

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

You'd never say, 'It's just cancer; get over it'

More than 450 million people globally have been diagnosed with a mental illness, according to the World Health Organization.

Along with having to battle their diseases, many individuals must also deal with the stigma that comes along with their conditions. It's not uncommon for people who don't understand mental illness to think overcoming these diseases — from anxiety disorders, bipolar disease, and depression to eating disorders, schizophrenia, and more — is easily within an individual's control and that people should “just get over” whatever issues are causing them. This stigma leads society to develop negative attitudes toward people with mental illness, including:

- Fear • Mistrust • Prejudice • Discrimination

As a result, sufferers — and their families — often feel ashamed. And, many people who struggle with mental-health challenges may not get needed help.

Going to a psychiatrist or other professional to treat a mental illness should be held in the same regard as taking responsibility to treat any ailment.

Want to help stop the stigma and help those suffering with a mental illness to feel more accepted? Become a StigmaBuster. Learn how by going to May.HopeHealth.com

Sources: *Time to Change; National Alliance on Mental Health; Stand Up for Mental Health Campaign*



Quick-Read!

Agritourism

Looking for a new vacation destination this summer? How about a family farm or ranch? Pg. 2

Stuck in an exercise rut with little results?

Discover a few common reasons why you may not be seeing the results you'd expect from your dedication to physical activity. Pg. 3

A sweet heart isn't always a healthy heart

Find out how the sugar you consume affects your heart. Pg. 4

Before kiddos click and send

How to talk to your teens and tweens about responsible social-technology use. Pg. 5

Signs you're a successful saver... or not

Are you as prepared as you could be when it comes to your savings? Check now. Pg. 6

Ahhhh... fresh air, fresh workout

Try this 30-minute fitness routine you can do outside in your backyard or at a local park. Pg. 7

Food for thought

Although no certain diet is best for brain health, eating nutritious foods may help you to maintain your health and prevent diseases, such as dementia. Pg. 8

“There is a fine line between dreams and reality, it's up to you to draw it.”

— B. Quilliam



OuterAisleFresh:

Okra is more than just OK

This fuzzy, pod-shaped green vegetable, especially popular in the South, is a great, healthful addition to soups and stews, and is tasty in its own right as a stand-alone side when steamed whole or cut up, sautéed, or roasted.

Okra is an excellent source of vitamin C and a good source of magnesium, folate, and soluble fiber (the kind that can help reduce blood cholesterol and the risk of heart disease). A ½ cup serving of sliced, cooked okra has about 25 calories.

Okra is available fresh during the summer. When selecting fresh okra, go for smaller pods that are bright green in color. These will be the most tender and flavorful. Larger pods are typically tough and woody.

Refrigerate unwashed, dry okra pods in the vegetable crisper, loosely wrapped in perforated plastic bags. Wet pods quickly mold and become slimy. Okra typically keeps for two or three days. When the pod ridges and tips begin to turn dark, use okra immediately.

If you can't find fresh okra, the frozen variety is typically readily available in most grocery stores.

Sources: Food & Nutrition Magazine (Academy of Nutrition and Dietetics); University of Illinois Extension



Agritourism

Looking for a new vacation destination? How about a farm or ranch?

Farm vacations are catching on. According to FarmStayU.S., "Some [participating farm-stay locations] are hands-on with chores; others demonstrate... It depends on what we do well and what we think our guests will find interesting, but usually it is about the culture of growing food that sustains us."

Here is what you can expect:

- **Lodging:** Some farm stays offer rooms in the farmhouse. Others have converted old farm buildings, such as silos and chicken houses, into rooms.
- **Meals:** Most offer breakfast on the farm. Other meals depend on how the farm is operated.
- **Activities:** Some farms offer classes in cheese making, spinning, gardening, cooking, and animal photography. Many are unstructured and expect you will best feel the rhythm of the farm if you watch and listen.

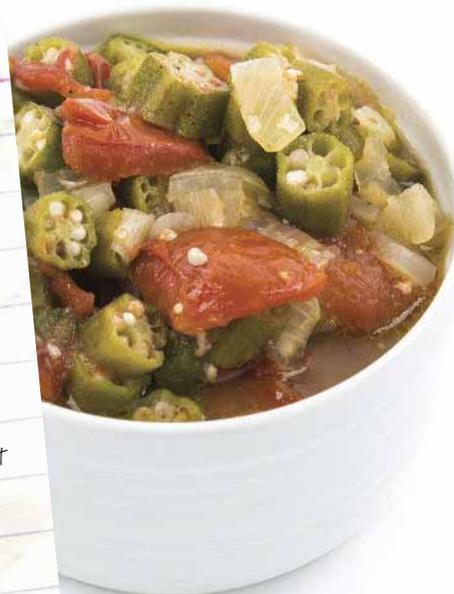


To learn more about farm vacations, including locations, go to FarmStayUS.com

Source: U.S. Farm Stay Association

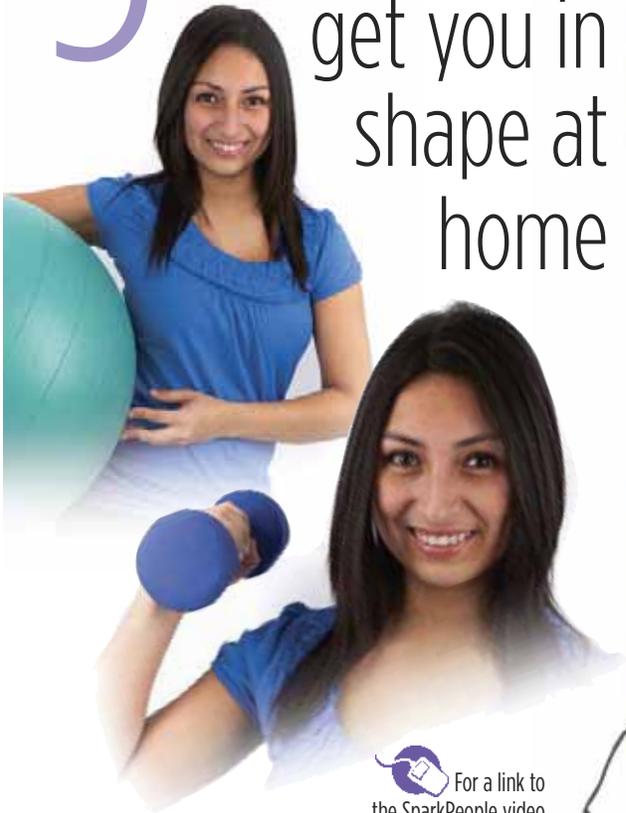
Okra and Tomatoes

- 2 Tbsp. extra-virgin olive oil • 1 medium onion, chopped • 2 cloves garlic, minced
 - 4 cups okra, cut • 3 ripe medium tomatoes, seeded and chopped • 1 cup low-sodium chicken broth • Dashes of salt and black pepper
- Directions:** Heat the oil in a large skillet over medium heat. Add the chopped onion, and cook 7 to 8 minutes or until it is translucent. Add the garlic, and cook 2 minutes. Add the okra, tomatoes, and chicken broth. Bring to a boil, reduce the heat to a simmer, and add salt and pepper. Cover and cook 15 to 20 minutes or until the okra is tender. **Serves 4.** Per serving: 135 calories, 8 g fat (1 g saturated fat), 0 mg cholesterol, 209 mg sodium, 16 g carbohydrates, 5 g protein

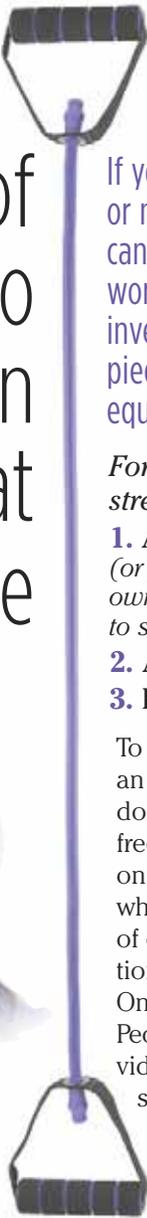


GetMoving:

3 cheap pieces of equipment to get you in shape at home



For a link to the SparkPeople video library, go to May.HopeHealth.com



If you don't have the time or money for a gym, you can still get in a good workout at home by investing in a few key pieces of inexpensive equipment.

For strength training and stretching, consider:

1. A set of hand weights (or you can even use your own body weight instead, to save money)
2. A stability ball
3. Resistance bands

To help you get started with an at-home fitness routine, don't be afraid to check out free online videos focused on showing proper form when using these pieces of equipment in conjunction with various workouts. Online sites, such as SparkPeople, offer a variety of free videos on cardio workouts, strength training, yoga, Pilates, and more. You can also check out videos from your library.

Playing mind games to get in a morning workout

Want to get your rear in gear for early morning fitness? You may want to play mental tricks to make it happen.

Hit the snooze button; it's OK. Just set your clock ahead 10 minutes. When your alarm goes off at 6, it's really 5:50. You can snooze for 10 minutes and get up at 6 (6:10 on your clock). Early in the morning, you're likely too sleepy to figure out you've tricked yourself.

Tell yourself you only have to do 15 minutes of exercise...but then at the end of that time, ask yourself, "Can I do more?" Most of the time, you can continue your workout once you're awake and "in the zone."



For heel and arch pain, try stretching your foot by rolling it over a rolling pin or a bottle filled with frozen water.

Stuck in an exercise rut with little results?

You hit the gym just about every day... but you still aren't getting as strong or as toned as you'd like to be. What gives?

Any consistent exercise is good, so don't be too discouraged. Despite that bit of encouragement, though, if you're not seeing the results you want, here may be a few reasons why.

- **You're doing the same thing day after day** — Your body has gotten used to your routine, and your body no longer has to work hard. Vary your exercises.
- **You aren't doing any — or enough — strength work.** Don't focus strictly on cardiovascular exercise, such as walking, running, or aerobics class. These activities are great at promoting heart health, but lifting weights may help you to develop a leaner, muscular physique. Incorporate cardio and strength training into your fitness routine.
- **You're not challenging yourself.** If you set the incline on the treadmill to the same level every time or always use the same amount of weight when lifting, you aren't challenging your body. Instead, add sprint intervals or use heavier weights.



The Whole You Physical Health:

A sweet heart isn't always a healthy heart

Do you know how much
sugar you consume daily,
or how sugar might affect your heart?



According to recent research published by the American Medical Association:

- “Most U.S. adults consume more added sugar than is recommended for a healthy diet.”
- There may be “a significant relationship between added sugar consumption and increased risk for (*cardiovascular disease*).”

People in the United States consume, on average, 22 teaspoons of added sugar a day. The American Heart Association recommends limiting the amount of added sugars you get daily to no more than:

- 6 teaspoons per day for women (*100 calories*)
- 9 teaspoons per day for men (*150 calories*)

A can of regular soda pop contains about 8¾ teaspoons (*140 calories*) of added sugar. Here are a couple of ways to reduce your sugar intake:

- Buy fresh fruits, or fruits canned in water or natural juice. Avoid fruit canned in syrup, especially heavy syrup.
- When baking cookies, brownies, or cakes, reduce the sugar in the recipe by one-third to one-half.
- When you buy prepared foods, look for foods and brands with fewer grams of sugar on the Nutrition Facts label.

Sources: *Journal of the American Medical Association Internal Medicine*; American Heart Association

Screenings save lives

Many times, serious illnesses don't have any symptoms...

until they are advanced and treating them becomes more difficult or impossible. That's why preventive screenings are so important. Routine tests can detect issues during their early stages, when healthcare professionals may be able to do something about them.

Be sure you are familiar with the tests you need at which age. If you get an annual physical (*which you should*), your doctor will likely let you know when and what you need based on your age, gender, and family history of certain medical issues.

 For more information on preventive screenings, go to May.HopeHealth.com

Bone up on the facts about osteoporosis

Some 54 million Americans suffer from osteoporosis, often unknowingly. What's more, the low-bone-density disease is responsible for an estimated two million broken bones each year.

Often, breaking a bone is the first clue someone has osteoporosis. Some people learn that they have osteoporosis after losing height from one or more broken bones in the spine. These broken bones can even occur without pain.

How can you keep your bones as healthy as possible?

- Get enough calcium and vitamin D.
- Eat vegetables and fruits, such as broccoli, spinach, kale, oranges, bananas, and strawberries.
- Get regular exercise — focusing on weight-bearing exercise, such as walking, running, or jumping rope; and muscle-strengthening exercise, such as lifting weight, using resistance bands, or lifting your own body weight.
- Avoid smoking.
- Limit alcohol to two to three drinks per day.
- Get a bone density test if you are a woman 65 or older. Talk to your doctor about bone density testing before age 65 if you are a woman and have a history of a parent with a bone fracture or if you smoke tobacco or drink alcohol daily.

Source: National Osteoporosis Foundation

**FREE
HEALTH
SCREENINGS
TODAY**



The Whole You Emotional Health: Before kiddos click and

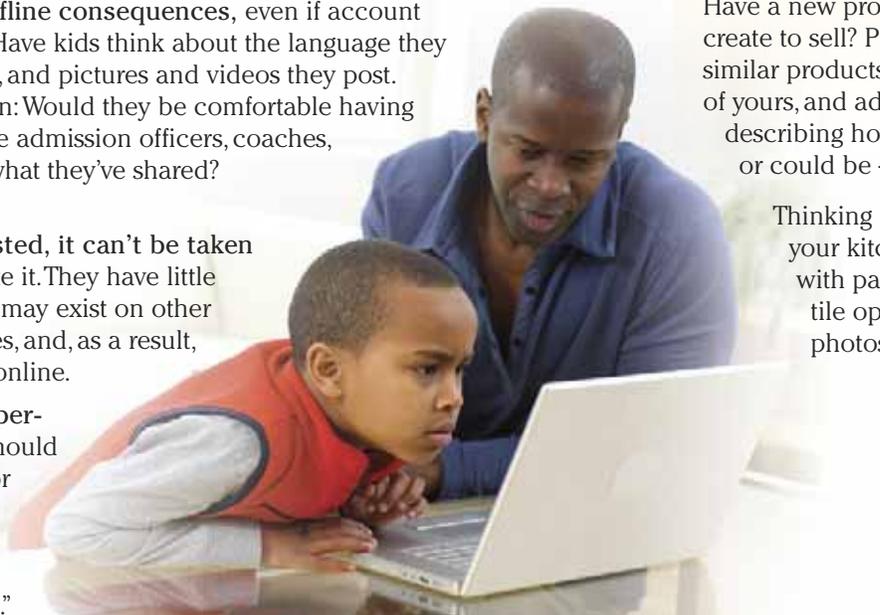
SEND

Today's teens and tweens depend on technology to socialize through networking sites, chat rooms, virtual worlds, texts, and blogs. These tools to talk and interact bring potential pitfalls.

Help the young people in your life by showing them how to use real-world judgment to reduce risks in these virtual worlds. Remind youngsters that:

- **Online actions have offline consequences**, even if account privacy settings are high. Have kids think about the language they use, comments they make, and pictures and videos they post. A good self-check question: Would they be comfortable having parents, employers, college admission officers, coaches, teachers, and police see what they've shared? If not, don't post it.
- **Once something is posted, it can't be taken back** — even if they delete it. They have little control over versions that may exist on other people's electronic devices, and, as a result, it may still be circulating online.
- **They should never impersonate someone**. They should never create sites, pages, or posts that make it look like they come from someone else — even if the person is just “pretend.”
- **They shouldn't share personal information** — such as their Social Security number, street address, phone number, and family financial information.
- **They should never agree to meet someone in person** alone whom they first met on the Internet.

Source: Federal Trade Commission



Use a mood board as a springboard for great ideas

How can you speed up the brainstorming process — or even start it? Try using a mood board — a collage made of colors, images, words, textures, photos, and other items designed to inspire and set the tone for the direction of a project.

Have a new product you want to create to sell? Pull together photos of similar products, along with sketches of yours, and add thought bubbles describing how your product is — or could be — better.

Thinking about remodeling your kitchen? Create a board with paint chips, stain samples, tile options, room layouts, and photos.

Vetting your veterinarian

Fido or Fluffy is just as much a part of the family as anyone else, and you want to make sure he or she gets the best possible healthcare, right?

Here are some pointers for picking a pet doctor.

- **Visit myveterinarian.com**. The free online tool is designed to help you find veterinarians in your area, listing the kinds of animals they treat, office hours, whether they offer emergency services, and information about staff.
- **Check into a potential veterinarian's office operations**. Find out who performs procedures, how much services cost, and payment options.
- **Inquire about emergency care**. When your pet has health issues in the middle of the night that need immediate attention, you'll want to know where to call or go. Ask about urgent care *before* an emergency happens.



For a video on choosing a veterinarian, go to May.HopeHealth.com

Source: American Veterinary Medical Association



FiscalFitness:

Restoring credibility to your credit report when errors occur

Your credit report is important. Credit-reporting companies sell the information in your report to creditors, insurers, employers, and other businesses that use it to evaluate applications for credit, insurance, employment, or renting a home.

What should you do if you find an error or incomplete information in your report?

- Send the credit-reporting company a dispute letter, along with copies (*not originals*) of supporting documents or a completed error report form. Be sure to send the letter by certified mail, "return receipt requested."
- The credit-reporting company then must investigate, typically within 30 days.
- When the investigation is complete, the credit-reporting company must provide you with a written response, along with a free copy of your report if the review results in a change to your report. This free report will not count as your annual free report.
- If a change is made, you also may ask the credit-reporting company to send notice of any corrections to anyone who received your report in the past six months. For employment purposes, the period extends to two years.

 For a sample letter for disputing errors on your credit report, go to May.HopeHealth.com



Source:
Federal Trade
Commission

Before you jump into homeownership...

Ask yourself important questions and think about your answers.

- Why would I want to own?
- Why would I want to rent?
- Can I afford to buy a house?
- Can I afford the cost of home maintenance?
- Can I buy as much home as I can rent?
- What if I don't have good credit?
- What if I don't have money for a down payment?
- What's going on around me? In other words, is demand for housing (*and therefore home prices*) increasing or decreasing?
- Do I have to decide now?
- Do I really want to do this?

Source: National Endowment for Financial Education



Save hundreds of dollars annually on gasoline by making sure your vehicle's engine is tuned regularly and your vehicle's tires have enough pressure.

Signs you're a successful saver...

or not Check off these characteristics of successful savers to see how you're doing and where you might want to improve.

- I have — and stick to — a financial plan that includes savings and debt-management goals.
- I don't rely on financial windfalls (*such as from gambling or an inheritance*).
- I don't use payday loans, car-title loans, or other high-cost debts.
- I don't have increasing credit-card debt.
- I don't have unpaid monthly credit-card balances.
- I save at least 5% of my income.
- I have affordable (*or no*) car and student-loan debt.
- I contribute regularly to a retirement savings account.
- I own or rent a home with affordable monthly payments.
- I expect to own a home and pay it off before retirement.
- I have an emergency fund to cover at least \$500 of unexpected expenses.
- I have an emergency fund to cover at least three months of regular expenses.

IssueInsight:

Ahhhh... fresh air, fresh workout

Jennie Schuman is probably a lot like you. She juggles work and family commitments, and tries to squeeze healthy living into her hectic schedule when she can. Follow along on Jennie's Health Journey.

It's time to get outside and enjoy the fresh air. Exercising outside has some benefits that you can't get from working out inside. Outdoors, your body is constantly challenged by inclines, declines, and obstacles, as well as adjusting to the temperature. You may also improve your mood and boost self-esteem. Not to mention, you can enjoy the sounds and smells of spring.

I have a 30-minute workout you can do outside in your backyard or at a local park. This variety-packed workout will get you well on your way to achieving and maintaining your fitness goals.



Go to May.HopeHealth.com for Jennie's workout.



Tool Box Your Source for Cool Tools & Resources

Go to May.HopeHealth.com to find:

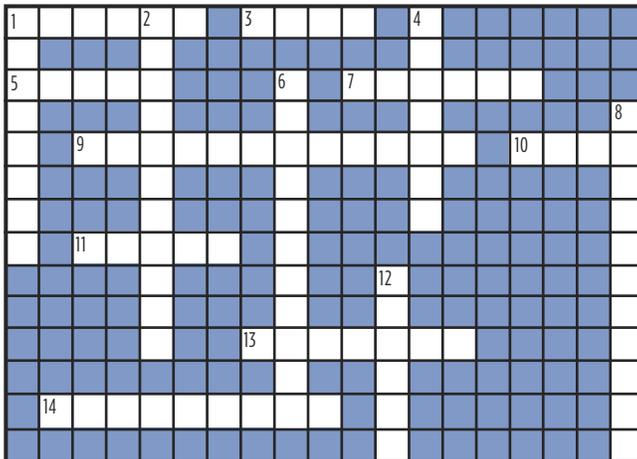
- A link to advocate against the stigma of mental illness
- A link to the SparkPeople workout video library
- A link to recommended preventive screenings information
- A link to a video on choosing a veterinarian
- A link to a sample letter for disputing an error on your credit report
- Jennie's workout
- This issue's crossword puzzle answer key



Scan the Quick-Response Code with your smartphone.



[Facebook.com/HopeHealthToolbox](https://www.facebook.com/HopeHealthToolbox)



DOWN

1. A type of negative attitude toward someone with a mental illness
2. A type of vacation where you go to a farm or ranch
4. This type of exercise can improve bone health
6. Never share this on social sites (*two words, no space*)
8. An inexpensive piece of exercise equipment for a home gym (*two words, no space*)
12. A credit-reporting agency typically has this many days to investigate a credit-report error (*number, spelled out*)

For the crossword puzzle answer key, go to May.HopeHealth.com

Crossword Workout —

Find out how well you know the health topics covered in this issue of the newsletter.

ACROSS

1. 450 million people worldwide have been diagnosed with this type of illness
3. Successful savers save at least this percentage of their income (*number, spelled out*)
5. On average, people in the U.S. consume 22 teaspoons of this daily
7. A source of omega-3s
9. 54 million Americans suffer from this
10. A fuzzy, pod-shaped green vegetable
11. Avoid canned fruit with this substance added
13. This can increase your risk for dementia
14. Use this to help with the brainstorming process (*two words, no space*)

If you have a question or comment on a story, or a suggestion for topics you'd like to see covered in a future issue of the newsletter, leave a comment on our Facebook page.

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

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Institute Founder: Lester R. Sauvage, MD

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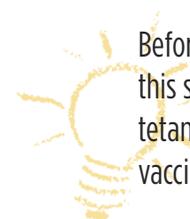
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Before you start gardening this spring, make sure your tetanus/diphtheria (Td) vaccination is up to date.

YourHealthMatters:

Everyday emotional healthcare *May is Mental Health Awareness Month.*

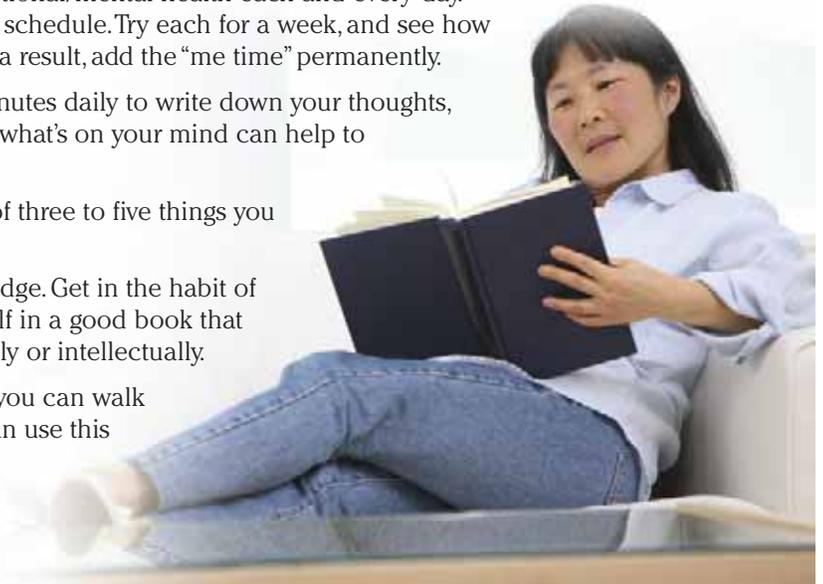
Take time to make sure you're taking care of your emotional/mental health each and every day. Here are some activities to incorporate into your daily schedule. Try each for a week, and see how you feel. If you find your disposition is doing better as a result, add the "me time" permanently.

May 1 – 7: Take up journaling. Set aside 10 or 15 minutes daily to write down your thoughts, feelings, dreams — or whatever you want. Pouring out what's on your mind can help to sort out and put things into perspective.

May 8 – 14: Create a gratitude list. Each day, think of three to five things you have to be grateful for in your life.

May 15 – 21: Read — for pleasure and/or for knowledge. Get in the habit of reading daily. Set aside 10 to 30 minutes to lose yourself in a good book that will entertain, inspire, and/or help you grow emotionally or intellectually.

May 22 – 31: Get outside. Find a quiet place where you can walk or just sit and soak up nature for a few minutes. You can use this time for your journaling or reading (*if you're sitting*), or to create your gratitude list.



Food for thought

Keeping your brain in the best health possible is important. As you age, so does your brain, and you may experience what's called cognitive decline. Basically, your brain doesn't work as well as it previously did. Some cognitive decline is normal, but some you can prevent.

Although no certain diet is best for brain health, eating nutritious foods may help you to maintain your health and prevent diseases, such as dementia.

To nourish your body and brain:

- **Maintain a healthy weight and lifestyle.** Studies show that obesity, diabetes, high blood pressure, and high cholesterol all can increase your risk for dementia.

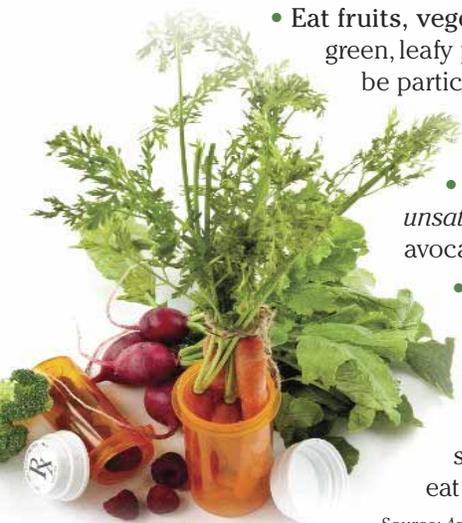
- **Eat fruits, vegetables, and whole grains.** Antioxidants in green, leafy produce and dark-skinned vegetables may be particularly protective. Try beets, broccoli, Brussels sprouts, cauliflower, eggplant, kale, red bell peppers, romaine lettuce, or spinach.

- **Eat foods with "good" fats (*mono- and poly-unsaturated fats*),** such as olive oil, sunflower oil, avocados, and nuts.

- **Avoid saturated fats and cholesterol** found in foods such as red meat and whole-milk dairy products. Focus on eating poultry or fish. Also, choose low-fat or nonfat dairy products.

- **Get your omega-3s.** Common sources include sardines, tuna, salmon, mackerel, and herring. Try to eat one of these fish once or twice a week.

Source: American Academy of Family Physicians



"The one thing children wear out faster than shoes is parents."

— John J. Plompp

"If nothing ever changed, there'd be no butterflies."

— Author Unknown

"Every child is an artist. The problem is how to remain an artist once he grows up."

— Pablo Picasso

"Life is really simple, but we insist on making it complicated."

— Confucius

"Stretching oneself too thin is the disease of modern life — letting oneself get too thick, the other."

— Terri Guillemets