

Targeting Wellness Newsletter

July/August 2021

Good News for Good Health!

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QUOTES FOR THE MONTH

"When the sun is shining I
can do anything; no
mountain is too high, no
trouble too difficult to
overcome."

— Wilma Rudolph

BESTOFLIFE.COM

smile

dream



DO NOT GO WHERE
THE PATH MAY LEAD,
GO INSTEAD WHERE
THERE IS NO PATH
AND LEAVE A TRAIL...
~ANONYMOUS

laugh

explore

Importance of Hydration

You may have heard that our body is made up of over 60% water and for very good reason. It plays such a vital role in the proper functioning of the body. For instance, water regulates our body temperature through sweating and respiration. It carries oxygen, nutrients, and hormones throughout the body and helps to remove toxins and waste. Water helps maintain regularity and prevents unwanted body aches. It also lubricates and cushions joints and protects sensitive tissues. That is why it is essential to drink more than usual when experiencing excessive fluid loss through sweating or sickness.

How much do you really need? Recommendations on this questions have varied over the years. We have heard to drink 8-eight ounce glasses a day. We have also heard to drink 1/2 your weight in ounces. But the bottom line is...it depends! It depends on your health, how active you are and where you live.

Every day we lose water through breath, perspiration, urine and bowel movements. According to the U.S. National Academies of Sciences, Engineering and Medicine, an adequate daily fluid intake is:

- ◆ About 15.5 cups (3.7 liters) of fluids a day for men
- ◆ About 11.5 cups (2.7 liters) of fluids a day for women

It is important to keep in mind that about 80% of water intake comes from drinking (milks, juices, herbal teas even coffee can contribute to this total—limit your intake of sugar-sweetened drinks for overall health reasons) and the other 20% typically comes from the food we consume.

Most people can stay hydrated by drinking water and other fluids whenever they feel thirsty. For some, 8 glasses is enough, for others they may need more or less.

How do you know if you are drinking enough?

- ◆ You rarely feel thirsty
- ◆ Your urine is colorless or light yellow

Who is at Higher Risk for Dehydration?

People are at higher risk of dehydration if they exercise at a high intensity, have certain medical conditions, are sick, or are not able to get enough fluids during the day. Older adults are also at higher risk. As you get older, your brain may not be able to sense dehydration and send the signals for thirst.

What are Electrolytes?

The main components are sodium, potassium, calcium, magnesium, chloride, hydrogen phosphate and hydrogen carbonate.

Regulate—hydration, blood pH, proper nerve and muscle function.

Improper balance can lead to muscle weakness and cramping.

Replacing lost Electrolytes:

To replace the electrolytes lost during excessive sweating, it may seem logical to grab a sports drink to re-hydrate. Most if not all of them are filled with artificial ingredients and tons of sugar.

Regular sports drinks contain: Water, sucrose syrup, glucose-fructose syrup, citric acid, natural grape flavor with other natural flavors, salt, sodium citrate, monopotassium phosphate, red 40, Blue 1. This is taken straight from the Grape flavored Gatorade bottle.

Coconut water can be a healthier replacement

Symptoms of dehydration include the following:

- Little or no urine, or urine that is darker than usual
- Dry mouth
- Sleepiness or fatigue
- Extreme thirst
- Headache
- Confusion
- Dizziness or lightheaded feeling
- No tears when crying

Don't wait until you notice symptoms of dehydration to take action. Actively prevent dehydration by drinking enough fluids throughout the day..



The Great Outdoors!

With the celebration of 4th of July, it now is official...summertime is here!!! We all know that is goes fast so get outside and enjoy it as much as you can. Spending time outside has tremendous benefits mentally and physically. According to the Harvard Health Letter, here are a few reasons to get outdoors:

Raises your vitamin D levels—When sunlight hits your skin it begins a process that leads to the creation and activation of vitamin D. This vitamin has shown through studies to help fight certain conditions, from osteoporosis and cancer to depression and heart attacks. But it doesn't take much time in the sun to get the vitamin D that you need so **don't overdo it!** Unprotected exposure to the sun's ultraviolet (UV) rays can cause skin damage, eye damage, immune system suppression and skin cancer.

Likely to get more exercise—Spending time outside means less time in front of the television and computer. Physical activity has also shown to help people relax and cheer up and when we are outside we tend to be more active

Increases level of happiness—Light tends to elevate people's mood which is definitely available if you go outside. Interacting with nature helps restore the mind from mental fatigue due to work, studies or stress. This contributes to improved performance and satisfaction.

Concentration with improve—Children with ADHD seem to focus better after being outdoors. This could also work for adults. The next time you are feeling stressed or having trouble concentrating, just go outside for a few minutes. You may be pleasantly surprised at your improved clarity upon return to the task at hand.

Healing may improve—In one study, people recovering from spinal surgery experienced less pain and stress and took fewer pain medications when they were exposed to natural light. An older study showed that the view out the window (trees vs. a brick wall) helped recovery in the hospital.

Can improve sleep at night—getting exposure to morning sun, within the first hour of waking, can reset your circadian rhythm, helping your body to produce less melatonin during the day and more at night to help induce sleep. Consider taking a morning walk or have your morning coffee outside.

Can increase your productivity—Urban nature, particularly in the form of parks and walkways, when incorporated into building design, can provide calming and inspiring environments and encourages learning, inquisitiveness, and alertness, resulting in higher productivity!

Can help lessen symptoms of Alzheimers, dementia, stress, and depression, and improve cognitive function in those recently diagnosed with breast cancer.

Research has proven that encounters with nature help **alleviate mental fatigue** by relaxing and restoring the mind. Some built environments, parks and green spaces provide settings for cognitive respite because they encourage social interaction and de-stressing through exercise or conversation, and provide calming settings. Having quality landscaping and vegetation in and around the places where people work and study is a good investment. **Both visual access and being within green space helps to restore the mind's ability to focus.** This can improve job and school performance, and help alleviate mental stress and illness.

7 Reasons To Walk Outdoors

To decrease cortisol (stress hormone)

To build bone density

To improve your blood pressure

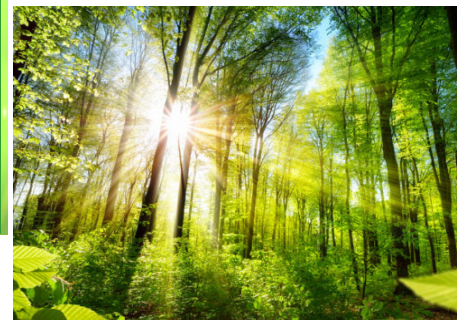
To improve sleep (get morning sunlight!)

To lessen your temper or level of anger

To improve heart health

To relax your mind

To improve aging eyes (do not look directly into the sun. Keep your eyes closed!!)



Source: University of Washington; Sleep Advisor.org

Social Wellness Month

July is Social Wellness Month...a great reminder of how important it is to give and receive social support that promotes well-being and strengthens our relationships.

Social Wellness refers to one's ability to interact with people around them. It involves using good communications skills, having meaningful relationships, respecting yourself and others, and creating a support system that includes colleagues, family members and friends. Research has shown that those who have strong connections with supportive friends and family are not only able to deal more effectively with difficult times, but tend to be healthier and live longer than those folks who are isolated and lonely.

Social wellness follows these tenets:

- It is better to contribute to the common welfare of our community than to think only of ourselves.
- It is better to live in harmony with others and our environment than to live in conflict with them.



The Path to Social Wellness

Those engaged in strengthening their social wellness express value in living with others, same or different, in harmony and seek to establish positive and interdependent relationships with those around them.

Social wellness means nurturing yourself and your relationships. Our social network of friends, colleagues, and close family members who give and receive social support are vital to our well-being. This component of wellness is often taken for granted and can make the difference between handling stressful situations or having them overwhelm you.

As humans we need to feel like we **belong***. Studies by social psychologist Abraham Maslow, proved that this social connection is as important in motivating human behavior as is food, shelter and safety (human's hierarchy of needs).

Work friendships and connections are very important to ones overall well-being. They can positively or negatively affect an employee's stress level, productivity and general feelings of happiness. They can increase engagement and loyalty and promote a healthier life for your workforce.

As an employer, here are some ideas to keep in mind:

- **Create a "social spot"** - an area where your employees can decompress or socialize without disturbing other colleagues. Maybe turn an empty area or "unorganized storage area" into a quiet room or game room. If you don't have an extra room, set up comfortable chairs in the break room or by the water cooler (or outside).
- **Celebrate** - find new ways to celebrate with your employees not just for birthdays or holidays. Maybe hold annual ceremonies to recognize employees for their hard work; have an employee appreciation day once a month to share gratitude and appreciation especially following the achievement of a department goal.
- **Connect departments** - many times due to the layout of the offices or having various buildings, employees find it hard to connect. Find ways to bring them together.
- **Other ways** - encourage fun team building exercises (during and after work), inspire a positive work environment, engage in a friendly wellness challenge, share a favorite recipe and then host a healthy potluck lunch. Have a monthly department healthy lunch. Start off your meetings by asking staff to share a moment of appreciation in a fellow colleague. Thank your team by being specific in pointing out the hard work and effort each of them portrayed.

**Note: Beyond goes beyond relationships. Time in nature delivers a sense of belonging to the wider world, vital for mental wellness!*



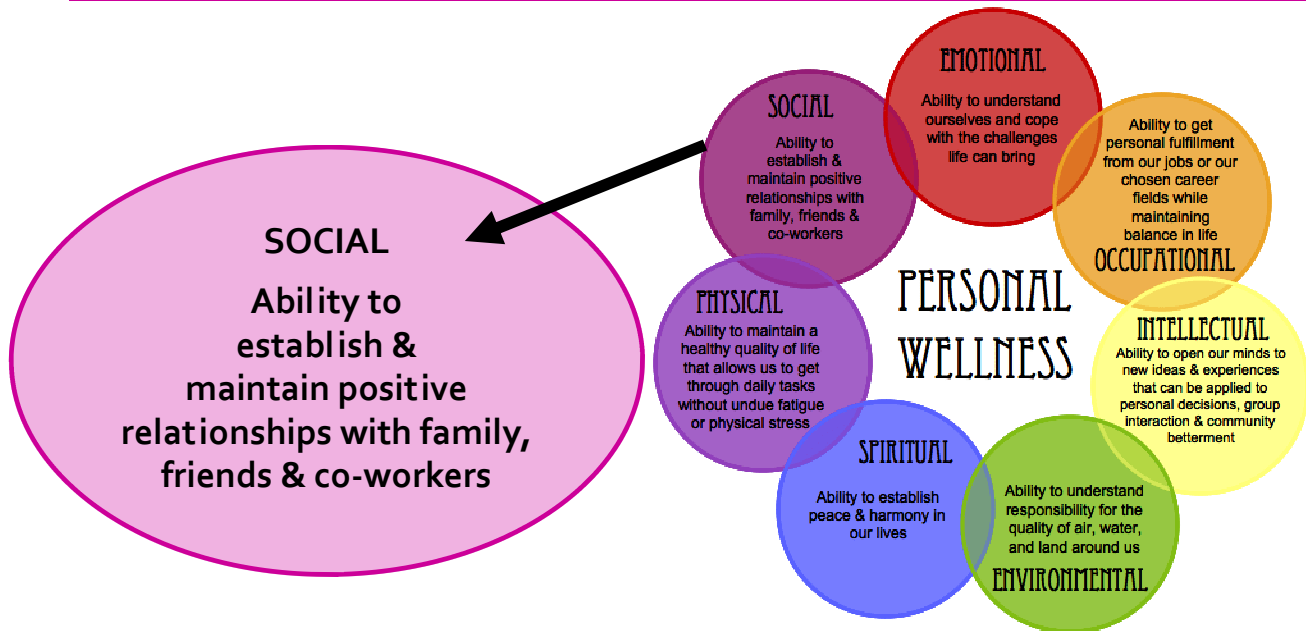
Social Wellness Month

Part of creating a culture of wellness is fostering social connections and supporting social well-being among employees.

Being alone or isolated has shown to have comparable health risks as cigarette smoking, blood pressure and obesity.

Health Benefits of Social Wellness:

- People who have a strong social network tend to live longer.
- The heart and blood pressure of people with healthy relationships respond better to stress making them more resilient.
- Strong social networks are associated with a healthier endocrine system and healthier cardiovascular functioning.
- Healthy social networks enhance the immune system's ability to fight off infectious diseases.



How to Grow Your Social Network out of work:

- **Work out.** Joining a gym or an exercise group allows you to meet new people while exercising.
- **Take a walk with your pet.** Starting a walking routine after dinner would not only give you another opportunity to be physically active, but it would also create more opportunities for you to meet your neighbors.
- **Volunteer.** Donate some of your time and hard work to a charity. You'll feel good about the cause, and you'll meet others with similar passions.
- **Find others who share a hobby,** such as hiking, painting, scrapbooking, running, etc.



Caution Ahead: Seasonal Summer Hazards

Summer is a great time to be outdoors. But being outdoors could pose a threat if caution is not taken with some outdoor plants and critters. When working, hiking, biking, swimming or just lounging on your back porch, take note of these potential pests!



Swimming at the beach: A jellyfish sting may cause intense pain, rash and welts, and may progress to vomiting and muscle spasms. Severe reactions can cause difficulty breathing, coma, and death. For most jellyfish stings, putting vinegar on the stung areas helps deactivate the "stingers," or nematocysts. Some types of jellyfish stings (like the box jellyfish) require immediate medical care. Flood the area with vinegar and keep still until help arrives.

Working outside or hiking: Contact with sap from poison ivy, oak, and sumac causes a rash in most people. It begins with redness and swelling at the contact site then becomes intensely itchy. Blistering appears within hours or a few days. The rash lasts up to two to three weeks. Prescription or over-the-counter medication may soothe the itching of mild rashes. For a severe rash, oral cortisone may be given. If the skin becomes infected, antibiotics may be necessary.



Seen here (left to right) are poison ivy, oak, and sumac.

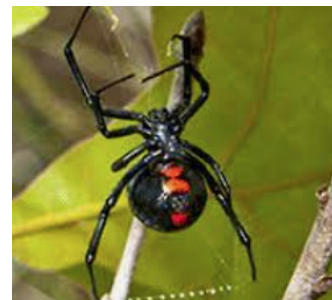
Chiggers are tiny mites found in tall grass or weeds. They attach to the skin by inserting tiny mouth parts to penetrate and liquefy the skin cells on which they feed. Their bites are painless. But after a few days of being attached to the skin, chiggers fall off -- leaving very itchy red welts. Over-the-counter products can help relieve the itch, but see a doctor if your skin appears infected or the welts seem to be spreading.

Here are some of the top, homemade remedies you may not have tried for Chigger bites include:



- ◆ Take a hot shower as soon as you realize you have been bitten; it will reduce the effect of the bites
- ◆ Apply ice for quick relief from itching
- ◆ Baking soda made into a paste with water and apply to the area
- ◆ Use a dryer held 5cm away from the bite for 2 minutes to relieve the itchiness
- ◆ Apply nail polish to prevent you from scratching the bite too much
- ◆ Ace bandage, like the polish, will help you from scratching the bite
- ◆ Calamine lotion
- ◆ Soak a cotton ball with Listerine mouthwash applied after washing area with soap and water
- ◆ Vapor-rub and salt mix—the menthol in the vapor-rub calms the itch while the salt helps neutralize the spit causing the itch

Wood piles and tree stumps -- that's where poisonous female black widows hide. The female has a bright-colored "hourglass" on the underside. Her bite may cause sharp, shooting pain up the limb, but it may also be painless. Look for one or two red fang marks, redness, tenderness, and a nodule at the bite site. Muscle cramps, nausea, vomiting, seizure, and rise in blood pressure may follow soon after a bite. Seek medical care if bitten!



Identifying Tick Species

If you enjoy the outdoors, be careful of ticks -- they can attach to you as you brush past grass and plants. Ticks don't always carry diseases, and most bites aren't serious. But they *can* carry diseases including Lyme disease and Rocky Mountain spotted fever. **Deer ticks are tiny** and if not careful can be missed. Be sure to get a shower as soon as possible after working outside. Make sure anything that looks like a freckle or dirt is closely examined!

This information shown below was taken from <https://www.tickcheck.com/info/tick-identification>. While there are hundreds of species of ticks around the world, the majority of tick-borne diseases transmitted to humans and pets are carried by three main tick groups: blacklegged ticks (including the deer tick), dog ticks, and lone star ticks. You can use this chart to identify the five most common variations of these tick types. I realize some are not typical of our local area, it is good to be advised should you be traveling in the near future. If you visit the website, you can click on the tick name or image for a more detailed description.

TickCheck tests all of these species of ticks for the most common [tick-borne diseases](#) with over 99.99% accuracy.



The deer tick, also called the blacklegged tick, is one of the most common ticks found in the United States. Deer ticks are the smallest tick in North America, with adults growing to about the size of a sesame seed. They are distinctly reddish and have a solid black dorsal shield with long, thin mouth parts.

Location: Very common across the east coast, upper midwest and Great Lakes regions



The Western blacklegged ticks look virtually identical to the deer tick, but with a slightly more oval body. The most important distinguishing factor is that Western blacklegged ticks are found only on the west coast of the United States.

Location: Found across the West Coast from Mexico to Canada



The lone star tick is medium-sized, with a very round body, reddish-brown color, and long thin mouthparts. The most easily identifiable characteristic is an obvious white dot on the female's dorsal shield, which gives the tick species its name.

Location: Most common in the southeastern United States, but have been spreading as far north as Maine



The brown dog tick is small, with an elongated body, reddish-brown color, and hexagonal mouthparts. Unlike the American dog Tick, the brown dog tick does not have a decorated dorsal shield. Most commonly feeds on dogs, but can also infect humans.

Location: Found year-round across the entire United States, but most often seen in southern areas



The American dog tick is the largest common tick, are brown in color, and have short pointed mouthparts. They have ornate dorsal shields decorated with white markings and festoons. Most commonly feeds on dogs, but can also infect humans.

Location: Found in all areas east of the Rocky Mountains, and a small section of the West Coast

**A special call out
for our
PUBLIC WORKERS!!!**



Grab a Burst of Blue!



What a great time to line in New Jersey...Blueberry season! This tiny fruit is bursting with nutritional goodness in every handful! Blueberries contribute phytonutrients called polyphenols that provide 4 essential nutrients:

- ◆ Fiber—helps with heart health, feeling full, staying regular, and keeping cholesterol in check
- ◆ Vitamin C—help maintain a healthy immune system
- ◆ Vitamin K—aids in bone metabolism and regulating blood clotting



What are other benefits of blueberries?

Skin Reviver:

Combine 2 cups brown sugar, 2 teaspoons puréed blueberries, and 3 tablespoons lemon juice. Blueberry's antioxidants soften skin, lemon juice brightens, and sugar exfoliates.

Bladder aid:

Blueberries, like cranberries, contain compounds that prevent bacteria from adhering to bladder walls, which helps ward off urinary-tract infections (UTI's), according to a Rutgers University study. If you get UTI's, toss a handful of blueberries into your a.m. smoothie or into your mouth! LOL

Cancer blocker:

Blueberries' anthocyanins—which give them their blue hue—attack cancer-causing free radicals and can even block the growth of tumor cells, a University of Illinois at Urbana-Champaign study found. Eating just a half-cup a day (like in a slice of pie...NOT! J) is all you need.

Brain food:

To work smarter, pack dried-blueberry trail mix for a snack. A study from the University of Reading and the Peninsula Medical School in England suggests that blueberries reverse age-related memory loss, thanks to its abundance of antioxidants called flavonoids.

Creamy, sweet, spicy and perfectly dip-able, this **blueberry guacamole** has all the unique flavors of your favorite dip with a fruity kick. Add blueberry guacamole to tacos and quesadillas, for a super quick and easy to make meal or just add to a bowl and break out the tortilla chips for a party app that will have everyone fighting for the last bite!



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Ingredients

- 1 teaspoon avocado oil
- 1/2 cup fire roasted corn
- 3 large avocado, diced
- 1/4 cup blueberries, plus 2 tablespoons for garnish
- 1 clove garlic, minced
- 1/4 red onion, diced
- 1 jalapeno, diced
- 6 cherry tomatoes, quartered
- 1 teaspoon red pepper flakes
- 1 lime, juiced
- 2 tablespoons chopped cilantro
- 2 tablespoons chopped basil

Instructions

1. In a small skillet over medium heat, sauté corn in avocado oil (optional) until cooked through, about 3-5 minutes. Set aside to cool.
2. Meanwhile, add avocado and blueberries to a large glass bowl and mash with a fork until combined. Add the reserved corn and the remaining ingredients and mix well to combine. Garnish with blueberries.
3. Serve and enjoy—goes great with tortilla chips or as a topping for tacos.





Yields 2 servings.

Time: 30minutes

ROASTED VEGGIE BUDDHA BOWL

With the warmer weather finally here, this no-fuss meal is easy for a busy weeknight and it's full of flavor. The most work is in the prepping of your veggies. This roasted veggie Buddha bowl is a great for weekday lunches too, providing there is anything leftover! Whatever veggies you have in the fridge will do! For the roasted veggies, chickpeas, red or sweet onions, mushrooms and sweet potatoes work great. If you have time to prep ahead and want to clean and dice a butternut squash or some carrots, they would go perfectly with this. Cook some quinoa, rice or Farro. Slice up an avocado. Mix your dressing while the veggies are roasting. And wha-la....dinner is ready!

Recipe from foodnetwork.com

INGREDIENTS

- ◆ One 14-ounce can chickpeas, drained and rinsed
- ◆ 3/4 teaspoon spicy curry powder
- ◆ 4 teaspoons olive oil (or veggie broth)
- ◆ Kosher salt and freshly ground black pepper
- ◆ 1 small red onion (about 4 ounces), cut into 1-inch pieces
- ◆ 1 small sweet potato (about 7 ounces), peeled and chopped into 1/2-inch pieces
- ◆ 4 ounces medium cremini mushrooms, halved
- ◆ 1/3 cup fat-free Greek yogurt (or non-dairy or tofu)
- ◆ 1 tablespoon tahini
- ◆ 1 lemon
- ◆ 1 cup cooked quinoa (or your favorite grain – rice, Farro, etc)
- ◆ 1/2 avocado, thinly sliced



DIRECTIONS:

1. Preheat the oven to 425 degrees F.
2. Toss the chickpeas with the curry powder, 1 teaspoon of the oil, 1/4 teaspoon salt and a few grinds of black pepper in a medium bowl. Place on one side of a baking sheet. Arrange the onions next to the chickpeas, then the sweet potatoes and lastly the mushrooms. Toss the onions, sweet potatoes and mushrooms with the remaining 3 teaspoons oil, 1/4 teaspoon salt and a generous amount of black pepper. Bake until the chickpeas are a bit crunchy and the sweet potatoes are softened and starting to turn brown in a few spots, 25 to 30 minutes.
3. Meanwhile, whisk the yogurt, tahini and juice of half the lemon in a small bowl. Slice the remaining lemon into wedges.
4. Divide the quinoa between two bowls. Arrange half the vegetables and avocado slices on top of the quinoa, leaving a space for the yogurt in the middle. Dollop the yogurt in the empty space and serve with the lemon wedges.

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As a Certified Health and Wellness Coach (NBC-HWC), I can help you tackle these lifestyle challenges keeping you from living the life you want. Working as your advocate to help keep you accountable to yourself, you will see that making those changes most important to you are within your reach. It's about tapping into your inner wisdom; sometimes it takes a little guidance to help you see that. Reach out to me via email or phone to discuss if coaching might be a option for you. (Group or one-on-one coaching options available. Great for team building too!)