

Health, Nutrition & Wellness

"Solutions In Your Community"

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Family & Consumer Sciences

Welcome to the latest edition of the University of Maryland Extension Family and Consumer Sciences Newsletter.

Family & Consumer Science (FCS) is the comprehensive body of skills, research and knowledge that improves the quality of life of families, communities and individuals through education, research and community outreach.

Our mission is to strengthen families, communities, and individuals. Our goal is to empower Marylanders to make decisions that lead to healthy living, financial success, and long-term and wellness.

Harford County Faculty Extension Family & Consumer Sciences & Nutrition Educator, Jennifer Dixon Cravens, provides research based programs on Health Nutrition, Wellness,

Fitness Chronic Disease Prevention, and Management Healthy Living, Healthy Homes, Family & Community Health, Financial Education, Healthy Cooking, and Health Literacy & Communication and Food Safety

Compiled by: Faculty Extension FCS/ Nutrition Educator, Jennifer Dixon Cravens, MS



RECIPES

Each issue includes healthy recipes! Inside this issue:

- Carrot Cake Blondies**
 - Cabbage Roll Chicken Enchiladas**
 - Chickpea Salad with Lemon Vinaigrette**
 - Roasted Beets and Radishes with Dill and Feta**
 - Yogurt-Marinated Lamb Loin Chops**
- And many more!*



Spring Foods To Try!

Fruits and vegetables are rich in fiber and high in vitamins and minerals. Season foods, are best because they are rich in nutrients. They are great for our local economy and it provides an opportunity to support local farmers and businesses that sell produce from the areas. Check out your local farmers market. Make it a habit for the entire family.

- Artichoke— Great source of magnesium
- Beets— Rich in iron, B9, and Potassium
- Asparagus —Rich in Vitamin A, C, K, E
- Cabbage —High in Fiber, magnesium, and potassium, Vitamin C, A, K
- Spinach—Rich in Vitamin A, C, K, Iron, High in potassium and protein.
- Kiwi— Rich in Vitamin C, and dietary fiber
- Pineapple—Loaded with Vitamin C, B6, and magnesium

- Lemons/Limes— Rich in antioxidants, flavonoids, phenolic acids, and Vitamin C
- Avocado— A good source of Vitamins C < E < K, B6, and Omega 3 Fatty Acids.
- Berries – High in Vitamin C, B9, E, K, Fiber, potassium, lutein, and antioxidants.
- Apricot—Rich in Vitamin A, B17, E, lutein, beta carotenes, and supports eye vision.
- Mangos— High in Vitamin A, C, K and potassium and magnesium



Spring Themes

Spring Health Tips

As spring emerges, the increased sunlight exposure can boost serotonin levels in the brain, acting as a natural antidepressant for many. This “lift” in mood is a tangible and welcomed transition for those battling winter-induced. Trying these things could help you feel more positive and able to get the most out of life.

Move More, Sit Less. Get at least 150 minutes of moderate-intensity physical activity every week.

Eat Healthy Foods. Try healthy food choices

like fruits, vegetables, whole grains, lean meats, and low-fat dairy products.

Connect with other people. Good relationships are important for your mental well-being.

Substitute water for sugary and alcoholic drinks to reduce calories and stay safe.



5 Steps To Grow Your Own Herb Garden

An herb garden can greatly improve one’s quality of life, providing everything from seasoning and flavor for food to salves, balms, teas, and herbal remedies. Here are a couple of quick tips from our meditation herb garden to get you started:

1. **Begin growing herbs from seed in your home in early spring.**

Many herbs can be bought, ready to go in the ground. However, starting from seed can be more cost-effective and fun. Whenever sowing herbs from seed, whether indoors or out, make sure to really soak the seeds after planting until you see sprouts beginning to peek out from the dirt.

The best thing for herbs is to have them outdoors, if at all possible. Whether it’s planting them in pots on your porch or doorstep (good for herbs like mint that love to spread, but also for any herb), or sowing them into your garden; herbs enjoy full sun. That being said, you can also plant herbs at any point in the year, from seed or from starts purchased from a garden department (or plant sale), inside your house. This can be a fun way to have culinary herbs right at your fingertips when you’re cooking. In order to make this work you’ll have to ensure that they live in a window that gets a good amount of sun, or

you can purchase a grow light.

If you plan to grow an herb garden outdoors you’ll want to either start your plants from seed indoors in early spring (when it’s still too cold for many herb seedlings to establish themselves outside) or buy starts when you’re ready to plant.

If you choose to start from seed indoors it is important that before transplanting herbs into your garden that you harden them off in their pots/trays, keeping an eye on them and the weather, gradually exposing them to direct sun, cold, and more infrequent watering so that they can acclimatize to being outdoors before going in the ground.

If you plan to grow your herbs in pots, make sure that you choose vessels that allow for proper drainage. You can further aid your plants with drainage by first filling the bottom of your pots with a layer of collected rocks before adding soil.

There are many perennial herbs that, once planted, will return the next year. Common perennial herbs include: mint, thyme, sage, lemon balm, oregano, chives...etc.

Some herbs are hardy enough to be sown directly into the garden. These herbs include: dill, cilantro, and chervil. These can



Spring Themes

Continued from prior page.

also be difficult to transplant, making direct seeding a good idea. Additionally, these herbs may need to be reseeded every 3-4 weeks during the summer to ensure a fresh supply.

It is important to do some research about how best to start your herbs once you've decided which herbs you want and where and how you want to grow them. Each herb has its own planting window that can vary based on which zone you live in.

2. Plant in an area that has good drainage and full sun.

Herbs benefit from good drainage, which can be achieved by planting in raised beds, and even mixing in organic matter, such as compost, if you have heavier clay-soil. However, as Beatrix Clarke, the resident herbalist in our Meditation Garden says, "Herbs are actually very easy because they don't need a whole lot of fertilization. They like barren; barren ground."

Be sure to do your watering (as with any plant) in the mornings or evenings so the sun doesn't fry the leaves. Keep an eye on the weather, as overwatering can make for less potency in some herbs.

3. Trim and dead-head your herbs to ensure continued growth

Most herbs are happiest, once they've established themselves, being pruned regularly. This shouldn't be too hard, as you'll want to pick sprigs for cooking and teas anyways! However, it is important to clip leaves and pinch sprigs off at leaf intersections, taking, at most, one-third of the plant's total foliage so that it is able to regenerate.

Additionally, herbs such as sage, Thai basil, holy basil (tulsi), chives...etc. will start to channel their energies into producing flowers if they are left to do so, so trimming the flowers ensures that the plant's energy remains imbued in the leaves. (Also chive flowers are great for salads!)

4. Harvest herbs and store

Culinary herbs can be frozen and then used year-round to add fresh flavor to any meal. You can freeze whole sprigs in a freezer bag, or simply freeze chopped herbs in water in an ice cube tray and keep in a sealed container in your freezer until you wish to use them. Then you can add them straight to the pan or pot to cook.

You can also dry herbs and brew delicious medicinal teas. As Beatrix notes, "many common culinary herbs such as sage, parsley, thyme, [and] peppermint, which are great herbs for a beginning herb garden, can also be used to combat common health issues." She goes on to explain that teas made from thyme can be used to help treat coughs; peppermint is good for digestion; and sage for sore throats.

To dry simply lay them out on a paper bag, or place in a dehydrator (times will vary depending on the plant).

5. Each herb has many different uses. Here are a couple of fun ways to use them:

Chive butter (good on baked potatoes, steaks, and bread!)

Lemongrass can be used in a Thai coconut soup or in a broth to poach salmon.

Mint is delicious in fresh veggie salads; try cucumber, tomato, red onion—have fun experimenting with the flavors.

Savory, thyme, and garlic make for a good white bean soup.

Thai basil chicken is a great dish, or for a slightly new take on a classic, try Thai basil pesto.

Lavender, chamomile, mint, lemon balm, nettle, Echinacea, and many many more herbs can all be made into delicious health enhancing teas by simply drying the herbs on a paper bag or in a dehydrator, then brewing them in a tea basket.

Source: <https://www.farmproject.org/blog/2017/7/28/5-steps-to-grow-your-own-herb-garden> Interview with Beatrix Clarke, July 19, 2017



Environmental Wellness



Spring Themes 'Tis The Season For Spring Cleaning

Spring is a natural time of year to deep clean your home! We all appreciate the beauty of being able to open the windows and doors after being cooped up in the house all winter. However, before you jump into your spring cleaning, remember one phrase:

Spring decluttering is better than Spring cleaning.

In fact, the best spring cleaning begins with spring decluttering. Because the less you own, the easier it is to clean. Spring decluttering results in a home that is easier to clean every week of every season. And owning less results in a home that is more calm and more peaceful every day. Consider these examples:

Living Room.

One of the first rooms we decluttered on our minimizing journey was the living room—including the decorations. We had shelves and shelves of them. I remember vividly removing the decorations that were no longer important to us, leaving just a few that told our story. When I was finished, I decided to dust the shelves and immediately noticed how much easier it was to dust the shelves with fewer items on them.

Toy Room.

Another great example is the toy room. We eventually decluttered many of the toys they didn't need, had stopped using, or had broken along the way. Everything that remained fit comfortably against one wall. The following evening when we went to clean up the childrens' toys, the entire project only too a few minutes.

Closets.

A third example is the closet. While we didn't begin our decluttering journey in the closet, I eventually removed 75% of the clothes from my side of the closet. My closet immediately became easier to keep organized. But more than that, the positive affects spilled over into other rooms as well. Returning clothes at the end of the day be-

came easier so there were fewer clothes left out in the bedroom. Putting clothes away after the laundry cycle became less burdensome. As was returning accessories: shoes, belts, jewelry, even coats and gloves.

Here are a few quick tips to get you started:

1. Start in your easiest spaces. Don't try to declutter your attic, home office, or sentimental collections first. Start with easier wins like the living room, bedroom, or car.

2. Begin in your lived-in areas. Again, avoid the attic and the basement when getting started. You can spend hours decluttering, shut the door, and never see the room again for weeks. But if you declutter your living room, you'll notice the calm every time you sit to watch television. If you declutter your kitchen, you'll notice it immediately the next time you prepare a meal and cleaning the kitchen every evening will be noticeably easier.

3. Physically touch every item in your home. When you hold an item in your hand, you are forced to make a decision about it. Every item you touch can either be relocated, removed, or returned. Put as many things as you can in the remove pile.

4. Ask yourself three questions for every item you touch:

- *Do I need it?*
- *Why do I have it?*
- *What would I use if I didn't own it?*

5. Donate, donate, donate. As you begin removing clutter from your home, donate as much as you can. Trying to sell all your clutter only adds stress and burden to an already difficult process. Expensive items (or if you desperately need the money) are the only exceptions. For the most part, find a local charity that you believe in and donate your things there.

Source: <https://www.becomingminimalist.com/spring-decluttering/>

Spring Themes

Spring Fitness Tips

Ready to “Spring clean” your fitness routine? Here are five tips to refresh your workouts:

First thing’s first: audit your workout habits from January 1st until now. Grab a pen and paper and write them all down as they come to you. Once you can see all your habits (good and bad) written out, circle what’s working for you and cross out what’s not. Inject ‘fresh air’ into your plans. Maybe you

want to train for a race or, like our example above, simply enjoy daily walks. Whatever your preference, spending time outdoors (even just for ten minutes) will always leave you feeling more grounded and refreshed than before.

Dedicate time for restorative training such as yoga, mobility exercises or PiYo classes. Adding these practices to your routine help you find balance physically, mentally and emotionally.

Make it social! If you’re struggling to consistently commit to a plan, coordinate with a buddy (check out our current referral offer). Or, schedule a Team Training or BodyCombat class, knowing someone will be expecting you to show up will help keep you accountable to your commitments.

Set a new fitness goal. Specifically, set a fitness goal that involves an activity that lights you up! Maybe it’s increasing your frequency of spin classes or participating in a fitness-based fundraiser.

Whatever you do, don’t maintain the status quo! It’s a recipe for plateau, boredom and unhelpful stress around fitness. Get rid of what’s not working for you, optimize what is working and embrace something new. You’ll feel as refreshed as your closet after decluttering!

Source:

Physical Wellness



POST-WINTER WORKOUT TIPS



FIND A WORKOUT BUDDY
Helps stay accountable



SET YOURSELF REALISTIC GOALS
And write them down



SHARE YOUR GOALS ON SOCIAL MEDIA
For extra accountability



TREAT YOURSELF TO NEW GEAR
Look good and get financially invested



CONSIDER A PERSONAL TRAINER
A great way to set goals and get motivated



TAKE BEFORE & AFTER PHOTOS
Remind yourself of your progress



MAKE PLAYLISTS
To inspire you to work out if you're still feeling the winter blues



WEAR YOUR GEAR AROUND THE HOUSE
Getting dressed for your workout is often half the battle



MAKE A SCHEDULE IN ADVANCE
Commit to weekly intervals that are realistic



March Themes

National Nutrition Month: Beyond The Table

National Nutrition Month® is an annual campaign established in 1973 by the Academy of Nutrition and Dietetics. This year's theme is "**Beyond the Table**," which addresses the farm-to-fork aspect of nutrition, from food production and distribution to navigating grocery stores and farmers markets — and even home food safety and storage practices. It also describes the various ways we eat — not only around a dinner table, but also on the go, in schools and restaurants, at games and events. This theme also includes sustainability, for instance, decreasing food waste from school and work to home and beyond.

School and family meals are important, but healthy choices go beyond the foods and drinks we enjoy while sitting at the lunch or dinner table. They include our snacks, breakfasts on the go, eating out with friends, and even where foods are grown and how they're prepared. Our food choices also can affect the health of our planet. Have you ever thought about the work that goes into producing the foods we eat? This includes how food is grown or raised, where and how it is made, as well as its safety. It's important to think about the foods we eat and the nutrition they provide, but is there more we could be doing to improve our health and the environment?

These are a few tips to help you reach Beyond the Table:

Focus on a healthy eating routine Making healthy food choices may seem difficult at times, especially when eating away from home, but it doesn't have to be. Many eating places provide nutrition information right on the menu or online to help you choose healthier options. When purchasing food from a store, use a grocery list and pay attention to sales. You also can learn about resources in your community that offer access to healthy foods, such as food banks.

Seek the help of a Registered Dietitian Nutritionist (RDN) Registered dietitian nutritionists, also known as RDNs, are food and

nutrition experts who help people live healthier lives. RDNs can help you explore ways Beyond the Table to reach your health goals. Make an appointment with an RDN who specializes in your specific needs to jumpstart your plan for personal wellness.

Learn what's involved in growing your food. There are many ways you can learn about how your food is produced. Visit a local farm or farmers market and talk with the people who are growing and harvesting your food. Many farmers and food producers will be happy to answer your questions, let you sample products or provide recipes for foods that are new to you. Some local farms even have tours, so people can see how they operate. You also can grow your own fruits and vegetables at home. Want to try gardening but have limited space? Grow herbs or lettuce indoors. Tomatoes, peppers or strawberries may work, too, if you have a patio or porch with enough sunlight. Schools, churches and other places may offer community gardens where you can participate in the growing process and share in the harvest. Not quite ready to get your hands in the dirt? Many local farms offer programs, which include "farm shares" of produce during a growing season. Depending on the farm, additional products such as eggs or meat might be included.

Supporting farmers by buying locally grown and seasonal foods can help you eat with the environment in mind.

Other steps include decreasing food waste at home by creating new dishes from leftovers or by composting.

You also can add more plant-based foods to your meals and snacks.

National Nutrition Month® is a great time to start thinking about how you can go Beyond the Table to improve both your health and the planet's.

Source: <https://www.eatright.org/national-nutrition-month>

March Themes

Save Your Vision Month

Save Your Vision Month reaffirms how doctors of optometry, America's primary eye health and vision care providers, deliver essential health care that goes beyond a vision correction prescription and should be a critical component of patients' preventive

health regimen. This month—and year-round—the AOA reminds patients to prioritize their eye health and vision care.

Source: <https://www.aoa.org/news/inside-optometry/aoa-news/save-your-vision-month-2022?sso=y>.



National Athletic Training Month

National Athletic Training Month (NATM) is held every March in order to spread awareness about the important work of athletic trainers. In addition to providing logos, posters, press releases, sample media alerts

and PR toolkits, NATA also hosts several virtual engagement opportunities during the month-long celebration.

Source: <https://www.nata.org>



National Kidney Month

Kidney Month in 2024 is *Kidney Action Month*. When it comes to a disease that impacts 1 in 7 Americans, with millions more at risk, it's important to take action to protect and improve kidney health.

Best foods for Kidney Health:

1. Cabbage is a leafy vegetable that may be beneficial for people with CKD. It is relatively low in potassium and very low in sodium, yet it also contains many helpful compounds and vitamins.
2. Red bell peppers—In addition to being very low in minerals such as sodium and potassium, they contain helpful antioxidant compounds, which may protect the cells from damage.
3. Garlic is an excellent seasoning choice for people with CKD. It can give other foods a more satisfying, full flavor, which may reduce the need for extra salt. Garlic also offers a range of health benefits.
4. Cauliflower is a versatile vegetable for people with CKD. With the right preparation, it makes a good replacement for foods such as rice, mashed potatoes, and even pizza crust. Cauliflower also contains a range of nutrients without providing too much sodi-

um, potassium, or phosphorus.

5. Arugula—People with CKD may have to avoid many greens, but arugula can be a good replacement. Arugula is generally lower in potassium than other greens, but it still contains fiber and other beneficial nutrients.
6. Berries—cranberries, strawberries, blueberries, raspberries, red grapes, and cherries. It is important to limit these fruits to no more than a 1/2 cup serving. Eating larger portions can make it so they are no longer low potassium options.
7. Olive oil may be the best cooking oil because of the type of fat that it contains. It is high in oleic acid, which is a monounsaturated fatty acid that may help reduce inflammation in the body.
8. Egg whites—Eggs are a simple protein, but the yolks are very high in phosphorus. People with CKD can make omelets or scrambled eggs using just the egg whites.

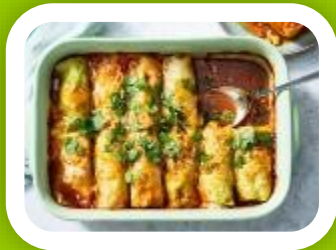
Not everyone will need to limit their phosphorus intake. They should speak with a dietician if they have any questions or concerns.

Source: [Kidneyfund.org](https://www.kidneyfund.org)



March Recipes

Cabbage Roll Chicken Enchiladas



Ingredients

1 large head cabbage (around 3 lbs)
 3 cups shredded cooked chicken
 2 cups frozen corn, thawed
 1 ½ (10 oz) cans red enchilada sauce, divided
 1 ½ cups shredded reduced-fat Mexican cheese blend, divided

Steps:

Preheat oven to 350°F. Bring a large pot of salted water to a boil. Cut the cabbage in half and remove the core. Boil cabbage 5 min., until lightly softened. Carefully transfer cabbage to a colander in the sink to drain. Run cold water over cabbage to cool. Carefully remove 12 large leaves from cabbage. (If there aren't enough large leaves, use 2 small leaves in place of 1 large one.) Pat leaves dry with paper towels. In a large bowl, combine the chicken, corn, ½ cup enchilada sauce, and 1 cup cheese.

Season with salt and pepper. Spread ½ cup enchilada sauce on the bottom of a 9x13-inch baking dish. Place 1 large cabbage leaf on a cutting board. Spoon ½ cup filling onto bottom end of leaf. Fold sides over filling and roll to close. Place roll seam-side down in prepared baking dish. Repeat with remaining filling and leaves.

Spoon remaining enchilada sauce over cabbage rolls. Sprinkle remaining ½ cup cheese over top. Bake 20–25 min., until filling is warm and cheese has melted. Let stand 5 min. before serving.

Nutrition Information:

CALORIES 424kcal 21% FAT 13.0g 20% SATURATED FAT 6.0g 30% CARBS 40.0g 13% SODIUM 1264mg 53% 15.0g sugar 10.0g fiber 44.0g protein 107mg cholesterol.

Source: savoryonline.com

Chickpea Salad with Lemon Vinaigrette

Ingredients

1 green bell pepper
 3 tbsp olive oil
 ¼ cup chopped parsley
 2 tbsp lemon juice
 1 tbsp minced garlic
 1 tbsp Dijon mustard
 ½ tsp dried oregano
 1 (15.5 oz) can chickpeas, drained and rinsed
 6 cups packed arugula
 1 cup pita chips, slightly crushed

Steps

Seed and chop the bell pepper. To a medium bowl, add the oil, parsley, lemon juice, garlic, mustard, and oregano. Whisk to combine.

To bowl, add the chickpeas, arugula, and bell pepper. Season with salt and pepper to taste. Toss to combine. Top with the pita chips.

Nutrition info

CALORIES 237kcal 12% FAT 13.0g 20% SATURATED FAT 2.0g 10% CARBS 24.0g 8% SODIUM 309mg 13% 5.0g sugar 6.0g fiber 7.0g protein 0mg cholesterol

Source: savoryonline.com



March Recipes

Roasted Beets and Radishes with Dill and Feta

Ingredients

1 lb small fresh beets
4 tbsp olive oil, divided
1 lb radishes
2 tbsp balsamic glaze
2 oz feta cheese
2 tbsp chopped dill

Steps

Preheat oven to 425°F. Line 2 baking sheets with parchment. Peel and cut the beets into eighths. Add to baking sheet and toss with 2 tbsp oil. Season with salt and pepper. Spread out in a single layer. Roast 30–35 min., until tender, stirring once halfway through.

Meanwhile, trim the radishes and cut into quarters. Add to second baking sheet and

toss with remaining 2 tbsp oil. Season with salt and pepper. Spread out in a single layer. In same oven as beets, roast radishes 15–20 min., until tender, stirring once halfway through.

On a large platter, combine the beets and radishes. Drizzle with the balsamic glaze. Top with the feta and dill.

Nutrition Info:

CALORIES 221kcal 11% FAT 16.9g 26% SATURATED FAT 3.8g 19% CARBS 14.7g 5% SODIUM 264mg 11% 10.4g sugar 3.8g fiber 4.0g protein 13mg cholesterol

Source: savoryonline.com



Lemon and Garlic–Braised Artichokes

Ingredients

2 tbsp olive oil
4 fresh artichokes, trimmed, halved, and choke removed
1 tbsp minced garlic
2 cups water
½ tsp salt
2 lemons
4 tbsp (½ stick) butter
1 tbsp finely chopped parsley

Steps

In a deep 12-inch skillet, heat the oil on medium-high. Pat the artichokes dry and place in skillet, cut-sides down. Cook 2 min., until browned. Transfer to plate. To same skillet, add the garlic. Cook 30 sec., stirring. Add the water and salt. Squeeze juice from the lemons into skillet. Return the artichokes to the skillet. Heat to

a simmer on high. Reduce heat to medium-low, cover, and cook 20 min., until stems are tender.

Meanwhile, in a medium bowl, microwave the butter, covered, until melted. Season with salt and pepper to taste. Transfer the artichokes to a serving platter. Stir 3 tbsp cooking liquid into melted butter, along with the parsley. Drizzle butter over artichokes.

Nutrition Information- CALORIES 233kcal 12% FAT 18.6g 29% SATURATED FAT 8.2g 41% CARBS 16.5g 6% SODIUM 414mg 17% 1.9g sugar 7.6g fiber 4.8g protein 31mg cholesterol

Source: savoryonline.com





March Recipes

Grilled Asparagus and Zucchini Salad

- Ingredients:
- 1 red onion
 - 3 tbsp. red wine vinegar
 - 1 pinch salt
 - 2 bunches asparagus
 - 4 tbsp. olive oil
 - 1 zucchini
 - 1 cup No-salt Almonds

Steps:
 Halve the onions and slice thinly. Transfer to a bowl and toss with the vinegar and salt. Trim the ends of asparagus. Brush the stalks with half of the oil.

Heat an ungreased ridged grill pan and cook the washed asparagus 4 minutes, or until tender. Turn regularly so asparagus cooks evenly. Remove from the pan and arrange on a plate.

Cut the zucchini into diagonal slices, toss

with the remaining oil and grill for 5 minutes, flipping halfway through. Rough chop the almonds, and sprinkle on top of the salad and serve.

Nutrition Information:

CALORIES 360 kcal, Carbs 13.6g, Fat 32.0g, Saturated Fat 3.4g, Sodium 45mg, Protein 9.5g, Sugar, 5.1g, Fiber, 6.0g, Cholesterol 0mg

Source: *savoryonline.com*



Chickpea Salad with Lemon Vinaigrette

- Ingredients:
- 4 medium portabella mushroom caps
 - 2 tbsp. olive oil
 - 1/2 cup cherry tomatoes
 - 1 cup chunky pasta sauce
 - 1 cup shredded mozzarella cheese

Steps:
 Preheat oven to 425°F. Trim stems of the mushrooms. With spoon, scrape and discard gills from mushroom caps. Brush with the oil and season with salt and pepper. Arrange gill-sides up on foil-lined baking sheet. Roast 10 min. Meanwhile, slice or halve the cherry tomatoes. Carefully remove mushrooms from oven. Drain off any excess liquid in mushroom caps. Divide the pasta sauce among mushrooms. Top with the shredded mozzarella and cherry tomatoes. Roast 8–10

min., until mushrooms are tender and cheese is melty.

Nutrition information:

CALORIES 250kcal, Carbs,12.0g Fat 14.0g Saturated Fat 4.0g, Sodium 442mg, Protein 10.0g, Sugar, 7.0g, Fiber, 3.0g, Cholesterol 18mg

Source: *savoryonline.com*

March Recipes

Spring Chicken Stew with Leeks

Ingredients:

3 medium leeks
 1 tbsp. olive oil
 2 medium carrots, thinly sliced
 2 tbsp. flour
 3/4 cup white wine
 1/2 cup low-sodium chicken broth
 4 sprigs fresh thyme
 1 1/2 lbs. golden potatoes, quartered
 1 1/2 lbs. boneless, skinless chicken thighs
 2 cups frozen peas, thawed
 2 tbsp. chopped dill

Directions:

Trim roots and darkest green from the leeks. Thinly slice leeks and submerge in large bowl of water. Swish and separate rings to release grit. Drain and then submerge and swish in water again. Drain well.

In a multi-cooker or electric pressure cooker, heat the oil on the sauté function. Add leeks and carrots. Cook until golden, 5 min., stirring occasionally. Stir in the flour. Add the white wine, chicken broth, thyme, and potatoes. Season with salt and pepper. Top with the chicken.

Seal and set to high pressure. Cook 10 min. Let pressure release naturally for 10 min. and then press quick-release button. Stir in the peas and let sit 2 min. Remove and discard thyme stems. Season with salt and pepper to taste.



Lemon and Garlic–Braised Artichokes

Ingredients:

2 tbsp. olive oil
 4 fresh artichokes, trimmed, halved, and choke removed
 1 tbsp minced garlic
 2 cups water
 ½ tsp salt
 2 lemons
 4 tbsp. (½ stick) butter
 1 tbsp. finely chopped parsley

Steps:

In a deep 12-inch skillet, heat the oil on medium-high. Pat the artichokes dry and place in skillet, cut-sides down. Cook 2 min., until browned. Transfer to plate. To same skillet, add the garlic. Cook 30 sec., stirring. Add the water and salt. Squeeze juice from the lemons into skillet. Return the artichokes to the skillet. Heat to

a simmer on high. Reduce heat to medium-low, cover, and cook 20 min., until stems are tender.

Meanwhile, in a medium bowl, microwave the butter, covered, until melted. Season with salt and pepper to taste. Transfer the artichokes to a serving platter. Stir 3 tbsp. cooking liquid into melted butter, along with the parsley. Drizzle butter over artichokes.

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 1.9g sugar 7.6g fiber 4.8g protein 31mg
 cholesterol

Source: savoryonline.com



Financial Wellness



Tax Season Is Here: Are You Ready?

Carrie Sorenson, Financial Wellness Educator | cjsoren@umd.edu | 410-386-2760

As Spring approaches, many people are thinking about filing their taxes! While it isn't the most fun thing we get to do this time of year, it is one of the most important. To help you prepare for a successful tax season, here are a few important tips.

1. Don't wait, get started as soon as possible.

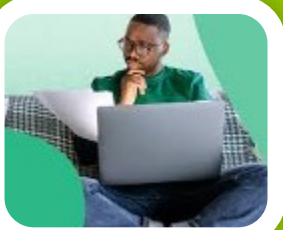
The deadline to file your taxes is April 15th, but don't wait for the deadline to file. You can file your taxes as soon as you have all the information you need to do so. The longer you wait, the less time you have to get answers to any questions that pop up along the way. Also, the professionals who help you with your taxes get busier as the deadline approaches. So, starting as early as possible gives you the most time to get your taxes done correctly and in on time.

2. Get organized. Often, we need several documents and pieces of information to actually complete the tax filing process. You will need income information for everyone in your home who works, health insurance information, personal information (like social security numbers) for everyone in your household, and more! Getting all this information together can take some time, so it is important to have a safe place where you can start to gather things. Some documents may be available online, but others will be mailed to you. Keeping track of everything so that you have it all together when you need it is an important part of the process.

3. Take advantage of resources available to you! Filing taxes can be confusing, so don't feel like you have to do it alone. For example, you may have access to the Volunteer Income Tax Assistance program, or VITA Program. Marylanders can call 211 to get information about VITA and other tax filing assistance programs. Income guidelines can vary between organizations, so you'll want to check and see if you qualify. These programs also serve many people, so you'll want to schedule your appointment as soon as possible. There are also many tax software programs available for free, depending on your income. Others have a low cost, but can connect you with a professional if you have questions.

4. Be careful of scams. Tax season, unfortunately, comes with many scams targeted toward tax filers. Remember, the IRS always communicates via mail and will not call or email about an issue with your taxes. Additionally, be wary of tax preparers who promise that they can get you a refund immediately. Some charge large fees for these advances on tax payments and can significantly reduce the amount you get in your return. Pay careful attention to interest rates, fees, and any documents you are asked to sign if you are paying to get your refund early! Remember, the lowest cost option is usually to have your refund directly deposited into your bank account.

Best wishes for a wonderful spring season!



5 Tips for Spring Financial Detox

1. **Clean Up Your Accounts**—Consider consolidating your accounts
2. **Declutter Your Debt**—Consider debt consolidation
3. **Toss Out (Some) Paper**—Consider going paperless
4. **Organize Your Income and Expenses**—Cut wasteful spending and make smarter decisions
5. **Plan for Future Tax Seasons**—Consult with a tax advisor.



April Themes

Parkinson's Disease Awareness Month

April is Parkinson's Disease Awareness Month. Why does that matter?

It seems that every major disease has a special month. A month that is dedicated to the cause, where for a moment, people pay attention. They may walk, fundraise, wear a certain color or attend an event. For the PD community, April is our month.

But for all of us at APDA, April doesn't really matter. Because for us, every single month of the year is Parkinson's Disease Awareness month. Every day, we're working to improve the lives of people impacted by PD. Not just in April.

Source: Kidneyfund.org



National Public Health Week is coming!



**NATIONAL
PUBLIC
HEALTH
WEEK**

Protecting, Connecting and Thriving: We Are All Public Health

Public health is more than just health care. It's the steps we take to make sure our neighborhoods and environment are free from pollution. It's making sure our food and water are safe to eat and drink. It's also the relationships we foster in our communities. We're all interconnected. When we all come together to support public health, all of us — individuals, families, communities and the public health field — can achieve the goals of public health.



April Recipes

Carrot Cake Blondies



2 large carrots
 ¼ cup applesauce
 ½ cup canola oil
 1 cup light brown sugar
 2 large eggs
 1 cup white whole wheat flour
 ¼ tsp pumpkin pie spice
 ½ tsp baking powder
 ¼ tsp salt
 4 oz cream cheese, softened
 ½ cup confectioners' sugar

Steps

Preheat oven to 350°F. Line an 8x8-inch baking dish with parchment. Coarsely grate the carrots (1 cup needed).

In a large bowl, whisk together the applesauce, oil, and brown sugar. Whisk in the eggs until smooth. Stir in the flour, pumpkin pie spice, baking powder, and salt. Fold in carrots and transfer to prepared baking dish.

Bake 20 min., until toothpick inserted in center comes out clean. Cool completely on wire rack. Use edges of parchment to remove from pan.

Meanwhile, with hand mixer, beat the cream cheese, confectioners' sugar, and 1 tbsp warm water until smooth. Once cake has cooled, spread with cream cheese frosting and cut into squares.

Nutrition information CALORIES 244kcal
 12% FAT 13.8g 21% SATURATED FAT 3.0g
 15% CARBS 28.3g 9% SODIUM 134mg 6%
 19.0g sugar 2.0g fiber 3.6g protein 52mg
 cholesterol

Source: savoryonline.com



Slow Cooker Sloppy Joes

Ingredients
 1 lb 90% lean ground beef
 1 cup frozen frozen chopped onions and peppers, thawed
 1 (15 oz) can no-salt-added tomato sauce
 ½ cup ketchup
 1 tbsp Worcestershire sauce
 ½ tsp garlic powder
 6 whole-wheat hamburger buns

Steps
 Heat a large skillet on medium-high or a 4- or 5-qt slow cooker on the sauté function. Add the beef and season with salt and pepper. Cook 5 min., until browned, breaking up with a wooden spoon. Add the onions and peppers and cook 3–4 min., until softened.

If using a skillet, transfer beef and onion

mixture to a 4- or 5-qt slow cooker. Add the tomato sauce, ketchup, Worcestershire sauce, and garlic powder. Season with salt and pepper. Stir to combine. Cover and cook on high 3 hours or low 6 hours. Serve sloppy joes on the hamburger buns.

Nutrition information CALORIES 293kcal
 15% FAT 10.0g 15% SATURATED FAT 3.0g
 15% CARBS 33.0g 11% SODIUM 410mg
 17% 10.0g sugar 1.0g fiber 20.0g protein
 49mg cholesterol

Source: savoryonline.com

April Recipes

Yogurt-Marinated Lamb Loin Chops

Ingredients

1 small lemon
1 cup whole-milk plain Greek yogurt
¼ cup olive oil
1 ¼ tsp salt
2 cloves garlic, peeled
2 tsp ground cumin
1 tsp ground coriander
¼ cup fresh cilantro, plus more for garnish
1 ½ lbs lamb loin chops

Steps

Trim ends off the lemon and remove seeds. Cut up lemon and place in a blender, along with the yogurt, oil, salt, garlic, cumin, coriander, and cilantro. Purée until smooth and transfer to a resealable gallon-size bag. Add

the lamb to the bag and seal, pushing out any excess air. Shake to distribute marinade and refrigerate 2–4 hours.

Arrange oven rack in top position. Heat broiler on high. Line a rimmed baking sheet with foil. Remove lamb from yogurt, wiping off excess, and arrange on lined pan. Broil 4–5 min. per side, until browned. Garnish with cilantro, if desired.

Nutrition information CALORIES 513kcal 26% FAT 39.8g 61% SATURATED FAT 14.6g 73% CARBS 4.8g 2%, SODIUM 857mg 36% 3.1g sugar 0.7g fiber 33.1g protein 118mg cholesterol

Source: savoryonline.com



Spring Rolls

Ingredients

1 bunch green onions
1 cup snow peas
1 tbsp vegetable oil
2 tbsp peeled and finely chopped fresh ginger
2 tsp minced garlic
2 cups shredded cabbage for slaw
1 cup shredded carrots
8 spring roll wrappers
cooking spray
½ cup hoisin sauce

Steps

Thinly slice the green onions and snow peas. In a 12-inch skillet, heat the oil on medium. Add the green onions, ginger, and garlic. Cook 2 min., stirring often. Add the cabbage, carrots, and snow peas. Season with salt and pepper. Cook 5–6 min., until vegetables are tender and excess moisture has evaporated, stirring occasionally. Remove from heat and cool completely.

Place 1 spring roll wrapper on a cutting board diagonally, like a diamond. Place ¼ cup filling across center of the wrapper. Fold wrapper bottom up over filling. Lightly moisten remaining edges of wrapper with some water. Fold in both sides of wrapper. Roll up tightly to seal. Place on a large platter. Cover with damp paper towels. Repeat with remaining wrappers and filling. Preheat air fryer to 390°F. Coat bottom of basket with the cooking spray. To basket, add as many spring rolls as will fit. Coat tops of spring rolls with spray. Close and air-fry 5 min. Repeat with remaining spring rolls. Serve with duck sauce.

Nutrition information CALORIES 223kcal 11% FAT 5.1g 8% SATURATED FAT 0.8g 4% CARBS 39.4g 13% SODIUM 704mg 29% 12.7g sugar 4.4g fiber 5.8g protein 3mg cholesterol

Source: savoryonline.com





May Themes

History of Older Americans Month

When Older Americans Month was established in 1963, only 17 million living Americans had reached their 65th birthday. About a third of older Americans lived in poverty and there were few programs to meet their needs. Interest in older Americans and their concerns was growing. A meeting in April 1963 between President John F. Kennedy and members of the National Council of Senior Citizens led to designating May as “Senior Citizens Month,” the prelude to “Older Americans Month.”

Historically, Older Americans Month has been a time to acknowledge the contributions of past and current older persons to our country, in particular those who defended our country. Every President since Kennedy has issued a formal proclamation during or before the month of May asking that the entire nation pay tribute in some way to older persons in their communities. Older Americans Month is celebrated across the country through ceremonies, events, fairs, and other such activities.

Nutrition for Older Adults and Seniors

We should all be eating healthily, right? What makes it different for seniors? As you grow older, your metabolism begins to change, slowing down so you don’t need as many calories. It’s important to modify portion sizes to maintain a stable weight.

However, unlike calories, as you age your body starts to need more of specific nutrients like calcium, vitamin C and magnesium. A balanced, healthy diet will help you stay active, energized and prevent a variety of chronic health conditions, like heart disease, diabetes, high blood pressure and osteoporosis.

Experts consider these the BEST FOODS for seniors

So, what is the healthiest diet for seniors? It really depends on your individual needs, but there are specific foods that can benefit most seniors’ overall health. For instance, calcium-rich foods can help prevent osteoporosis. Heart-healthy foods for seniors include those rich in healthy fats and antioxidants. A diet high in potassium, calcium and magnesium can help seniors struggling with high blood pressure.

It’s all about choosing what works best for you. A good place to start? Talk with your doctor and start substituting healthy, whole

foods into your diet like those recommended below.

Fruits and vegetables. Fruits and veggies pack a healthy punch when it comes to vitamins and antioxidants – think calcium and vitamins D and C. They can also be a great source of healthy carbohydrates and fiber, all things an aging body needs. Here are some of the most nutrient-rich fruits and vegetables to add to your shopping list.

Dark berries—Dark berries like raspberries, blueberries and dark cherries are rich in fiber, potassium, magnesium and vitamin C. They’re also relatively low in natural sugar, something that’s very important to consider when consuming fruit.

Leafy greens—Nutrient-dense leafy greens like spinach, kale, chard and arugula are an excellent source of fiber. Leafy greens can also be rich in calcium, vitamins A and K and iron. They’re known to lower your risk of heart disease and osteoporosis.

Citrus fruits—Citrus fruits like oranges, grapefruit and tangerines are rich in vitamin C, which may help with immunity, repairing damaged tissue and fighting off infection.

Legumes—A good source of both protein and fiber, legumes like chickpeas, black beans, kidney beans and lentils can help



Continued from prior page.

with inflammation. They are rich in potassium, iron and magnesium but without much fat or cholesterol. Legumes make a great substitute for meat if you're looking to add more protein diversity into your diet.

Lean proteins—Protein plays an important role in a healthy diet for seniors. Within the body, it helps build and repair muscle, store energy and regulate many of our internal processes. There are many foods you can introduce into your diet that will give you the protein you need, especially as a senior. Aim for lean meats like wild-caught salmon, eggs, dense vegetables and even nuts and seeds.

Whole grains—These grains keep the healthy natural layers they have during harvest, where processed grains have many of these nutritional layers stripped away. Because of this, whole grain wheat, oats and rice are rich in vitamins, minerals and unsaturated fats. They're also an excellent source of fiber, which keeps you fuller for much longer. A diet rich in whole grains has been known to help prevent diabetes and heart disease.

Dairy—It's estimated that around 10 million Americans over 50 years old suffer from osteoporosis. This condition weakens your bones, making them brittle and increasing the likelihood of fracture. One of the best tools in your arsenal against osteoporosis is calcium. Make sure you maintain a healthy level of dairy intake with foods like milk, plain yogurt and cheese, which can help prevent the calcium deficiency many seniors face.



What foods should seniors AVOID?

So now that we've covered the best of the best, let's take a look at some of the most common health offenders. These foods can seriously compromise a happy, healthy future full of playing with the grandkids and enjoying retirement. Not only can they contribute to chronic conditions, but studies also suggest that some of these foods can even cause depression and mental health issues.

Fast food—Fast food is ultra-processed food, and it is heavy in fat, salt and sugar. That's why it's often cited as one of the easiest foods for seniors to taste, because as we age, our number of taste buds starts to decrease. And while the occasional treat is perfectly fine, a diet based around fast food can cause a lot of health issues for seniors, such as high blood pressure, diabetes, heart disease and other chronic conditions.

Alcohol—As you age, alcohol begins to affect the body differently. The tolerance you had when you were younger shifts as your metabolism starts to slow and your lean body mass drops. Not only can alcohol disrupt sleep, raise blood pressure and worsen diabetes, but alcohol impairment can lead to slips and falls – something seniors already struggle with. And even worse, it can also affect the medicines you take.

High-sodium foods—Most American adults consume way too much salt, and that's a big problem. Heavy sodium intake can greatly affect your overall health, raising blood pressure and increasing your risk of stroke or heart attack. Some salty foods to avoid include processed snack foods (like chips and nuts), frozen and canned food, salted meats and more. The Centers for Disease Control and Prevention (CDC) recommends no more than 2,300 milligrams of sodium per day for anyone over the age of 14.

Healthy eating can seem a little overwhelming, but you don't have to do everything at once. Even seemingly minor changes to your diet or habits can have a big impact.

<https://www.healthpartners.com/blog/best-diet-for-seniors/>.



May Recipes

Shaved Fennel Salad



Ingredients

2 medium fennel bulbs, trimmed and sliced paper-thin
 1 medium zucchini or cucumber, sliced into paper-thin coins
 ⅓ cup firmly packed chopped fresh dill
 ⅓ cup lemon juice
 ⅓ cup extra virgin olive oil
 ¼ tsp sea salt
 ½ cup pine nuts
 3 cups arugula
 honey, if needed
 ⅓ cup crumbled reduced fat feta cheese

Steps

In a bowl, combine the fennel, zucchini, dill, lemon juice, olive oil and ¼ teaspoon salt. Set aside to marinate for 20 minutes, up to one hour.
 Prior to serving, preheat oven to 350°F.

Place pine nuts on a baking sheet and toast for about 10 minutes, shaking halfway through until fragrant and golden brown. When ready to serve, place arugula in a large bowl and pour all of the fennel mixture on top. Toss together gently but evenly. Adjust taste with more dressing, salt or a drizzle of honey.
 Serve topped with toasted pine nuts and reduced fat feta crumbles.

Nutrition Information

Nutrition information CALORIES 266kcal
 13% FAT 25.0g 38% SATURATED FAT 3.6g
 18% CARBS 9.3g 3% SODIUM 264mg 11%
 4.5g sugar 3.5g fiber 5.4g protein 4mg cholesterol

Source: savoryonline.com

Pasta Primavera

Ingredients:

1 lb rigatoni
 1 bunch asparagus, trimmed
 1 medium zucchini
 2 tbsp olive oil
 2 large tomatoes, chopped
 2 cloves garlic, finely chopped
 ¾ cup frozen peas, thawed
 1 cup low-sodium chicken broth
 ⅔ cup heavy cream
 ¼ cup chopped basil leaves, to garnish
 ⅓ cup grated Parmesan, to garnish

Steps

Heat a large pot of salted water to a boil. Cook the rigatoni according to package directions. Meanwhile, slice the asparagus on an angle into ½-inch lengths. Two minutes before rigatoni is cooked, add asparagus to pasta pot. Drain well and return to pot.

Meanwhile, halve the zucchini lengthwise, then thinly slice into half-moons. In a 12-inch skillet, heat the oil on medium. Add zucchini and tomatoes. Season with salt.

Cook 5–6 min., until zucchini begins to soften, stirring occasionally. Add the garlic and peas and cook 2–3 min., until peas are warm, stirring often.

To skillet, add the broth and cream. Heat to a simmer. Cook 4–5 min., until reduced and thickened slightly, stirring occasionally. Season with salt and pepper to taste.

To pot with drained pasta and asparagus, add cream and vegetable mixture. Toss until well combined. To serve, garnish with the basil and Parmesan.

Nutrition information CALORIES 450kcal
 23% FAT 16.0g 25% SATURATED FAT 7.0g
 35% CARBS 64.0g 21% SODIUM 48mg 2%
 6.0g sugar 5.0g fiber 13.0g protein 30mg cholesterol

Source: savoryonline.com



May Recipes

Spring Gazpacho

Ingredients

2 onions
1 head lettuce
1 (16 oz) package frozen peas
1 cup low sodium chicken broth
1 (.75 oz) package chives

Steps

Chop the onions. Heat the butter in a large pan and fry the onions 3 min. Wash and dry lettuce leaves and cut into strips.

Put the peas, lettuce, 2 cups water and broth in a pot. Bring to a boil and simmer for 5 min. on low heat.

Set aside $\frac{1}{4}$ of the chives for garnish. Finely

chop the rest of the chives.

Remove the pan from the heat, stir in the chives and purée in a blender or with an immersion blender. Season with salt (in moderation) and pepper.

Let cool 30 min. and then chill, covered, 3 hours. Garnish the soup with the chives and serve.

Nutrition information CALORIES 185kcal 9% FAT 6.7g 10% SATURATED FAT 3.7g 19% CARBS 24.7g 8% SODIUM 274mg 11% 9.5g sugar 8.7g fiber 9.1g protein 15mg cholesterol

Source: savoryonline.com



Fish Tacos with Quick Slaw

Ingredients:

$\frac{1}{2}$ teaspoon ground cumin
 $\frac{1}{4}$ teaspoon crushed red pepper
1 tablespoon lime juice
1 tablespoon olive oil
12 oz. tilapia, thawed if frozen
1 avocado, halved and cut into thin slices
1 large tomato, diced
12 corn tortillas
dash hot sauce, to taste (optional)

Quick Slaw

2 cups packaged coleslaw mix
2 green onions, sliced
 $\frac{1}{4}$ cup chopped cilantro
1 tablespoon olive oil
1 tablespoon lime juice

Steps

Preheat oven to 425°. In a shallow baking dish, whisk together cumin, crushed pepper, lime juice, olive oil, pepper and salt. Add tilapia and marinate at room temperature for 10-15 minutes. Wrap tortillas in foil.

Bake fish until just cooked through, about 10 minutes. Place foil wrapped tortillas in oven for last 5 minutes of cooking time.

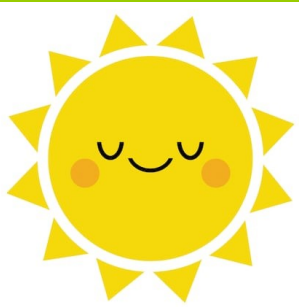
While the fish is cooking, combine the ingredients for the coleslaw in a large serving bowl. Season to taste with pepper and salt.

Top warmed tortillas with flaked fish, slaw, sliced avocados, chopped tomatoes and hot sauce, if desired.

Nutrition information CALORIES 256kcal 13% FAT 10.6g 16% SATURATED FAT 1.7g 9% CARBS 27.6g 9% SODIUM 66mg 3% 2.7g sugar 6.1g fiber 15.5g protein 28mg cholesterol

Source: savoryonline.com





June Themes

How to Protect Your Skin from the Sun

Shade

You can reduce your risk of sun damage and skin cancer by staying in the shade under an umbrella, tree, or other shelter. Your best bet to protect your skin is to use sunscreen or wear protective clothing when you're outside—even when you're in the shade.

Clothing

When possible, wear long-sleeved shirts and long pants and skirts, which can provide protection from UV rays. If wearing this type of clothing isn't practical, try to wear a T-shirt or a beach cover-up. Clothes made from tightly woven fabric offer the best protection. A wet T-shirt offers much less UV protection than a dry one, and darker colors may offer more protection than lighter colors. Some clothing is certified under international standards as offering UV protection.

Hat

For the most protection, wear a hat that has a brim all the way around that shades your face, ears, and the back of your neck. A tightly woven fabric, such as canvas, works best to protect your skin from UV rays. Avoid straw hats with holes that let sunlight through. A darker hat may offer more UV protection.

If you wear a baseball cap, you should also protect your ears and the back of your neck by wearing clothing that covers those areas, using sunscreen, or staying in the shade.

Sunglasses

Sunglasses protect your eyes from UV rays and reduce the risk of cataracts. They also protect the tender skin around your eyes from sun exposure.

Sunglasses that block both UVA and UVB rays offer the best protection. Most sunglasses sold in the United States, regardless of cost, meet this standard. Wrap-around sunglasses work best because they block UV rays from sneaking in from the side.

Source : https://www.cdc.gov/cancer/skin/basic_info/sun-safety.htm#print



June Themes

14 Tips to Survive End of School Year

1. Keep on Your Schedule. It might seem easy to relax and let things slide during the last few weeks. ...
2. Hang up a Countdown Calendar. ...
3. Look Forward to Field Day. ...
4. Log Some Research Hours. ...
5. Pack a Surprising Lunch. ...
6. Set Goals. Setting goals for yourself both personally and academically will help you stay on track. ...
7. Stay Organized. ...
8. Don't put off responsibilities. ...
9. Remember what you've worked for. ...
10. Get motivated. ...
11. Take advantage of the nice weather. ...
12. Take a time out. ...
13. Adjust your attitude.
14. Enjoy the Sunshine



Sun Safety Tips for Schools

Recess and other outdoor activities during the day can put students at risk if their skin isn't protected from too much exposure to the sun. Teachers and school administrators can take steps to protect students from getting skin cancer later in life.

- Provide shade structures or trees.
 - Move outdoor activities to shaded areas.
- Plan for shade when developing or renovating school buildings, playgrounds, or athletic fields. [Shade Planning for America's Schools \[PDF-975KB\]](#) can guide you.

- Encourage students to wear hats, sunglasses, and sunscreen outdoors.
 - Try to avoid scheduling outdoor activities when the sun is strongest.
- Provide breaks during outdoor activities so that students can reapply sunscreen and get water.

Proven skin cancer prevention interventions and educational programs are available for child care centers and schools. The National Cancer Institute's [Evidence-Based Cancer Control Programs website](#) lists sun-safety programs for schools.

Source : https://www.cdc.gov/cancer/skin/basic_info/sun-safety.htm#print





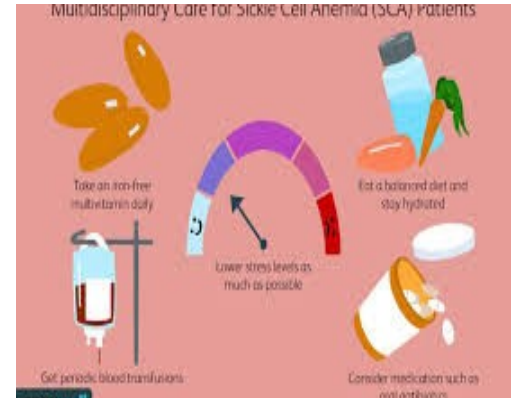
June Themes

Shine the Light on Sickle Cell

June 19 was officially designated as World Sickle Cell Awareness Day. The international awareness day is observed annually with the goal to increase public knowledge and an understanding of sickle cell disease, and the challenges experienced by patients and their families and caregivers.

Shine the Light is a national awareness campaign to celebrate World Sickle Cell Day. We invite you to join with friends, family, neighbors and others in your community, as people around the nation and across the globe host and hold local gatherings to shine the light on sickle cell disease. Together, we must and will find a universal cure for sickle cell disease!

Learn more at <https://wepsicklecell.org/sinerge/shine-the-light/>



Family Health & Fitness Day Is Saturday, June 8

Family Health & Fitness Day will be held on June 8, 2024! Celebrated the second Saturday in June each year, this special day promotes the importance of parks and recreation in keeping communities healthy and active.

Park and recreation agencies everywhere

are encouraged to participate by sharing ways families can get active on June 8 — whether through participating in virtual programs at home or in their local parks. Members of the healthcare and public health communities are encouraged to participate, as well, even as sponsors.



June Recipe

Marinated Strawberries with Lime & Basil

Ingredients

1 lb. strawberries
1 lime
¼ cup basil
2 tbsp confectioners' sugar

Mix the strawberries, zest, juice, basil, and sugar in a bowl. Cover with plastic wrap and leave to marinate for at least 10 min.

Nutrition information CALORIES 54kcal 3%
FAT 0.4g

Steps

Remove the stems and halve the strawberries. Zest and juice the lime. Thinly slice the basil.

Source: savoryonline.com



Recipe

Recipe

Source: savoryonline.com

Save The Dates! Upcoming Classes



Date	Online Class Description	Time	Cost
March 6th	Food Safety—Capture the Flavor—Herbs & Spices	11:30am	Free
May 7	Community Needs Assessments /90 Year NEAFCS Celebration (Survey– Light Lunch Served)	11:30am-1:30pm	Free
Mar. 27	Health Literacy: Healthy Homes with Green Cleaning	11:30 am	Free online— Donation
Apr. 10	Nutrition, Health & Wellness: The MIND Diet	11:30 am	Free
April 17	Nutrition Plus– Mind Diet—Eating for Brain Health	11:30am	Free
April 24	Nutrition Plus—Mediterranean Diet	11:30am	Free
May 1	Nutrition Plus & Arthritis	11:30am	Free
May 15	Food Safety—Capture the Flavor—Herbs & Spices	11:30am	Free
June 5th	Nutrition Plus– The Power of Plant Base Diet & Nutrition	11:30am	Free
June 12	Yoga and Mindful Nutrition	11:30am	

Register at
[Agnr.umd.edu/
events](https://Agnr.umd.edu/events)
 or
[www.jenniferdc.ev
entbrite.com](http://www.jenniferdc.ventbrite.com)

If you need a reasonable accommodation to participate in any event or activity, please contact your local University of Maryland Extension Office at least two weeks in advance.

Contact the Faculty Extension FCS/Nutrition Educator for more information

Jennifer Dixon Cravens, MS email: jdixoncr@umd.edu

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