

Positive Pulse Wellness Newsletter



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"Promote and protect the wellness of our community through education, programs, and services".

Healthy Vision: Make It Last A Lifetime (www.cdc.gov)

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Special points of interest:

- April Monthly Challenges: Complete 20 squat and/or lunges every time you are in the restroom while working at WCDHD; Follow the "Healthy Snack Ideas" at least 3 days a week, for the entire month of April 2016.

April is Women's Eye Health and Safety Month. Let's all have healthy vision that lasts a lifetime!

Taking care of your eyes is a priority just like eating well and being physically active. Healthy vision can help keep you safe and healthy. To keep your eyes healthy, get a comprehensive dilated eye exam: an eye care professional will use drops to widen the pupils to check for common vision problems and eye diseases. It's the best way to find out if you need glasses or contacts, or are in the early stages of an eye disease.

Vision Health For All Ages:

- Although older adults tend to have more vision problems, preschoolers may also not see as well as they should.
- The U.S. Preventive Services Task Force recommends vision screening for all children aged 3 to 5 years to find conditions such as amblyopia, or lazy eye, which can be treated effectively if

caught early.

Nine Ways You Can Help Protect Your Vision:

1. Get regular comprehensive dilated eye exams.
2. Know your family's eye health history. It's important to know if anyone has been diagnosed with an eye disease or condition, since some are hereditary.
3. Eat right to protect your sight. In particular, eat plenty of dark leafy greens such as spinach, kale, or collard greens, and fish that is high in omega-3 fatty acids such as salmon, albacore tuna, trout, and halibut.
4. Maintain a healthy weight.
5. Wear protective eye-wear when playing sports or doing activities around the home, such as painting, yard work, and home repairs.
6. Quit smoking or never start.
7. Wear sunglasses that block 99 percent-100

percent of ultraviolet A (UVA) and ultraviolet B (UVB) radiation.

8. Wash your hands before taking out your contacts and cleanse your contact lenses properly to avoid infection.
9. Practice workplace eye safety.

Eyes and Overall Health:

Taking care of your eyes also may benefit your overall health. People with vision problems are more likely than those with good vision to have diabetes, poor hearing, heart problems, high blood pressure, lower back pain and strokes, as well as have increased risk for falls, injury and depression. Among people aged 65 and older, more than 50 percent of those who are blind, and more than 40 percent of those with impaired vision say their overall health is fair or poor. But more than 20 percent of older Americans without vision problems reported fair to poor health. Take care of your eyes!!!

Tornadoes vs. Severe Thunderstorms (www.nws.noaa.gov)

A tornado is a violently rotating column of air extending from the base of a thunderstorm down to the ground. Tornadoes are capable of completely destroying well-made structures, uprooting trees, and hurling objects in the air.

About 1,200 tornadoes hit the U.S. yearly. Since official tornado records only date back to 1950, we do not know the actual average number of tornadoes that occur each year.



A thunderstorm is considered severe if it produces hail at least 1" in diameter or has wind gusts of at least 58 miles per hour. Worldwide, there are an

estimated 16 million thunderstorms each year, and at any given moment, there are roughly 2,000 thunderstorms in progress.



Watch Vs. Warning (www.nws.noaa.gov)

A severe thunderstorm watch is issued when severe thunderstorms are *possible* in and near the watch area. It does not mean that they will occur. It only means they are *possible*.

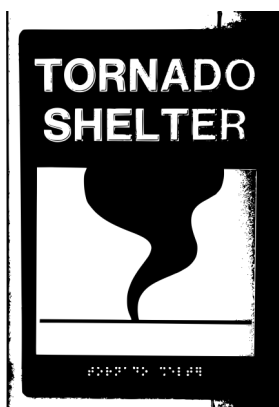
A severe thunderstorm warning is issued when severe thunderstorms are occurring or imminent in the warning area.

A tornado watch is issued when severe thunderstorms and tornadoes are *possible* in and near the watch area. It does not mean that they will occur. It only means they are *possible*.

A tornado warning is issued when a tornado is imminent. When a tornado warning is issued, seek safe shelter immediately.

"Tornadoes can happen at any time day or night, but most tornadoes occur between 4-9PM".

During A Tornado (www.nws.noaa.gov)



It is vitally important to know what to do during a tornado. Here are some tips on what to do during a tornado:

- The safest place to be is an underground shelter, basement, or safe room
- If no underground shelter or safe room is available, a small, windowless interior room or hallway on the lowest level of a sturdy building is

the safest alternative.

- If you are caught outdoors, seek shelter in a basement, shelter, or sturdy building. If you cannot quickly walk to a shelter immediately get into a vehicle, buckle your seat belt and try to drive to the closest sturdy shelter. If you see large objects flying past while you are driving, pull over and park.

12 Ways to Spring Clean Your Health (www.prevention.com)

Ah, Spring. There's something simply magical about the season. Even perpetually peppy birds seem to have a little more cheer in their chirps, and heck, what's not to like about going outside and not being slapped by a wind so cold it makes you wonder what you ever did to make Mother Nature hate you?

But there's nothing that can kill your warm weather-induced buzz faster than the idea of "spring cleaning".

Not to worry, we're not going to tell you to set aside several days for massive home cleaning. Instead, here are 12 essentials to help you kick your healthy habits up a notch:

1. Choose in-season, local produce: Seasonal produce offers more flavor as well as price savings. Local produce supports farmers and also spares the environment by eliminating long-distance delivery systems.
2. Schedule screenings and doctor appointments: Plan ahead to keep track of wellness appointments during the year. Talk with your doctor for a plan that suits your needs.
3. Venture outside: Walking for exercise benefits your cardiovascular system and burns calories. Take a walk in the woods, researchers found that walking in the forest lowers blood pressure and stress and boosts the immune system.
4. De-clutter your medicine cabinet: First off, medicine should be stored in a cool, dry cabinet, not in the bathroom. The expiration date is your best guidance for the potency of a medicine, but if you're unsure, toss it if it smells bad or looks off-color.
5. Go wheat free for a month: If you can't seem to shake those last few winder pounds, try eliminating wheat from your diet. "Cutting wheat helps you avoid the appetite-stimulating property of the wheat's gliadin protein," says William Davis, MD, a preventive cardiologist. Swap wheat-based products for rice, quinoa, legumes, buckwheat, tapioca, and potatoes.
6. Learn how to de-stress instantly: Resolve to finally learn how to handle your stress this spring. If you can't spare a block of time every day to meditate, squeeze in a few minutes each hour to experience the same benefits. Sit in a comfortable position and close your eyes. Focus on pulling in the air down into your belly. Breathe in for a count of five, hold the breath for a moment, and then slowly release. Continue for three to five minutes.
7. Allergy-proof your house: Okay, so this one *is* cleaning related, but it's definitely worth it. If you have forced air heating and air conditioning (HVAC) replace your furnace filters. Also it is a good idea to wash all linens and blankets around your house.
8. Purge old makeup: Remember that one makeup item that you had to have and now it just takes space in your makeup bag, time to toss it! Most products have at least a one-year shelf life, although organic products may go bad faster. Throw it out if you notice changes in the product.
9. Replace old workout shoes: Did you know that your old, comfy, and worn-out shoes may do more harm than good? Someone who is a very active runner should replace their shoes every three months.
10. Smarten up your TV time: We all know that TV isn't doing your body any favors so try sneaking in some brain-boosting options. Try watching shows that stimulate thoughtful conversation like PBS, the Discovery Channel, or ones that focus on hobbies you find interesting.
11. Organize your in-box: If your email in-box looks like a bit like an avalanche try prioritizing. Each morning, flag emails that must be dealt with today, focusing on your top priorities. Dedicate 30 minute blocks every two hours to staying on top of email. During those blocks, make decisions about each message immediately: Respond if it takes less than two minutes, delete, archive, or defer to respond later.
12. Up your daily happiness potential: Throw away your ex or at least pictures of him; Rid your closet of clothes that don't flatter you. You just don't need that baggage; Give away the stuff you don't want: Research shows that helping out others improves your own happiness.



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Brandi's "Clean Eating" Recipe (www.myrecipes.com)

Spring Pasta with Fava beans and Peas

Ingredients:

- 1 1/2 cups shelled fava beans
- 6 ounces uncooked bowtie pasta
- 2 tablespoons extra-virgin olive oil, divided
- 6 center-cut bacon slices, cut into 1/2" pieces
- 1 1/2 cups sliced red onion
- 8 garlic cloves, diced
- 3 ounces thinly sliced mushrooms
- 1 cup fresh shelled or frozen green peas, thawed
- 2 teaspoons fresh lemon juice
- 1/4 teaspoon kosher salt
- 1 1/2 ounces fresh Romano cheese,

grated and divided

1/2 cup torn basil leaves

Preparation:

1. Place fava beans in a large pot of boiling water; cook 1 minute. Drain; rinse with cold water. Drain well. Remove tough outer skins from beans.
2. Cook pasta according to package direction, drain.
3. Heat a large nonstick skillet over medium-heat. Add 1 tablespoon oil to pan; swirl and coat. Add bacon; sauté 3 minutes or until bacon begins to brown. Add onion and garlic, sauté 3 minutes or until vegetables are tender. Add mushrooms; sauté 3 minutes or until mushrooms begin to brown. Add fava bean and peas;

sauté 2 minutes. Stir in remaining 1 tablespoon oil, pasta, juice, and salt; cook 2 minutes or until thoroughly heated. Remove pan from heat. Stir in 3 tablespoons cheese. Divide pasty mixture evenly among 4 bowls, and top evenly with remaining 3 tablespoons cheese and basil. Serve immediately.

