

"Life Is a Journey. Have Some Fun."

Volume 37 • Number 4 • April 2017

“Organizing is what you do before you do something,
so that when you do it, it is not all mixed up.”

— A.A. Milne

Spring clean your health and
well-being efforts by arranging
all areas of your life in ways
that best work for you.

Get organized



Take a moment to tell your employer how much you appreciate your health insurance!

If you are receiving this newsletter, it is because your employer offers you and your family access to a valuable health insurance program. Many of us take this benefit for granted because we don't know how much it costs, or we don't appreciate the crucial financial protection it provides. Health insurance gives us essential access to health care, and protects us from financial ruin.

According to a report by the non-profit *Henry J. Kaiser Family Foundation*, the average annual health insurance premiums in 2016 were \$6,435 for single coverage and \$18,142 for family coverage! When you consider the following average costs for routine medical care, it's easy to see how important it is to be insured. Let your employer know how much you appreciate this vital and generous benefit!

- Pregnancy (*with an uncomplicated delivery*) — \$12,000 to \$18,000
- Heart bypass surgery — \$70,000 to \$200,000
- Gallbladder removal — \$10,000 to \$20,000
- Prescription drug treatment for hepatitis C — \$55,000 to \$95,000

You don't need a silver fork to eat good food.

— Paul Prudhomme

A couple of cupboard and pantry pointers

Keep older canned goods up front to use first. Canned foods have a long shelf life. If stored properly, most unopened canned foods stay safe to eat and keep their nutritional quality for more than 2 years. You can store most dried fruits and vegetables for 4 to 12 months.

Source: Academy of Nutrition and Dietetics

Mushroom hunting how-tos

Although the exact season varies across the U.S. depending on the region, springtime is prime time for the annual tradition of morel-mushroom hunting. Before starting out on a morel adventure, know the difference between the good morels and the bad ones, which can be poisonous. False morels are not hollow. They are quite heavy, as they are almost solid in the stem. If in doubt, you can cut one open. Good morels will be hollow on the inside. For more on the difference between morels, including pictures, go to Apr.HopeHealth.com/morel.

Source: thegreatmorel.com



OuterAisleFresh: Keep your cool by keeping your refrigerator under control

Get Organized



- Set the temperature in your refrigerator below 40°F to keep food cold enough to prevent bacterial growth, which can cause food poisoning.
- Conduct a weekly freshness check. Get rid of all spoiled leftovers and packaged foods that are past their expiration date. Most leftovers are usually safe for about 4 days, but freshness can vary from food to food. The Home Food Safety program's app, "Is My Food Safe?" can tell you how long you can safely store most foods.
- Wrap it right. Make sure all meat, poultry and seafood are either tightly wrapped or stored in sealed containers. This helps to keep juices from leaking and contaminating other foods.

For a link to the "Is My Food Safe?" app, go to Apr.HopeHealth.com/foodsafety.

For more specifics on arranging foods in the fridge to guarantee maximum freshness, go to Apr.HopeHealth.com/freshness.

Source: Academy of Nutrition and Dietetics

Yolk-free Deviled Eggs

1 dozen hard-boiled eggs, yolks removed* • 1½ cups low-fat or fat-free cottage cheese**
1½ Tbsp. mustard • 2 Tbsp. diced dill pickle • 1 Tbsp. honey • Salt and pepper to taste
Optional – paprika sprinkled on each as a garnish

With a food processor, puree the cottage cheese. Add in mustard, pickles and honey. Spoon roughly a tablespoon of the mixture into the center of each egg white half. Note: You may have some extra filling.

Serves 24. Per serving: 25 calories, 0 g fat, 0 mg cholesterol, 125 mg sodium, 2 g carbohydrates, 4 g protein

*If you prefer to use the whole egg with the yolk as the base for the filling, remove the cottage cheese and add 2 Tbsp. plain yogurt. Each serving will contain 110 calories, 6 g fat, 215 mg cholesterol, 260 mg sodium, 3 g carbohydrates, 10 g protein

**Nutrition analysis based on 1% fat cottage cheese, ⅛ tsp. sea salt and ground black pepper.

Source: Hope Health



— John Wooden

Want to add a little more to a walking workout? Try swinging your arms and walking up and down hills and over varied terrains, such as grass and gravel, to burn more calories while walking. You can also carry light weights.

See page 8 —

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

If you're prone to foot blisters from running or walking, you may want to consider using surgical tape to reduce the risk of this annoying, and sometimes painful, problem, according to a recent study. Researchers placed surgical tape on blister-prone areas of the feet of 128 runners in a 155-mile, 7-day ultramarathon. If the runners had no history of blisters, the tape was placed on random areas of the feet. Among 98 runners, no blisters formed where the tape was applied, while 81 got blisters in untaped areas.

Source: *Stanford University, news release, April 11, 2016*

Get Organized

🧺 Towels (if your gym doesn't provide them) — one to wipe away sweat while you're working out and another for the shower.

 **Clothes** — socks, shorts, shirt, sports bra, athletic shoes, swimsuit, etc.

📦 Extra items, such as swimming goggles or a yoga mat.

📄 Water bottle. 📄 A post-work-out snack.

❑ **Toiletries**, such as deodorant, shampoo, conditioner, soap, etc.

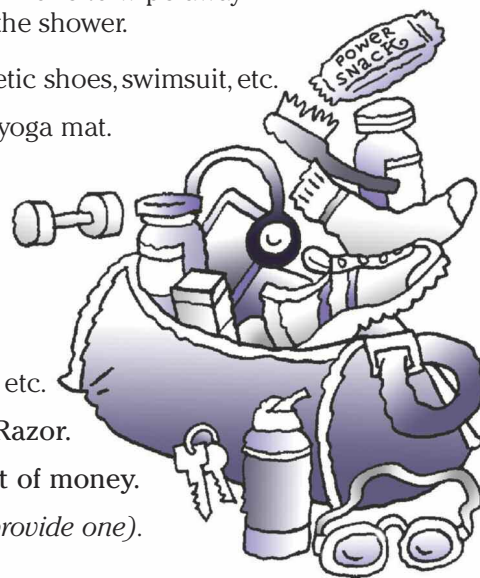
📱 Headphones. 📱 Mobile electronic device for music and a stopwatch while you work out.

- First-aid items, such as bandages, ibuprofen, etc.

☐ Makeup. ☐ Hairbrush and hair dryer. ☐ Razor.

 Gym membership card.  A small amount of money.

📦 A lock for your locker (if your gym doesn't provide one).



You may be better off exercising in the morning if:

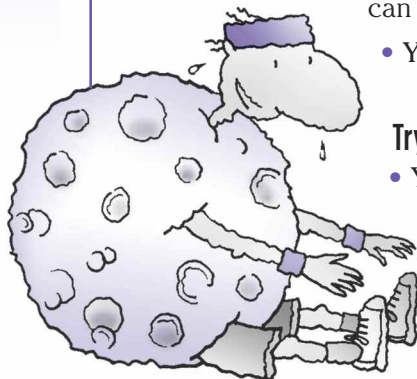
- You have a hard time sticking to a work out routine. Those who move first thing in the morning may be more likely to make it a habit.
- You have a highly unpredictable daytime schedule. Best intentions are great, but stuff happens.
- You thrive on that physical rush to get your day going.

You may be a candidate for noon-time movement if:

- You are often victim to afternoon lulls in productivity. A little movement can turn the whole afternoon around.
- You need a friend to help motivate you. Workmates can be excellent cheerleaders.

Try evening if:

- You want to have a bit more endurance or strength during your activity. Science is showing endurance or strength can increase as the day goes on.
- You have lots of energy after everyone else is settled down for the day.



Wellness encompasses a healthy body, a sound mind and a tranquil spirit. Enjoy the journey as you strive for wellness.

— Laurette Gagnon Beaulieu

Texting at traffic lights counts as distracted driving, too

Think it's OK to finger a quick text while stopped? Think again. Texting while stopped at a traffic light can negatively affect your driving once the light turns green for an average of 27 seconds after you've stopped texting.

Source: AAA Foundation for Traffic Safety

Play it safe at the playground

Tripping and falling happen at playgrounds. To avoid serious injuries related to trips and falls, look for playgrounds that have surfaces with wood fiber, mulch, pea gravel, sand, poured-in-place rubber, rubber mats or rubber tiles. Avoid, or at least be very cautious of, playgrounds with surfaces of concrete, asphalt, grass or packed dirt. Want to do your part to make playgrounds safe? Take along and fill out a playground safety checklist next time you go to a playground. Then, submit it to the National Program for Playground Safety. To access the form, go to Apr.HopeHealth.com/playground.

Source: The National Program for Playground Safety

TheWholeYou: PHYSICAL HEALTH

Have you set up your patient portal yet?

Get Organized

Many physician groups and hospital systems now offer handy patient portals. These online protected sites allow you to keep medical information in one place where you can access it easily and at any time.

You can keep track of your medical visits, test results, billing, prescriptions and more. Many times, you can also email your medical care providers with any questions you may have, make non-urgent appointments, ask for referrals and refill prescriptions. Often, systems provide email reminders and alerts to help you remember to-dos, such as annual checkups and flu shots.

Check with your health care provider to see if he or she offers a patient portal.

Sources: U.S. National Library of Medicine; Center for Advancing Health; HealthIT.gov

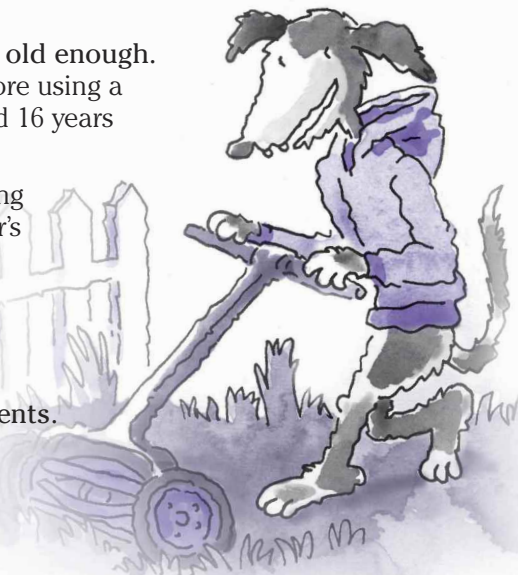


Before you cut the grass, remember:

Lawn mowers can be dangerous. Every year, lawn-mower accidents cause serious injuries, including to more than 9,400 children.

- Get familiar with where operating controls are and how they work.
- Go over your lawn mower before use to make sure nothing is loose or broken.
- Get rid of any rocks, toys and other objects on your lawn before mowing. Make sure children are not around, either.
- Don't let kids mow the lawn until they are old enough. Children should be at least 12 years of age before using a walk-behind powered lawn or hand mower and 16 years old to operate a riding lawn mower.
- Take precautions to keep hair, loose clothing or jewelry from getting caught in a lawn mower's moving parts.
- Wear proper personal protection — safety glasses, earplugs or muffs and sturdy hard-toed work boots.
- Only use manufacturer-approved attachments.
- Don't mow in wet or slippery conditions.
- Never remove any safety guards.

Source: West Virginia University



“For every minute spent organizing, an hour is earned.” — Benjamin Franklin

Simple stress reducers

Think things through and make a plan before you start something. Listen to children laugh. Focus on solutions, not problems. Just for a while, turn off anything that beeps, buzzes, rings or otherwise interrupts you.

See page 8 —

Stock Your Toolbox:



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

Break the cynicism cycle

Avoid negative, cynical people — if people are complaining, don't join in.

Focus on good times — thinking positive thoughts may help you to see a situation in a better light.

Make goals achievable — don't set completely unrealistic goals for yourself that may lead to frustration and disappointment.

Don't let yourself believe the world is against you — chances are, you'll have good times ahead, even if you are going through a rough time now.



The Whole You: Emotional/Mental Health

4 ways to free your mind of clutter

Get Organized

If you've accumulated a heap of old hurts that are getting in your way and habits that no longer work, do a thorough personal spring cleaning to make room for new and healthier opportunities and challenges.

1. **Throw out bad feelings.** Get rid of anger, bitterness, jealousy and self-doubt. Choose to let go of those unnecessary burdens.
2. **Put a stain remover on gossip and lies.** Protect your mind and mouth from future spills. Whenever you feel the pressure to say something harsh, the very best pressure to feel is the pressure between your upper lip and your lower lip.
3. **Put on a fresh coat of positive attitude.** Count your blessings whenever your spirit starts to fade, and share your love, help, concern and care with others as much as possible.
4. **Open the windows of your mind.** Try to see and do things in a new light. Add new habits and interests.



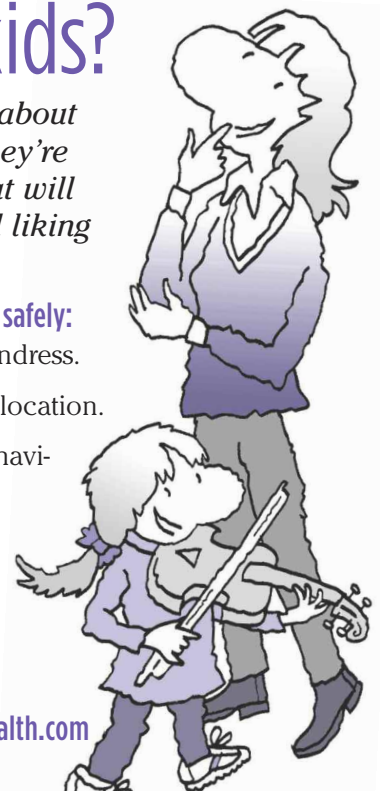
What kind of digital footprint are you creating for your kids?

Many parents like to share photos and stories about their children on social media, not realizing they're creating digital footprints for their offspring that will live long after friends and family have stopped liking and commenting.

Here are some guidelines to keep in mind to share wisely and safely:

- Never share pictures of your child in any state of undress.
- Be careful about posts that give your child's precise location.
- If you are going online for help with your child's behavioral issues, keep any information-sharing anonymous.

Sources: Bahareh Keith, D.O., M.H.Sc., assistant professor, pediatrics, University of Florida College of Medicine, Gainesville; David Lloyd-Hill, M.D., chairman, American Academy of Pediatrics Council on Communications and Media; Oct. 21, 2016, presentation, American Academy of Pediatrics annual meeting, San Francisco



You can't have everything... where would you put it?

— Steven Wright

Don't get caught by tax-season phishing

Tax season is prime time for identity thieves to cast their scamming reels and try to snag your personal information. Beware of phishy emails. Phishing involves you receiving an email with the bait, such as a fake refund. The email directs you to open an attachment or click a link to claim your refund after you provide personal information. Just know that the Internal Revenue Service never sends unsolicited emails to taxpayers.

See page 8 —

StockYourToolBox:



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Figuring out your financial identity

Do you have a good understanding of your beliefs, values and the other factors that you rely on when making financial decisions? You should. That way, you can better plan for your financial journey through life and handle the inevitable twists, turns and roadblocks that you're likely to come across. Take the Financial Identity Quiz to get a better idea of your financial self. Go to Apr.HopeHealth.com/financialidentity.

Source: SmartAboutMoney.org

FiscalFitness: Financial records — keep or toss?

Get Organized

Having financial records, such as bank statements, credit card bills and other documents, is important for tax purposes and proof of payment, but how long should you save these papers?

When it comes to documents that support tax returns, most financial advisers generally recommend holding onto the papers for 7 years in case the Internal Revenue Service should want to look back at any prior returns.

If documents do not relate to taxes, you can usually destroy the papers earlier.

- Credit card and bank account statements: Save for 1 year if they don't have tax significance.
- Deposit, ATM, credit card, and debit card receipts: Save these documents until the transaction comes through on your statement and you've confirmed it is correct.

Source: FDIC



Going green to save some green

Even if you don't consider yourself an environmentalist, you can help take care of Mother Earth and save some money at the same time.

- Machine-wash clothes in cold water whenever you can. This could save about 85% of the energy used to wash clothes.
- Install a low-flow showerhead to reduce the amount of water you use. The showerhead doesn't cost much, and you can quickly recoup the costs through water and energy savings.
- Add faucet aerators to all the faucets in your house. This will help to conserve heat and water without sacrificing water pressure.
- Invest in high-quality products. They may be more expensive, but they will last longer. You won't have to replace them as often, which cuts down on cost and waste.

Source: World Watch Institute



“It takes as much energy to wish as it does to plan.” — Eleanor Roosevelt



Hard-boiled egg expirations

With Easter fast approaching, many folks will stock up on eggs. Raw eggs can last 3 to 5 weeks in the refrigerator. Hard-boiled eggs, because their shells have become slightly porous during boiling, last about a week in the refrigerator and 2 hours at room temperature.

Sources: *Netwellness*; *Egg Safety Center*

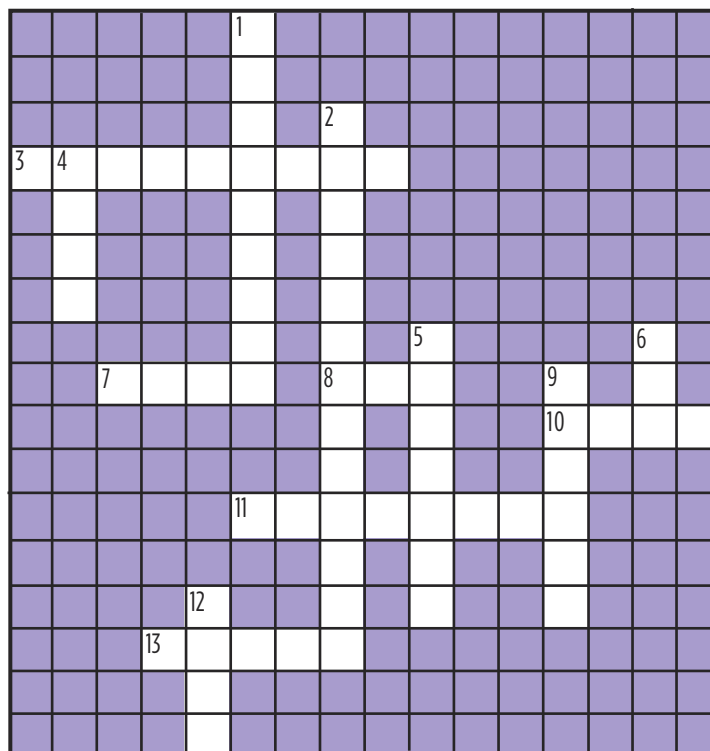
HealthyConnections:

April Crossword Puzzle

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

Down

1. An item you may want to pack in a gym bag
2. An online place to keep medical information (*two words, no hyphen*)
4. Try swinging these to add more to a walking workout
5. You may want to exercise at this time of day if you have a hard time sticking to a routine
6. How many years you should save credit card statements if not tax related (*number spelled out*)
9. Kids should be at least this age before using a walk-behind, powered mower (*number spelled out*)
12. To save on energy use, wash clothes in _____ water



Across

3. Set the temperature in your refrigerator below 40°F to prevent this kind of growth
7. If you're prone to allergies, do this to your hair every night
8. Unopened canned goods can keep their nutritional quality for more than ____ years (*number spelled out*)
10. How long hard-boiled eggs last if kept in a refrigerator
11. If you're prone to foot blisters from running or walking, you may want to use this type of tape
13. Spring is a good time to hunt for this type of mushroom



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

Dealing with allergies

Seasonal allergies affect almost 36 million Americans. Although it is impossible to avoid allergy triggers altogether, you may be able to minimize issues.

- **Do a thorough spring cleaning** — Wipe down windows, book shelves and air-conditioning vents that collected dust and mold throughout the winter.
- **Delay early morning outdoor activities.** Pollens are usually released between 5 and 10 a.m.
- **Know your local pollen count.** The National Allergy Bureau (aaaai.org/nab) can help you monitor counts in your area.
- **If possible, use air conditioning** instead of opening windows.
- **When traveling in a car,** keep windows up and the air conditioning on.
- **Stay indoors on hot, dry and windy days** when allergens get stirred up.
- **Don't hang your laundry out to dry.** Allergens can collect on them.
- **Wear a filter mask** when you do yard work.
- **Wash bedding** weekly in hot water.
- **Shower and wash** your hair every night.
- **Remove visible mold** using non-toxic cleaning products.
- **Pay attention** to high mold spore counts after heavy rains or in the evening.

Source: *American Academy of Allergy Asthma and Immunology*

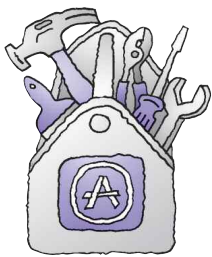
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The information in the publication is meant to complement the advice of your health care providers, not replace it. Before making any major changes in your medications, diet, or exercise, talk to your doctor.

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StockYourToolBox: Your Source for Cool Tools & Resources

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

PACKING YOUR Gym Bag

- ☐ Gym membership card.
- ☐ Clothes – socks, shorts, shirt, sports bra, athletic shoes, swimsuit, etc.
- ☐ Extra items, such as swimming goggles or a yoga mat.
- ☐ Towels (if your gym doesn't provide them) – one to wipe away sweat while you're working out and another for the shower.
- ☐ Water bottle.
- ☐ A post-workout snack.
- ☐ A small amount of money.
- ☐ Toiletries, such as deodorant, shampoo, conditioner, soap, etc.
- ☐ Headphones.
- ☐ Mobile electronic device for music and a stopwatch while you work out.
- ☐ A lock for your locker (if your gym doesn't provide one).
- ☐ First-aid items, such as bandages, ibuprofen, etc.
- ☐ Makeup.
- ☐ Hairbrush and hair dryer.
- ☐ Razor.



“Packing Your Gym Bag” checklist –

Make sure you don't forget anything you may want or need for your workout.

A Crossword Puzzle –

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



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

*“The only place where
success comes before work
is in the dictionary.”*

– Author Unknown

*“A smile is a curve that sets
everything straight.”*

– Phyllis Diller

*“In every job that must be
done, there is an element of
fun. Find the fun and snap,
the job's a game.”*

– Mary Poppins

*“Friendship is born
at that moment when
one person says to another,
‘What! You, too? I thought
I was the only one.’”*

– C.S. Lewis