

# HOPE healthletter®

VOL. 35, NO. 6

*"An ounce of prevention is worth a pound of cure."*

JUNE 2015

## A distraction-free dose of nature can do you some good

When is the last time you immersed yourself in nature — not just a walk around the neighborhood with your phone glued to your ear?

Spending time in nature — without distractions — may help awaken your senses, renew your spirit, boost your creativity, and improve your physical health.

- Pick a place that doesn't get many visitors.
- Study up on the area beforehand. Learn about the plants and animals, what is approachable and what, if anything, you should be cautious about. Also, familiarize yourself with the lay of the land so you won't get lost.
- Don't use scented soap, perfume, or cologne ahead of time. The smell could attract insects and scare away other animals.
- Let someone know where you're headed and when you plan to be back in case something happens.
- Bring both binoculars and a magnifying glass for better viewing.
- Consider going in the morning or early evening, when wildlife might be most active.
- Walk quietly and don't talk.
- Pause frequently to look and listen. Find a comfy place and sit down for a bit.
- Never feed the animals.
- Take any trash with you.



For more information on getting  
in touch with nature, go to  
[Jun.HopeHealth.com](http://Jun.HopeHealth.com)

### Quick-Read!

#### The easy way to clean eating

Small steps toward eating less processed foods can make a big difference. Pg. 2

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What you need to know before you get a tattoo. Pg. 4

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#### What's for dinner?

It can be a mundane task to think up new and healthful dinners each night. Get help by going online. Pg. 7

#### Make carbs count

When you have diabetes, foods containing carbohydrates can be a friend or a foe. Choose wisely so foods work for you, not against you. Pg. 8

# OuterAisleFresh:

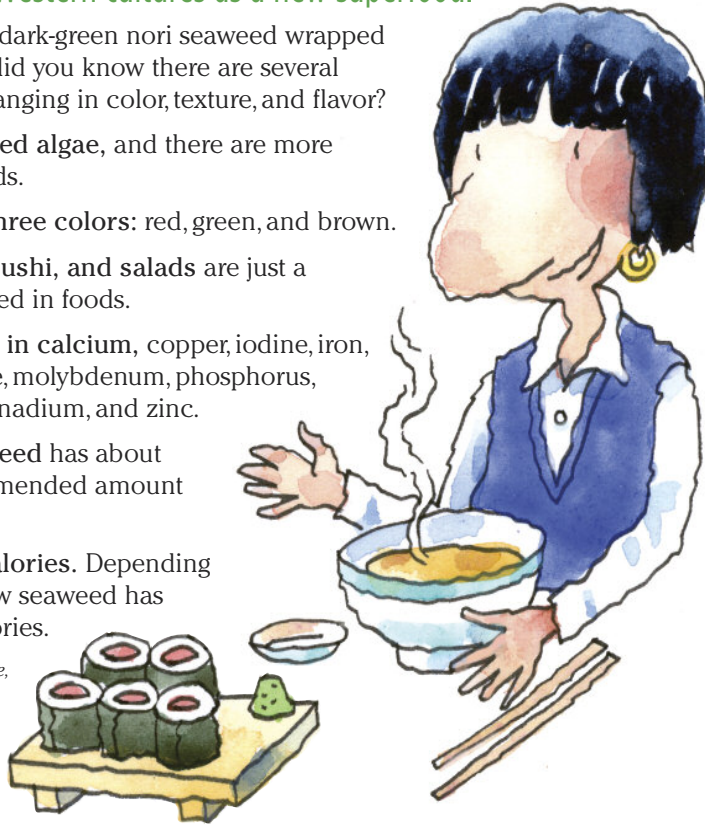
## Making sense of seaweed

Seaweed has long been a staple in Asian and South Pacific diets, but it's emerging in Western cultures as a new superfood.

You may recognize the dark-green nori seaweed wrapped around sushi rolls, but did you know there are several edible seaweed types, ranging in color, texture, and flavor?

- Seaweed is considered algae, and there are more than 30 recognized kinds.
- Seaweed comes in three colors: red, green, and brown.
- Miso soup, broths, sushi, and salads are just a few ways seaweed is used in foods.
- All varieties are rich in calcium, copper, iodine, iron, magnesium, manganese, molybdenum, phosphorus, potassium, selenium, vanadium, and zinc.
- One serving of seaweed has about 20% of the daily recommended amount of vitamin K.
- Seaweed is low in calories. Depending on the type, a cup of raw seaweed has between 25 and 40 calories.

Source: Food & Nutrition Magazine, published by the Academy of Nutrition and Dietetics

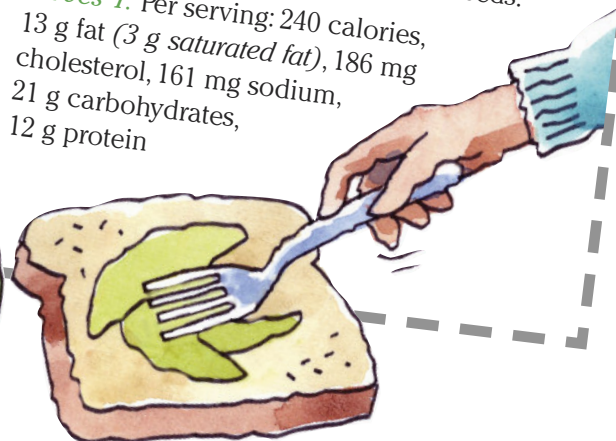
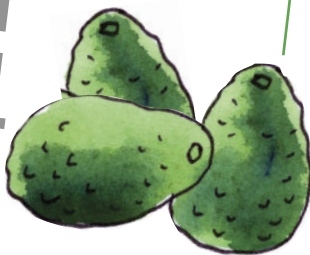


### Clean Eating Power-Up Toast

- 1 slice whole-grain bread
- ½ avocado, peeled and sliced
- 2 slices tomato
- 1 hard-boiled egg, sliced
- Salt and pepper to taste
- ½ lemon
- ¼ tsp. chia seeds

Toast bread. Place the avocado slices onto the toast and mash them slightly with a fork. Season the avocado with salt, pepper, and as much lemon juice as desired. Arrange tomato and egg slices on top. Garnish with chia seeds.

**Serves 1.** Per serving: 240 calories, 13 g fat (3 g saturated fat), 186 mg cholesterol, 161 mg sodium, 21 g carbohydrates, 12 g protein



## The easy way to clean eating

*Clean eating isn't some new fad diet; it's a lifestyle based on cutting out processed products and consuming foods in their whole and intended state.*

Almost all processed foods contain flavor enhancers, which have been extracted and isolated from their natural state, refined, and added to these manufactured foods.

Ingredients such as monosodium glutamate (MSG) and high fructose corn syrup are two examples.

The idea of clean eating is to stick to foods with few ingredients and focus on low-fat proteins, fruits, and vegetables; and fermented foods, such as yogurt and sauerkraut. Many clean eating plans also include complex carbohydrates, such as brown rice, quinoa, buckwheat, sweet potatoes, and whole-grain pastas and breads.

Things to avoid include refined sugar, high-fat meats, processed foods, candy, soft drinks, and trans and saturated fats.

The possible benefit of clean eating? Your blood sugar levels may remain on a more even keel, which may cause less strain on your body's systems and help you to feel fuller longer.

Small steps toward clean eating can make a big impact. Choose:

- A fresh apple instead of juice or sodas
- A salad with avocado, nuts, and vinaigrette instead of a sandwich on white bread
- Sweet potatoes instead of white potatoes

Sources: HealthyWomen; Academy of Nutrition and Dietetics



Wash fresh produce just before cooking or serving, not before storing.

# GetMoving:

## Health habits to help you stay fit for good

**1. Exercise every day if you can** — even if you only have a few minutes. A short stint of activity is better than none at all. Five or 10 minutes of walking can make a difference for your physical and mental health.

**2. Variety is the spice of life** — and fitness. Keep yourself from getting bored (*and giving up*) by mixing up activities. Do yoga one day and walk or jog the next. Throw in some strength training.

**3. Don't wait for a special occasion to get in shape.** Many people take up physical activity to lose weight or tone certain areas to look good for a special occasion, such as a wedding or reunion. Once the day has passed, so do their exercise efforts. Make fitness a lifestyle habit.

**4. Focus on how you feel, not necessarily on how you look.** Think of physical activity as a way to help you to have increased energy, to sleep better, and to feel more positive, not to fit into a certain clothing size. Having the proper mindset may make it easier to stick to your fitness routine and not become discouraged when you don't see physical changes.



## School is out, now what?

If you're a parent, it's only a matter of time before your darlings drop the "I'm bored" bomb... unless you find creative, active ways to keep your kid-dos entertained.

*Here are some suggestions:*

- Take a family bike ride
- Go for a hike
- Swim laps at the pool
- Run around the track at a nearby school
- Compete in relay races (*think frog jumps, crab walks, wheelbarrows, etc.*)
- Play freeze tag
- Hold a dance party
- Create a backyard obstacle course
- Play a game of HORSE basketball
- Put together a game of backyard soccer or kickball

Be sure your kids get at least 60 minutes of physical activity daily.

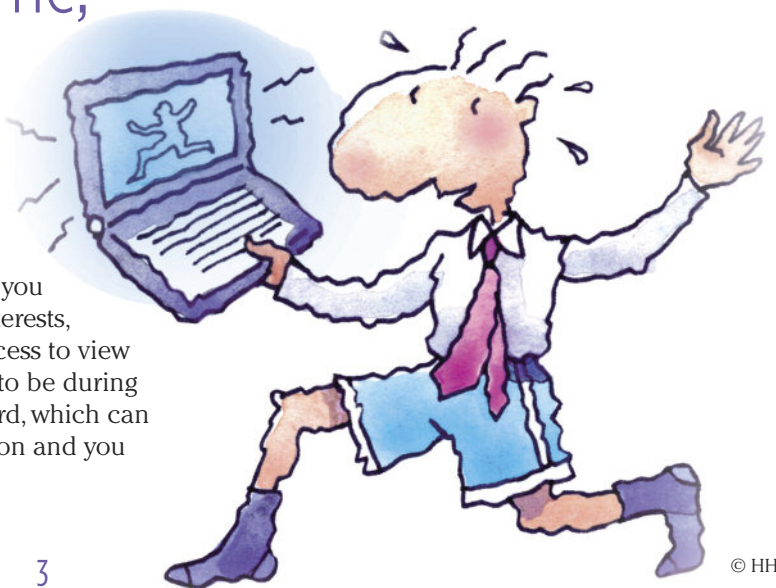


Take the kids for a walk. If their pace is too slow, add lunges, jumping jacks, or running in place to make yourself work harder while they keep up.

## Bring the gym to your home, office, or even hotel room

Can't make a group fitness class because of weather, travel, or some other reason? No problem. Stream a group fitness class right to your computer or TV (*if it has Internet access*).

A quick online search of "live stream fitness classes" will give you several options from which to choose, depending on your interests, time, and budget. Most programs offer subscription-based access to view live classes. You can either participate wherever you happen to be during the actual live class or, in many cases, up to 24 hours afterward, which can come in handy if your daily schedule changes for some reason and you can't make the class time.



# The Whole You:

## PHYSICAL HEALTH

# Think before you ink

Have you been toying with the idea of a tattoo or permanent makeup?

Before you go under the needle, make sure you think through all that's involved.

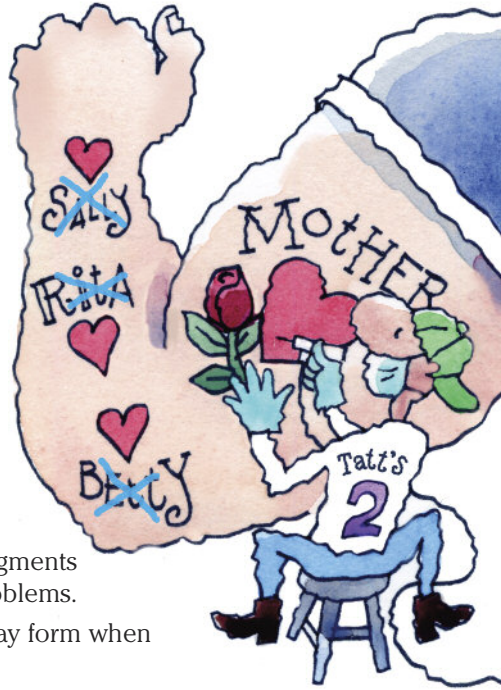
Here are some of the potential risks:

- **Infection** — Dirty needles can pass infections, such as hepatitis and HIV, from one person to another.
- **Allergies** — Allergies to some ink pigments have been reported and can cause problems.
- **Scarring** — Unwanted scar tissue may form when getting or removing a tattoo.
- **Granulomas** — These small knots or bumps may form around material that the body views as foreign, such as tattoo pigment particles.

Be sure to check with your local health department about the reputation of any tattoo provider you are considering.

Although you may be able to get reassurance as to the cleanliness of the provider and instruments used, you may not get much information about the inks or pigments. That's because there has been little research into the long-term effects on the body of inks and pigments used in tattooing and permanent makeup. The Food and Drug Administration (FDA) is currently investigating inks and pigments to find out more.

Source: U.S. Food and Drug Administration



## Don't drive off without checking for children

Always check around your vehicle and driveway for kids — even if you don't have children of your own. You never know when a neighbor's child may have wandered into your yard.

- Walk completely around your parked car before getting in and starting the engine. Look for children and anything that could attract a child (such as a pet, bike, or toy). Be sure to check under your vehicle, too.
  - If children are in the area, ask an adult to supervise and find a safe spot for children to wait when vehicles are about to move.
- Try to limit kid time in driveways.*
- Pick up any toys, bikes, chalk, or other items that may entice kids to play there.
  - Never allow children to play unattended in a driveway — even when cars aren't present.
  - Encourage children to use the backyard instead.

Source: SafeKids.org

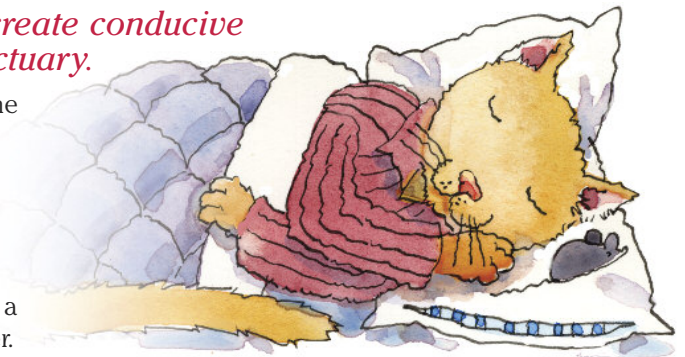


To save energy, draw curtains to keep heat out of rooms on hot days.

# Designing your bedroom for better sleep

*To help get the best rest possible for overall health, create conducive conditions so your bedroom becomes your sleep sanctuary.*

- Dim lights an hour before bed so your body begins to realize it's time to shift into sleep mode.
- Choose relaxing, peaceful wall colors and decorations.
- Make sure your room is uncluttered.
- Keep the temperature cool. Typically between 60 and 67°F is best.
- Reduce jarring noises, such as sound from a TV or radio, and create a consistent, calming background sound using a fan or sound conditioner.
- Surround yourself with soothing scents, such as lavender or eucalyptus, using linen sprays.



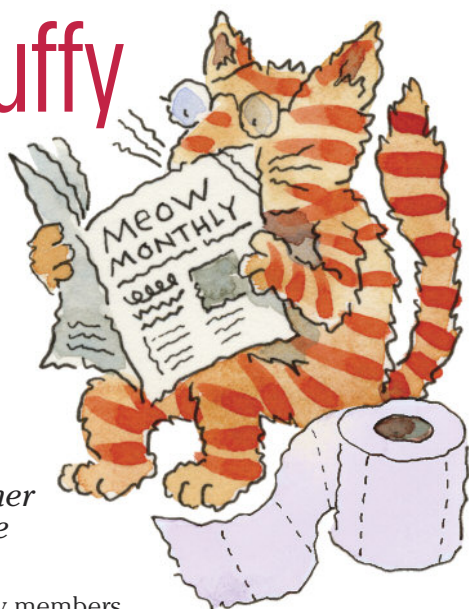
Source: National Sleep Foundation

# The Whole You:

## EMOTIONAL HEALTH

### Let Fido or Fluffy stay at home while you're away; it will be OK

*Planning a summer trip but can't take your pet?*



Source:  
Pet Sitters International

Many people are opting to let furry family members stay at home and hiring a pet sitter to care for them.

#### *A pet sitter likely will:*

- Feed the pets and change water bowls
- Clean litter boxes and other messes
- Provide exercise and playtime
- Give any needed medications

Some pet sitters also bring in mail or newspapers, and alternate blinds and lights to provide a “lived-in” look to deter burglars.



For a pet sitter locator and interview questions for a potential pet sitter, go to [Jun.HopeHealth.com](http://Jun.HopeHealth.com)

## Conversation courtesies

How you talk to other people can either help or hurt relationships. It's true at work and at home.

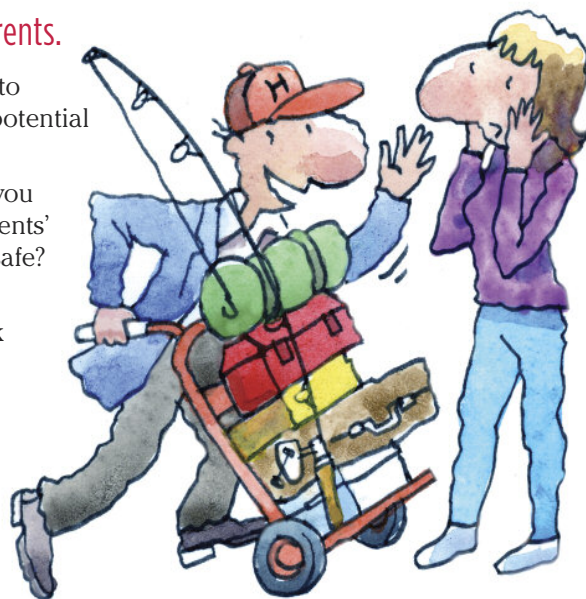
- **Check your volume** — If you speak too loudly, people might think you're an attention seeker. If you speak too quietly, people might think you lack confidence.
- **Limit laughter** — Loud laughing can become annoying. Even a normal-toned, habitual laugh as you speak can be a distraction.
- **Avoid interruptions** — Allow people to finish thoughts before jumping in with your response or starting a new topic.
- **Listen** — Focus on what other people are saying so you can ask meaningful questions or provide specific feedback, which will show you care.
- **Don't whisper** — In a group setting, never whisper to one or two people. If you have something to say, share it with everyone. If you don't want to share it with everyone, wait until later to talk with specific people.
- **Beware of body language** — Maintain eye contact, and don't clench your fists, shake your leg(s), or tap your fingers or feet.

## Before mom or dad moves in

### More and more adult children are opening their homes to aging parents.

If you're considering having your mom and/or dad live with you, be sure to think through everything ahead of the move-in date to prevent as many potential problems as possible.

- **Evaluate accommodations.** Do you have room for your parents? Will you need to build an addition or renovate an existing space to meet your parents' living needs? How else might you need to modify your home to make it safe?
- **Tackle the issue of time commitment.** How much time will you need to devote to your parents' care? Will you need to adjust your current work schedule? If so, will your employer be understanding and flexible? If you need to reduce your work hours, how will that affect your own finances, career advancement possibilities, etc.?
- **Prepare yourself for the power shift.** Likely, the last time you lived with your parents, they were the authoritative figures and you were the dependent. Talk through any changes in family roles. Will you have direction or control of certain aspects of your parents' lives? How much autonomy will they have?



Source: Family Caregiver Alliance, National Center on Caregiving



For more things to think about before aging parents move in with you, go to [Jun.HopeHealth.com](http://Jun.HopeHealth.com)

# FiscalFitness:

## A crash course in credit insurance

When you apply for a mortgage or personal loan, you likely will be asked if you want to buy credit insurance.

This insurance is optional and cannot be made a condition for loan approval. Credit insurance is designed to protect the loan — and your credit — if, for some reason, you can't make your payments.

*There are four main types:*

- Credit life insurance pays all or some of your loan if you die.
- Credit disability insurance, or accident and health insurance, makes payments on the loan if you become ill or injured and can't work.
- Involuntary unemployment insurance, or involuntary loss of income insurance, makes loan payments if you lose your job due to no fault of your own, such as a layoff.
- Credit property insurance protects personal property used to secure the loan if destroyed by acts such as theft, accident, or natural disasters.



Before you decide to buy credit insurance, figure out if it makes financial sense for you. For a list of some questions to ask yourself, go to [Jun.HopeHealth.com](http://Jun.HopeHealth.com)

Source: Federal Trade Commission (FTC)



## Putting graduation money to good use

Money or gift cards are popular, practical, and much-appreciated gifts when kids are graduating from high school or college and headed out into the “real world.” Help your young adult to start his or her future on the right financial foot by giving wise advice on what to do with all that money.

- Stash some of the cash in savings.
- Set aside some of the financial gifts for books and supplies (*including technology*) if your child is headed to college or trade school.
- Devote some of the money to deposits on housing, utilities, etc., if your child is moving into his or her own place.



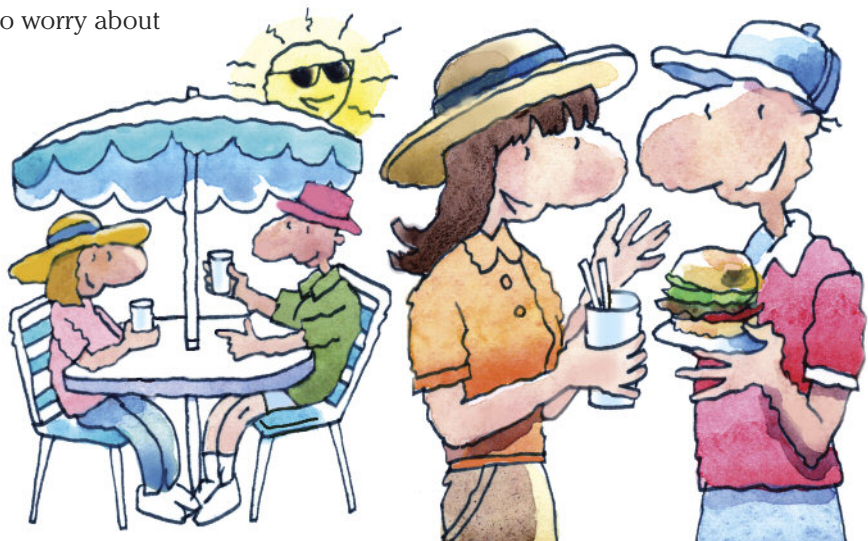
## How to hold a budget-friendly backyard bash

Summertime is a fun time to host outdoor get-togethers with family and friends. If you want your guests to have a great time, but not break your bank account in the process, try some of these tricks:

- Send paperless invitations via email. You won't have to worry about purchasing paper cards and postage.
- Use seasonal produce. Fresh fruits and vegetables are plentiful during summer, and, as a result, often cheaper.
- Stick with simple, colorful décor. Think paper bunting and homemade lanterns. Check out the dollar store for supplies and get creative. You also could take out and string up holiday lights for evening shindigs.

*Other ways to save money:*

- Throw a potluck. As the host, you can take care of the main dish and drinks. Your guests can bring the sides, salads, and desserts.
- Say yes to guests who offer to bring something.



# IssueInsight:

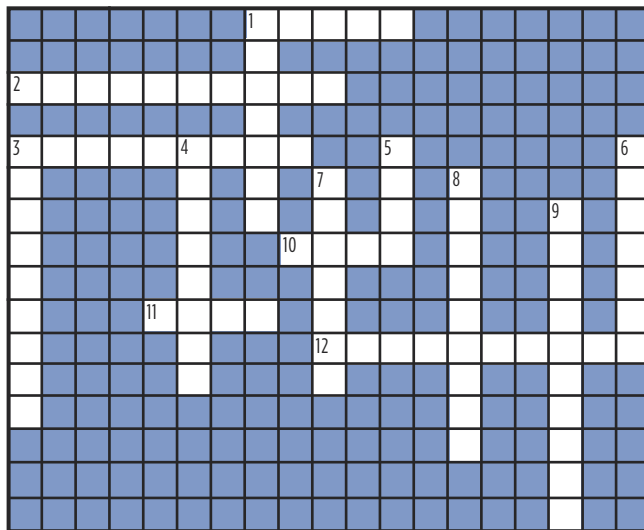
## What's for dinner?

Jennie Schuman is probably a lot like you. She juggles work and family commitments, and tries to squeeze healthy living into her hectic schedule when she can. Follow along on Jennie's Health Journey.



If you are the main chef in the family, some days hearing, "What's for dinner?" is like listening to fingernails on a chalkboard. Thinking up new and healthful items for dinner each night can be a mundane task. I have found a list of Websites that may be helpful with this process. Some of these even allow you to type in the ingredients you have on hand and will compile a recipe that will work for you.

Go to [Jun.HopeHealth.com](http://Jun.HopeHealth.com) for the list of Websites, along with some helpful hints on selecting recipes.



### ACROSS

1. How many minutes of daily physical activity kids should get (number spelled out)
2. An item to bring with you on a nature outing
3. Embracing clean eating means cutting out this type of food
10. Think about this commitment before having aging parents move in with you
11. An item that could entice kids to play in a driveway
12. A soothing scent to help with sleep

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

## Crossword Workout —

Find out how well you know the health topics covered in this issue of the newsletter.

### DOWN

1. A form of edible algae
3. An alternative to kenneling your pet while you're away (two words, no space)
4. A potential risk of getting a tattoo
5. This type of credit insurance pays all or some of your loan if you die
6. Where graduating children should put some of their gift money
7. As a conversation courtesy, don't do this
8. Save money on parties by sending this type of invitation
9. To keep carbohydrates in check, fill half your plate with these types of vegetables



## Tool Box

Your Source for Cool Tools & Resources

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

- More information on getting in touch with nature, aging parents moving in with you, and credit insurance
- A link to healthy recipes if you have diabetes
- A pet sitter locator
- Pet sitter interview questions
- The rest of Jennie's story
- This issue's crossword puzzle answer key



Scan the Quick-Response Code with your smartphone.



[Facebook.com/HopeHealthToolbox](https://www.facebook.com/HopeHealthToolbox)

If you have a question or comment on a story, or a suggestion for topics you'd like to see covered in a future issue of the newsletter, leave a comment on our Facebook page.

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

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Make the most out of road-trip rest breaks. Pick a rest stop or park, get out of the car, and take a 10-minute walk.

# HOPE HEALTH LETTER

## Dealing with diabetes

### Make carbs count

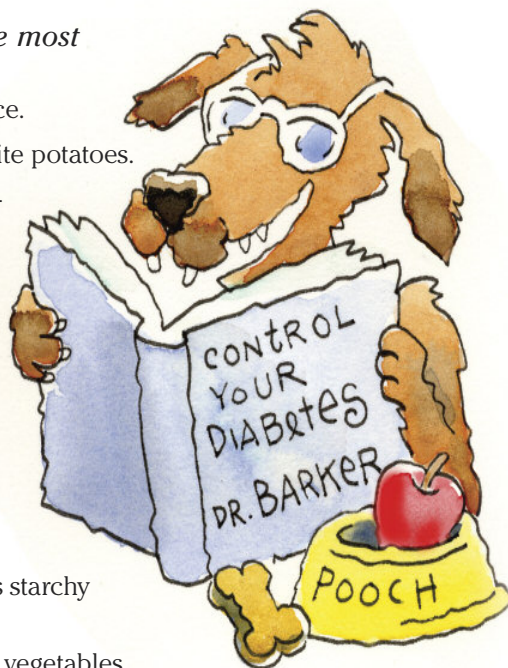
When you have diabetes, foods containing carbohydrates can be a friend or a foe. Carbs don't need to be totally off limits; you just need to choose wisely so the foods work for you and not against you.

*Here are some suggestions to get the most from your carb foods:*

- Eat whole fruit instead of drinking juice.
- Opt for sweet potatoes instead of white potatoes.
- Select whole-grain breads and whole-wheat pasta instead of white bread and regular pasta.
- Eat whole-grain oatmeal instead of processed cereals.
- Swap out white rice for brown rice or barley.

*Keeping the portion of carbs in check also is key.*

- Make sure only about one-fourth of your plate includes starchy foods, such as starchy vegetables or grains, such as rice.
- Fill half of your plate with nonstarchy vegetables.
- Use the last quarter for your protein foods, such as fish or chicken.
- To keep portions smaller, make sure the food is a depth about the thickness of your palm.



*"There are three kinds of memory: good, bad, and convenient."*

— Author Unknown

*"My favorite animal is the turtle. For the turtle to move, it has to stick its neck out."*

— Dr. Ruth Westheimer

*"Friends are like walls. Sometimes you lean on them, and sometimes it's good just knowing they are there."*

— Author Unknown

*"Never let a computer know you're in a hurry."*

— Author Unknown

*"Today, there are three kinds of people: the have's, the have-not's, and the have-not-paid-for-what-they-have's."*

— Earl Wilson