



SETTING KIDS UP FOR SUCCESS .

BY MECHELLE MEADOWS

August means the start of a new school year. Kids are excited for a fresh start, a bit sad summer is over, and maybe a tad nervous about new teachers and classes, or perhaps even a new school. Parents hold a lot of power to set the tone for a new school year and help them start on the right foot.

Children's school success comes largely from routines at home to create a sense of security and help develop traits like self-discipline. Routines give kids a reliable foundation to successfully handle new opportunities or disruptions.

Here are a few home routine ideas for this school year:

- Start the morning with breakfast at home for the nutritional fuel kids need to start their day.
- Establish self-care routines in the morning and at night, including bath or shower time and teeth brushing.
- Set a bedtime and stick to it. This ritual reinforces the importance of a good night's rest and will serve them well throughout life.
- Establish a time and place for homework. When kids know when to expect this task, they'll dread it less and be more likely to take charge of their time.

Source: Aha! Parenting. ahaparenting.com/parenting-tools/family-life/structure-routines. Accessed 6 July 2017.

IN THIS ISSUE

- 2 Avoiding Summer Overscheduling
- 3 Prevention: The Best Medicine
- 4 Harvest of the Month: Grapes

Smart Facts

8-11 HOURS

of sleep are recommended each night for children 6-17 years old.

17.5%

is how much math test scores increase when students eat breakfast, according to research by No Kid Hungry.

20 MINUTES

is all it takes to sit down to have dinner and connect as a family.

Sources: Sleep Foundation. sleepfoundation.org/excessivesleepiness/content/how-much-sleep-do-babies-and-kids-need. Accessed 6 July 2017.
No Kid Hungry. join.nokidhungry.org/site/PageNavigator/SOS/Breakfast_2013.html. Accessed 17 July 2017.
ADDitude. additudemag.com/sample-schedule-adhd-morning-after-school-bedtime. Accessed 17 July 2017.



AVOIDING SUMMER OVERSCHEDULING .

BY JILL REITSMA

It's no secret the summer months can be jammed packed with multiple activities. School is out and the kids are moving full speed ahead. Weddings, family vacations, summer concerts, and other events fill the calendar. The weather is nice, so it's the perfect time to get active outdoors, go to the pool, or join a sports league. But that fills up even more time. And all this doesn't even include a hectic work schedule.

Navigating through the summer heat and the schedule it brings can be difficult. With the kids' activities, or just your own, it's hard to slow down and enjoy your time. People are overscheduled and overextended, which causes stress and anxiety to get it all done. Below are a few tips on how to avoid overscheduling yourself so there is a healthy balance.

Ask yourself some work related questions. If you are swamped at work and can't catch a break between meetings, can you delay meetings that aren't time sensitive? Do you have time to strategize and learn after all those meetings? Are you being fully efficient at work? Prioritize tasks and decide what should be done immediately so you can go to meetings and get your work done. If possible, block your calendar with desk time one day or morning a week so co-workers know you are unavailable.



Practice saying "no" without making an excuse.

Make some changes. Look at your routine for opportunities to use your time and effort more efficiently. For example, if you thrive in the morning but have low motivation in the evening, schedule workouts before you go to work. You'll have an extra boost of energy to start the day and you can wind down immediately when you come home for the day.

Prioritize what makes you happy. Think about the people and activities that bring you joy: Friends, family, Taco Tuesdays with your neighbors, or the early morning workout class that gives you an extra boost to get through the day. Whatever gives you good vibes and leaves you feeling energized should be a priority. Don't forget about your hobbies and personal goals. Remember to make time for yourself and what makes you happy.

Just say no. It's easier said than done. Many times we feel obligated to give an explanation as to why we can't attend an event. Practice saying no without making an excuse. A good tip to use is to take your time responding to people. This way that knee-jerk reaction to say yes isn't there. You can say, "Let me check my calendar," and respond later with a definitive answer. This gives you time to fully think about whether you can make engagements work or not.

Source: Daily Worth. dailyworth.com/posts/3889-how-to-avoid-overscheduling-yourself. Accessed 29 June 2017.
Huffington Post. huffingtonpost.com/stephanie-sarkis-phd/overscheduled-americans_b_925566.html. Accessed 29 June 2017.
Huffington Post. huffingtonpost.com/jeanette-cajide/stop-over-scheduling-yourself_b_9502044.html. Accessed 29 June 2017.
Health. health.com/health/gallery/0,,20459221,00.html#lower-stress-0. Accessed 29 June 2017.

PREVENTION: THE BEST MEDICINE.

BY JOHN THOMAS

The world knows that prevention is the best medicine. Since nearly all benefit plans cover annual preventive care visits, you probably have access to that medicine for free. Here are nine tips on how to get the most out of this benefit.

1. **Go in healthy.** Don't wait until you're sick to make an appointment. Going in healthy means your provider can get a true sense of your overall health.
2. **Get your shots.** Annual flu shots and other immunizations are typically part of a free preventive care visit.
3. **Answer questions accurately.** Your provider should ask a lot of questions about your overall health as well as about things like alcohol and tobacco use, depression, your stress level, and more.
4. **Go in ready.** Before you see your provider, make a list of your health questions, recent health worries, or recurring aches and pains. Talk through that list during your visit.
5. **Bring a list of your medicine and health history.** You'll receive the best care when your doctor has up-to-date information about your health history, allergies, and any medicines you take regularly (including non-prescription medicines).
6. **Expect a test.** Your provider likely will order tests as part of the exam (cholesterol and blood sugar tests, colonoscopies, prostate exams for men, pap tests and mammograms for women, etc.). Some common tests are not covered by all benefits programs, so ask which tests will be covered. For a list of common preventive tests, *see the April 2017 Living Smart Newsletter*.
7. **Ask for advice.** If your provider doesn't make recommendations about ways you can live healthier, ask.
8. **Get it in writing.** Take a notebook to write down information, instructions and advice, or ask your provider to give you information in writing.
9. **Stay on point or pay.** If you do have an immediate health concern that requires treatment during a preventive care visit, your provider will probably charge you for that part of the visit.



August is National Immunization Awareness Month

National Immunization Awareness Month (NIAM) highlights the importance of vaccination for people of all ages. Take time this month to ensure that you and those you care about are up to date on the recommended vaccines. For more information including communication toolkits, check out the National Public Health Information Coalition website at www.nphic.org/niam.

Source: Centers for Disease Control and Prevention. cdc.gov/vaccines/events/niam.html. Accessed 26 June 2017.

HARVEST OF THE MONTH: GRAPES

BY JENNA MEARS

A member of the berry family, grapes can be eaten raw or used for making jam, juice, jelly, vinegar, oil, and raisins. Grapes come in a handful of colors including black, red, yellow, and green. Eating grapes can treat indigestion, fatigue, kidney disorders, and also help prevent cataracts. Grapes are a rich source of vitamins A, C, and B6.

How to Select

Grapes should be firm, plump, and securely attached to the stems. Avoid wet, moldy, or shriveled berries. Grapes at their freshest will have green, flexible stems versus dry and brittle ones. Color is a good indicator of flavor quality. Green grapes are sweetest when they're yellow-green in color. Red grapes are best when berries are predominantly red. Black grapes will be most flavorful when they have a full, rich color.

How to Store

Grapes are best kept in the refrigerator, and it is recommended to put them toward the back where it is colder. Grapes should also be kept away from odorous foods, as they can absorb scent. Be careful to store them where they will not be



squished and avoid rinsing until you are ready to eat them, as the extra moisture will speed up the decaying process.

How to Prepare

After rinsing, grapes can be eaten right off the vine. You can also freeze grapes and save them to eat later, add to smoothies, or use as ice cubes.

Source: Sun World. sun-world.com. Accessed 28 June 2017.



Recipe: Light Chicken Salad

Ingredients (makes 6 servings):

2lb. boneless skinless chicken breasts, cooked and shredded	½ teaspoon dried sage
1½ cups halved red grapes	½ teaspoon smoked paprika
½ cup chopped pecans	¼ teaspoon garlic powder
⅓ cup diced green onions	1-2 tablespoons of fresh lemon juice
½ cup plain Greek yogurt	salt & pepper to taste
½ cup mayonnaise	
¼ cup Dijon mustard	

Directions:

1. Add shredded chicken, red grapes, pecans, and green onions into a large bowl.
2. In a small bowl add yogurt, mayonnaise, mustard, sage, smoked paprika, garlic powder, lemon juice, salt, and pepper. Whisk together.
3. Add the liquid mixture to the chicken dish.
4. Stir everything together until it is completely combined.
5. Serve on a slice of bread or in a cup of bib lettuce.

Nutrition Information:

PER SERVING: 191 calories, 8g fat, 1g saturated fat, 13g carbohydrates, 4g sugar, 274mg sodium, 2g fiber, 18g protein, 47mg cholesterol

Source: Joyfulhealthyeats.com. joyfulhealthyeats.com/light-easy-chicken-salad-recipe. Accessed 21 June 2017.