

# Health and Wellness Newsletter

SPRING/SUMMER 2020



## "Spring into Wellness"

Try some of our favorite tips and tricks to "Spring" back into wellness.

**Get Back on Track.** Make a list of healthy actions you want to accomplish and create a schedule in which to complete them.

**Get Moving!** Get out and exercise before starting your day. In the spring the sun rises earlier each day, so take advantage of this and go for a run, walk the dog, or bike ride! Exercising before work can begin your day on a high note with clarity and energy!

**Make a better breakfast.** Breakfast is the foundation to a great start of a day. The best breakfast for anyone is a breakfast that will be eaten. Some of us may appreciate untraditional breakfasts foods—that's OK! Try leftovers, a quesadilla, or cheese and crackers, brown rice, beans, avocado and salsa, or an egg salad sandwich with sliced tomato. Add your "favs" to instant oatmeal; look for varieties without added sugar and just add boiling water. Stir in dried cranberries and almonds + a dash of cinnamon.

**Revitalize your daily fruits and vegetable.** Spring is a great season to add new fruits and vegetables to your diet. Visit a farmers' markets for seasonal fruits and vegetables like cherries, raspberries, nectarines, plums, beets, rhubarb, cucumbers, peas, peppers, and more. *A list of Rockland County Farmers' Markets is on the next page!*

**Replace Sugar-sweetened Beverages with Water.** Enjoying the warmer weather outside we tend to get thirsty and we reach for a cold drink. A daily summer favorite, Iced Sweet Tea may contain over 300 calories per 23 oz. serving. A better choice for you and your health is to drink less sodas, sugar sweetened iced teas and energy drinks. However, some of us are not "enticed" by plain water or seltzer. Try a simple recipe for a healthier thirst quencher - add a few slices of cucumber or lemon and mint sprigs/leaves to a pitcher of water. Place pitcher in a refrigerator for 1 hour. Pour yourself a cool refreshing drink.

**Get Your Z's** - Sleep affects almost every tissue in our bodies. It affects growth and stress hormones, our immune system, appetite, breathing, blood pressure and cardiovascular health according to the National Institutes of Health Newsletter April 2013. Try to get 6-8 hours of sleep each night. Getting proper rest might help you in making better food decisions while preparing you for the demands of the next day.

<https://www.corporatewellnessmagazine.com/article/seven-tips-promoting-healthy-spring>

## How Can I Keep Hydrated During the Summer?



Getting enough water every day is important for your health.

- ✓ Carry a water bottle for easy access when you are at work or running errands.
- ✓ Keep a pitcher of water in your fridge.
- ✓ Add a wedge of lime, lemon, or a piece of your favorite fruit to your water
- ✓ Unless your participating in vigorous physical activity for 45 minutes or more sport and energy drinks usually are not necessary for hydration.
- ✓ Choose foods that have a high-water content. The following foods contain almost 90% water: cantaloupe, strawberries, watermelon, lettuce, cabbage, celery, spinach, and cooked squash.
- ✓ Make it a point to set reminders on your phone, work calendar or post a note where you will see it – a simple statement  
Time to drink your water!

Have a  
glass of  
water!

<https://www.eatright.org/food/nutrition/healthy-eating/how-much-water-do-you-need>



NYS Executive Orders 202.17 and 202.18 require face coverings in public spaces during COVID-19 Outbreak

Market times, vendors and availability are subject to change due to weather, transportation issues or market conditions as determined by the market manager, farmer, or vendor.

If you or someone you know needs food call or visit the following resources –

[www.Rocklandhunger.org](http://www.Rocklandhunger.org)

<http://www.hudson211.org/cms/> or call 211



**Haverstraw Farmers' Market**

Sundays, 9:00 am - 1:00 pm  
June 21<sup>st</sup> through October 25<sup>th</sup>  
Location: Outside Village Hall, Maple Ave., Haverstraw  
Bus Routes: TOR #91; Coach USA #11A

**Monsey Farm Stand**

Sundays, 10:00 am - 3:00 pm  
June 21<sup>st</sup> through October 25<sup>th</sup>  
Location: Front lawn of 40 Robert Pitt Drive, Monsey  
Bus Route: TOR 59, Loop # 1 and 2  
\*FMNP accepted

**Nyack Farmers' Market**

Thursdays, 8:00 am - 2:00 pm  
May 14<sup>th</sup> through December 17<sup>th</sup>  
Location: Municipal Parking Lot, Main Street, Nyack  
Bus Routes: TOR #59, #91, #92;  
Coach USA #9 and 9A; Hudson Link HO7, HO5  
\*FMNP, SNAP (EBT)\*\*, Fresh Connect Checks, debit, and credit cards accepted

**Piermont Farmers' Market**

Sundays, 10:00 am - 3:00 pm  
May 10<sup>th</sup> through November 15<sup>th</sup>  
Location: Parelli Park, Piermont  
Bus Route: Coach USA #9A

**Spring Valley Farmers' Market**

Wednesdays, 8:00 am - 3:00 pm  
June 17<sup>th</sup> through November 18<sup>th</sup>  
Location: Corner of N. Main and W. Church Street, Spring Valley  
Bus Routes: TOR #59, #91, #92, #94; LOOP #3; Coach USA #11A; Hudson Link HO3

\* New York State Farmers' Market Nutrition Program (FMNP)

\*\* Supplemental Assistance Nutrition Program (SNAP), Electronic Benefits Transfer (EBT)

**Are you eligible?**

For WIC (Women, Infants & Children) and FMNP call 845-364-2577

For Senior checks call 845-364-2110

For SNAP call 845-364-3032

Nutrient spotlight - **POTASSIUM** – why do we need potassium? Potassium helps maintain normal blood pressure, it is necessary for normal muscle contraction, function of your heart, kidney, and nerve impulses. **How much potassium does one need?** National Academies of Sciences, Engineering and Medicine guidelines were updated in 2017 and state males 19 and older should consume 3,400 milligrams (mg) of potassium per day and females of that same age group, 2,600 mg daily. Vegetables and fruits are excellent sources of potassium. One baked potato with skin can have about 850 mg of potassium. One cup of dice cantaloupe can have over 450 mg of potassium. Both potatoes and cantaloupe are usually available at grocery stores and farmers' market.

## Be Safe in the Sun!



It is a good idea to check the sunscreen's expiration date. Sunscreen without an expiration date has a shelf life of no more than three years, but its shelf life is shorter if it has been exposed to high temperatures.

## Sun Talk! Slip! Slop! Slap! ® and Wrap

Simply staying in the shade is one of the best ways to limit your UV exposure. If you are going to be in the sun, "Slip! Slop! Slap!® and Wrap" is a catchphrase that can help you remember some of the key steps you can take to protect yourself from UV rays:

**Slip** on a shirt.

**Slop** on sunscreen.

**Slap** on a hat.

**Wrap** on sunglasses to protect the eyes and skin around them <https://www.cancer.org/healthy/be-safe-in-sun/uv-protection.html>

## Growing Something Good!



Spring is the perfect time to start a simple garden. Start with some herbs or some of your favorite vegetables. If you are new to gardening or just tight on time, our advice is to keep it simple and small. **Leafy greens** and **red tomatoes** are easy to grow and are packed with vitamins and potassium.

To learn more tips on how to add color to your plate by growing your own amazing garden visit: <https://www.heart.org/en/healthy-living/healthy-eating/add-color/planting-a-garden-is-easier-than-you-think--by-devin-alexander>

### Practice kitchen control when at home!

For some of us being home with open access to the kitchen can be an invitation to eat, pick and snack more than we usually would do. Stick to dining hours like a school or college cafeteria rather than a 24-hour diner.

### Kitchen Is Open

Breakfast 8:30 - 9:30 AM

Lunch 12:30 - 1:30 PM

Snack 3:30 - 4:00 PM

Dinner 6:30 - 7:30 PM



Look at the nutrition facts label and check the portion size you may be in for a surprise – be calorie wise.



# RECIPE CORNER

## Just Peachy Salsa



This salsa is sweet and tangy!  
It is a great topping for everything.

### Ingredients:

- 2 cups diced peaches
- 3/4 cup diced cucumber
- 1/4 cup finely diced red onion
- 1/4 cup chopped cilantro
- 1 finely diced jalapeno, seeds removed
- 2 Tablespoons lime juice\*
- Pepper - to taste

### Instructions:

Combine all ingredients in a medium bowl.  
Stir to mix ingredients.  
Serve or chill and enjoy!  
Refrigerate leftovers.

\* If using fresh limes: 1 squeezed lime has about 2 Tablespoons of juice.



<https://jsyfruitveggies.org/just-peachy-salsa/>

## Caught Being Healthy @ Work!

Whether you are working from home or working in an office, we are here to help you be healthier! Share with us your tips, recipes, workout breaks, or any other healthier news. Questions about workplace wellness – call 845-364-3612 or email [kleinmam@co.rockland.ny.us](mailto:kleinmam@co.rockland.ny.us) Check out our Wellness Wednesday Tips on our Facebook and Twitter feed - Follow us on Facebook [www.facebook.com/rockhealth](http://www.facebook.com/rockhealth) and Twitter [www.twitter.com/rockhealth](http://www.twitter.com/rockhealth).

### Rockland County COVID -19 Information

- Rockland County Department of Health COVID-19 webpage: <http://rcklnd.us/covid19>
- Rockland County's COVID-19 hotline at 845-238-1956 (Monday-Friday from 8:00 am-5:00 pm)

### Stay Safe, Stop the Spread:

- The virus that causes COVID-19 is primarily spreads between people who are in close contact with one another (within about 6 feet) through respiratory droplets produced when an infected person coughs, sneezes, or talks. These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.
- Some recent studies have suggested that COVID-19 may be spread by people who are not showing symptoms.
- Maintain good physical distance (at least 6 feet) to help prevent the spread of COVID-19.
- The virus is spreading easily between people.
- Cover your mouth and nose with a face mask or cloth face cover when you go out in public.

### Practice Good Hygiene:

- Wash hands often with soap and water for at least 20 seconds, especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Cover your cough or sneeze with a tissue or in your elbow.
- Clean often, with an EPA approved disinfectant frequently used surfaces such as:



- Doorknobs
- Phones
- Remotes
- Keyboards
- Handles on refrigerators

