



# WELLNESS NEWS

## AUGUST 2024

### Summer Living



**Health and wellness resources  
for you and your family**

If you have any questions or would like to make any suggestions about programs or content,  
feel free to email me at **[Marcy@Scantichealth.org](mailto:Marcy@Scantichealth.org)** or call **617-431-6651**

I would love to hear from you!

# Summer Living



This summer has been very, very hot! While most of us look forward to the summer heat, there are times when the heat is just too much, especially if you are spending time doing outdoor exercise or activities.

It is important to wear sunscreen, stay hydrated and watch for signs of overheating and heat stroke.

## Summer Fun

Try a new outdoor sport, go for a walk in nature, or go hiking. You can also try swimming, which is a full-body workout that's easy on your joints. Other outdoor activities include biking, kayaking, rock climbing, beach volleyball, and stand-up paddleboarding - the point is, try something that you enjoy!

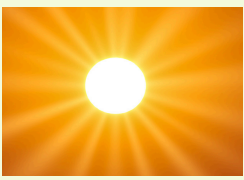
**Yoga and meditation:** Practicing yoga and meditation outdoors can help you connect with nature.

**Gardening:** Growing beautiful plants and food can be a rewarding hobby and a great way to stay active. Not only does gardening provide movement, but it has also been associated with numerous mental and emotional benefits, and all of which can contribute to a healthier, happier, and longer life. Gardening goes beyond the simple act of planting; It is a multifaceted activity that enhances physical health, promotes mental and emotional well-being, and can give you a great sense of accomplishment! Whether you have a small balcony garden or a spacious backyard vegetable and flower garden, cultivating your green space can be a fulfilling and healthy endeavor!

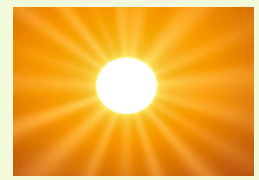
**Stay hydrated:** Drink enough water throughout the day, especially when temperatures are high and you're doing outdoor activities. You can carry a reusable water bottle with you and drink before, during, and after physical activities.

**Eat seasonal foods:** Summer offers a variety of fresh fruits and vegetables that can improve your diet. You can visit local farmer's markets to discover unique seasonal products and support your neighborhood. Local fruits and vegetables are full of fresh vitamins, minerals, and anti-oxidants. Find your favorite poant based recipes and start making wonderful summer treats!





# Sun Safety



**This page was included in June's newsletter but skin cancer prevention and sun safety is very important so I have decided to include it in August's newsletter as well!**

With warmer weather driving activities outdoors, sun exposure and its benefits comes along with its risks including skin cancer, premature skin aging and cataracts. Skin cancer rates are rising in the US and are among the most common cancers in young adults.

The American Academy of Dermatology Association estimates that one in five Americans develop skin cancer in their lifetime.

The primary culprit in all three outcomes are the Ultraviolet (or UV) rays present in sun radiation.

UVA rays are responsible for the loss of skin elasticity and premature aging.

UVB rays are responsible for sunburn and are associated with the increased risk of skin cancer for people of all skin colors. UV exposure has also been shown to increase the risk of cataracts. Cataracts occur when the eye lens becomes cloudy, causing changes in vision. Prolonged exposure to UV rays can create changes in the eye lens and increase risk of developing cataracts.

## **To minimize risky overexposure to UV rays:**

- Limit outdoor exposure between the hours of 10am to 2pm. If this is unavoidable, cover your skin with clothing or by finding a shady tree!
- Use a daily sunscreen or lotion labeled as "Broad Spectrum" with an SPF value of at least 15 or higher. Broad spectrum sunscreens protect against both UVA and UVB rays. The SPF value indicates the level of sunburn protection provided by the sunscreen.
- Reapply every two hours and even more frequently if swimming or sweating.
- Don't forget to use a lip balm with SPF 15 as well!
- Note: Sunscreen is not recommended for infants under 6 months who are recommended to be kept out of the sun.
- Choose oversized or wraparound sunglasses labeled to provide UV400 or 100% UV protection, including children's sunglasses. Darker lenses do not necessarily mean higher protection! If you are unsure if your current shades have 100% UV protection, they can be brought to an optical shop with a UV light meter for testing.

**[Here is a bit more information about skin cancer prevention](#)**



# Two Cost Savings Programs

Available to employees and family members who get their insurance through the SVRHT

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## CanaRX

**If You have prescription medications, you can save money with CanaRX. Medications on the list are free to employees who get their insurance from the SVRHT.**

CANARX sets the standard for prescription medication safety and savings. Sourced in federally-designated countries, brand-name medications are shipped straight to you in their sealed, original packaging. You pay nothing thanks to the exceptional savings CANARX brings to your health plan when you use this optional program. It's just that simple.

For more information or to sign up for this cost-saving program [click here](#)  
You can see if your medications are on the list [here](#)

**If you're still not convinced that you should try utilizing CanaRx, [watch this short video](#) that will explain the benefits of this incredible benefit. Passcode is @#Zg7uCn**

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## Diabetes Program - Good Health Gateway

If you or a benefit family member has diabetes, Good Health Gateway can save you money on medications and testing supplies.

For more information on this program, [click here](#)

Or you can use the QR code





# Fitness Tips

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Summer is a great time for outdoor exercise, but with the extreme heat that we've had this summer, it is important to stay safe when you're exercising outdoors

## **Keep in mind these six tips when it's warm outside:**

Timing is key. Try to avoid exercising outside in the early afternoon. It's usually hottest between noon and 3 p.m.

**Hydrate.** Drink water before, during and after physical activity, even if you don't feel thirsty. Bring a bottle of water with you, or plan water stops along your route. Dehydration can happen quickly so be prepared and keep yourself and your kids hydrated!

**Dress for success.** Wear lightweight, light-colored, loose-fitting clothes. Moisture-wicking fabric also can be a big help. Protect yourself from the sun with sunglasses, a hat or visor and plenty of sweat-resistant sunscreen. [Try cooling towels](#) if you tend to overheat. I swear by these - they are inexpensive and they work!

**Listen to your body.** Take frequent breaks in the shade, and drink water *before* you're thirsty. Allow yourself time to adapt to the heat. Some experts say that this can take about 4-14 days. Keep in mind that you may not be able to work out as long or as hard as usual when it's very hot.

**Doctor's orders.** Check with your health care professional before starting an exercise routine or moving your workout outdoors if you have cardiovascular disease, diabetes, other chronic disease or any medical concerns. Certain medications, including beta blockers, ace receptor blockers, ace inhibitors, calcium channel blockers and diuretics, can exaggerate the body's response to heat.

**Buddy up.** If you can, work out with a partner for safety, social interactive and fun. (source: American Heart Association)





**TUFTS**  
Health Plan

# Tufts Health Living Well at Home

Would you like to take a yoga class in your own home? How about developing a mindfulness practice with guided mindfulness and meditation? Or, maybe it would be fun to try a Zumba class with your family - right in your own living room!

**Tufts Health Wellness Program** has a number of virtual classes available at no cost to you!

## **Yoga**

**Mondays and Wednesdays**



## **Mindfulness**

**Tuesdays, Wednesdays and Thursdays**



## **Zumba and Strength Training**

**Tuesdays and Thursdays**

These programs are free to everyone (you don't have to have Tufts as your insurance provider to participate).

Check out the Living Well at Home [Page Here](#)

# Recipe of the Month

## Teriyaki Chicken Bowl

### Ingredients

- 6 oz [168 g] Skinless Chicken Breast
- 1 tbsp [14 g] Soy Sauce
- 1/2 cup [120 ml] Chicken Broth
- 1/4 tsp [0.45 g] Ginger (Ground)
- 1/2tsp [1.4 g] Garlic Powder
- 1.1/2 tbsp [10.5 g] Honey
- 1/2 tbsp [3.5 g] Avocado Oil
- 1.5 cup [150 g] Riced Cauliflower
- 1 cup [85 g] Whole Pod Edamame (Cooked)
- 1/2 tbsp [4.5 g] Sesame Seeds
- 1 stalk [15 g] Green Onions (Chopped)



### Directions

- In a crockpot add the chicken, soy sauce, chicken broth, ground ginger, garlic powder, and honey. Set on LOW for 3 hours or HIGH for 5 hours.
- When chicken is cooked through, shred using two forks.
- In a medium skillet add avocado oil over medium heat. Add riced cauliflower and cook until desired texture.
- Serve shredded teriyaki chicken with cooked cauliflower rice and edamame. Top with sesame seeds and green onion.

### Here are a few time saving hacks:

If you want a bit quicker prep time, you can use a cooked, rotisserie chicken. Simply pull the meat off the bones and shred. If you grow sweet peas in your garden, you can substitute those for the edamame.

You can also buy frozen riced cauliflower. Most grocery stores have them, but my favorite is from Trader Joe's.

### Nutrition Information

Calories - 425.5  
Fat - 12.71 g  
Carbs - 27.31 g  
Protein - 54.92 g  
Fiber - 8.33 g



# Simple Ideas for Healthy Meals

If you think meal planning would be something you would like to try but don't quite understand it, take a look at this [guide to mastering meal planning](#).

Summer is a very busy time of year and most of us don't want to spend hours in the kitchen!

[Here is a great recipe bundle with quick and nutritious meals](#)



## Bioavailability in Foods

Simply put, bioavailability is **how much a nutrient is actually absorbed**.

The higher the bioavailability, the more that nutrient is available to your body for storage and use.

[Check out this guide: Bioavailability 101](#)



# Mindfulness and Meditation

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Summer can be a busy time of year and when we get busy, sometimes we don't focus on our health as much as we should. I know I'm guilty of this!

Try to take a few minutes each day to focus on a few healthy habits. Focusing on drinking enough water, exercising and eating plenty of summer fruits and vegetables are a few habits that are easy to maintain in the summer.

[Here is a short meditation](#) to help you maintain a healthy lifestyle.

Feeling anxious or frazzled?

If summer has you running yourself ragged, it can be very beneficial to take time throughout the day to practice mindfulness, breathwork and meditation.

Simple breathing techniques can calm frazzled nerves or even stop an anxiety attack.

[Try this 5 minute breathing](#) exercise the next time you feel something (or someone) getting you upset or anxious.

