



# HOPE Health Letter

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

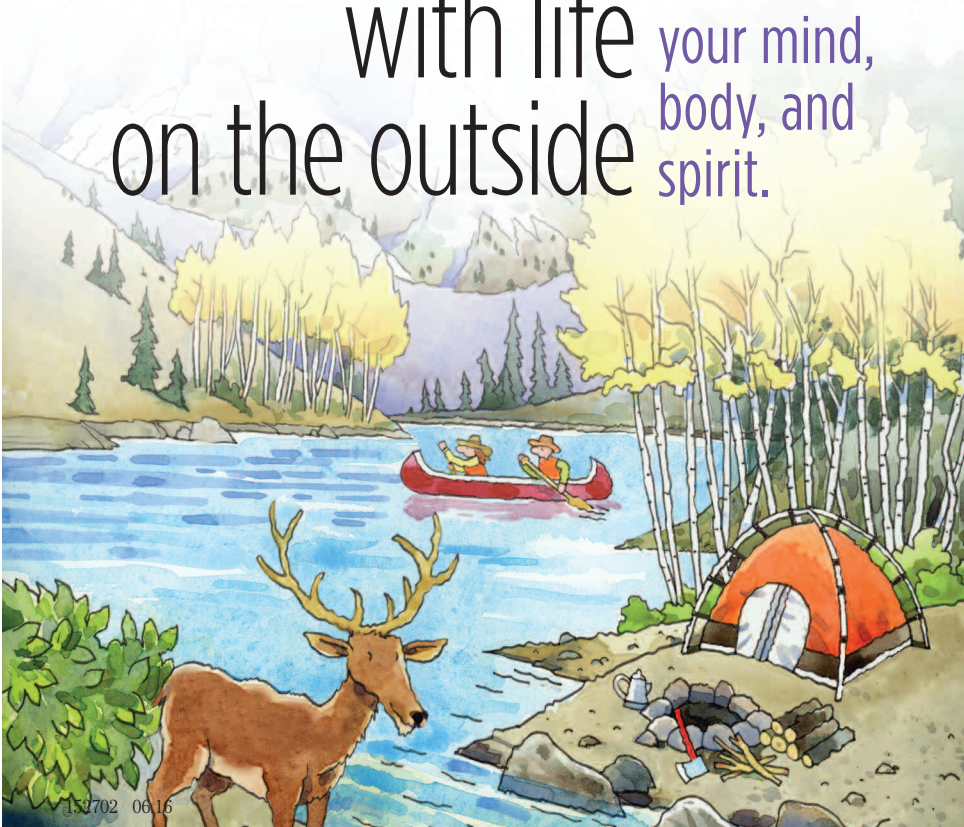
Volume 36 • Number 6 • June 2016

I believe that there is a subtle magnetism in Nature, which, if we unconsciously yield to it, will direct us aright.

— Henry David Thoreau

Recharge and  
reconnect  
with life  
on the outside

Get regular  
doses of fresh  
air to refresh  
and nurture  
your mind,  
body, and  
spirit.



*Learn more about how to enjoy the outdoors in all areas of your life.*

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**Plus...**

Don't miss our favorite PDF, "Swimmer's Ear: What you need to know," and our favorite video on herbs... plus more resources like these at [Jun.HopeHealth.com](http://Jun.HopeHealth.com). Pg. 8

“When I figured out how to work my grill, it was quite a moment. I discovered that summer is a completely different experience when you know how to grill.”

— Taylor Swift

## Test your summer food-safety savviness

Foodborne illnesses increase during the summer months as many people take their meals outdoors. Be smart about how you prepare and store your food until you're ready to eat. For a quick quiz to find out how much you really know about summer food safety, go to [Jun.HopeHealth.com/foodsafety](http://Jun.HopeHealth.com/foodsafety).

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## StockYourToolBox:



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

## Word choice may matter when eating

People ordered larger portions, ate more, and felt less full when food was labeled “healthy” in one study. The phenomenon seemed to result from a subconscious belief that “healthy” is less filling. However, using the word “nourishing” counteracted the overeating behavior, which seemed to indicate people found that word more filling. If you want to improve your eating, try thinking the word “nourishing” when you see the word “healthy” while food shopping or ordering at a restaurant.

Source: *Journal of the Association for Consumer Research*

# OuterAisleFresh:

# Before you fire up the grill

Enjoying the Outdoors

To guarantee a Grade-A cooking and eating experience at your next barbecue:

- Have at least two sets of grilling tools (*tongs, spatulas, and large platters*) — one set for the raw meat and one set for the cooked meat. If you're also grilling vegetables, fruit, or vegetarian burgers, don't use the same tools for the meat and produce.
- Use a food thermometer to make sure you grill the meat to the proper temperature. Most food thermometers will come with temperature charts. Don't rely on the color of the meat or juice as your guide.
- Avoid fatty meats. Drippings can cause flare-ups, which can char the outside before the inside reaches a safe temperature. Opt for lean cuts of beef (*tenderloin, flank steak, and ground round*), pork, chicken, or fish.

For a food safety at the grill infographic, go to [Jun.HopeHealth.com/grill](http://Jun.HopeHealth.com/grill).

Source: *Academy of Nutrition and Dietetics*



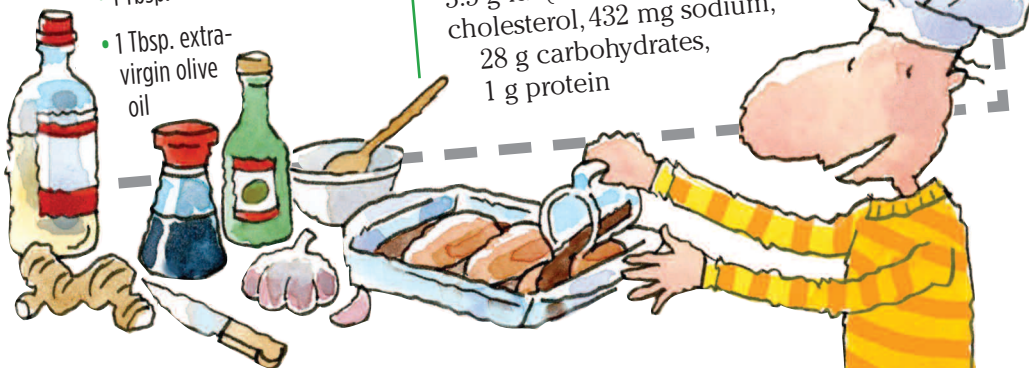
## All-purpose, Simple Marinade

Easily add flavor and juiciness to meat, poultry, fish, or vegetables.

- 3 Tbsp. low-sodium soy sauce
- 2 Tbsp. white or apple cider vinegar
- 3 cloves fresh garlic, minced (or 2 tsp. jarred, minced garlic)
- 1 Tbsp. fresh, grated ginger
- 1 Tbsp. extra-virgin olive oil

Combine all ingredients and pour over meat, poultry, fish, or vegetables. Let the food marinate for at least an hour in the refrigerator. Throw away any marinade that was used with raw meat, poultry, or fish. Don't reuse marinade.

**Serves 4.** Per serving: 42 calories, 3.5 g fat (0.5 g saturated fat), 0 mg cholesterol, 432 mg sodium, 28 g carbohydrates, 1 g protein



“My father used to play with my brother and me in the yard. Mother would come out and say, ‘You’re tearing up the grass.’ ‘We’re not raising grass,’ Dad would reply. ‘We’re raising boys.’”

— Harmon Killebrew

## Don't rely on water wings or inner tubes



Air-filled swimming aids (such as “water wings” or “inner tubes”) shouldn’t replace life jackets or life preservers for children. These air-filled aids are toys, not personal-flotation devices to help prevent drowning. Air-filled plastic tubes can deflate because they can become punctured or unplugged. Also, make sure to never leave kids unattended near water, even if they are wearing a life jacket.

## A sound retirement-planning strategy: Get active now

People with high fitness levels in midlife have significantly lower yearly healthcare costs after age 65 than people with low fitness in midlife (*after adjusting for cardiovascular risk factors*), according to research in the *Journal of the American College of Cardiology*. In men, the yearly difference was \$5,242. In women, the difference was \$3,964.

Source: Vanderbilt University Medical Center

# GetMoving: Don't take to the trails without these 10 essentials

Enjoying the Outdoors

The key to keeping a hike safe and enjoyable is making sure you have the right gear.

**1. Trail shoes or boots.**

**2. GPS and map and compass.** A GPS-enabled device is handy, but go old-school, too. Always carry a map and compass as a backup should your electronic device’s battery die or should the unit be unable to pick up a signal.

**3. Extra water and a way to purify water** should you run out and need to use lake or stream water. You can purchase iodine tablets and filtration systems at stores with camping departments.

**4. Rain gear and extra clothing.** Try to avoid cotton, which keeps moisture close to your skin.

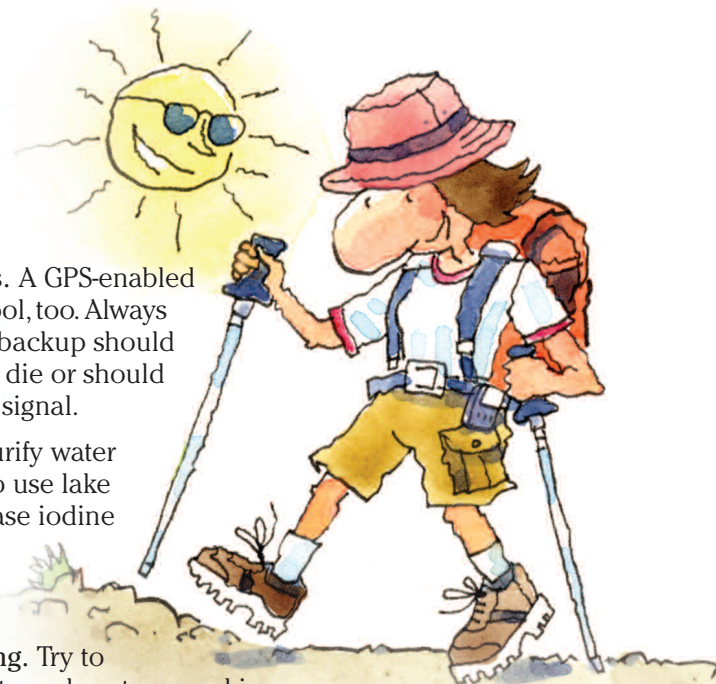
**5. Safety items** — such as a flashlight, whistle, and a way to start a fire (*such as waterproof matches*).

**6. Extra food. 7. First-aid kit. 8. Knife or multi-purpose tool.**

**9. Sunscreen and sunglasses. 10. Daypack/backpack** (*preferably water resistant*).

For more hiking tips, go to [Jun.HopeHealth.com/hike](http://Jun.HopeHealth.com/hike).

Source: American Hiking Society



## Make a *to-don't* list to do more physical activity

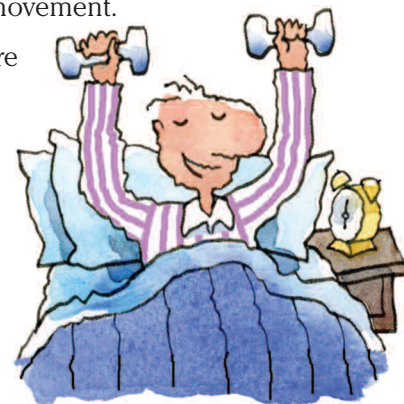
Can't find time to squeeze exercise into your busy day?

Take a look at how you spend your waking hours and jot down activities you could do without or modify to get in more movement.

• **Hair** — Find a fuss-free style that doesn’t require a lot of time. This may give you an extra 15 or 20 minutes in the morning to walk.

• **Lunches, happy hours, or dinners with friends** as a way to connect and socialize — instead, get together for a walk, run, or bike ride.

• **TV** — Instead of two or three hours of screen time, opt for one. Go to bed at a decent hour so you can get enough sleep (*at least seven hours*) to get up early and exercise.



Nature is my medicine.

— Sara Moss-Wolfe

## No-poo approach: healthy hair care or potential problem?

The current trend in looking after one's locks is to shampoo less often or not at all. Dubbed as "no-poo" hair care, the thought is to avoid the detergents in shampoo that strip hair of healthy natural oils. Some hair types tolerate no-poo better than others, which may experience oily buildup quickly, particularly on the scalp. Experts say the only way to know how often you should wash your hair is to experiment. Your hair and scalp will let you know.

Source: *HealthFinder.gov*

See page 8 —

## StockYourToolBox:



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

## Don't forget to water the kids

Young people aren't getting enough liquids, especially water, a study suggested. The lack of fluids is particularly concerning because children — who adjust more slowly to heat than adults — can be more prone to dehydration than adults. The study showed that about half of the children and teens weren't getting enough liquids. Nearly one in four study participants said they drank no plain water at all.

Source: *American Journal of Public Health*

# TheWholeYou: PHYSICAL HEALTH

## Ladies, help men in your life to man up for their health

### June is Men's Health Month.

Men, as a whole, are less likely to go to the doctor — whether for routine preventive care or for a medical problem — compared to women. Females can do their part to help the men whom they care about to get the health care they need by making it easier for them to go to a doctor.

- If finding time to schedule an appointment is the problem, look for health providers with weekend and evening appointments or ones close to his work.
- Schedule any medical appointment you may have at the same time as his so you can go together and do something fun afterward.
- Point out the connection between being healthy and good physical and mental performance in sports, work, stamina, etc.

Men should not delay care for any symptoms, should receive recommended immunizations at the designated time, and get periodically screened for blood pressure and cholesterol, and colorectal cancer if age 50 or older, and diabetes if overweight.

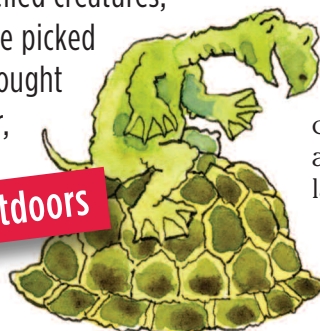


Source: *Men's Health Network*

## Tiny turtles carry big threat of salmonella

These small reptiles are a common find on hikes and other outside explorations. And if kids see the mini shelled creatures, chances are they will be picked up and maybe even brought home as pets. However, beware.

Enjoying the Outdoors



Small turtles (less than 4 inches long) can cause salmonella infection. A recent study in the journal *Pediatrics* found that many patients sickened with salmonella didn't even have direct contact with the turtle, but with surfaces the turtle had touched, such as its tank, countertops, or sinks where the tank was cleaned.

People with salmonella develop diarrhea, fever, and abdominal cramps between 12 and 72 hours after infection. The sickness usually lasts four to seven days.

Source: *MedlinePlus*

# The Whole You: Emotional/Mental Health

Kick back and give  
coloring a try

The health benefits of coloring and spending time outside know no age limit. Whether you're 5-years-old or 55-years-old, coloring in a calming place, such as nature, can be a creative outlet, a fun distraction from the daily grind, and a source of accomplishment. To help you get started with this new pastime for grownups, here's a coloring page for you. You can also find this coloring page at [Jun.HopeHealth.com/coloring](http://Jun.HopeHealth.com/coloring) if you'd like to download and print/share it.



“To me, a lush carpet of pine needles or spongy grass is more welcome than the most luxurious Persian rug.”

— Helen Keller

## Before you put your house on the line

If you're thinking about a home-equity credit line, understand it completely before you set one up. This form of credit uses your home as the collateral. Because a home is usually people's most valuable asset, many homeowners use home-equity credit lines only for major items, such as education, home improvements, or medical bills, and not for day-to-day expenses. For a guide on home-equity lines of credit, go to [Jun.HopeHealth.com/heloc](http://Jun.HopeHealth.com/heloc).

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## StockYourToolBox:



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## Low-interest financing or manufacturer rebate, which road should you take?

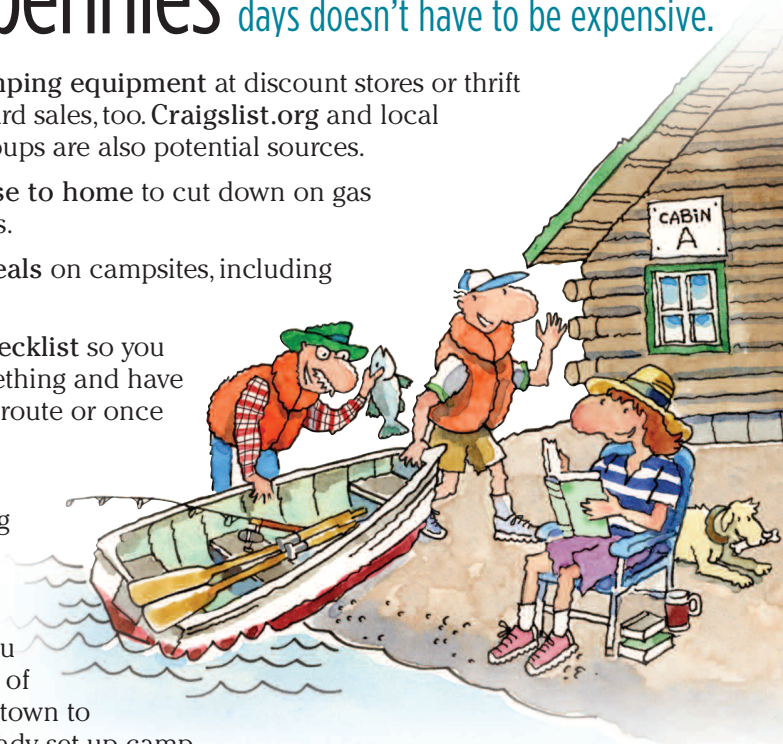
Auto dealers have frequent incentives to get you to buy a new vehicle. Often, it's a choice between a lower interest rate on your auto loan or a one-time rebate. The best option depends on the vehicle price, the rebate amount, and the financing interest rate. For an interest vs. rebate calculator, go to [Jun.HopeHealth.com/auto](http://Jun.HopeHealth.com/auto).

# FiscalFitness: Pitch a tent while pinching pennies

Enjoying the Outdoors

Escaping away to nature for a few days doesn't have to be expensive.

- Look for deals on camping equipment at discount stores or thrift stores. Check out local yard sales, too. [Craigslist.org](http://Craigslist.org) and local Facebook garage-sale groups are also potential sources.
- Select a campsite close to home to cut down on gas and other travel expenses.
- Check Websites for deals on campsites, including state and national parks.
- Rely on a camping checklist so you don't forget to pack something and have to buy a replacement en route or once you get to your campsite.
- Prepare a meal plan before your trip and bring your food with you. This way, you're not shopping on the go; you can look for the best deals; and you can use coupons instead of having to take a trip into town to get food after you've already set up camp.



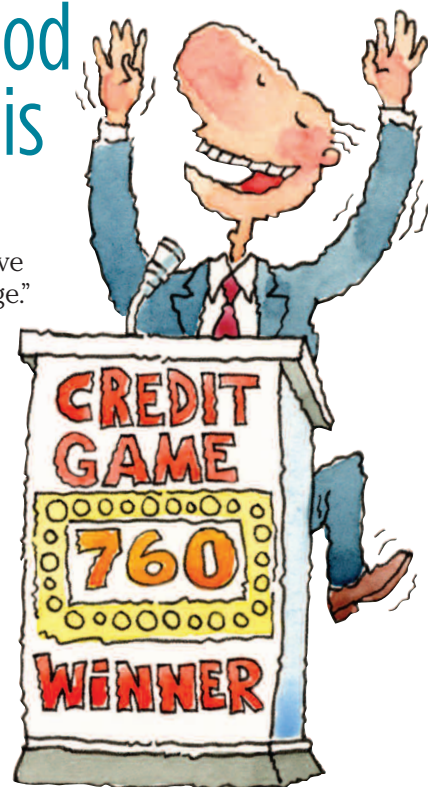
To find a state park near you, go to [Jun.HopeHealth.com/parks](http://Jun.HopeHealth.com/parks).

## Yes, if it sounds too good to be true, it probably is

*Here are some promises and phrases that scammers like to use to lure you in.*

- “I’m a Senior Certified Financial Planner and have some great financial products for people just your age.” A special certification for working with older individuals doesn’t exist.
- “You’ve won \$10,000. If you give me your bank account number, we can put the money right into the bank for you.” Never give out your bank account number to someone who calls you.
- “We can erase your bad credit score.” You can take actions to improve your credit score, but it’s not fast or easy. Don’t fall for a promise that someone can simply erase a bad score for a fee.

Source: Women’s Institute For A Secure Retirement



Wildness reminds us what it means to be human, what we are connected to rather than what we are separate from.

— Terry Tempest Williams

## Distracted driving is about more than just texting

Many people don't realize that distracted driving comes in three forms, and each can be equally dangerous. The most widely talked about are visual distractions (*taking your eyes off the road*), which include texting. The manual form involves taking your hands off the wheel, such as when you're eating or drinking something. The cognitive form involves taking your mind off driving. This could be as simple as letting your thoughts wander. Whenever you're driving, make sure you're free from any potential distractions. For more on distracted driving, go to [Jun.HopeHealth.com/distracted](http://Jun.HopeHealth.com/distracted).

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# What's Trending Now:

## The lowdown on Lyme disease

Each year, an estimated 300,000 people in the United States get Lyme disease through tick bites. Be prudent, but don't panic if you find one of these pesky little critters on you.

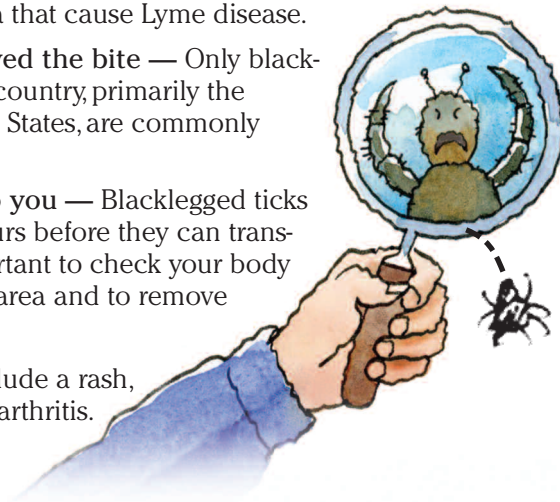
### Enjoying the Outdoors

*The chance that you might get Lyme disease depends on:*

- **The type of tick** — Many ticks bite people, but only blacklegged ticks transmit the bacteria that cause Lyme disease.
- **Where (geographically) you received the bite** — Only blacklegged ticks in particular areas of the country, primarily the northeastern and north central United States, are commonly infected.
- **How long the tick was attached to you** — Blacklegged ticks need to be attached for at least 24 hours before they can transmit Lyme disease. This is why it's important to check your body daily for ticks if you live in a problem area and to remove ticks promptly when you find them.

Common Lyme disease symptoms include a rash, fever, body aches, facial paralysis, and arthritis.

Source: Centers for Disease Control and Prevention



## The 7 basic life skills every child needs

Parents want to set up their children for lifelong success, but how? Here are seven skills to try to teach to prepare little Liam or Olivia for the big wide world.



**1. Focus and self-control** — Paying attention, remembering rules, being flexible in thinking, and exercising self-control.

**2. Perspective taking** — Figuring out what others think and feel, being able to consider others' viewpoints.

**3. Communicating** — Deciding what they want to say, how to best say it, and how others may interpret it.

**4. Making connections** — Determining what's the same, what's different, and sorting things into categories.

**5. Critical thinking** — Continually looking for accurate and reliable knowledge to direct beliefs, decisions, and actions.

**6. Taking on challenges** — Trying new and difficult things instead of avoiding them or simply getting through them.

**7. Self-directed, engaged learning** — Learning on their own without any prompting from adults.

For a tip sheet on how you can encourage these seven skills, go to [Jun.HopeHealth.com/lifeskills](http://Jun.HopeHealth.com/lifeskills).

Source: *Mind in the Making*



## StockYourToolBox: Your Source for Cool Tools & Resources

Check out [Jun.HopeHealth.com](http://Jun.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:



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

### A tip sheet on Swimmer's Ear

Water activities are favorite summer pastimes. Learn to prevent a water-related earache and how to treat it pronto should you get one.

### A one-minute video on herbs

Herbs can add flavor to foods, without adding fats and sodium. Find out how you can get started with herbs.

### A one-minute video on preventing dehydration

Not getting enough fluids, especially during the warm summer months, is a common problem. Learn how to make sure you're getting enough to drink and the signs that you need more.

### A crossword puzzle...

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

*"I am unboreable in the great outdoors."*

— P.J. O'Rourke

*"Commitment is an act, not a word."*

— Jean-Paul Sartre

*"You can have results or excuses, but you can't have both."*

— Author Unknown

*"If you don't go after what you want, you'll never have it. If you don't ask, the answer is always no. If you don't step up, you're always in the same place."*

— Nora Roberts