



Don't Be a Hermit Crab...Why We Need Each Other (Part 1 of 2)

Our bodies and minds crave social interaction. Without it, we fail to gain the rewards of connectedness and the ability to see threats to our wellbeing¹.

We've all benefited from an interaction with a friend, family member, or coworker where it increased our positive outlook on life. These interactions change our body chemistry for a short time, increasing hemoglobin (making us feel more alive) and the hormone oxytocin (making us feel more bonded to that person than before). Being around people who care about us is necessary for our health.

Having a healthy support system will²:

- Increase your sense of belonging and purpose
- Boost your happiness and reduce your stress
- Improve your self-confidence and self-worth

- Help you cope with traumas, such as divorce, serious illness, job loss or the death of a loved one
- Encourage you to change or avoid unhealthy lifestyle habits, such as excessive drinking or lack of exercise

Many people struggle to maintain positive relationships and make new ones. It gets more difficult as you age. Being intentional about making connections and working on your obstacles to connection is the best way to avoid loneliness and a decline in health. Come out of your shell a little by calling a friend, writing a family member or setting up counseling to improve your personal connectedness to others. You won't regret it.



Look for Part 2 in our Summer edition where we will explore social media and the role it plays in feeling connected.

For more information, or if you are concerned about social isolation, please call the Advocate team to speak to a Social Worker at (984) 215-4040.

Contributed by: Tyler Giese, LCSW-A, and Stephanie Adams-Gilmer, LCSW

¹ http://s3.amazonaws.com/academia.edu.documents/32873115/AhnD_ShinD.2013.is_social_use_media_connectedness_isolation.pdf?AWSAccessKeyId=AKIAIWOWYYGZ2Y53UL3A&Expires=1488382930&Signature=VFinu9iDRUgOD9Q1KC3AaeskAM%3D&response-content-disposition=inline%3b%20filename%3DIs_the_social_use_of_media_for_seeking_c.pdf

² <http://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/friendships/art-20044860>

Transitions of Care

Extra support after a hospital stay, surgery, or emergency department visit can be crucial to your success.

Participants in the Personal Health Advocate Program may receive a telephone visit after a hospital stay, surgical procedure, or emergency department visit from our Transitions of Care team. Our team is helpful in arranging follow-up services with your primary care doctor or specialist and can help coordinate services such as home health, medical equipment, or community resources like transportation while you recover.

Benefits of Talking with a Transitions of Care Team Member:

- Help avoiding another hospital stay or emergency room visit
- Access to your doctor's office for follow-up appointments
- Extra support while you recover from an illness or surgery

Speak with a Personal Health Advocate Transitions of Care Team Member today!

(984) 215-4040
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Contributed by: Christen Franks, MHA

On the Move!

Set a reminder on your phone to move every 20 to 30 minutes. Use your cell phone or watch to set an alarm. That will be your signal to get up and walk around the house or office, fold a load of laundry, or take out the trash. It doesn't matter what you do, really, only that you change position and use your major limbs in a different way.

Spring Eating Tips – Don't Get Burned

Contributed by: Stacey Bala, MS, RN, LDN

Spring barbeques and picnics are a time to gather with friends and family and enjoy delicious food. However, these foods are sometimes high in calories, fat, and sugar. Here are some tips to still have fun while staying healthy during the spring:

1. **Although it's important to stay hydrated while you're out in the heat, watch what is in your drink of choice.** Spring drinks like lemonade, soda, sweet tea, and alcoholic beverages can be high in calories and sugar. Instead, drink water or calorie-free drinks, such as unsweetened tea, to stay hydrated.
2. **Choose healthy, refreshing snacks.** Instead of potato chips which can be high in saturated and trans fats, choose raw vegetables, like cucumbers, carrots, and celery sticks with a low-fat dip or hummus to eat as a snack or appetizer.
3. **Choose lean, grilled meats instead of fried meats.**
 - **Choose white, skinless chicken or turkey breasts.**
 - **Choose "loin" and "round" cuts of red meat and pork.** Buy "choice" or "select" grades of beef instead of "prime." USDA select is the leanest cut of meat and has the least amount of fat "marbling." USDA Choice is the second leanest, while USDA Prime cuts have the most marbling (fat). Always trim the fat when you get home, no matter what cut of meat you choose.
 - **Buy lean (93% lean) or extra lean (96% lean) beef or ground turkey breast for your burgers.**
4. **Choose whole grain buns for burgers, like whole wheat, whole rye, or buckwheat.** They add flavor to your meals and are good for you too.
5. **Eat fruit for dessert.** Grilled pineapple or peaches can be a healthy treat. Their natural sugars caramelize in the heat from the grill and give them a great flavor. They are also high in vitamins, minerals, and fiber.
6. **Watch your portion sizes.** Is your plate mostly meats and starches? Try putting grilled vegetables or salad on your plate first. This will leave less room for the high calorie meats and starches. Stop after your first plate and enjoy the company of the people you are with rather than the food.



How to Stay Safe in the Sun: What is Safe Sun Exposure?

Harmful rays from the sun may cause eye damage, premature skin aging and cancer. Skin cancer is the most common of all cancers, and it is important to protect your skin from sun damage all year long. People of every race and skin color are at risk for sun damage, but there are ways to reduce your risk.

Take the following precautions to ensure that you are protected from the sun:

- Limit your time in the sun between 10am and 2pm, when the sun is at its strongest.
- Use sunscreen with an SPF of 15 or higher, regularly when going outdoors and reapply as directed.
- Wear clothing that covers exposed skin such as long-sleeve shirts, pants, sunglasses and hats.
- Protect your eyes with sunglasses that are labeled with a UVA/UVB rating of 100%.

It is also important to note that some medicines may contain ingredients that cause you to be even more sensitive to sunlight. If you are taking a medicine that causes photosensitivity you may need to take extra precautions to try to reduce your risk of sunburn. If you have questions about any medication and the possibility of photosensitivity, contact your Physician or Pharmacist.¹

Contributed by: Ashley Strevy McDonald, MPH

¹ FDA Consumer Updates - Tips to Stay Safe in the Sun: From Sunscreen to Sunglasses. Retrieved March 14, 2017, from <https://www.fda.gov/ForConsumers/ConsumerUpdates/ucm049090.htm>

Try this at home

Lemony Yogurt Grilled Chicken

Serves 4 | Source: WebMD

Ingredients:

- 3 cups plain, low-fat yogurt
- 2 lemons, juiced
- 2 tsp granulated garlic
- 1 tsp kosher salt
- 4 4-ounce boneless, skinless chicken breasts
- chopped fresh herbs, such as basil, mint, and Italian parsley (optional)
- fresh lemon wedges for garnish (optional)

Directions:

Place yogurt, lemon juice, garlic, and salt in a medium glass bowl and mix. (You can also use a large, re-sealable plastic bag.) Save 1/2 cup of mixture. Add chicken. Marinate for 30 minutes to 6 hours (longer marinating time means more flavor and less cooking time). Heat the grill to high; reduce it to medium before cooking meat. Discard marinade, and add meat to grill. Cook chicken breasts 4 to 7 minutes per side depending on thickness. Finish with a sprinkle of fresh herbs, and serve with reserved yogurt sauce and fresh lemon wedges.

