

HEALTHY OUTCOMES

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eat your fruit and veggies!

June is National Fresh Fruits and Vegetables Month. And it's no wonder—during the warm summer months many fresh fruits and vegetables are at their peak. So, take advantage of nature's bounty and make an effort to include more fruits and vegetables into your family's diet. Here are some tips to help:

- Start early: Top your morning breakfast cereal with fresh berries, bananas, or peaches for added flavor and nutrition.
- Add some crisp lettuce leaves and juicy tomato slices to a sandwich or wrap.
- Kids love foods they can “dip,” so encourage them to dip their veggies in a delicious, healthy fresh tomato salsa.
- Keep fresh veggies and fruits on a platter in the refrigerator so kids (and you!) can grab some any time—cooling off by the pool, reading a book, or cooking dinner.

(Continued on page 5)

INSIDE THIS ISSUE:

- 1 - Eat Your Fruits and Veggies!
- 1 - Farewell, Toby
- 2 - Hay Fever: Causes and Treatments
- 5 - Blueberry Walnut Salad
- 6 - 7 Ways to Serve Strawberries
- 7 - 13 Tips for a Healthier Barbecue



Farewell, Toby

The Central PA HCQU would like to wish a treasured colleague, **Toby Wolfe**, all the best in her retirement slated for July. While she will be greatly missed by all of us at the HCQU, without question the Lycoming Clinton county provider agencies will be sad to see her leave. Melody Wolf, Vice President, Professional Support Services of Hope Enterprise, Inc. (HOPE) states, “The difficulty of saying goodbye to Toby is figuring out how to express gratitude

(Continued on next page)



HAY FEVER: Causes & Treatments

by Berkeley Wellness | March 06, 2017

Hay fever is a misnomer: It's not usually caused by hay and does not produce a fever. Rather, it is an allergic reaction that occurs in your eyes, nose, and throat. The proper name is allergic rhinitis, and it's thought that almost 8 percent of people age 18 and over in the U.S. are affected by it. According to the Asthma and Allergy Foundation of America, in 2010 Americans lost more than 6 million work and school days due to hay fever.

Seasonal hay fever (seasonal allergic rhinitis) is generally caused by airborne pollens and outdoor mold spores that proliferate in warm weather, from spring to fall. Perennial hay fever, triggered by such allergens as household dust, animal dander, hair, fur, dog saliva, feathers, or mold spores, can flare up at any time of the year.

Symptoms of hay fever

For hay fever caused by grass, tree, and ragweed pollens, symptoms occur seasonally—typically from spring to mid-September. Other hay fever allergens are present year-round, in which case symptoms can occur anytime, indoors or outside. Symptoms of a hay fever attack include:

- Persistent sneezing, itchy or runny nose, and swollen nasal passages.
- Red, itchy, puffy watery eyes.
- A dry itchy throat (or roof of the mouth), itchy

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Farewell, Toby...

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in so few words. Toby, as you retire please know that you had a **great impact** on the individuals and staff at HOPE. Always upbeat, kind, reassuring and empathetic is how you will be remembered. You taught us so much beyond the assigned topic on any given day. Best wishes, we will miss you.”

The years Toby has worked here have been marked by unsurpassed efficiency and excellence. It has been a joy to work with someone so passionate, calm and professional all at the same time. Thank you for being a tireless professional, a helpful coworker, and a good friend. Congratulations on a job well done and a retirement well deserved. Now go and relax! ■

Did you know... the bananas we eat are all actually cloned from a single banana plant in southeast Asia which means every single banana is the same banana. Also, bananas are technically herbs.

Hay Fever...

(Continued from previous page)

skin, and wheezing.

Headaches also often develop, perhaps due to congested sinuses.

What causes hay fever?

It's your own immune system reacting to foreign substances referred to as allergens that causes the runny nose and other symptoms of hay fever. When an allergen enters the nose, throat, or eyes of someone who is susceptible to it, the body responds first by developing a sensitivity to it, then, upon further exposures, by releasing histamines and other inflammatory compounds (designed to fight off this foreign "invader") into the affected areas. The resulting inflammation of the mucous membranes produces the symptoms of hay fever.

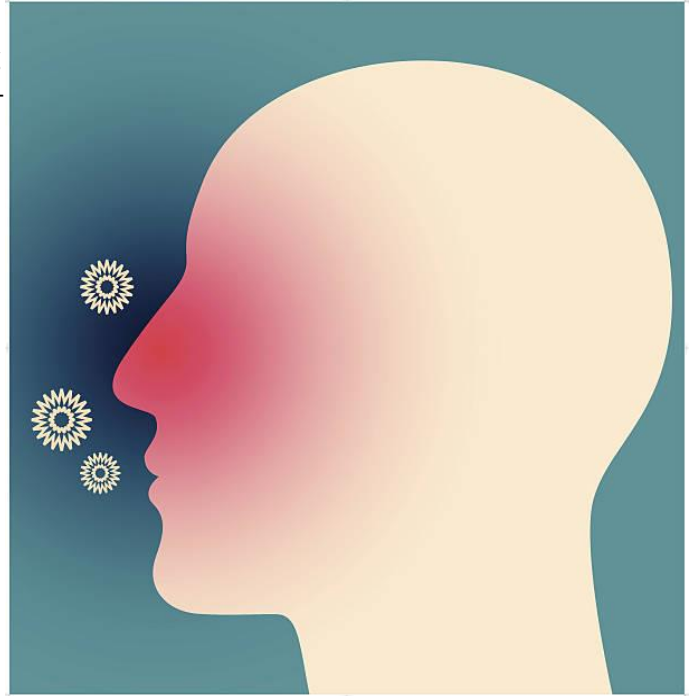
A number of different allergens can trigger rhinitis—and they vary from person to person. Ragweed, grass, and tree pollens are the worst culprits, along with mold spores. Flower pollens are too heavy to be airborne (bees carry them), so they are seldom a cause of hay fever. Grass and tree pollens become airborne in

spring. Ragweed gets going in the late summer and early fall followed by an upsurge of molds and fungi that live in decomposing leaves.

Many molds are present year-round, indoors and outside. Some allergies are triggered by animal dander, feathers, cosmetics, cigarette smoke, and dust mites, as well as other indoor pollutants. Dust mites peak in warm, humid weather.

How to prevent hay fever

- **Pinpoint the allergy.** The first step in controlling hay fever is to find out what you are allergic to. If you don't know, you should see your physician to help diagnose the allergen that triggers your symptoms.
- **Don't wait to take meds.** Allergy medications work best when taken before you come in contact with allergens and develop symptoms. That way the drugs can prevent or reduce the



production of chemicals responsible for allergy symptoms.

- **Stay informed about pollen counts.** Radio and television stations often broadcast pollen counts, and you can get local information and forecasts from the National Allergy Bureau or at Pollen.com. If you hear that pollen counts have risen, you may want to carry medication when you leave the house or postpone outdoor activity until things clear up.
- **Stay indoors on bad days.** When pollen counts are high, people with severe allergies should stay indoors if

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Did you know... fruits and veggies are nutritious in every form so you can eat them fresh, frozen, or even drink them and you'll get the same benefits.

Hay Fever...

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possible, opting to do outdoor tasks in the evening, when pollen tends to be lower. Keep windows closed and use an air conditioner if you have one.

- **If you do go outdoors, wash your hair afterwards.** Washing your hair after spending time outside when the pollen count is high will remove pollen and thus may prevent a nighttime sneezing attack caused by pollen that falls from your hair onto the pillow.
- **Try cromolyn nasal spray (brand name NasalCrom).** Available over the counter, this product is considered a safe and effective medication for preventing hay fever symptoms.
- **Check your car's air conditioner.** Just like home air conditioning, your car's AC system can help reduce your exposure to allergens. But if your car's air conditioner seems to be making you sneeze, have your car treated with a disinfectant registered with the Environmental Protection Agency (EPA), available at car dealer service departments, some service stations, and most auto AC shops.
- **Don't count on air purifiers.** Many large particles, such as from dust mites and pollen, settle on surfaces and don't get filtered.
- **Avoid smoke and other irritants.** In addition to not smoking, you should also avoid smoky environments. Insect sprays, fresh paint, and other household chemicals can also be irritating.



- **“Allergy-proof” your house.** If you're allergic to dust and dust mites, take steps to combat them. Remove some or all carpets and soft furnishings. Keep floors and furniture dust-free. Get rid of feather pillows; use synthetic materials instead. Enclose your mattress in a plastic casing. Wash clothing frequently.
- **If you're allergic to your pet,** the best remedy is to find another home for it. If that is out of the question, at least try to keep the pet out of your bedroom.
- **Don't overlook indoor plants.** Many people with allergic rhinitis are affected by at least one plant in their home, typically ficus and yucca, followed by ivy and palm trees. Mold spores are often found on the leaves of indoor plants and can cause allergic symptoms.
- **Get assistance.** If molds and fungi set you off, get somebody else to do your yard cleanup in the fall.

When to call your doctor

In itself, hay fever is not a serious health problem and doesn't cause any permanent harm. But to alleviate it, you need to find out what you are allergic to. If you don't know, you should see a physician, who may be able to determine what triggers your attacks. You should also call a doctor if any type of secondary infection develops in your sinuses – signaled by pain, fever, a green or yellow discharge, or tenderness in the sinus areas or the teeth. ■

Did you know... Brussels sprouts are among the most nutritious veggies out there. They are packed with vitamins and minerals, have virtually no calories, no fat, no cholesterol, and even fill you up.

Eat Your Fruits and Veggies...

(Continued from page 1)

- Go to a farmers' market to find the freshest, in-season produce.
- Plant your own garden—or just a small tomato plant on the back porch. There's nothing quite like homegrown fruits and vegetables.
- Have some dessert! Fruits are full of natural sweetness—the perfect way to round out a meal.

Eating fruits and vegetables may reduce your risk of cancer, diabetes, and many other diseases. To find out how many fruits and vegetables you and your family should be eating, use this great calculator from the Centers for Disease Control and Prevention: <https://super-tracker.usda.gov/>. The U.S. Department of Agriculture has more information about the benefits of eating fruits and vegetables as well as lots of great tips to help you incorporate fruits and vegetables into your diet. ■



BLUEBERRY WALNUT SALAD

An easy, yummy salad, perfect for any season, with berries, nuts, and greens. For an entree add chicken, diced apples, and diced green onions!

Ingredients

- 1 (10 ounce) package mixed salad greens
- 1 pint fresh blueberries
- 1/4 cup walnuts
- 1/2 cup raspberry vinaigrette salad dressing
- 1/4 cup crumbled feta cheese

Directions

In a large bowl, toss the salad greens with the blueberries, walnuts, and raspberry vinaigrette. Top with feta cheese to serve.



The next PPC meeting is scheduled for June 27, 2017 from 10 am to 12 noon at Hope Enterprises, 2401 Reach Road, Williamsport, PA.

Guest speakers include Nancy Richey, Supporting Families Statewide Initiative Coordinator and Cortney McCaleb, Human Services Program Representative Supervisor, ODP presenting on “Life Course Tools.” ■

Did you know... calorie for calorie, there is more protein in broccoli than steak.



7 *Ways to Serve* *Strawberries*

By Berkeley Wellness | June 2015

Strawberries are a favorite fruit for jams and shortcake. But you can enjoy them in so many more ways. Here are seven serving suggestions for strawberries...

- 1.** Layer fresh strawberries and creamy yogurt or ricotta in a glass for a delightful parfait.
- 2.** Toss sliced strawberries with fresh spinach, sliced almonds and crumbled feta or goat cheese for a sweet and tart salad. Dress the salad with champagne vinegar and olive oil.
- 3.** For a summer dinner salad, chop a couple of cooked chicken breasts and toss with diced strawberries, a minced green onion, a bit of basil, and toasted almonds.
- 4.** Create a strawberry salsa. Mix chopped strawberries with chopped avocado (or mango), red onion, cilantro, jalapeno pepper, and lime juice. Serve with tortilla chips or over grilled fish, chicken, or pork.
- 5.** Blend with ice, yogurt, and honey for a quick smoothie. Toss in a banana or some mango to liven it up.
- 6.** Want a quick summer dessert? Drizzle sliced strawberries with a little balsamic vinegar. Serve over vanilla ice cream and garnish with shaved chocolate.
- 7.** Slice strawberries, toss with a teaspoon of sugar and let the mixture sit for a half-hour, until it becomes syrupy. Serve over pancakes for a breakfast treat. ■



13 Tips for a Healthier Barbecue

By Berkeley Wellness

USE VEGGIE POWER

Take the focus off meat. Try grilling mushrooms, carrots, peppers, squash and more on a kabob skewer. Brush with oil to keep the vegetables from drying out. And don't neglect grilled corn. Cooking corn boosts levels of antioxidants and other healthful phytochemicals; this also happens when corn is heat-processed before canning. The same is true of carrots and tomatoes: processing and cooking make the carotenoids in them, notably beta carotene and lycopene, more readily available.

COOK MEAT SAFELY

Cooked over high heat, fat drips onto the heating element, forming potentially cancer-causing chemicals that are deposited on the meat by the rising smoke. This also occurs to some extent when meat, poultry or fish is broiled or pan-fried, especially if it's cooked until well done. To reduce the risks from grilled meats, pick low-fat cuts and trim all visible fat. Wrap meat in foil to protect it from the smoke. Don't place the meat directly over the heat source (push the coals to the sides of the grill once they are hot). Place aluminum foil or a metal pan between the meat and the coals to catch the dripping fat. And scrape off charred parts from the cooked meat.

MARINATE BEFORE COOKING

If you're grilling meat, chicken or fish, marinate it first in the refrigerator—and not just for good taste. One study showed that a chicken breast marinated in olive oil, cider vinegar, lemon juice, garlic, mustard and salt produced fewer potentially cancer-causing heterocyclic amines than unmarinated chicken when grilled for 30



minutes. Marinating reduced some of the risky substances by 99 percent. If you want to consume the marinade the meat sat in, be sure to boil it for at least one full minute before serving it as a sauce.

HANDLE GROUND MEATS CAREFULLY

They are more perishable—and more likely to cause food poisoning—than other meats. Once ground, the meat has a larger surface area than whole cuts, making it an easier target for bacteria. When cooking burgers, don't judge doneness by the color inside. Burgers that look brown in the center may not be cooked through and thus may be unsafe to eat. Cook burgers to an internal temperature of 160°F (71°C) per a meat thermometer.

KEEP BACTERIA OUT OF YOUR FOOD

Between rounds at the grill, wash all equipment

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Healthier Barbecue...

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that comes in contact with food—especially raw meats—including the utensils and cutting board. And don't let cooked or refrigerated foods sit around. In hot weather (above 90°F) foods should never sit out for more than one hour before going in the refrigerator. Before you eat, re-heat foods (such as hot dogs and burgers) to at least 160° F (71° C) to be sure that any harmful microorganisms are destroyed.

OBSERVE THE THREE-QUARTER PLATE RULE

That's how much of the food on your plate should be grains, vegetables, legumes and fruit, leaving just one-quarter for meat, chicken or fish. This will help you get a good mix of nutrients, control portion sizes and cut down on calories.

START WITH A SALAD

One study found that people who ate three cups of low-fat salad before lunch ended up eating 12 percent fewer calories at the entire meal than those skipping the salad. The key is to avoid high-fat dressings and cheese. More good news: a three-cup salad will provide three of the five to nine servings of produce you should eat daily. For more nutrients, select dark salad greens: Romaine lettuce, spinach, watercress, arugula and chicory; skip the iceberg lettuce.

GO FOR LOW-CALORIE SIDES

For coleslaw, skip the mayonnaise in favor of a dressing made of 1/2 cup plain nonfat yogurt, 3 tablespoons apple juice and 2 tablespoons vinegar. That's enough for 1 1/2 pounds of shredded red cabbage with 2 cups of shredded carrots, 2 shredded celery stalks, 1/3 cup raisins and 1 diced apple. Each one-cup serving has just 74 calories and almost no fat.

SKIP THE ROLLS

Try pita (or pocket) bread, which has only 70 to 80 calories per ounce and almost no fat. Whole-

wheat pita, like whole-wheat bread, is more nutritious than that made from refined wheat. Pita's main advantage is its small serving size: a typical 7-inch pita weighs only 2 ounces and has only 150 calories, versus 4 ounces or more and at least 300 calories in the average long sandwich roll or bagel.

CHOOSE REAL JUICES OR SELTZER

Check the label on anything called "drink," "beverage," "punch," "juice blend," "-ade" or "juice cocktail." It is likely to contain little fruit juice—but a lot of water and sugar (generally corn syrup). Thus, your "tropical punch" may contain only 10 percent juice, or your "cranberry juice cocktail" just 25 percent juice. Manufacturers must disclose the type and percentage of juices in a fruit beverage on the labels. Don't assume that "natural" sodas containing fruit juice are lower in calories than regular sodas either. Stick with plain or flavored seltzers, or mix them with juice.

CHOOSE ALCOHOLIC DRINKS CAREFULLY

Don't assume that a wine cooler is "light." A 12-ounce bottle may contain more alcohol than a 12-ounce can of beer. It also contains 150 to 300 calories. If you like wine but want to avoid the alcohol, try nonalcoholic wines, which contain less than 0.5% alcohol. Removing the alcohol eliminates many "empty" calories, too. Don't assume that light beers are "light" in alcohol either: most brands contain nearly as much alcohol as regular beer. The "light" in beer refers to calories, which must be reduced at least 25 percent. To avoid alcohol, try nonalcoholic beers.

SERVE HEALTHIER DESSERTS

For a truly healthy dessert, grill fruits such as peaches, pineapple or mangoes. Most frozen fruit-juice pops, sorbets and ices are only very distantly related to fresh fruits or their juices. They're more like frozen sweetened water. They

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Healthier Barbecue...

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contain little of the fruit's vitamins (unless they are vitamin-fortified), but also little or no fat. For a more nutritious cold dessert, freeze your own juice in an ice-pop mold or ice-cube tray, puree frozen fruit or freeze canned fruit and then purée it. If you decide to have frozen yogurt, make sure it's made from low-fat or nonfat milk.

STORE IT RIGHT

When it comes time to store the leftovers, place the container in a deep pan of cold water (ice cubes will speed things up) instead of putting a large pot of hot food directly in the refrigerator or leaving it out to cool off. Water is effective at removing heat. Once the food has cooled substantially, it can be refrigerated. One advantage of this method is that the hot food won't raise the temperature of the refrigerator. ■

Did you know... apples give you more energy than coffee. Thanks to high carbohydrate, vitamin and mineral content, apples have the perfect storm of nutrition to help you stay energized all day.



Health & Wellness Fair

OCT. 19, 2017

9 A.M. – 2 P.M. | First Baptist Church | 20 Brookside Dr. | Danville, PA

REGISTER TODAY TO ASSURE YOUR VENDOR SPACE!

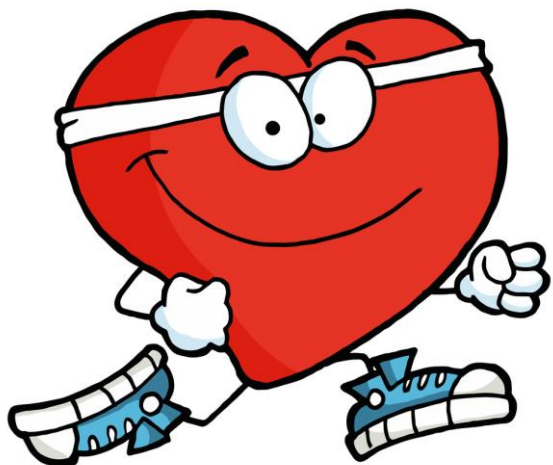
Register by Sept. 1, 2017. 8-foot tables and vendor lunch provided.

Join us for a day of interactive healthier lifestyle education, screenings, events and drawings for the public, especially individuals who receive support services for behavioral health and/or intellectual and developmental disabilities along with family, caregivers, and support staff.

ALL ARE WELCOME!

Sponsored by the Central PA Health Care Quality Unit, CMSU Behavioral Health and Developmental Services, Northumberland County Behavioral Health and Intellectual Developmental Services, Hope Enterprises, Inc., and Suncom Industries

FMI: lgmurphy@geisinger.edu, 570-271-7240



Health & Wellness Fair

Vendor Registration *Limited to 45 Vendors*

OCT. 19, 2017

9 A.M. – 2 P.M. | First Baptist Church | 20 Brookside Dr. | Danville, PA

In lieu of a table/space fee, vendors are asked to donate a wellness door prize item (\$10+ value) for our visiting public. To promote wellness and safety, we ask that vendors do not provide candy as treats on their tables which can be a choking hazard and/or a dietary restriction to our public visitors. Table covers are not provided. Lunch will be provided for all vendors. Vendor prizes will be awarded at the end of the event.

Please fill out and send to lgmurphy@geisinger.edu or fax to 570-271-7241

ORGANIZATION: _____

CONTACT NAME: _____

CONTACT PHONE #: _____

EMAIL ADDRESS: _____

TABLE? _____ # OF CHAIRS: _____ ELECTRICITY? _____

OF PARTICIPANTS ATTENDING (for lunch count): _____

WELLNESS SCREENING? _____ IF SO, WHAT? _____

SPECIAL REQUEST? _____

DESCRIPTION OF RAFFLE ITEM: _____