



# WELLNEWS

APRIL 2013

## Spring Ahead of Allergies



Ah, spring. It's the perfect time for cleaning, yard work and outdoor activities. Unfortunately, it's also time for allergy season. During spring, trees and plants release pollen and other allergens, which can trigger those annoying sniffles and sneezes. Get a spring on allergies this season by following these tips from the American Academy of Allergy, Asthma & Immunology.

**At home:** Close windows at night to keep pollen and molds from drifting into the house. Dry the air with an air conditioner. This helps keep irritating allergens from growing in your home. Also, avoid hanging clothes or sheets outside to dry because molds and pollen can collect on them.

**Outside:** Avoid doing yard work or physical activities in the morning. It's when the most allergens are released. Also, stay inside on windy or humid days when pollen and mold counts are highest.

**On vacation:** If you're planning a vacation this season, beat allergies the easy way by traveling to pollen-free destinations like the beach.

For tips on how you can keep ahead of allergies each season, visit the Asthma and Allergy Foundation of America at [www.aafa.org](http://www.aafa.org) and click on the "Allergies" tab. There you can find informational videos and brochures and sign up to receive free allergy updates.

### Sneezin' Season

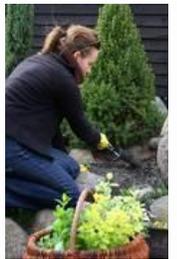
Fatigue and weakness, sneezing, and a stuffy or runny nose can be either Allergy or Cold symptoms. Cold sufferers sometimes experience general aches and pains and fever; allergy sufferers do not. On the other hand, itchy eyes are a telltale sign of allergies.



The biggest difference: Although colds come and go in three to 14 days, allergies persist for weeks and often at the same times each year.

If you're still unsure or suspect it's allergies, visit your doctor for testing, diagnosis and treatment.

### Cleaning with Caution



You know it's spring when the flowers are blooming, the birds are chirping and the garage is just begging to be cleaned out.

Spring-cleaning can be good exercise, but it also can result in injury. Stay safe with these tips from the American Association of Orthopaedic Surgeons:

- Stretch and perform warm-up exercises before undertaking physical tasks.
- Lift heavy objects with your feet shoulder-width apart and bend with your knees while tightening your stomach muscles.
- Use a step stool instead of a chair to reach high places.
- Use ladders on firm, level ground.
- Have your lawn mower serviced to ensure it's working properly. Wear closed-toe shoes when mowing.
- Wear gloves while working in the garden and trimming trees.
- Store chemicals in their original containers at the proper temperature, and keep them away from small children and animals.

*Personalized Care*

## Bike and Wheels Safety for Big Kids At Play

As the training wheels come off your child's bike, the risk for bike and wheeled-related injury may increase. To stay safe on two-, three- and four-wheeled toys and vehicles, big kids need to learn the rules of the road and practice safe behaviors.

A single rule – wear a helmet – can reduce the risk of head injury by as much as 85 percent. Learn how to keep your big kid safe when riding a bike or wheeled vehicle.

### Top Tips

#### Before riding:

- Make sure your child has the right size helmet and that he wears it every time when riding, skating or scooting.
- Inspect bicycles, scooters and skateboards to ensure that reflectors are secure, brakes work properly, gears shift smoothly and tires are tightly secured and properly inflated.

#### During riding:

- Actively supervise children.
- Avoid riding bikes, skateboard or scooters in and around cars.
- Practice bike safety: learn the rules of the road, wear reflective clothes and stickers and ride on sidewalks when possible.

#### After riding:

- Maintain equipment properly.



### Safety Tools

There are many tools that parents can use to help to keep children safe from injuries. Many of them are affordable and can be found at many stores.

Source: [www.safekids.org](http://www.safekids.org)

## Suggestions for Observing Earth Day – April 22, 2013

- **Do not get a paper phone book** – Instead of getting a paper phone book. Use an online directory instead.
- **Give things away** – Take things that you are not going to wear or use and give it to a charity or someone who will use it.
- **Buy rechargeable batteries** – Even though it will take a good investment to buy these you will find yourself gaining it back in no time.
- **Pay your bills online** – If every house in the US did this then we would save 18 million trees every year.
- **Walk or ride your bike when you can** – If you have to go somewhere close consider riding your bike or walking there instead of your car. It is better on the environment and healthier.

Source: <http://earthdaycentral.com/earth-day-resolutions>

## Healthy Family Activities

Be sure to check out this month's healthy family activities in your community at: <http://search.active.com/?tab=events>



## Skinny Guacamole



### Ingredients:

1 large zucchini, cut into 1/2-inch cubes  
1 large ripe avocado, cubed  
1/4 cup coarsely chopped fresh cilantro  
1/4 cup finely chopped onion  
2 cloves garlic, minced  
2 tablespoons lime juice  
1/2 teaspoon hot sauce, such as Tabasco, or more to taste (can use salsa too)  
1/4 teaspoon salt  
Makes 4 servings

### Preparation:

1. Place zucchini in a microwave-safe dish, cover with a damp paper towel and microwave on high until tender, 4 to 5 minutes. Drain in a sieve, pressing lightly on the zucchini to extract any liquid.

2. Transfer the zucchini to a large bowl and mash a little. Add avocado, cilantro, onion, garlic, lime juice, hot sauce and salt and coarsely mash until combined.

Per serving (1/2 cup) : 96 calories; 8 g fat ( 1 g sat , 5 g mono ); 0 mg cholesterol; 8 g carbohydrates; 0 g added sugars; 2 g protein; 4 g fiber; 167 mg sodium; 409 mg potassium.

Source: Adapted from EatingWell: May/June 2012  
[http://www.eatingwell.com/recipes/skinny\\_guacamole.html](http://www.eatingwell.com/recipes/skinny_guacamole.html)