

HEALTHY LIVING

Wellness Newsletter from **AAOA**

JULY 2015



**Turning
up
the
Heat**

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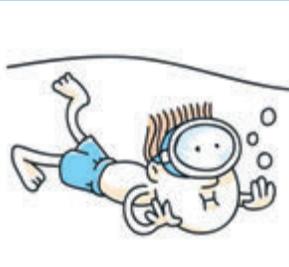
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TURNING UP THE HEAT

Test your knowledge of sun-related illnesses by taking this quiz.

TRUE OR FALSE?

1. You do not need to use sunscreen if you will be staying in a shaded area.
 2. You will get sunburned faster if you are in the water.
 3. Disease-causing bacteria grow more rapidly on lukewarm food than cold - and can more readily result in food poisoning.
 4. Sun exposure is considered the single greatest risk for developing skin cancer.
 5. Skin cancer affects only light-skinned people.
 6. The sun's strongest rays occur between 10 a.m. and 4 p.m.
 7. If you are in good health and your doctor has not restricted how much fluid you should have, you should drink at least 16 to 32 ounces of water an hour to adequately replace fluids when working in a hot environment.
 8. Certain over-the-counter and prescription medications can increase your sensitivity to the sun.
- (See Answers on Back)

Pool Rules: 4 Musts for Safer Swimming

KEEP SAFETY AFLOAT WITH THESE FAMILY-FRIENDLY POINTERS.

Ready to jump into summer? A swimming pool can offer fun and fitness for the entire family.

But before you take a dip, make sure you — and your crew — are in the know about safety.

1. All hands — and eyes — on deck!

Keep a close watch on the kiddos. That's rule No. 1 for any adult in charge of summertime fun. Children may quickly get into danger when grown-ups are distracted, such as

when texting or even chatting poolside.

That's even true with baby or kiddie pools — and at public pools where a lifeguard is on duty. Stick with infants and toddlers — within an arm's length or closer at all times. Keep in mind that "floaties" are not life jackets. No flotation aid is a substitute for your close supervision.

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Fire it up: 4 Rules for Safer Grilling

1. Clean. Wash hands and surfaces often — Bacteria that cause food-borne illnesses can survive in many places, including your hands, utensils and cutting boards, kitchens and grills.

2. Separate to avoid cross-contamination.

Keep raw, cooked and ready-to-eat foods separate while shopping, preparing, grilling and storing to avoid spreading bacteria. Never place cooked foods on a plate, surface or cutting board that has held raw meat or poultry.

3. Cook Foods to the proper temperature —

- 145 degrees Fahrenheit for fish, beef, pork, veal and lamb steaks, roasts and chops
- 160 degrees for ground beef and egg dishes
- 165 degrees for turkey, chicken and other poultry

4. Chill — Refrigerate or freeze cooked and prepared foods and leftovers promptly. That means within two hours or one hour if the temperature is 90 degrees or higher.

At last! Berry season is here and boy, is it sweet!

Lush red strawberries grown in your own backyard. Plump blueberries fresh from the farmers market or grocery store. Sun-ripened blackberries plucked from a hillside. However you pick them, berries are splendid jewels of summer.

And their beauty is more than skin-deep. Berries are nutritional dynamos too. They're full of fiber, vitamins,

and minerals. Plus, the natural compounds that give them their rich color may also help protect against disease.

So what's the best advice for tapping into these berry benefits? It's simple and delicious to follow: **Choose a variety and enjoy often.**

Of course, a bowl of berries is a perfect dish

all by itself. But here are more ways you can sweeten your day from start to finish:

6 WAYS to GIVE YOUR DAYS A BERRY BOOST

Brighten up your morning

1. Try berry breakfast quesadillas. Top whole-wheat tortillas with low-fat ricotta and mozzarella cheese. Add sliced strawberries or a berry puree.

2. Gently mix berries into whole-grain pancake

or waffle batter.

3. Sprinkle them over whole-grain cereal, oatmeal or low-fat yogurt.

4. Whirl your favorites in the blender with orange juice or some low-fat milk or yogurt for a fruity smoothie.

Love 'em with lunch

5. Slip fresh berries into a peanut or almond butter sandwich.

6. Toss them into green salads to explore different flavors and pairings.



BLUEBERRY NECTARINE CRISP

GRANOLA TOPPING:

- 1 1/2 cups regular oats
- 1 oz. (2 Tbsp.) chopped pecans
- 1 oz. (2 Tbsp.) chopped almonds
- 1 oz. (2 Tbsp.) chopped walnuts
- 1/4 cup pure maple syrup
- 1/2 tsp. cinnamon
- Pinch salt

INGREDIENTS:

- 5 cups blueberries
- 2 large nectarines, peeled, chopped
- 2 Tbsp. brown sugar
- 1 Tbsp. all-purpose flour
- Zest of 1 lemon

PREPARATION:

1. Combine fruit, sugar, flour and lemon zest in a medium bowl; toss to coat.
2. Spoon fruit mixture into an 11 x 7 inch baking dish.
3. For the topping, combine all ingredients and toss to evenly coat oat-and-nut mixture with syrup.
4. Sprinkle granola over the blueberry-nectarine mixture.
5. Bake at 375 degrees F for 30 minutes or until bubbly.
6. Serve with frozen yogurt, ice cream or whipped topping.

Nutrition Facts

Yields 8 Servings

Amount Per Serving

Calories 241	Fiber 5g
Fat 8g	Protein 5g
Sodium 16mg	Carbohydrates 41g

2. Make lesson plans

Learning to swim can reduce the risk of drowning — a danger for kids of all ages. Check out resources in your community for age-appropriate classes. But remember: They never replace the watchful eye of an adult.

Of course, this safety tip isn't just for kids. Everyone should know how to swim. No matter your age, if you can't swim — or would like to improve — an adult class or private sessions may be for you.

3. Be rescue-ready

Speaking of lessons, put CPR and first-aid training on your list too. To find a class near you, go to

redcross.org/take-a-class.

If you own a pool, make sure it's equipped with life rings and reaching poles. Keep a charged phone ready too — in case you need to call 911.

4. Don't take a dive

It's safest to enter the water feet first — particularly if you don't know the depth. Diving into a shallow end or an above-ground pool could lead to serious, life-threatening injuries.

If you're visiting a pool, know whether diving is even allowed. While you're at it, gather the gang and go over all the posted safety rules, as well as your family rules. No running and

no pushing!

Play it safe

Finally, these common-sense rules may not be posted. But they're good for kids and grown-ups too:

Never use the pool alone.

Even skilled swimmers can drown if they have a muscle cramp or other problem in the water.

Don't get in over your head.

Unskilled swimmers should stay well away from the deep end.

If you're tired, take a break from swimming.

Also, try not to swallow pool water.

JULY



Sheridah Bennett
(AAOA Wellness Champion)

Wellness Tip

Veggie Goodness

Head to the beach this summer with a veggie-filled picnic lunch. In addition to turkey or lean ham on whole-wheat bread, pack fruits and vegetables such as baby carrots, cherry tomatoes, grapes, plums and cherries.

Answer Key:

1. FALSE: Ultraviolet rays will still reach you. Also, there is strong evidence that more UV rays are filtering through because of the depletion of the earth's ozone layer.

2. TRUE: Water reflects sunlight, so you will get added exposure to your head, shoulders and any other areas that remain uncovered while you are swimming.

3. TRUE: The bacteria that cause food poisoning thrive in temperatures between 40 degrees and 140 degrees. Prepared foods are safe in that range for about two hours. The same foods are considered safe only for one hour if the temperature rises above 90 degrees.

4. TRUE: About 1 million Americans are diagnosed with skin cancer each year and

the increasing trend is blamed on exposure to solar rays.

5. FALSE: Although skin cancer is more common among light-skinned persons, it is not unheard of in people who have dark complexions.

6. TRUE: Stay inside and keep young children out the sun as much as possible during these times.

7. TRUE: Your body sweats to cool itself. The only way to replace those lost fluids is to drink more water.

8. TRUE: Even short exposure to the sun can result in burning if combined with certain medications. These include some antibiotics, certain diuretics and some non-steroidal anti-inflammatory drugs, such as ibuprofen and naproxen.

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