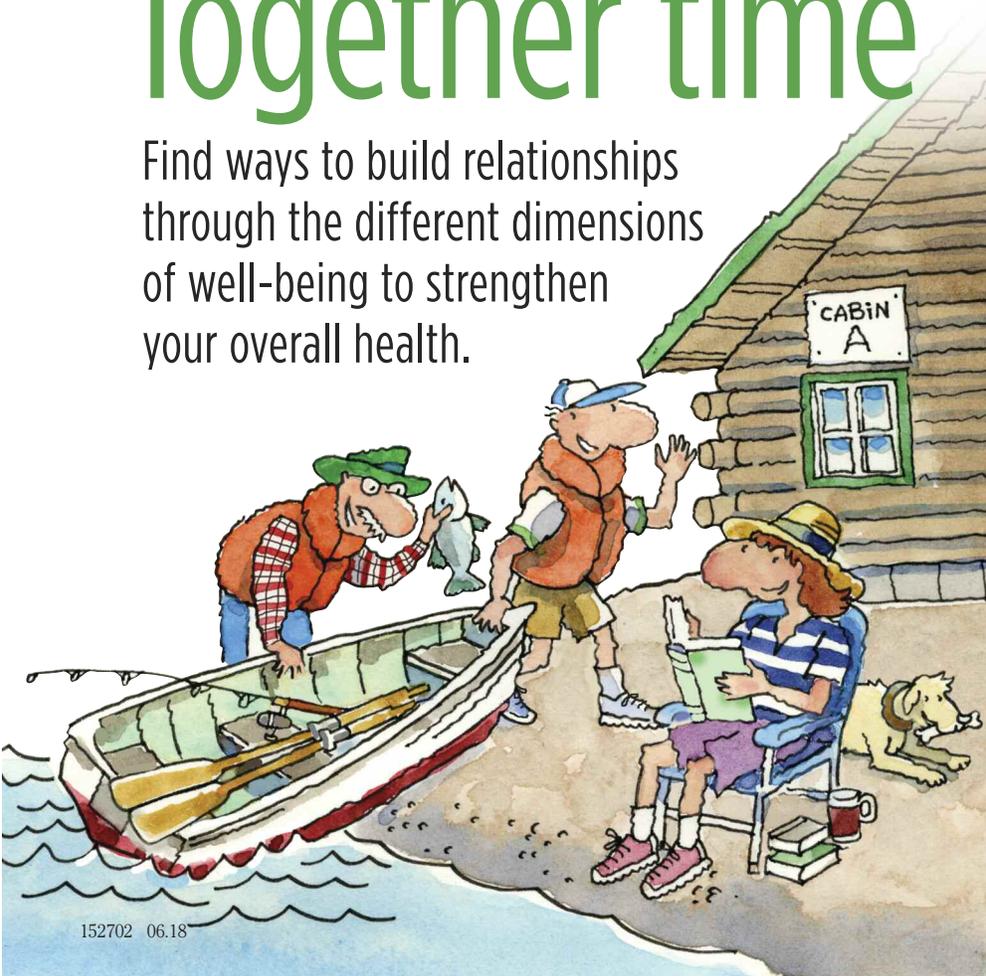
*"Life Is a Journey. Have Some Fun."*

Individual commitment to a group effort is what makes a team work, a company work, a society work, a civilization work.

— Vince Lombardi

## Together time

Find ways to build relationships through the different dimensions of well-being to strengthen your overall health.



Volume 38 • Number 6 • June 2018

**Learn more about how to create relationships in all areas of your life for better health.**

**OuterAisleFresh:**

Making time to eat together as a family is a wonderful way to reconnect and improve communication. Pg. 2

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Alzheimer's dementia has been linked to common chronic diseases in the U.S., suggesting we may lower our risk of all kinds of dementia by controlling diabetes, obesity and cardiovascular disease. Pg. 7

**StockYourToolBox:**

Don't miss our work tip sheet, 10 Qualities of a Great Communicator, plus other resources, at [Jun.HopeHealth.com](http://Jun.HopeHealth.com). Pg. 8

Our body is the only one we've been given, so we need to maintain it; we need to give it the best nutrition.

— Trudie Styler

### Tip of the month: Go nuts

Yes, nuts are high in fat, but the fats — monounsaturated and polyunsaturated — are heart friendly. But while they're good for you, that fat comes with a high calorie count, so portion size matters. Enjoy a 1- to 1.5-ounce serving, and avoid candied, chocolate-coated, honey-roasted or heavily salted varieties.

— Cara Rosenbloom, RD

### Cook Italian

Ever wonder what *primavera* means? It's *spring* in Italian. In cooking terms, it refers to dishes garnished with raw or lightly cooked fresh vegetables. The term *fresco* means fresh. And *antipasto* means before the pasta, or appetizers, such as olives, cheese and marinated vegetables and fish. To cut calories, avoid cream sauce and extra cheese; pile on the produce. Learn more terms at [Jun.HopeHealth.com/dictionary](http://Jun.HopeHealth.com/dictionary).

Source: *Italian Cooking Dictionary*



# OuterAisleFresh: Together Time The family that eats together stays together

*Making time to eat together is a wonderful way to reconnect and improve your family communication.*

### Facts about family meals:

*According to the U.S. Department of Health and Human Services:*

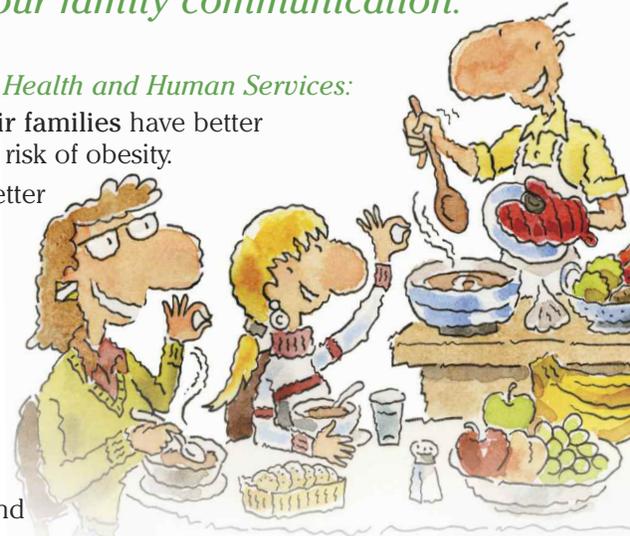
- Children who eat dinner with their families have better nutrition, better vocabularies and less risk of obesity.
- Families who eat together have better nutrition and a lower risk of obesity.
- Dining together is a chance to share the events of the day, and give everyone an emotional outlet and sense of connection.

### How to make time for togetherness:

- The family meal doesn't have to be dinner. Everyone can gather around the table for breakfast or lunch, too.
- Involve everyone. When children help plan, shop for, cook and serve the family meal, they're more enthusiastic about family meals.
- Maybe you can't eat together every day. Start with once a week.

Family meals can help counteract the distancing effects of busy schedules. The positive effects of eating with loved ones will be felt long after the meal has ended.

Source: *Dairy Council of California*

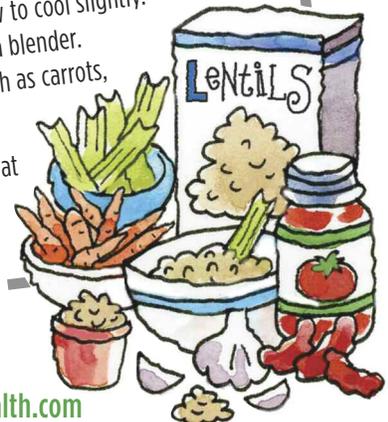


## Easy Lentil Dip with Garden Vegetables

- 1 cup dried red lentils, sorted and rinsed • 1 clove garlic • 6 sun-dried tomatoes, rehydrated
- 1 tbsp. sodium-reduced tamari or soy sauce • 1 tsp. ground cumin • 2 tbsp. fresh lemon juice
- Salt to taste

Combine lentils with 2 cups water and garlic in a medium pot. Bring to a boil, then simmer 15-20 minutes until lentils turn to a porridge-like consistency. Allow to cool slightly. Place lentils with all remaining ingredients in a food processor or a blender. Blend until smooth. Allow to cool. Serve with fresh vegetables such as carrots, cucumber, sweet peppers and celery.

Makes 4 servings. Per serving: 128 calories, 10 g protein, 1 g total fat (0 g saturated fat, 1 g monounsaturated fat, 0 g polyunsaturated fat), 23 g carbohydrate (3 g sugar, 8 g fiber), 208 mg sodium



If you want to change the world, go home and love your family.

— Mother Teresa

## Get up to get fitter

If you sit at work, try to take standing breaks at least every 2 to 4 hours if you can. Based on a new report in the *British Journal of Sports Medicine*, less sitting can help improve your health. Whenever possible, include daily walking breaks and stand to perform office tasks, such as reading, phone calls and meetings. Find a way to elevate your computer for use while standing (with your manager's OK).

Source: *HealthDay News*

See page 8 —

## StockYourToolBox:



See how you can link to Cool Tools & Resources to learn more about the topics in this issue.

## Cycle through summer

Bicycling — what more could you want in a summer sport? It offers transportation, scenery, group fun and, of course, exercise. Before you pedal, gear up for safety with these tips: Always wear a helmet, and observe the same traffic laws as motorists. Use extra care at intersections and avoid cycling at night.

Source: *National Safety Council*



# GetMoving: Together Time

## Summer fitness family plan

Exercising together as a family can help keep you strong in many ways, especially when the activity involves fun in the sun. To stay motivated, think of exercise as leading an active lifestyle all year.

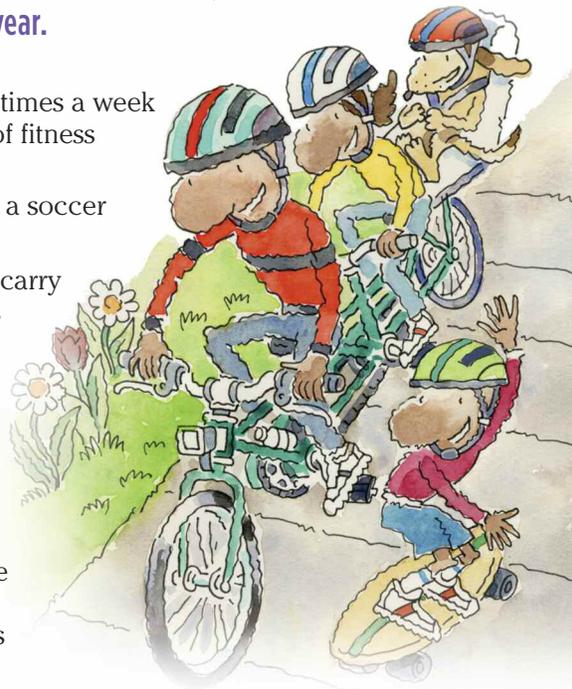
### Getting started:

Set aside at least 30 to 60 minutes 3 or 4 times a week for family exercise. Together, make a list of fitness activities and sports. Some ideas:

- Play catch or volleyball, kick around a soccer ball or go swimming.
- Plan adventurous hikes. Pack a map, carry a bird or plant guide; track your progress using an app.
- Explore nearby waterways by canoe or kayak (a calm river or pond is good for beginners).
- Walk or bike everywhere you can.

An active childhood opens up lifetime habits of exercise and good health. Leave the digital world behind and enjoy your physical nature outdoors. Get more ideas at [Jun.HopeHealth.com/family](http://Jun.HopeHealth.com/family).

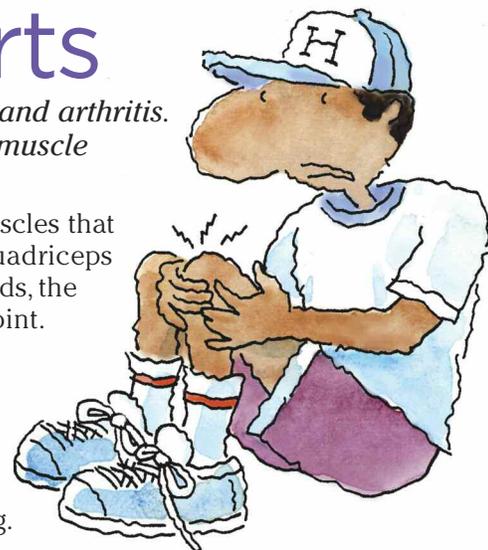
Sources: *American Council on Fitness, Centers for Disease Control and Prevention*



## Stop knee trouble before it starts

*Knee pain frequently results from injury and arthritis. Leading contributors to both are lack of muscle strength and flexibility. Solutions:*

1. Protect your knees by strengthening muscles that support them. For example, focus on your quadriceps (front of the thigh) — the stronger your quads, the lighter the load transferred into your knee joint.
2. Regularly stretch your leg muscles to stay flexible. Example: Holding onto a wall with your left hand, balance on your left foot. Point right toes forward with foot relaxed. Swing right leg up and forward from the hips 10 times. Repeat with other leg.



If you develop chronic knee pain, a disability or an injury, learn which activities to limit to prevent more damage. Ask your health care provider about ongoing exercise to help you protect mobility and avoid re-injury or knee joint replacement. Learn more about strengthening your knees at [Jun.HopeHealth.com/knees](http://Jun.HopeHealth.com/knees).

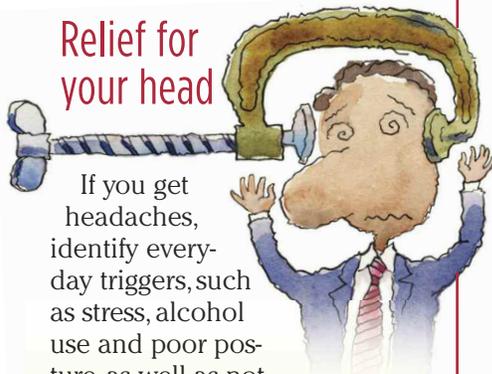
Sources: *Harvard Health Publications, Mayo Clinic, American Council on Exercise*

3 Learn more about **GetMoving:** at [Jun.HopeHealth.com](http://Jun.HopeHealth.com)

A good laugh and a long sleep are the best cures in the doctor's book.

— Irish proverb

## Relief for your head



If you get headaches, identify every-day triggers, such as stress, alcohol use and poor posture, as well as not enough sleep or food. See your health care provider if: your headaches are more severe and interfere with your life; you have fever, vomiting, stiff neck, injury, dizziness, vision problems or seizures with them; you have a new symptom; or self-care doesn't help. June is Migraine & Headache Awareness Month — learn more at [Jun.HopeHealth.com/headaches](http://Jun.HopeHealth.com/headaches).

Sources: National Headache Foundation, Mayo Clinic

## More muscle, healthier brain

Researchers have found that strength training helps relieve anxiety and depression in healthy and ill people. Added muscle also builds physical endurance, protects thinking skills and helps sustain mental energy so you can enjoy even the most demanding days. Goal: 2 to 3 muscle workouts weekly — a proven, positive move toward better fitness and a healthy outlook.

Source: Sports Medicine

# The Whole You: PHYSICAL HEALTH

## Men: Due for a checkup?

Together Time

June is Men's Health Month, when men are reminded to get preventive screenings and work with their health care providers — their best ally for staying well.

Routine exams include cholesterol checks starting at age 20, type 2 diabetes screening by age 45 and colonoscopy starting at age 50 — or sooner based on your weight and family history.

### Don't ignore key symptoms, such as:

- Pain or heaviness in your chest following physical exertion or stress.
- Frequent urination or a weak or slow urine stream.
- Unusual bowel or abdominal symptoms.
- Feeling isolated, angry or hopeless.

These are signs of conditions common to men; see your provider promptly.

Best advice: Find a health care provider you can talk to easily. Together, set your screening schedule and discuss exercise and nutrition needs. Don't shy away from asking for advice about depression, alcohol abuse and other personal health concerns.

Get more information at [Jun.HopeHealth.com/men](http://Jun.HopeHealth.com/men).

Source: Medline Plus



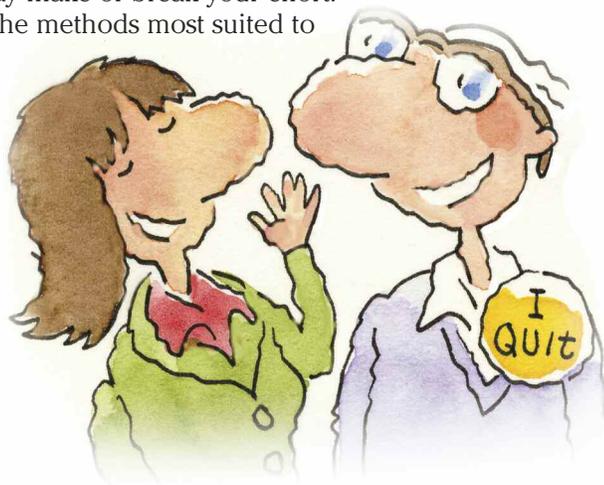
## Smoking — quitters win

Most tobacco users want to quit, but often face obstacles that throw them off course.

Finding the right quit approach may make or break your effort. Using the checklist, try to identify the methods most suited to your personality and needs.

### When I quit, I prefer to:

- Quit cold turkey.
- Get 24/7 support via social media and apps.
- Engage in online forums.
- Enlist a quit partner to exchange ideas.
- Use quitting aids.
- Get help with weight control.
- Focus on controlling stress.
- Quit social smoking.



You may want some combination of these aids. They can help you prepare like never before to quit for good. Learn more at [Jun.HopeHealth.com/quit](http://Jun.HopeHealth.com/quit).

Sources: American Cancer Society, Quit.com, Smokefree.gov

You can succeed best and quickest by helping others to succeed.

— Napoleon Hill

## Help a friend

Showing support can be important to the health of someone who's grieving. Your presence and warmth can provide strength, even without words. Ask about practical ways you can help; be available to listen as the days and weeks pass. And watch for signs of severe depression: an inability to function normally and withdrawing from others. Express your own feelings: "I'm concerned you're not eating or sleeping, maybe it's time to seek help." Learn more at [Jun.HopeHealth.com/grief](http://Jun.HopeHealth.com/grief).

Sources: *Mental Health America, Helpline.org*

See page 8 —

## StockYourToolBox:



See how you can link to Cool Tools & Resources to learn more about the topics in this issue.

## Medications and memory

Several common medications can weaken memory by causing confused thinking or drowsiness — these include antidepressants, some hypertension drugs and cold or allergy medications. If you use these drugs and are having memory problems, see your health care provider. Note: Anything that makes it harder to concentrate and learn new ideas, such as stress, anxiety and alcohol use, can also lead to memory problems.

Sources: *Mayo Clinic, Harvard Health Blog*

# The Whole You: Emotional/Mental Health

## A cooperative spirit

Together Time

The challenge for people from all walks of life to work together characterizes most workplaces, making work interesting, rewarding and sometimes stressful. It takes effort and sensitivity to build strong work relationships — it's worth it when you consider how much time you spend on the job. Basic goals include:

### Support coworkers and leaders.

Watch for situations when you can offer your time, particular skills and expertise.

### Ask for help.

Don't view relying on others as a sign of weakness.

### Stay positive and flexible.

Listen well and be open to the ideas of others.

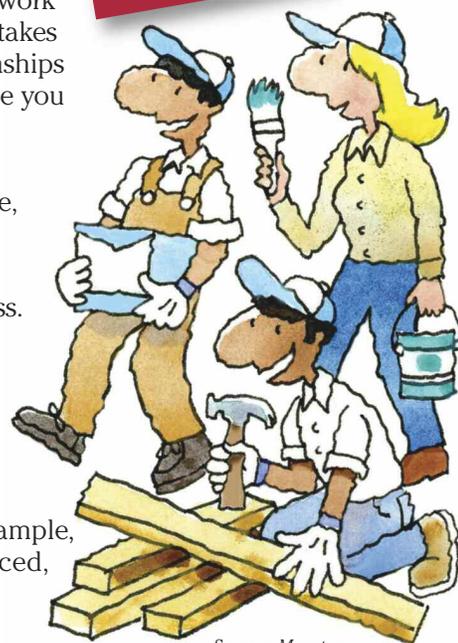
### Encourage and appreciate others.

Offer praise when someone does a good job.

### Make a difference.

Seek ways to contribute to the workplace. For example, join a committee, mentor someone less experienced, or suggest ways to streamline customer service.

Build a good reputation and you'll become indispensable to your team. And learn the 10 Qualities of a Great Communicator at [Jun.HopeHealth.com/communicate](http://Jun.HopeHealth.com/communicate).



Source: *Monster*

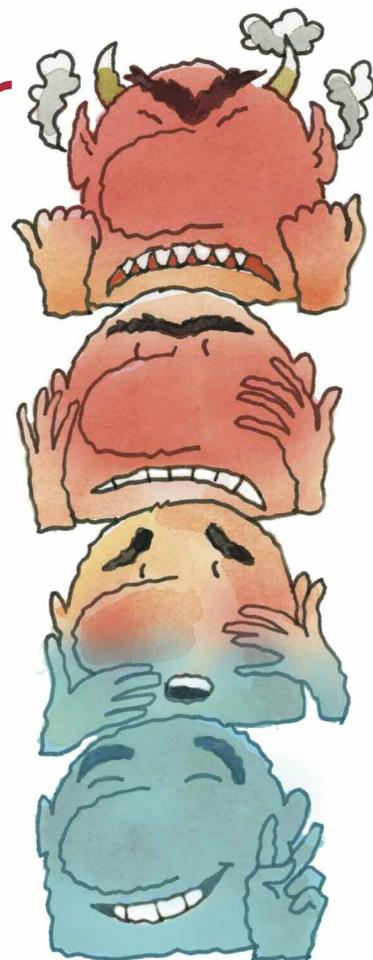
## Chill the anger

*Anger is a common emotion for some people. Ongoing or uncontrolled anger can seriously affect your health and well-being. The American Psychological Association has some advice on how to keep anger in check:*

- Recognize warning signs that you're getting upset. Step away from the situation to prevent escalating your reaction.
- Avoid dwelling on incidents that angered you. Dismissing the problem becomes a win for you.
- Lower your expectations to avoid feeling anger. Think "This is not so bad. I can deal with it."
- Practice soothing deep breathing and progressive muscle relaxation.
- Become aware of and avoid situations (if possible) that typically upset or anger you.

Get professional help if you're constantly frustrated and angry no matter what you try, or your temper causes problems in your relationships.

Source: *American Psychological Association*



5 Learn more about **The Whole You:** at [Jun.HopeHealth.com](http://Jun.HopeHealth.com)

I love money. I love everything about it. I bought some pretty good stuff. Got me a \$300 pair of socks. Got a fur sink. An electric dog polisher. A gasoline-powered turtleneck sweater. And, of course, I bought some dumb stuff, too.

— Steve Martin

## Travel saver\$

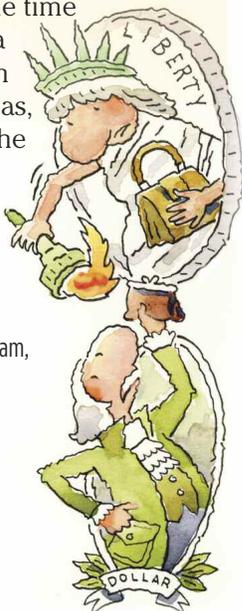
Planning a trip? Consider traveling when seasonal activities aren't available (such as snow sports), or when most tourists don't visit. For example, consider visiting a ski town in the summer, when business slows down, or enjoying London in late September after the summer rush.

— Jamie Lynn Byram, MBA, AFC, MS

## Couples and money

If you are **Hungry, Angry, Lonely or Tired (HALT)** — avoid discussing money with your spouse or your partner. First, pick a time when you're relaxed. If the time is good, try a conversation starter such as, "What was the first big purchase you bought with your own money?"

— Jamie Lynn Byram, MBA, AFC, MS



# FiscalFitness: Together Time

## Your children and credit cards

By Jamie Lynn Byram, MBA, AFC, MS

### Should children have their own credit card?

It's a question many parents ponder as their children become teenagers. Legally, a minor cannot have a credit card solely in their name. Consider these options:

**Add your child to your account as an authorized user.**

**Pros:** It gives your child the benefit of your existing credit and allows them to jump-start building their own credit. You can remove their access if necessary.

**Cons:** Kids can rack up a high bill, which could affect your credit. And a parent's bad credit history could negatively affect their child.

**Give them a prepaid debit card.**

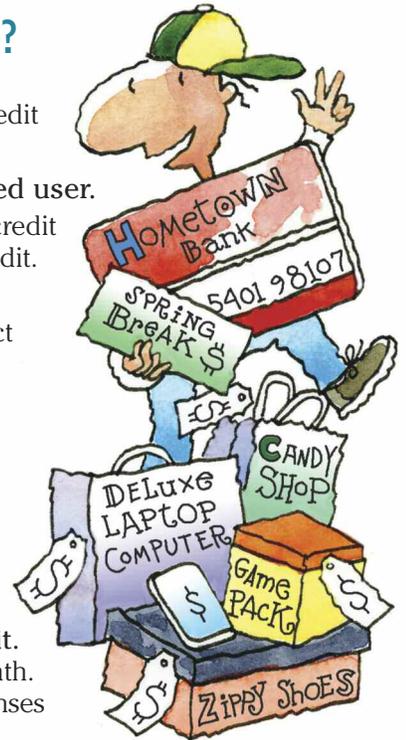
**Pros:** Children have a set amount they can use.

**Cons:** Prepaid cards may have an activation fee and other charges that could eat away at the balance. It also doesn't build credit.

**Use your account to teach your child about credit.**

Review your monthly statement with them each month. Show them your budget and what income and expenses occur monthly.

**Remember:** It's the time you spend and conversations you have with your child that make a difference, not the credit card.



## Cash-only lifestyle

By Jamie Lynn Byram, MBA, AFC, MS

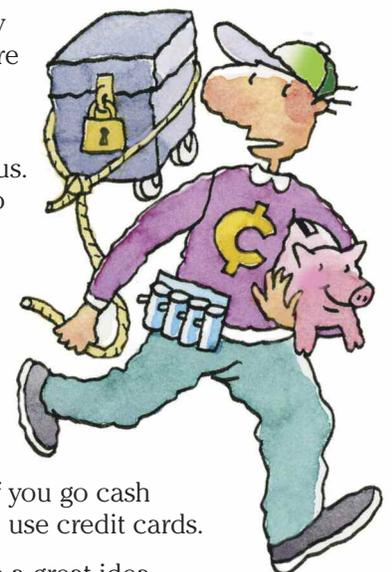
There are more than a few financial gurus who recommend only using cash. The main reason? If you only pay in cash, you lower the risk of getting into debt. But before you start cutting up your credit cards, consider the following:

**Possible loss** — Holding a lot of cash can be dangerous. If your cash is lost or stolen, you won't have a backup to pay for necessities.

**Transaction limitations** — Not all businesses make it easy for consumers to pay in cash (e.g., online purchases, car rentals, reservations).

**Lack of credit** — By using only cash, you reduce your ability to grow and improve your credit. Employers, landlords, mortgage lenders and even utility companies look at credit reports before making decisions. If you go cash only, it's harder to build a solid credit history than if you use credit cards.

Using cash when you are tempted to overspend may be a great idea, but keep a credit card on hand, too.



There is no elevator to success. You have to take the stairs.

— Anonymous

## Addiction signs

Opioid painkillers are commonly prescribed and often lead to addiction when patients use more than what's needed. Users often deny having a problem, or fail to recognize it. When intoxicated, users may become anxious or moody; frequently nod off; have trouble concentrating; move or speak slowly; suffer constipation; withdraw from people and normal activities; neglect or quit work; and ultimately may act illegally. For help, contact local addiction treatment centers.

Sources: *National Institutes of Health, MedicineNet*

## See page 8 — StockYourToolBox:



See how you can link to Cool Tools & Resources to learn more about the topics in this issue.

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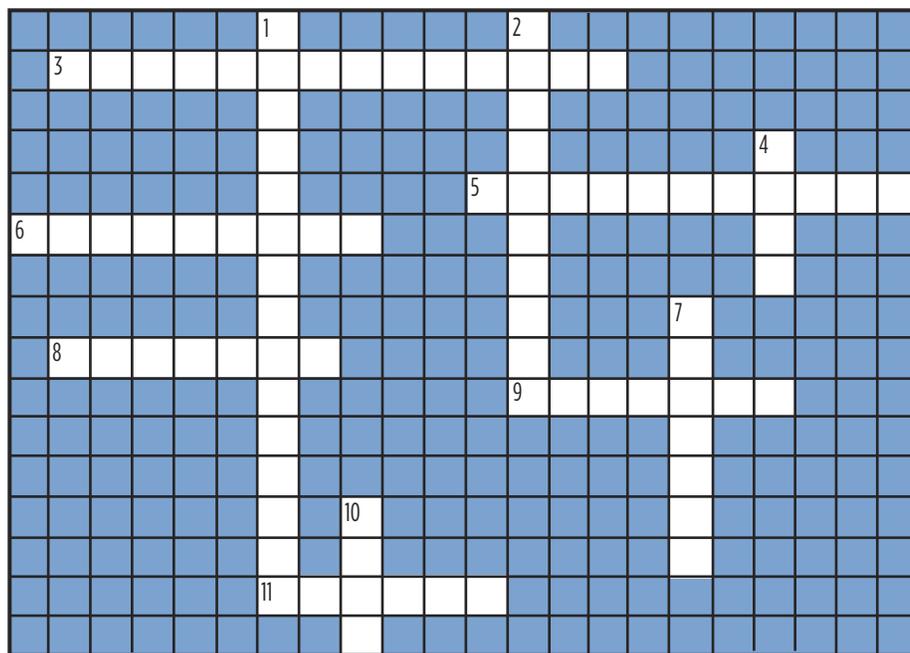
The information in the publication is meant to complement the advice of your health care providers, not replace it. Before making any major changes in your medications, diet or exercise, talk to your doctor.

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Please recycle.

# HealthyConnections:



## June Crossword Puzzle *Find out how well you know the topics covered in this issue of the newsletter.*

### Across

3. Do 2 to 3 of them weekly (2 words).
5. Minors can't own it solely in their name (2 words).
6. Spring in Italy.
8. Risk for dementia.
9. Doing less of it improves your health.
11. Headgear for cyclists.

### Down

1. Health observance in June (3 words).
2. Muscles on the front of the thigh.
4. You can't build a credit history using it.
7. They often lead to addiction.
10. Avoid discussing money if you feel any of these 4 things (acronym.)

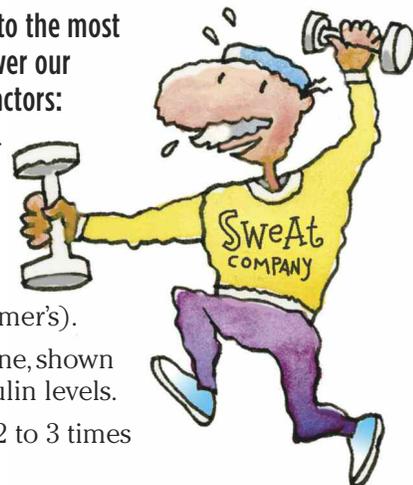


For the crossword puzzle answer key, go to [Jun.HopeHealth.com](http://Jun.HopeHealth.com)

## Alzheimer's: Lowering the risk

Based on recent studies connecting Alzheimer's dementia to the most common diseases in the U.S., scientists recommend we lower our risk of all kinds of dementia by controlling these related factors:

- Reducing your risk for heart disease lowers your chances of getting dementia. To protect your brain, reduce your heart attack and stroke risks. If you smoke, quit.
- Alcohol can cause some forms of dementia (although it hasn't been shown to raise risk of Alzheimer's).
- Type 2 diabetes increases the rate of mental decline, shown in memory test scores, likely because of elevated insulin levels.
- During a 36-year study, the rate of dementia was 2 to 3 times greater for those who were obese in middle age.
- Among older adults with increased genetic risk for Alzheimer's, those who exercised regularly maintained normal healthy brains; when they began sitting too much, the positive effects began to reverse.



Source: *Harvard Women's Health Watch*

7 Learn more about **HealthyConnections:** at [Jun.HopeHealth.com](http://Jun.HopeHealth.com)



## StockYourToolBox: Your Source for Cool Tools & Resources

Check out [Jun.HopeHealth.com](http://Jun.HopeHealth.com) for useful well-being information. Besides the links in the newsletter, here's what else you can find online:

### 10 Qualities of a Great Communicator

*We can all improve our communication by developing these stellar qualities:*

1. **Listening.** Skilled communicators listen actively to others and avoid thinking ahead about how to respond while someone else is talking.
2. **Understanding.** Try to empathize with your audience, so you can see things from their point of view.
3. **Simplicity.** Being able to break down a complex idea and explain it in a way that makes sense to everyone is an essential asset.
4. **Reliability.** Good communicators keep their promises, provide answers promptly, and avoid saying things they don't mean.
5. **Silence.** Know when to let others take the floor, and recognize when your lack of words is saying something important.
6. **Interact.** Ask questions and provide feedback to check that you understand what the other person means.
7. **Nonverbal cues.** Communication experts use nonverbal cues, such as gestures, facial expressions and body posture, to help convey their message and express openness.
8. **"I" statements.** Phrases that start with "you" often put others on the defensive. Focus on explaining your own thoughts and feelings, rather than pointing fingers.
9. **Brevity.** Good communicators respect others' time and get to the point directly.
10. **Confidence.** Trust in your abilities.



**EBIX**  
BENEFITS  
ADMINISTRATION  
AND WELLNESS

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**A list of essential, on-the-job communication skills — key to a productive and harmonious workplace.**

**Answers to the Crossword Puzzle** that covers the topics in this issue of the newsletter.



Go to  
[Jun.HopeHealth.com](http://Jun.HopeHealth.com)  
to find these resources.

*“Never look back unless you are planning to go that way.”*

— Henry David Thoreau

*“If I have seen further, it is by standing on the shoulders of giants.”*

— Isaac Newton

*“It’s amazing. Life changes very quickly in a very positive way, if you let it.”*

— Lindsey Vonn

*“With the new day comes new strength and new thoughts.”*

— Eleanor Roosevelt

*“Love yourself. It is important to stay positive because beauty comes from the inside out.”*

— Jenn Proske