



MOUNTAIN STATES

ADMINISTRATIVE SERVICES

7202 EAST ROSEWOOD • SUITE 200 • TUCSON, ARIZONA 85710
(520) 722-0811 • FAX (520) 722-7127

VOL. 31, NO. 6

“An ounce of prevention is worth a pound of cure.”

JUNE 2011

© HHI



Simple secrets to being a **super dad**

Being a good dad doesn't have to be complicated.

- **Be a team.** If you're married, keep your marriage strong. If you aren't married, respect and support your children's mother or other parent.
- **Spend time with your children.** By spending time with your kids, you tell them they are important to you.
- **Chat — often.** Talk with your kids, praise them, and take time to listen to their ideas and problems.
- **Guide with love.** All children need guidance and discipline, not to punish, but to set reasonable limits. Remind your children of the positive and negative consequences of their actions. Be sure to give them meaningful rewards for good behavior.
- **Show affection.** Children need the security that comes from knowing they are wanted and loved by their family. Parents should feel comfortable and be willing to give their children hugs.

Source: Children's Trust Fund

Living a dog's life

Look to a pet for how to live. Here's what Fido might tell you:

- Live in the moment.
- Take a nap, and sleep hard.
- Discover the simple joy of a long walk.
- Celebrate each snack with anticipation.
- Get outside as much as possible.
- Greet everyone, always, no matter how long he or she has been gone.
- If you love someone, show your affection.

Timeless truths for saving

see page 6...



What's Inside...

• The rules for going raw: Mix it up	Page 2
• Splish, splash, strengthen, and tone	Page 3
• High-tech treasure hunts	
• The whole you	Pages 4–5
• To buy or lease?	Page 6
• Banishing bad debt	
• Making it through a migraine	Page 7
• Dippity-do	Page 8



The rules for going raw:

Mix it up

Raw foods are becoming a popular dietary choice. Some people even make it a lifestyle, cooking nothing above 115° F. There's evidence that a plant-based diet may lower the risk of heart disease, stroke, type 2 diabetes, obesity, and other chronic conditions. But do raw foods have more nutritional benefit than cooked?

The answer is both "yes" and "no." Some vegetables are higher in nutrients when eaten raw, and cooking can destroy water-soluble vitamins (like vitamin C). On the other hand, cooking actually releases certain nutrients from some foods.

Here's how to start adding more plant-based foods:

- 1. Put a colorful mix** of both steamed and raw plant-based foods on your plate.
- 2. Rethink your salad** with organic baby arugula. Add raw almonds, sesame seeds, berries, and avocado; then top with a citrus dressing.
- 3. Replace the meat in your lunch** with a cholesterol-lowering protein source, such as kidney beans, one to three times a week.

4. Educate yourself. You don't have to give up meat. But if you do, be sure to thoroughly research the idea and consult with your health-care provider or dietitian about how to replace the nutrients found in meat with plant-based alternatives or supplements.

If you have a weakened immune system, be sure to consult with a health-care provider before adopting a raw-food diet.

Sources: Andrea Giancoli, MPH, RD of the American Dietetic Association; Harvard Medical School

Smart Living



Wash fresh produce just before cooking or serving, not before storing.

Strawberry Soup

- 2 ½ cups fresh or frozen strawberries
- 2 cups plain, low-fat yogurt
- ½ cup orange juice
- ½ cup sugar
- ½ cup water

Blend strawberries in blender until smooth. Slowly add yogurt. Keep blending.

Pour mixture into large bowl. Add orange juice, sugar, and water. Stir until blended.

Chill in refrigerator for at least 1 hour.

Serves 4: 216 calories, 2.4 g fat (1.2 g saturated fat), 7.4 mg cholesterol, 87.6 mg sodium, 43.4 g carbohydrate, 7.2 g protein

Source: Hope Health



Secrets to sweet strawberries

- Select firm, fragrant, plump, and bright, glossy-red strawberries.
- Refrigerate berries as soon as you can, and keep them in containers until ready to use.
- Wash, remove caps, and drain near serving time.
- Bring out the best flavor by allowing berries to reach room temperature before serving.

Source: Florida Strawberry Growers Association

© HHI

get moving



High-tech treasure hunts

Looking for an adventure? Try geocaching — a way to get outdoors and get moving.

The word geocaching refers to GEO for geography and to CACHING, the process of hiding a cache. A cache (in hiking/camping terms, not computer lingo) is a hiding place for supplies.

The basic idea is to locate hidden containers, called geocaches, outdoors using Global Positioning System (GPS) devices or GPS-enabled devices (such as smart phones) and then share your experiences online.

Anyone can do it — families with children, retired individuals and grandparents, hikers, explorers, and outdoor enthusiasts. More than 4 million people geocache in nearly every country on the globe.

Here's how it works:

- Go to www.geocaching.com. Sign up. Basic membership is free.
- Click "Hide & Seek a Cache."
- Enter your postal code and click "search."
- Choose any geocache from the list and click on its name.
- Enter the coordinates of the geocache into your GPS device.
- Use your GPS device to assist you in finding the hidden geocache.
- Sign the logbook and return the geocache to its original location.
- Share your geocaching stories and photos online.

Towels: easy exercise tools

Next time you're finished drying dishes, here's an easy exercise to do with that towel in your hand:

1. Stand with your feet shoulder-width apart.
2. Hold the towel in both hands, pulling the ends tight.
3. Extend your arms in front of you, keeping the towel at hip height.
4. Slowly raise the towel over your head.
5. Sit back into a squat.
6. Lower your arms as you stand.
7. Try to repeat 10 to 15 times.

Splish, splash, strengthen, and tone

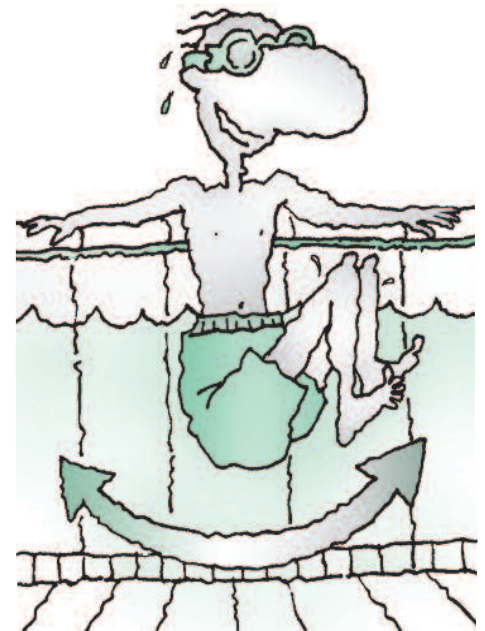
The pool can be a perfect place for some fitness. Here are a couple of ways to add a little extra exercise to your next dip.

Tummy tuck:

- With your back against the side of the pool, extend your arms on either side, holding onto the wall.
- Pull your knees to your chest, then straighten your legs in front of you with your toes pointed.
- Move your legs to the left, to the right, and then straight in front of you.
- Pull your knees back to your chest and put your feet back on the pool floor.
- Repeat 10 times.

Ball curls:

- Stand with your feet touching the bottom of the pool.
- Hold a beach ball and stretch your arms in front of you.
- Pull the ball under the water and use it to draw a circle on your left side. Try to pull your abs tight.
- Repeat five times.
- Switch sides and draw five circles on your right side.



The blood sugar roller coaster

Understanding a food's glycemic load is important to stopping the roller-coaster effect some foods have on your energy.

A food's glycemic load is how quickly and how high it raises your blood sugar level relative to the carbohydrate it contains.

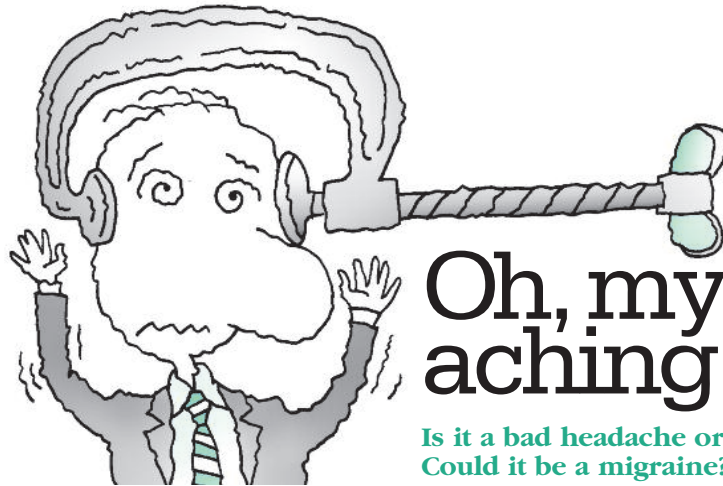
High glycemic load foods, such as candy bars, are digested fast, causing blood-sugar spikes. These spikes and dips lead to ups and downs in energy level and concentration. A glycemic load of 20 or more is high.

Low glycemic load foods, such as whole grains and fiber-filled fruits, are digested slowly, releasing sugar into the blood gradually. Because this keeps blood sugar levels even, a person may feel content longer and be less likely to overeat. A glycemic load of 10 or less is low.

A food's glycemic effect is also affected by whether you eat the food alone or with other foods.

For a list of 100 foods and their glycemic loads, go to June.HopeHealth.com.

Source: Harvard School of Public Health Website



Oh, my aching head

Is it a bad headache or something more? Could it be a migraine?

More than 29.5 million Americans suffer from migraine headaches. However, less than half of all sufferers have received a migraine diagnosis. A migraine headache is often misdiagnosed as a sinus or tension-type headache.

A migraine most commonly occurs between the ages of 15 and 55, and 70% to 80% of sufferers have a family history. Women are affected three times more often than men.

Symptoms

- Pulsating or throbbing pain typically on one side of the head
- Moderate to intense pain affecting daily activities
- Nausea or vomiting
- Sensitivity to light or sound
- Pain lasting four to 72 hours, sometimes longer
- Visual disturbances such as wavy lines, dots, or flashing lights
- Exertion such as climbing stairs makes headache worse

Source: National Headache Foundation

Migraine triggers

- A change in the sleep-wake cycle
- Skipping or delaying meals
- Some medications that cause blood vessel swelling
- Bright lights, sunlight, fluorescent lights, or TV and movie viewing
- Certain foods
- Excessive noise

To learn more about migraines and other headaches, including triggers and remedies, visit the National Headache Foundation at www.headaches.org.



Lawnmower lowdown

The American Academy of Pediatrics recommends that no one under 16 drive a riding lawnmower and no one under 12 operate a push mower.

Once a young adult is responsible enough to mow the yard, safety rules should be taught and enforced.

- Remove all objects from the mowing area.
- Make sure that no one is in the area.
- Wear durable shoes, long pants, and protective eyewear at all times.

Source: American Academy of Pediatrics

Lost friendship: How to reconnect



Ever lost touch or had a rift with a friend and now wish to reconnect? Here are tips to help you as you think about getting back in touch.

- 1. Start with yourself.** Ask yourself “Why did it end?” and “How did I contribute?” You may encounter challenging issues about yourself or the other person. Be honest.
- 2. Decide.** If you discover dysfunction (substance or other abuses or anger issues), it might be time to seek help from a qualified therapist rather than to reconnect. Check the power balance — is this a relationship of equals? If so, take the next step.
- 3. Reach out.** Do it without strings or pressure to return the gesture. Tell your friend why you wish to reconnect. It might be “I miss you,” or, “I was wrong,” or, “I don’t know what went wrong” — whatever it is, tell the truth.
- 4. Respond.** Consider it a new relationship. Get to know each other again. If you’re rejected, know that you did all that you could and then let it go.

Remember, you can only create an environment that makes reuniting possible.

Source: Jeff Gorter, MSW, account executive at Crisis Care Network

What to do when attending I-do’s

If you’ve been invited to a wedding, here are pointers to help ensure you’re a gracious guest.

- Respond to an invitation quickly, especially if regretting.
- Children and significant others are invited only if named on the invitation.
- Blue jeans, baseball caps, and tennis shoes are inappropriate; dress according to how formal the invitation is.
- Avoid the “bad guest” label; arrive early, keep your dance fever at a reasonable temperature, moderate your alcohol consumption, and leave the place cards right where the bride put them.

Source: Emily Post’s Etiquette, 17th Edition.

Beating the summer camp blues

Soon more than 7 million kids will head to summer camp. Here are a few steps to prepare for homesickness.

- Assure campers that they’re not alone. Roughly 95% miss something about home, but very few suffer enough to be sent home early.
- Involve children in the camp decision. When planning, use a calendar to visually show the length of the stay. Compare this to regular weeks so kids better understand.
- Never suggest to children that you will be lost without them while they’re away. Talk about the upcoming experiences and how excited they will be.
- Discuss homesickness. This won’t increase the distress but might reveal strategies for dealing with homesickness. Remind kids to keep busy with friends when sadness strikes.
- The best way to cure homesickness is to gain confidence from overcoming it once.

Source: *The Summer Camp Handbook*, by C. Thurber and J. Malmowski, available in its entirety online at www.summertimehandbook.com



Banishing bad debt

Bad debt: Debt for things that don't build wealth (such as restaurant meals, toys, etc.) and take a long time to repay (such as vacations). Bad debt can take years, even decades, to pay off; and the cost of whatever you bought will be a lot higher than the original price thanks to all the added interest charges. Ask yourself: Is whatever you're buying worth it?

To keep bad debt in check:

- Use credit cards for food, entertainment, clothing, and other disposable purchases only when you'll pay the bill in full when it comes due.
- Plan ahead for a purchase. Save \$25 a week for six months, and you'll have \$650 for a new television.
- Establish an emergency fund of at least three months' expenses so you don't use a credit card for unexpected events such as car repairs.
- Use cash, checks, or debit cards. You can't spend money you don't have.



fiscal fitness



To buy or lease?

You need a new vehicle (or at least new to you). Should you lease instead of buy? It all depends. Here are some leasing pros and cons.

Pros

- Often times, significantly lower monthly payments
- Down payments, if any, are small
- No up-front sales tax

Cons

- Higher insurance premiums
- You'll always have a car payment; you'll never own the car outright.
- Penalties if you go over the miles you're given
- Wear-and-tear fees — You may have to pay for scratches, dings, and other things when you turn in the vehicle at the end of the lease.

Not all leases are the same. Read through the lease agreement carefully, and ask questions if you're unsure of anything.

You may want to pay particular attention to:

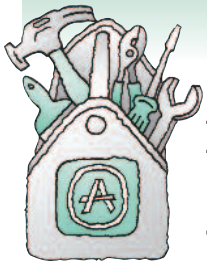
- The Federal Consumer Leasing Act Disclosures that include all the payment breakdowns
- Wear-and-tear specifications
- How many miles you're allowed
- Conditions should you want to get out of the lease early
- How much insurance you'll need to have
- Whether it's an open-end or closed-end lease — an open-end lease requires that you buy the car; a closed-end lease allows you to walk away from the car when the lease ends.

Source: www.dmv.org

Timeless truths for saving

- **Live below your income** — Start by withdrawing enough cash weekly to pay for necessities. A Visa study found those who pay for food with a credit card spend 30% more than people who pay with cash.
- **Don't confuse shopping and entertainment** — It's easy to load up the cart when you're bored. Instead, read a book, learn a useful hobby, or go for a walk.

Source: Women's Institute for Financial Education, www.wife.org



issue insight

Filling your toolbox: Online resources for healthy living

Get even more health and wellness information and tools online. Log on to June.HopeHealth.com for videos, resources, and tools that won't just help you, they're fun, too. Or, scan the Quick-Response Code on the right with your smart phone to get there.

Here's what you'll find at June.HopeHealth.com:

- One-minute video on growing herbs
- Print-and-post guide to pairing herbs with foods
- Print-and-post listing of common foods and their glycemic loads

Scan with your smart phone



Need the reader?
QRcurious.com

Making it through a migraine

June is Headache Awareness Month. Almost everyone gets a headache now and again. For some people, like Rod Shipley, headaches are chronic.

Rod has suffered from migraine headaches for more than 25 years. He used to get as many as six a month. With medication and a better understanding of how to recognize when one is about to occur, he has been able to control the attacks and now gets the severe headaches less often.

Q: What advice do you have for others who suffer from migraine headaches?

A: If you're having frequent, bad headaches, be sure to see a specialist. Don't brush off frequent headaches. What you think is just a bad headache may be something more. If you're having migraines, you need to try to find out what may be triggering them so that you can take steps to avoid the triggers or better recognize when they may be leading to problems. If you can head off a migraine headache before it comes on, you'll be able to save yourself from a lot of pain.

The information in this publication is meant to complement the advice of your health-care providers, not to replace it. Before making any major changes in your medications, diet, or exercise, talk to your doctor.

© 2011 by the Hope Heart Institute, Seattle, WA • Institute Founder: Lester R. Sauvage, MD

Material may not be used without permission.

- To view or make comments on this publication, visit HopeHealth.com/comments.asp
- For subscription information, or reprint permission, contact:

Hope Health, 350 East Michigan Avenue, Suite 225, Kalamazoo, MI 49007-3853 U.S.A.

• Phone: (269) 343-0770 • E-mail: info@HopeHealth.com • Website: HopeHealth.com

♻️ Printed with soybean ink. Please recycle.

Medical Editor: William Mayer, MD, MPH • Managing Editor: Jennifer Cronin Medical Advisory Board: Victor J. Barry, DDS
• Renee Belfor, RD • Patricia C. Buchsel, RN, MSN, FAAN • Kenneth Holtyn, MS • Reed Humphrey, PhD
• Gary B. Kushner, SPHR, CBP • Patrick J.M. Murphy, PhD • Barbara O'Neill, CFP • Lester R. Sauvage, MD
• Wallace Wilkins, PhD For more information, visit HopeHealth.com

June Health Observances

Home safety month

Think about home safety outside, too. If you have a pool or visit a friend's pool or community pool, keep in mind:

- The pump in a pool or spa creates powerful suction at the drain that can trap a swimmer under water. Teach children to stay away from drains, grates, and filters.
- Tie up long hair before swimming to avoid getting hair caught in pool drains or filters. Pool drains should have a cover. For added protection, consider purchasing a safety guard to install over the drain.
- Completely remove the pool cover before anyone gets in.
- Stay out of the pool during severe weather and thunderstorms, especially if lightning is forecasted or present.
- Never leave children unattended around a pool, no matter how shallow.
- If a child is missing, check the pool area first.

Source: Home Safety Council



HOPE HEALTH LETTER

© HHI

weight control

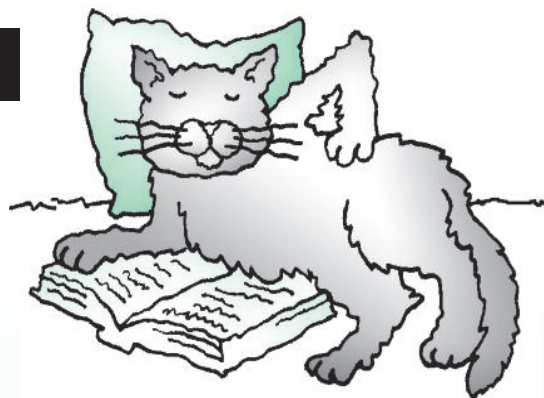
Dippity-do!

Here are some tasty snack-dip ideas:

- Dip baby carrots and cherry tomatoes in low-fat ranch dressing.
- Dip strawberries or apple slices in low-fat yogurt.
- Dip pretzels in mustard.
- Dip pita chips in hummus.
- Dip graham crackers in applesauce.
- Dip baked tortilla chips in bean dip.
- Dip animal crackers in low-fat pudding.
- Dip bread sticks in salsa.
- Dip a granola bar in low-fat yogurt.
- Dip mini toaster waffles in cinnamon applesauce.

Dipping doesn't do it for you? Try filling an ice cream cone with a mix of fruit and low-fat yogurt.

Source: www.eatright.org



Pillow talk

You may want to replace your mattress if:

- You wake up with stiffness, numbness, aches, and pains
- You had a better night's sleep somewhere other than your own bed (such as a hotel or friend's guest room)
- Your mattress shows signs of overuse (sags, has lumps, etc.)

Source: *The Better Sleep Council*



Stretch or do light yoga while talking on the phone, watching TV, or while dinner is cooking.

body, mind, & soul

“Money is neither my god nor my devil. It is a form of energy that tends to make us more of who we already are, whether it's greedy or loving.”

— Dan Millman

“By the time a man realizes that maybe his father was right, he usually has a son who thinks he's wrong.”

— Charles Wadsworth

“It's a good idea to begin at the bottom in everything except in learning to swim.”

— Author Unknown

“A perfect summer day is when the sun is shining, the breeze is blowing, the birds are singing, and the lawn mower is broken.”

— James Dent