



HOPE Health Letter

"Life Is a Journey. Have Some Fun."

Volume 36 • Number 12 • December 2016

We make a living by what we get. We make
a life by what we give.

— Author Unknown

Giving to others

Sometimes, the best
way to help your
wellbeing is to
help other people.



*Learn more about giving to others in
all areas of your life to get more out
of life for yourself.*

OuterAisle**Fresh:**

Say you care with a meal. A home-cooked meal can make a big difference in a person's day, especially if that person is dealing with stress or illness. Pg. 2

Get**Moving:**

Add energy and enthusiasm to exercise with a fitness pal. Do you have a hard time sticking to a workout routine? Why not find a fitness friend to make working out easier for both of you? Pg. 3

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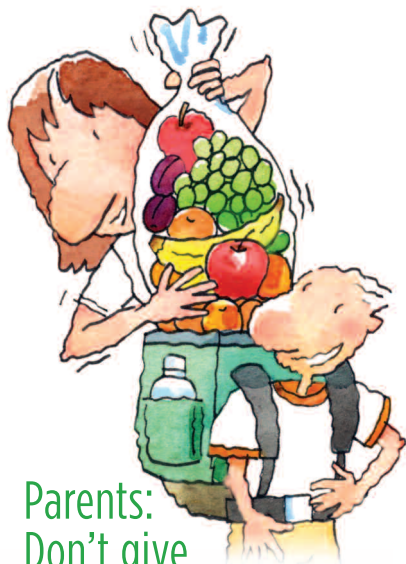
Plus... What's**TrendingNow:**

Involved dad figures can be good for kids. Fathers and father figures play a unique and significant role in children's development. Find out how. Pg. 7

StockYourToolBox: Don't miss our favorite one-minute video, "Layering It Up"... plus more resources like this at Dec.HopeHealth.com. Pg. 8

Food is symbolic of love when words are inadequate.

— Alan D. Wolfelt



Parents: Don't give up on getting kids to eat better

Don't take the "one and done" approach to getting kids to eat new, good foods. It can take up to 15 tries before children accept new foods, especially healthful ones. Also, don't allow yourself to be a short-order cook, accommodating special requests for alternatives to healthful food. Just be sure to serve at least one healthful food that your children like at every meal.

Leftover lowdown

Put food in the refrigerator within two hours. Bacteria rapidly begin to multiply at this point. Refrigerated, leftover casseroles and cooked vegetables are usually fine for three to four days. Finish fruit and cream pies within two to three days and cheesecakes within a week.

OuterAisleFresh: Giving to Others

Say you care with a meal

When people you care about are dealing with stressful times or illnesses, providing a home-cooked meal can make a big difference.

Meals for others should:

- Be easy to transport.
- Be easy to eat — require little or no assembly or significant additional cooking time.
- Hold well — able to be refrigerated for a day or two without spoiling, getting soggy, or drying out.
- Freeze well.

You may also want to:

- Skip common or serious allergens (such as peanuts) and foods that people may have strong opinions on (such as fish).
- Pack the meal in disposable containers that the recipient(s) don't need to return.
- Include instructions on how to reheat and store extras.
- Focus on fresh, healthful foods.

For a link to a free online tool for coordinating meal deliveries for someone in need, go to Dec.HopeHealth.com/meals.



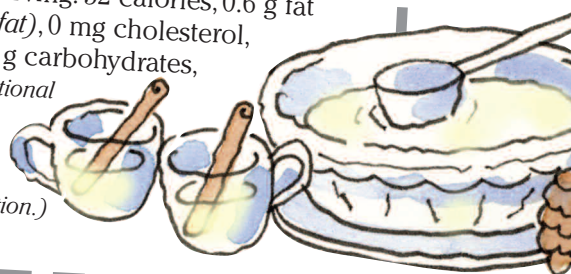
CHAI TEA MIX *A simple, soothing gift to warm up the holidays*

- 2 ½ tsp. ground ginger
- 2 tsp. ground cinnamon
- ¾ tsp. ground cloves
- 1 tsp. ground allspice
- 1 tsp. ground nutmeg
- ½ tsp. freshly ground black pepper
- 1 ½ cups unsweetened instant tea (regular or decaffeinated)
- 1 ½ cups sugar
- 1 cup nonfat dry milk powder
- 1 cup powdered nondairy creamer
- 1 cup nonfat French vanilla powdered creamer

Combine spices, tea, sugar, milk powder, and creamers in a blender or large food processor. Blend 1 to 2 minutes, or until the mixture turns into a fine powder. Divide into gift jars.

Attach a tag to each gift jar that reads: "To serve: Stir 2 tablespoons of mix into a mug of hot water or milk."

Serves: 42. Per serving: 52 calories, 0.6 g fat (0.6 g saturated fat), 0 mg cholesterol, 4 mg sodium, 12 g carbohydrates, 0 g protein. (Nutritional information for mix only and does not include the optional milk serving suggestion.)



There is no better exercise for your heart than reaching down and helping to lift someone up.

— Bernard Meltzer

Sledding? How not to end up in the ER



Sleds can reach speeds of 20 to 25 mph. You may be able to prevent serious head trauma from a crash if you wear a helmet. Also, find a hill with a flat run at the end. Avoid places where the hill bottom meets a street, parking lot, or frozen pond. If possible, use a sled with a steering mechanism for more control.

Source: Cincinnati Children's Hospital Medical Center

See page 8 —

Stock Your ToolBox:



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

When you can't go outside

Just because you can't go outside doesn't mean quality family time needs to be quiet or inactive. Challenge one another during TV commercials. See who can do the most situps, pushups, or jumping jacks.

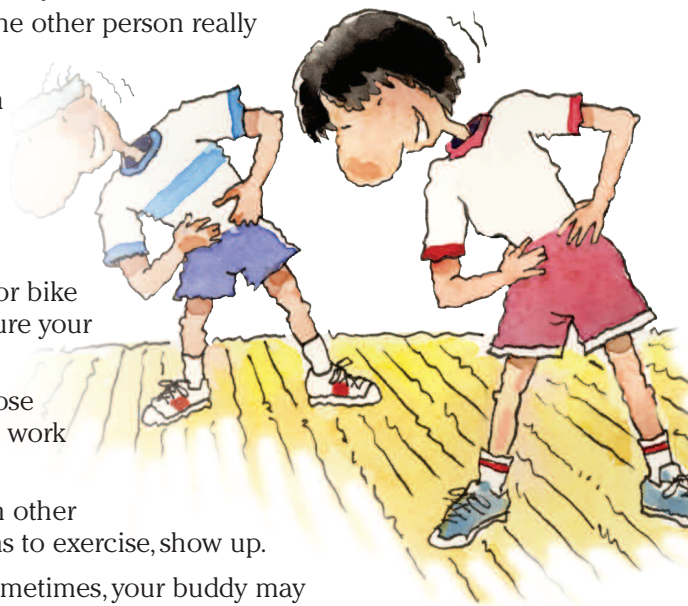
GetMoving: Giving to Others

Add energy and enthusiasm to exercise with a fitness pal

To make working out easier for you — and someone else — why not find a fitness pal? You'd both be doing something healthful for yourselves and each other.

When choosing a workout buddy:

- Consider commitment. Does the other person really want to give it a try?
- Try to match skill levels when appropriate. It may not matter as much if you plan to use gym equipment and can make individual adjustments that wouldn't affect the other person's workout. However, if you plan to walk, run, or bike together, you may want to make sure your speeds are about the same.
- Make decisions together. Choose activities, times, and locations that work for both of you.
- Prioritize exercise sessions. In other words, don't bail. If you make plans to exercise, show up.
- Have a back-up plan ready. Sometimes, your buddy may get sick or have a schedule conflict. Have an alternate plan handy, just in case.



Holiday shopping counts as exercise

When it comes to holiday shopping, the American Chiropractic Association encourages people to treat the activity as an athletic event to ward off strain.

- Stay hydrated. Drink eight to 10 8-ounce glasses of fluid a day. On shopping days, you may need to drink even more.
- Take periodic breaks from shopping before you become too tired or sore.
- Wear shoes with cushioning in the soles to absorb the impact of walking on hard floors.
- Leave large bags/purses at home. Only bring along essential items, such as your wallet, keys, and cell phone.

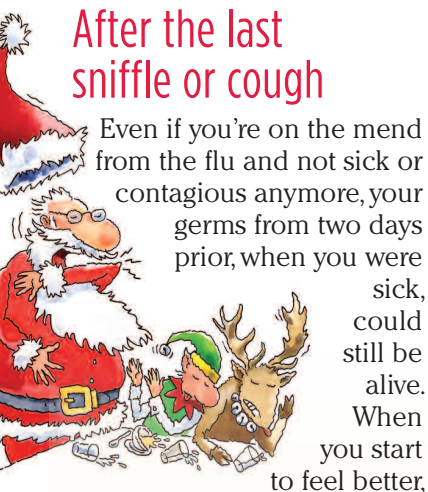
Source: The American Chiropractic Association



A kind gesture can reach a wound that only compassion can heal.

—Steve Maraboli,
“Life, the Truth, and Being Free”

After the last snuffle or cough



Even if you're on the mend from the flu and not sick or contagious anymore, your germs from two days prior, when you were sick, could still be alive. When you start to feel better,

don't forget to wash linens and towels, and then tumble dry on a hot setting. Don't put dirty laundry near your face, either. For more on flu, go to Dec.HopeHealth.com/flu.

Source: *flu.gov*

Beware of festive flowers and plants

You may want to skip decorating with mistletoe, holly berries, and poinsettias if you have children and pets. All parts of mistletoe are toxic if eaten. Eating mistletoe can cause blurred vision, nausea, abdominal pain, diarrhea, blood pressure changes, and even death. Eating holly berries can lead to vomiting, diarrhea, dehydration, and drowsiness. Poinsettias aren't toxic, but eating the leaves or flowers can lead to a mouth rash and upset stomach. For more information on holiday health and safety, go to Dec.HopeHealth.com/holidays.

The Whole You: PHYSICAL HEALTH

Avoid the holiday heartburn hangover

If you suffer from occasional heartburn because of what you eat and drink, make smart choices so you can spend time with friends and family and not in front of the medicine cabinet looking for relief.

- Be a nibbler. Eating too much or too fast can up your chances of heartburn. Eat small portions over time. Try using a small plate and eating slowly.
- Watch out for the culprits: Certain foods are more likely to worsen heartburn. These include fatty foods, fried foods, caffeine, chocolate, citrus fruits and juices, and mints.
- Nix the nap. Try not to lie down within three hours of eating.
- Go easy on the alcohol. Alcohol, especially in large amounts and particularly red wine, may worsen heartburn. If you drink alcohol, do so in moderation.
- Quit smoking.

Source: *Stony Brook Medicine*

Experience a ‘helper’s high’

Giving to Others

Being there for people in need, volunteering for organizations, and donating to charities can be good for you.

Seriously, studies have found health benefits associated with giving. These pluses include:

- Lower blood pressure • Help in recovery from heart-related health issues
- Increased self-esteem • Less depression • Lower stress levels



- Longer life — One study showed that people 55 and older who volunteered for two or more organizations were 44% less likely to die over a five-year period compared to those who didn't volunteer.
- Greater happiness — Giving can stimulate the reward center in the brain, releasing hormones and creating what's known as a “helper's high.”

Source: *Cleveland Clinic*

The color of springtime is in the flowers; the color of winter is in the imagination.

— Attributed to Terri Guillemets, Ward Elliot Hour, and Dave Dicello

Consider a ‘family digital detox’

Give your family the gift of yourself. Break the habit of screen time in favor of one-on-one interaction. Collect all mobile devices in a basket and take it out of the room prior to dinner. Put phones to bed (*put them away for the day at a designated time*) the same way you might put a child to bed.

Source: Philadelphia College of Osteopathic Medicine

See page 8 —

StockYourToolBox:



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

Home-delivered meals — feed bodies and souls

Feeling lonely is a real issue for many home-bound seniors, and having home-delivered meals from organizations such as Meals on Wheels can help. To learn more about Meals on Wheels and how you might be able to help, go to Dec.HopeHealth.com/mow.



TheWholeYou: Emotional/Mental Health

Drawing the line

Giving to Others

Being a supportive, caring friend, family member, neighbor, or co-worker is a good thing, but you also need to set personal boundaries so you can keep yourself emotionally healthy.

For instance, volunteering to take a friend's child home from a practice is great, but if that friend starts expecting a ride home after every practice, that might be a problem.

The term “personal boundaries” is defined as the rules or limits that you set for how you interact with others. Creating these rules and limits can help you know for yourself what safe and reasonable behaviors you are OK with and how you will respond when someone crosses over the boundary lines.

Personal boundaries can protect you from individuals who might want/try to use you, manipulate you, hurt you, and/or control you.

For a worksheet on personal boundaries and how to set them, go to Dec.HopeHealth.com/boundaries.

Source: Michigan Reach Out!



Getting kids to talk... for real

Most parents know all too well that connecting with kids to have meaningful conversation can be a real challenge.

Here are some questions that can spark conversations. You may do better if you try to chat at a time when your children aren't tired, hungry, or busy.

- **Personal** — What is something you like about yourself?
- **School** — What was the best (*or worst*) thing that happened at school today?
- **Social** — What makes a good friend?
- **Relationships** — What are the qualities you would look for in someone you want to date?
- **Future** — If you could travel anywhere in the world, where would you go?
- **Family** — What do you like most about me/your other parent/siblings?
- **Value** — What do you think is the meaning of life?

For a list of more conversation starters, go to Dec.HopeHealth.com/talk.

Source: Kristi Wolfe, licensed psychologist who works with children, teens, and adults (drkristiwoffe.com)



“Money is not the only commodity that is fun to give. We can give time, we can give our expertise, we can give our love, or simply give a smile. What does that cost? The point is, none of us can ever run out of something worthwhile to give.” — Steve Goodier

Don't have money to give to charity? Donate blood.

One pint of blood could save three lives. If a person needs serious, emergency surgery, blood will be more helpful than money. To find blood-donation locations near you, go to Dec.HopeHealth.com/blood.

See page 8 —

StockYourToolBox:



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

Making allowances work

Start early. Begin allowances when you notice regular requests for money to buy things, usually age 6 to 8. **Pay regularly.** Provide money on a regular basis (for example, weekly). Consider periodic increases as children's expenses grow. **Explain expectations.** Figure out what expenses (such as school lunches or gas) you expect kids to pay with the amount you provide and whether an allowance is linked to chores.

FiscalFitness: Giving to Others

Don't make these 3 common charitable-giving mistakes



Source: National Endowment for Financial Education

Giving to a worthy cause does good and can feel good, but if you're looking to make good on a deduction for your donation (*money or goods*), avoid these common tax-break slipups.

- 1. Not claiming out-of-pocket expenses incurred while volunteering** — Although you can't deduct time you donate to a charity, you can deduct mileage on your vehicles while volunteering.
- 2. Miscalculating a deduction** — If you receive anything in return for your donation (such as tickets to an event or merchandise), you cannot claim the full amount of the money you gave. You must deduct the fair market value of what you received. You may claim the full deduction only if you refuse the gift(s).
- 3. Not keeping proper records** — Be sure receipts for donated goods include estimated value. If you make a contribution of \$250 or more in a day, get written acknowledgement from the organization.

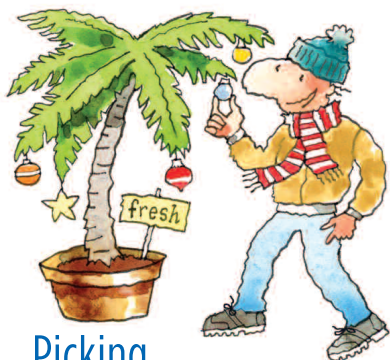
3 simple tips to keep holiday-gift spending in check

- 1. Make a list and stick to it.** Figure out everyone you need/want to buy for before you head out to shop. Organize your list based on gift "size" (for example, \$5 gifts for co-workers versus, say, a \$50 gift for a significant other).
- 2. Use your rewards.** Cash in on your credit-card cash-back or points programs. Use what you've earned all year long to pay off purchases or buy gift cards.
- 3. Pay in cash.** You may be more likely to stay on budget if you don't have the lure of "unlimited" credit. Leave the credit cards at home and take along an envelope of cash instead.

Source: Spendster.org



“Always give without remembering and always receive without forgetting.” — Brian Tracy



Picking and preserving the perfect fresh holiday tree

Look for a tree with a good solid-green color. The branches should be springy and smell good. Firs and pines tend to keep their needles longer than other evergreens and can last for a month or more indoors. A spruce tree typically lasts in the house for just a week to 10 days. If possible, make a fresh cut on the bottom so the tree can easily take up water. Don't put the tree next to a radiator or furnace vent.

Source: Cornell University

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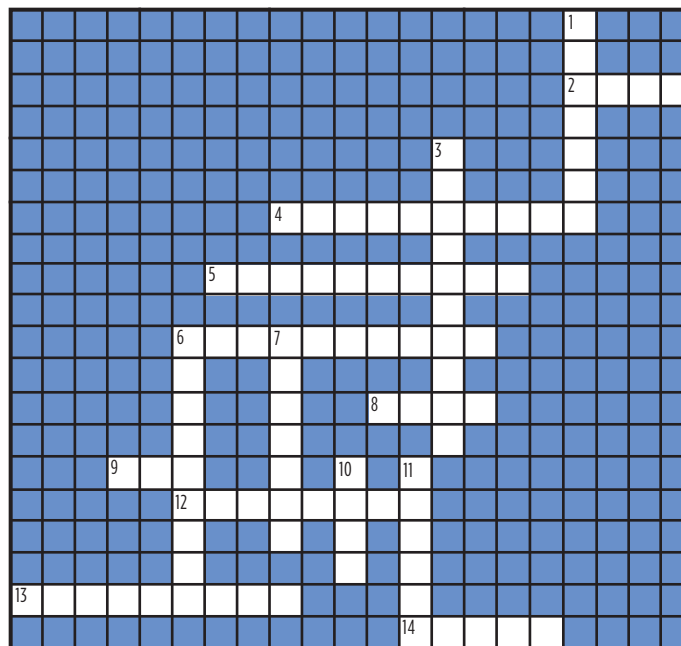
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What's Trending Now:



December Crossword Puzzle

See how well you know the topics covered in this issue of the newsletter.

ACROSS

2. When making a meal for someone else, you may want to skip foods such as this
4. Giving to others can help to lessen this health issue
5. Rules or limits that you make up for how you interact with others
6. When choosing a workout buddy, consider this
8. A type of evergreen well suited for a holiday tree
9. Put leftover foods in the refrigerator within ___ hours (number spelled out)
12. Young children of involved dads or father figures benefited in development of this area
13. A toxic holiday plant if eaten
14. One pint of donated blood could possibly save ___ lives (number spelled out)

DOWN

1. How many tries it can take before children accept new foods (number spelled out)
3. When holiday shopping, wear shoes with this
6. A food sometimes associated with heartburn
7. Something you can deduct while volunteering
10. To keep holiday-gift spending in check, pay with this
11. Wear this when sledding



For the crossword puzzle answer key, go to Dec.HopeHealth.com

Involved dad figures can be good for kids

According to one study, when dads or father-like figures were positively involved in children's lives:

- Older kids tended to have fewer depression symptoms and behavioral problems, and lower rates of teen pregnancy.
- Young children benefited in the areas of mental health and language development. Research has shown that dads and father figures are more likely to use new words when they talk to babies and preschoolers.

Men typically play differently, too.

"It's a stereotype, but it's true that fathers do more of the rough-and-tumble style of play," according to Michael Yogman, a co-author of the report. "They often encourage their children to explore and take risks, while mothers offer stability and safety. There's room for both."

These findings do not suggest that children of single moms do not fare well, Yogman noted. And, he also stressed that children without an involved father can and do "thrive."



For more on good parenting, go to Dec.HopeHealth.com/parenting.

Source: American Academy of Pediatrics



StockYourToolBox:

Your Source for Cool Tools & Resources

Check out Dec.HopeHealth.com for a ton of useful wellbeing information. In addition to the links included throughout the newsletter, here's what else you can find online:



A video on “Layering It Up.”

Find out how to dress properly so you can stay warm enough, but not too warm, while working out outdoors.

A video on comfort foods.

Discover how you can make those favorite recipes more nutritious while still keeping them delicious.

A crossword puzzle.

Test how well you know the topics covered in this issue of the newsletter.



Go to
Dec.HopeHealth.com
to find these resources.

*“Pay mind to your own life,
your own health,
and wholeness. A bleeding
heart is of no help to
anyone if it bleeds
to death.”*

— Frederick Buechner

*“Hearty laughter is a good
way to jog internally
without having to go
outdoors.”*

— Norman Cousins

*“You know, all that really
matters is that the people
you love are happy and
healthy. Everything else
is just sprinkles
on the sundae.”*

— Paul Walker

*“People don’t notice
whether it’s winter
or summer when
they’re happy.”*

— Anton Chekhov