



## Shop Locally to "Go Further with Food"

Each year the Academy of Nutrition and Dietetics celebrates a different topic during National Nutrition Month in March. This year's theme is "Go Further with Food."

Shopping locally is one way your food can take you further because it can provide an environmentally friendly way to add healthy foods to your diet. Not only does shopping locally conserve natural resources, it also has minimal effects on the environment. Some foods available in grocery stores are shipped thousands of miles before they reach their final destination. That is a big carbon footprint that could be avoided by purchasing local and seasonal foods!

Buying local foods also supports your local economy, because money spent locally often stays local. Farmers' markets often have abundant selections of locally grown or raised foods, including fruits, vegetables, and proteins. By eating locally, you will also be eating seasonally, which will increase the variety in your diet.

When you choose foods that are in season, they can be more affordable and even taste better than those found at grocery stores because they are locally grown and naturally ripened.

### Tips for shopping locally:

- **Plan ahead.** Become familiar with what type of produce is in season and how you might eat that produce as part of a balanced meal.
- **Estimate how much** produce you might need for a few days to a week. This will help prevent fruits or vegetables from going to waste.
- **Talk to the farmer**, especially about fruits or vegetables you are not as familiar with. They can tell you more about ways to cook and prepare the foods.
- **Check out the produce section** in your grocery store: when local foods are in season they are often featured and on sale in the store!

### What's in season this Spring?

	MAR	APR	MAY	JUN
Asparagus	■			
Beets		■		
Blackberries				■
Blueberries			■	
Bokchoy			■	
Broccoli		■		
Cabbage			■	
Green Peas			■	
Greens	■			
Herbs	■			
Kale			■	
Lettuce		■		
Mushrooms	■			

Contributed by: Stacey Bala, MS, RD, LDN and  
Marcy Menard, MS, RD, LDN

## Surviving and Thriving During Allergy Season

Spring allergy season is here. Lots of people will be reaching for the box of tissues!

According to the American Academy of Allergy, Asthma and Immunology (AAAAI), allergy season can start as early as February and last through October, but depending on weather patterns the start and end dates can vary. So, if you are dreading the return of sneezing, sniffles, stuffiness, itchy, watery or dry eyes here are some tips to keep your allergy symptoms under control.

1. **See your doctor before spring allergies start.** Don't wait for allergy symptoms to start. See your doctor prior to the start of the season to begin medications.
2. **Stay on the "Outs" with Pollen.** Don't be tempted to let the spring breeze in as it will bring in pollen as well. Keep doors and windows closed and turn on the air conditioner. Vacuum often, change clothes once you get home, shower before bed, and change the filters on your air conditioning unit frequently.

3. **Mold proof your home.** The AAAAI recommends keeping mold out of your home by being aware of where mold accumulates: basements, bathrooms, kitchens, and any areas with leaks.
4. **Plan your schedule to dodge peak allergy hours.** Avoid outdoor activities during peak pollen count, usually between 5am and 10am.
5. **Track allergen levels.** There are apps you can download to your smart phone to help with this. Check out the Zyrtec Allergycast Pollen Count Tracker app.
6. **Consider nasal irrigation.** Talk with your doctor about low-tech yet effective neti pots.

Don't let your allergies control your life. By staying ahead of the symptoms and working around peak pollen times you can enjoy the warmer weather.

Contributed by: Michele Brouillette

Every day Health. "7 Ways to Prepare for Spring Allergies". By Mikel Theobald. Retrieved from <https://www.everydayhealth.com/hs/allergy-pictures/prepare-for-spring-allergies/>

# When Roles Change: *Providing Caregiving for Aging Adults*

Caring for an aging adult or an adult with special needs can be exhausting. Approximately 43 million Americans report serving as unpaid caregivers from 2014-2015<sup>1</sup>. Over time, caregiving can become a full time job and the caregiver can lose their sense of self. This role engulfment and loss of self can lead to a reduction in social activities as they are replaced by caregiving activities, as well as changes in the plans and hopes that caregivers have for themselves<sup>2</sup>.

In addition to role loss, "caregivers are potentially at increased risk for adverse effects on their well-being in virtually every aspect of their lives, ranging from their health and quality of life to their relationships and economic security"<sup>3</sup>. Caregivers often express feeling guilty when they acknowledge that caregiving is demanding for them. While there can be some positive aspects of caregiving, it can be difficult to not get bogged down by these demands. The enormity of caregiving is a task that is best suited for a large support system, such as a team of family and friends, and healthcare professionals; however, caregivers often report that they face these needs alone.

Adjusting to a new caregiving role can be hard, and getting support is crucial for maintaining caregiver well-being. For more information on getting support, or if you want to speak with a health coach to assist you in learning more about being a caregiver, please call the Advocate team at 984-215-4040.

## Caregiving Resources:

- **AARP and the National Council on Aging** - Support groups and resources for caregivers
- **Senior Centers** - Local Senior Centers are a good place to learn more about the supports in your community

Contributed by: Tyler Giese, LCSW-A

<sup>1</sup> AARP. (2015, June 1). *Caregiving in the U.S.* Retrieved from An estimated 43.5 million

<sup>2</sup> Skaff, M. M., & Pearlin, L. I. (1992). *Caregiving: Role Engulfment and the Loss of Self.* *The Gerontologist*, 32(5), 656-663.

<sup>3</sup> Committee on Family Caregiving for Older Adults; Available from: <https://www.ncbi.nlm.nih.gov/books/NBK396401/> doi: 10.17226/23606

Speak with a Personal Health Advocate  
Transitions of Care Team Member today!  
**(984) 215-4040**

## 10 Deskercises You Can Do at Work

New research has found that prolonged sitting is sabotaging your health. Being a desk jockey doesn't mean that you have to spend it sedentary!

The following exercises should not replace the 30 minute per day cardio that is recommended, these are just to help you keep moving and to avoid being a 9 to 5 couch/chair potato.

- 1 NECK ROTATIONS.** Drop your chin and roll your neck. Then lift your chin up and bend your neck over to each side.
- 2 BACK TWIST.** Sit up straight, right arm behind your right hip. Twist to the right and hold. Repeat on your left side.
- 3 SHOULDER PINCH.** Roll back your shoulders until your shoulder blades are pinched together, pretend you are holding a pencil between your shoulder blades, hold for 5-10 seconds. Repeat.
- 4 SHOULDER SHRUG.** Raise both shoulders up to your ears and hold for 5 seconds and release. Hold a heavy book in each hand to make harder.
- 5 GLUTEAL SQUEEZES.** Squeeze your buttocks for 5-10 seconds, and repeat.

**6 LEG EXTENSIONS.** While seated, straighten one of both legs and hold in place for 5-10 seconds, then lower without touching the ground and repeat. Add weight over your ankles to make this harder.

**7 INNER THIGH SQUEEZES.** Place a thick book between your knees and press your legs inwards while seated, squeezing your inner thighs for 30-60 seconds.

**8 TOE RISES.** While seated or standing, keep your heels on the ground and lift your toes.

**9 HIP FLEXIONS.** Lift your foot a few inches, keep your knee bent at 90 degrees and hold for as long as you can while sitting.

**10 STANDING CALF RISES.** Hold onto the back of your chair and stand up on your toes, hold for 10 seconds and repeat.

Contributed by: Michele Brouillette

Time Health. "How to Exercise at Work" by Mandy Oaklander, Heather Jones. Retrieved from <http://time.com/4019563/exercise-work-desk/>

## Employee Spotlight: Arnice Llewellyn

What is your role in the Personal Health Advocate program? RN Case Manager

What drew you to work with the Personal Health Advocate program? The fact that I am making a positive impact in the lives of the patients and families I serve.

What motivates you to wake up and go to work every morning? Knowing that there is someone who is really grateful for this program.

People would be surprised to know that... I used to be a professional model and that I was once crowned Miss Canton, Ohio in the Hal Jackson's Miss Talented Teen Pageant.

Where would you like to go on a dream vacation? The land in Southern Africa where the Zulu tribe lives and visit the land of my Zulu ancestor's origin.

I am happiest when...

I am with my family and friends listening to music, dancing, and laughing.

