



# wellnews



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## ASK THE EXPERT

*Your Questions Answered  
by Health Professionals*

### How do I care for my ears as I age?

*by Jackie Geib, BA, Certified Wellness Coach*

Many people don't think about taking special care of their ears as they would other parts of the body, but it's very important to take some extra steps to protect your ears to help avoid hearing loss as you age. Here are a few important things to consider:

- Limit exposure to loud noises (concerts, power tools, lawn mowers, etc.)
- Turn down the volume on your phone and TV at home.
- Wear ear protection when you can't avoid loud noises.
- Get your hearing tested as soon as you notice ringing in your ears or any loss of hearing. Studies suggest that older people with hearing loss are more likely to develop cognitive decline.
- Carefully clean your ears. Don't use anything smaller than a washcloth on your finger.



### What is RICE?

*by Tyler Garretson, ACSM PT, MD Anderson CTPP*

RICE is an acronym which stands for Rest, Ice, Compress, Elevate. This regimen can be used to help treat minor soft tissue injuries such as a sprained ankle, by managing pain and swelling, and promoting healing and flexibility.

#### Here is how to apply RICE:

- R:** Rest the affected area immediately and decrease or discontinue movement that may further aggravate it.
- I:** Apply an ice pack as soon as possible following injury for 15 minutes, 3 times per day.
- C:** Wrap the sore area with an elastic bandage like an Ace wrap for up to 48 hours. Make sure not to wrap too tightly where numbness or tingling are experienced.
- E:** Elevate the affected area, preferably above heart level while at rest in order to minimize swelling.





## FITNESS

# Parents Need to Be Active Too

by Kathleen Connelly, BA, Certified Personal Trainer, and Health Coach

As parents we want to give our kids the world, and that can lead to busy schedules and limited time for ourselves, not to mention increased stress. But taking time for ourselves to be active is not selfish, it is self-care, and it is an important way to teach our kids how to make their own health a priority.

### As parents, when we are active, we are:

- Role-modeling for our kids how they can be active
- Giving our kids an opportunity to be active with us
- Decreasing our stress and anxiety
- Improving our own physical fitness
- Decreasing our disease risks

How do we make this time for our own physical activity? First, when considering our kid's schedule, don't discount our own time needed for activity. Both are important and one should not overtake the calendar. If our child is signed up for a class, why not us? If our child is doing a sport league, we can find a league to do too. This concept might take time to get used to, but .practice does make perfect.

### Creative ways to make physical activity a priority

**Look for opportunities:** Walk around whatever field (soccer, baseball, etc.) you might be at or find a place to do bodyweight exercises while waiting for the kids to finish their practice/lesson instead of just sitting and waiting for them to finish. For some added fun, recruit 1 or 2 other parents to join you.

**Join a club/league:** Sign up for an adult league or a class that will work with the kids' schedules. Some leagues might even be adult and kid friendly including tennis, hiking groups, or even the new craze pickleball.

**Be active as a family:** Schedule family walks, bike rides, hikes, or other active activities to do on days that are less busy or on the weekends. If a particular time of year is busier than others, focus on the times that are slower paced for your family.

*For more information and ideas on how to prioritize being active as a family even when life's too busy and how to get your family active, visit these links:*

[activeforlife.com/how-to-prioritize-being-active-as-a-family-when-lives-too-busy](https://activeforlife.com/how-to-prioritize-being-active-as-a-family-when-lives-too-busy)

[heart.org/en/healthy-living/fitness/getting-active/how-to-get-your-family-active](https://heart.org/en/healthy-living/fitness/getting-active/how-to-get-your-family-active)



## FROZEN PEACHES

Enjoy as a snack, or use in smoothies, oatmeal, fruit crisp and more!

Fresh peaches  
Boiling water  
Ice water bath  
Fruit Fresh

### DIRECTIONS:

1. Pick or purchase delicious, ripe, fragrant peaches.
2. Blanch peaches: boil water in an 8-quart or larger stock pot, gently lower peaches into gently rolling water and leave there for about 30 seconds (just until peel begins to loosen enough from the peach).
3. Prepare an ice water bath and transfer peaches from boiling water into ice water.
4. Peel peaches: grab a corner of the peel between a paring knife and your thumb, and the peach peel should pull off easily (if it doesn't leave the peaches in the boiling water for a few more seconds).
5. Slice or halve peaches, removing the pit. Place in a bowl. Using a rubber spatula, gently toss peach slices/halves in Fruit Fresh, or 1 tablespoon of lemon juice per one pound of sliced peaches.
6. Arrange peach slices/halves in a single layer on baking sheet; you may want to use parchment paper; non-stick silicone liners also work wonderfully.
7. Freeze until solid, about 4-6 hours.
8. Transfer frozen peaches to a freezer bag immediately, remove as much air as possible, seal the bag, label bag with contents, quantity and date, and return to the freezer immediately. Using a food vacuum sealer will remove maximal amount of air.

## NUTRITION

# Successfully Freezing Foods

by Vanessa Mitchell, RDN



For those of you who grow some of your own food, bring home extra produce from local farmer's markets, or travel to u-pick locations to pick your own, you may be considering how to preserve the abundance of delicious fresh fruits and vegetables available this time of year. Canning and freezing are the two most popular preservation methods. Freezing is a quick, convenient, easy method of preserving foods at home.

### What are the goals for successfully freezing foods?

- Slowing or stopping the action of enzymes in the ripening process.
- Minimizing contact with air.
- Preventing growth of microorganisms.
- Preventing formation of large ice crystals.
- Preventing moisture evaporation.

### What are the steps for successfully freezing foods?

- Blanch vegetables. Blanching (cooking vegetables in boiling water for a short time, then quickly dunking them in ice water) improves nutrient, flavor, color and texture retention. It also cleanses the surface of dirt and organisms. Correct blanching time is critical to producing a quality frozen product.
- Exclude air. A food vacuum sealer is your highly-effective tool for this.
- Hold food at 0°F or lower to prevent growth of microorganisms (canning kills most microorganisms in food).
- Freeze foods quickly. Foods that freeze slowly will develop the unwanted large ice crystals that cause undesirable texture changes. Cool or chill foods before packaging. Do not overload the freezer with unfrozen food.
- Use high-quality packaging materials. Proper packaging retains moisture and prevents freezer burn. Many fruits and vegetables can be individually quick frozen or tray frozen – place cooled and drained fruits or vegetables one layer deep on a cookie sheet or shallow tray, freeze uncovered until just solid (4-6 hours), then quickly package and seal.
- Remember to label everything with date packaged and contents!

For additional, valuable food preservation information and instruction, please visit Freezing Vegetables and Food Preservation at [purdue.edu](http://purdue.edu).

[extension.purdue.edu/extmedia/HHS/HHS-800-W.pdf](http://extension.purdue.edu/extmedia/HHS/HHS-800-W.pdf)

[ag.purdue.edu/departments/foodsci/food-preservation.html](http://ag.purdue.edu/departments/foodsci/food-preservation.html)





## STRESS AND MINDFULNESS

# Three Ways to Manage Stress

by Freddie Holmgren, MS, ACE, Intrinsic Coach

We all have stress in our lives. Stress is normal and healthy, causing our bodies to respond by increasing respiration, heart rate, and the stress hormones cortisol and adrenaline. This physical response gives us the energy to accomplish goals, stay the course, and perform physical activities. But too much stress without breaks to rest is harmful. Unfortunately, in our fast-paced life, being in a chronic state of stress is common.

Ways to manage everyday stress can vary from individual to individual depending on the circumstances, our thoughts and emotions, and our perceptions. Below are three broad ways to manage chronic stress effectively.

**Action-Oriented Approach:** For stressful situations that can be improved, taking action can lead to positive feeling empowered and in control.

- Delegate tasks
- Set boundaries
- Let go of perfectionism
- Make time for fulfilling tasks and self-care
- Assert personal needs and feelings

**Emotion-Oriented Approach:** In other cases, changing our perception of a stressful situation can help.

- Reframe the situation by looking at the positive
- Identify negative thoughts: all-or-nothing thinking, overgeneralizing, or catastrophizing. Challenge the assumptions that lead to this thinking and gather evidence that could contradict them, or provide alternative explanations.
- Practice positive self-talk such as "I can do this."
- Look at the big picture. Ask yourself, "Will this matter in five years?"

**Acceptance-Oriented Approach:** For whatever stressful situations that cannot be changed, taking care of the mind and body helps.

- Practice mindfulness. Place attention on the present moment noticing your thoughts, feelings and physical sensations without judgement. Accept them with a kind heart and let them go.
- Talk to trusted friends or family. This can help us process thoughts and feelings. Receiving support from others increases resilience.
- Seek help from a therapist to accept difficult thoughts and feelings and clarify values and life goals.
- Get adequate exercise and sleep and improve nutrition.



### Money Talks

Featured Playlist

[spoti.fi/3KIQDrp](https://open.spotify.com/playlist/3KIQDrp)

Spotify playlist by BGREGS INDY

Get information from your health coach through social media!

Click the links below:

