

HEALTHY LIVING

Wellness Newsletter from **AAOA**

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Chilled Lemon Asparagus



Ingredients

- 2 pounds asparagus
- 2 Tbsp. pecans, chopped
- 1 tsp. grated lemon rind
- 2 Tbsp. olive oil
- 1/4 cup cider vinegar
- 1/4 cup low-sodium soy sauce
- 1 tsp. sugar
- Fresh ground pepper, to taste
- 1 Tbsp. chopped fresh parsley

Preparation

1. Snap off tough ends of asparagus.
2. Cook with a small amount of water in a skillet for 5 minutes or until tender but crisp.
3. Drain and rinse under cold running water; drain well and place on serving platter.
4. Toast pecans in a 350 degree oven for 5 minutes or until fragrant; set aside.
5. Make salad dressing by combining lemon rind, olive oil, vinegar, soy sauce, sugar, pepper and parsley in a jar. Shake well and pour over asparagus.
6. Garnish with toasted pecans.
7. Cover and chill 1-2 hours.

Nutrition Facts

Yields 6 Servings

Amount Per Serving

Calories 101 g	Fiber 2g
Fat 70g	Protein 3g
Sodium 357mg	Carbohydrates 6g



7 Ways to Get Energized Again

Keep It Fresh!

If you have been feeling a little uninspired lately, give yourself an energy boost with one or more of these seven strategies:*

1. Change Your View Have your running shoes worn a predictable path? For a change of pace, seek out new safe routes. Or, maybe you're weary of the same old gym equipment. Mix it up a few days a week.

2. Step Into the Unknown Try a new activity to spice up your routine. For instance, you might give rowing or spinning classes a go. Or, take a crack at something that seems less like exercise — and more like fun. Are you feeling:

- Sporty? Try racquetball, volleyball or soccer.
- Outdoorsy? Go hiking or mountain biking.
- Lively? Get grooving with salsa or hip-hop dancing.

3. Find a Pal.. or a Party If you're tired of going solo, ask a friend or co-worker to be your exercise buddy. Or, join a fitness class, walking club or softball league. The social side of exercise can make it more enjoyable — and you'll be less likely to miss a workout.

4. Embrace Cross-Training For example, if you're a jogger, alternate that activity with cycling or swimming on different days. And, work in strength-building exercises, too. Or, consider an all-in-one workout that's a mix of different activities. There's never a dull moment with this balanced approach.

5. Go For a Goal Maybe that's competing in a tennis tournament, training to do a 10K with friends, or clip on a pedometer. No matter what your mission, a fitness goal can help keep you moving.

6. Build Some Momentum Think small to start. Not sure you have the energy for a full workout? Try it for just 10 minutes. Once you're moving, you might surprise yourself and keep going.

7. Reward Yourself Along the Way Big goals are great, but remember to celebrate small wins too. Did you master a new aerobics step? Complete all your planned workouts for the week? Say "Way to go!" with some new tunes for your playlist — or a movie with a friend. You earned it!

**For safety's sake, talk with your doctor before significantly increasing your activity level.*

Leaving the Nest: Practical Skills to Help Teens Fly Solo

In the years before teens fly the coop, think about the practical know-how they need, from budgeting to laundry to refilling a prescription.



Practice Makes Perfect

Of course, the earlier you start coaching kids on useful skills, the better, but even if your teen is just months away from leaving home, it's not too late to get in some lessons.

You might start with the ideas below:

Here's a tip: Don't treat these how-to moments like chores. Remind teens that these tasks or skills are part of becoming independent. They'll like the sound of that! And, don't forget to praise good decisions and jobs well done.

Money Management. There's no substitute for trial and error when it comes to handling money. For example, maybe your high schooler needs some new clothes. Offer a set amount, not a blank check. And, let your teen decide how to spend it.

Another Idea: Let an older child shadow you while you work on the household budget. Work together to write checks or pay bills online.

Housekeeping. Does your teen know how to sort laundry, run a washing machine, change sheets or scrub a toilet? Sometimes the best way to teach kids how to do everyday tasks is to stop doing them yourself. The next time your teen is in need of some clean clothes, give a few pointers, and then make it a do-it-yourself project. Keep it positive. Remember, it's a hands-on experience for a soon-to-be adult life.

Health Care. Have you managed your teen's medical care until now? Think about how you can shift some of that responsibility. For starters, be sure kids who are preparing to move out have their own:

- Health insurance cards and know how to check their benefits
- Immunization records
- Network doctors and know how to set up appointments
- Prescription and pharmacy information

Help them locate health care services that will be near them. They need to know where to find help if they get sick or have an emotional problem.

Be a safety net

Even the most self-reliant kid needs backup at times. Remind your young adult that you are available via text, email, phone or in person no matter what.



Slather for Safety

Use sunscreen every day and apply it at least 15 minutes before going outdoors. Also, be generous; around 1 ounce (about a palmful) is usually needed to cover exposed skin.

Look for a broad-spectrum product with a sun protection factor (SPF) of at least 15. Many experts recommend an SPF of 30 or higher.

Skin cancer can develop on lips, too. So, use a lip balm or lipstick that includes sunscreen. Also, keep in mind that no sunscreen product protects you completely. It's still best to avoid the sun when you can.



Pointers on Prevention

Not all ear infections can be avoided, but here are a few healthy steps that may help reduce the risk:

- Keep kids away from secondhand smoke. Babies and children who are exposed get more ear infections and other illnesses.
- Make sure children are up-to-date with immunizations including the flu vaccine.
- Wash hands regularly. This helps prevent the spread of germs and illness.
- As much as possible, try to keep kids away from playmates and family members who are sick.

Close-up on Health Conditions

Psoriasis: An Action Plan to Bring Relief

A Plan of Action: 4 Steps for Taking Control

Psoriasis can often be well controlled for months or even years at a time. In some cases, it may clear up altogether. Working with your doctor can help.

1. Get the Best Care

There are a variety of ways to treat psoriasis. For example, your doctor may prescribe skin creams, other medicines or ultraviolet light therapy.

These treatments don't have the same results for everyone. It may take time to find what works best for you and in what combination. Be sure to let your doctor know how a treatment is working. Check with your benefits plan to see what services may be covered.

2. Tame Tension

Stress may make psoriasis worse — and having a chronic condition can be stressful in itself. So, it's important to look for strategies to let anxious feelings go.

Getting enough sleep and regular activity can help. Talk with your doctor about an exercise routine that's right for you. Relaxation techniques — such as deep breathing or meditation — can also be soothing.

Is stress relief a struggle? Perhaps you're having trouble coping with anxiety or depression. Talk with your doctor. He or she might help you find a support group or refer you to a counselor.*

3. Steer Clear of Triggers

Certain medications may contribute to flare-ups. Let your doctor know everything you take. Be sure to include over-the-counter medicines, vitamins and herbals.

Dry skin can also worsen symptoms. Talk with your doctor about a moisturizing routine. Keeping skin moist may also reduce the urge to scratch. Scratching inflamed patches can make matters worse and cause infections.

4. Aim for Healthy Habits

Psoriasis isn't considered life-threatening, but it does appear to raise your risk of some other serious diseases including diabetes, heart disease and stroke.

You can't change the fact that you have psoriasis, but you can take steps to reduce your other health risks. For example, your doctor may suggest that you:

- Lose excess weight and eat a healthier diet
- Stop smoking, if you smoke
- Limit alcohol especially during a flare-up
- Control other risk factors, such as high cholesterol and high blood pressure

While these changes take effort, they'll make you healthier and may make your psoriasis treatment more effective. Talk with your doctor if you need help changing your health habits.

**Check with your benefits plan to see what behavioral health services may be covered.*

AAOA HEALTHCARE

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AUGUST WELLNESS TIP



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Wellness Tip

Safe Travels

Big trip plans coming up? If so, talk to your doctor about where you are going and the medical precautions that should be taken. When traveling to some parts of the world, certain vaccines may be required to keep you healthy.

We want your feedback about the Wellness Newsletter. Please e-mail us at wellness@aooamerica.org with any wellness tips or healthy recipe ideas.