

SUMMER 2019

# WellSpring

SUMMER FOOD SAFETY TIPS | SUMMER FRUIT: PAPAYA | MENTAL HEALTH IN AGRICULTURE

A BOUNTIFUL SOURCE FOR HEALTHY LIVING FROM



Wellness Partners

*Your Preventive Care Specialists®*

Papaya  
Power



# TABLE OF CONTENTS



## THE SUMMER IS BRIGHT!

Summer, with its bright early mornings, late starry nights, and busy schedules is in full swing. Don't let summer activities throw off your health groove! While you are trying to take advantage of nice weather, plan vacations, and cram in as many activities as possible, don't forget to plan time for self-care. We strive to help you keep your personal health top priority, no matter your circumstances or schedules. We are here for all your well-being needs which is why we are focusing on both health and safety this summer. Every season brings its own challenges and summer is no exception. Though it may be more relaxed than the school year or holidays, it has a unique set of situations to consider; everything from driving hazards and food safety to hydration and exercise concerns. You can count on Wellness Partners to equip you with the tools and resources you need to keep you safe, well and thriving, any time of year. Enjoy your summer!

**Thanks for being a part of the Wellness Partners family!**

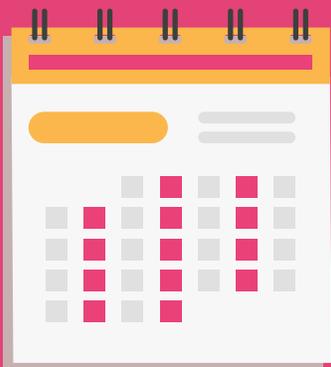
Wellspring	<b>3</b>
Jump-Start!	<b>5</b>
The Brief	<b>7</b>
Summer Food Safety Tips	<b>8</b>
Summer Fruit Papaya	<b>10</b>
Mental Health in Agriculture	<b>11</b>
Recipes	<b>12</b>
WP Specialists	<b>14</b>
Puzzles	<b>15</b>



## Does it Really Work?

The jury is still out about the effectiveness of time-restricted fasting for weight loss.

All individuals are different so various methods of eating are effective for some and not others. The general idea behind fasting is reduced calorie intake, which is the basis for all weight-loss programs. In addition, emphasis should be made on the quality of food eaten, rather than when it is eaten. One exception may be eating late at night, right before going to sleep which is generally not recommended.



## INTERMITTENT *Fasting*

Intermittent fasting is an eating pattern that cycles between periods of eating and fasting. Currently it is a hot trend claiming weight loss, improved metabolic health, and disease prevention. However, research on these claims is mixed. Intermittent fasting does not say anything about which foods to eat, but rather when you should eat them. There are several different intermittent fasting methods, all of which split the day or week into eating periods and fasting periods. According to the Academy of Nutrition and Dietetics the types of intermittent fasting include:

- 1 Alternate-Day Fasting:** refers to rotating days of eating and days of fasting. On fasting days no foods or beverages with calories are consumed. Calorie-free drinks, such as water, black coffee and tea are permitted. On non-fasting days, you can eat whatever you want—although following healthful eating guidelines is recommended. Theoretically, over the course of a week, you would have cut the total number of calories that you typically consume, encouraging weight loss. Studies found that the amount of weight lost following an alternate day fast was equal to that lost via a typical low calorie weight loss plan. This is a challenging fasting pattern, and side effects reported included serious hunger pangs and decreased concentration on the fasting days. Also, some studies revealed that people ate more than usual on non-fasting days. Thus, they did not restrict enough calories to promote weight loss.
- 2 Modified Fasting:** involves eating very little amounts of food on fasting days. Some modified fasts restrict intake on fasting days to 20 percent to 25 percent of needed calories. Others advocate limiting intake on fasting days to only 500 calories. Another version, referred to as the 5:2 fast, calls for fasting two days per week. Participants on this fast follow their usual eating patterns on the other five days of the week. The results of modified fasting for weight loss are contradictory. Participants in some modified fasting studies lost more weight than those on traditional weight loss diets. Other studies found no difference in weight loss between modified fasting and a reduced calorie diet.
- 3 Time-Restricted Fasting:** limits the intake of calories primarily to waking hours. The goal is to fast eight to 12 hours per day with the bulk of the fast occurring while you are sleeping. This is an easier fasting pattern for people who do not snack after dinner or eat breakfast immediately upon rising. Essentially this method simply extends the amount of time you are already fasting from supper to breakfast.

# BOTTLED WATER *VS* TAP WATER *Debate*



According to [foodandwaterwatch.org](http://foodandwaterwatch.org), bottled water is not typically safer than tap water. In fact, more than half of all bottled water comes from the tap. Additionally, tap water is tested more frequently than bottled water. In the United States, our drinking water is continuously monitored and treated according to federal standards. If local tap water is unsafe, water companies are required by federal law to notify the public.

Not only that but bottled water is much more expensive. It costs anywhere from \$0.89 per gallon to \$8.26 per gallon (when buying single serve bottles), compared to fractions of a penny for water from your tap.

## **Bottled water is also detrimental to our environment.**

- Water bottle garbage is a major source of pollution—an estimated 50 million bottles end up in the land fill each year. Ocean pollution is also a major concern.
- In 2016, 4 billion pounds of plastic was used in U.S. bottled water production, requiring an estimated energy input equivalent to about 64 million barrels of oil.

***|| In fact, more than half of all bottled water comes from the tap. Additionally, tap water is tested more frequently than bottled water.***

However, there are two sides to every story. It's no secret that tap water contains chemicals to treat it as well a potential for drug residues, high lead levels, and other contaminants in it. So what is a person to do? Investing in a home water filtration system is your best option. When working with water filtration specialists, your water will be tested and various types of filters will be offered. Each type of system filters out different types of contaminants and comes with pros and cons, so investing some time to research which will be best for your needs is crucial. Once you've made your choice, buy reusable bottles to save even more money (especially when you're on the go) and help the environment, too.





# JUMP-START!

one month to a better you

## NO SNACKING *After Supper*

Snacking after supper usually happens because of boredom, tiredness, stress, or habit rather than true hunger. This late night habit can lead to weight gain, disturbed sleep, and other health concerns. In fact, one study done by the National Institute of Health (NIH) indicates that people who indulge in late-night snacking consume almost 500 more calories per day than those who do not eat late at night. That can add up to a weight gain of several pounds a month!

**Below are some tips on avoiding late-night snacking.**



Eat balanced meals throughout the day and make sure your evening meal includes plenty of protein and fiber.



Be sure you are well-rested. "Research shows that sleep deprivation can impair glucose metabolism and affect hormones linked to hunger, appetite and body weight regulation," says Torey Armul, a spokesperson for the Academy of Nutrition and Dietetics. "We often confuse hunger and tiredness, especially at night." Adults should strive for 7-9 hours of sleep each night.



Do not eat while watching television or during other screen time as this leads to mindless eating.



Move your body. The warmer weather and longer daylight hours of summer give you a prime opportunity to take an after-dinner walk.



Drink more water—16 oz. after dinner is a good target.



Brush your teeth after your meal to help send the message to your brain that you are done eating for the day.



**How to Participate:** Your challenge this month is to avoid any snacking after your evening meal on at least 4 days each week.\* Track the statements and send it back to us at the end of the month for your chance at a cash prize in our quarterly drawing. You could win \$75, \$150, or \$300 in CASH! *Sorry, participants can only win 1st place once per calendar year.*

*\*If you are pregnant, nursing, or diabetic follow the guidelines given to you by your provider.*

# JUMP-START!

one month to a better you

*This Month's Challenge is to Avoid Snacking After Supper*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	TOTAL
JULY							
	1	2	3	4	5	6	
7	8	9	10	11	12	13	
14	15	16	17	18	19	20	
21	22	23	24	25	26	27	
28	29	30	31				

**How to Participate:** Your challenge this month is to avoid any snacking after your evening meal on at least 4 days each week.\* Track the statements and send it back to us at the end of the month for your chance at a cash prize in our quarterly drawing. You could win \$75, \$150, or \$300 in CASH! *Sorry, participants can only win 1st place once per calendar year.*

*\*If you are pregnant, nursing, or diabetic follow the guidelines given to you by your provider.*

- 1 In the space provided, record your name and group name.
- 2 Sign and date when completed.
- 3 By the deadline to the right, mail, fax, or email your signed page to Wellness Partners:

Wellness Partners [www.wellness-partners.org](http://www.wellness-partners.org)  
 106 West 3rd Street [healthyliving@wellness-partners.org](mailto:healthyliving@wellness-partners.org)  
 P.O. Box 488 P: 877.345.7775  
 McCook, NE 69001 F: 308.345.1975

### DEADLINES FOR QUARTERLY DRAWINGS

Oct/Nov/Dec: **JANUARY 5**

Jan/Feb/Mar: **APRIL 5**

Apr/May/Jun: **JULY 5**

Jul/Aug/Sep: **OCTOBER 5**

Name \_\_\_\_\_ Group \_\_\_\_\_

Signature \_\_\_\_\_ Date Completed \_\_\_\_\_



# THE BRIEF

## Cardio vs Strength TRAINING

Ever wonder which type of exercise is most beneficial to your health?



### Cardio Benefits

- Improved respiratory fitness
- Improved respiratory endurance
- Lowered resting heart rate and blood pressure
- Higher calorie burn per session
- Improved sleep
- Positive impact on body composition by lowering fat mass



### Strength Training Benefits

- Increased muscle function, tone and mass
- Improved muscle stamina
- Increased resting metabolic rate (calorie burn)
- Longer increased metabolic rate, post workout
- Increased uptake of glucose out of bloodstream
- Positive impact on body composition by increasing lean muscle mass

## Summer DRIVING SAFETY



### From the US Department of Transportation

Warmer weather attracts many types of roadway users, including motorcyclists, bicyclists, and pedestrians.

While they have the same rights, privileges and responsibilities as every motorist, these road users are more vulnerable because they do not have the protection of a car or truck. Some good safety tips are to:

- Leave more distance between you and a motorcycle—3 or 4 seconds worth.
- Always signal your intentions before changing lanes or merging with traffic. This allows other road users to anticipate your movement and find a safe lane position.

### Drivers, be mindful of pedestrians. Things to remember:

- You can encounter pedestrians anytime and anywhere.
- Distracted walking is becoming part of the distracted traffic epidemic. Keep your eyes open for distracted pedestrians.
- Pedestrians can be very hard to see, especially in bad weather or at night.
- Stop for pedestrians who are in a crosswalk, even if it's not marked. This will help drivers in the other lanes see the pedestrians in time to stop.
- Cars stopped in the street may be stopped to allow pedestrians to cross. Do not pass if there is any doubt.
- Do not assume that pedestrians can see you or that they will act predictably. They may be distracted, or physically or mentally impaired.
- Be especially attentive around playgrounds and in neighborhoods where children are active.
- Drive the way you want people to drive in front of your own home.





Summer is here bringing picnic and grilling season into full swing. It is easy to get caught up in the fun of the outing and forget about food safety. One in six Americans gets sick every year from foodborne illnesses. Enjoy your outdoor meals by following these simple tips to ensure that unwanted bacteria won't have a place at your table.



## Start with a Clean Slate

- Wash your hands! Nearly half of all foodborne illnesses could be eliminated if people would wash their hands more often when preparing food. Wash your hands before cooking, after handling raw meat and before eating. Bring hand sanitizer if there is no running water and rub it all over your hands, including between fingers and around nails.
- Sanitize your cooler and wash reusable bags you'll use to transport food.
- Wash produce even if you plan on peeling it; bacteria can transfer from the knife or peeler to the edible portion. If you won't have access to running water at your picnic site, wash fruits and veggies at home first.



## Avoid Cross Contamination

- Use separate cutting boards and utensils for raw meat and ready-to-eat items like vegetables or bread.
- Always use a fresh, clean plate and tongs for serving cooked food. Never reuse items that touched raw meat or poultry to serve the food once it is cooked.
- Keep ready-to-eat food such as buns, fruits, vegetables and side dishes away from contaminated serving utensils. Have a container that seals or a large Ziploc<sup>®</sup> bag to transport raw meat utensils home from a picnic.
- Don't reuse marinade from raw meat or poultry to baste or serve with meat. Prepare extra marinade and keep separate from raw meat.
- Pack your cooler with care keeping any raw meats/juices in tightly sealed containers away from other foods.



# Summer Food Safety Tips



## Keep Your Cooler Cool

- Even an insulated cooler can't keep food cool enough on its own. Pack your cooler about three quarters of the way full of food, reserving one quarter of the space for ice or ice packs. Chill or freeze foods before packing them in your cooler.
- Transport the cooler in the back seat of your air-conditioned car instead of in your hot trunk. At your picnic site, keep it out of the direct sun.
- Always pack a thermometer in your cooler and keep an eye on it throughout the day, ensuring it doesn't go above 40°F. Consider packing beverages in a separate cooler if it will be opened more frequently.
- Foods that need to be kept cold include raw meat, poultry, and seafood; deli and luncheon meats or sandwiches; summer salads (tuna, chicken, egg, pasta, or seafood); cut up fruit and vegetables; and perishable dairy products.



## Don't Repurpose Ice

- If you're bringing ice to use in beverages, pack it in a separate sealed bag. Loose ice used to keep food cold can pick up bacteria from other foods, hands, containers or the cooler.



## Use a Meat Thermometer

- Meat needs to be cooked to certain temperatures to control harmful bacteria. Use a food thermometer to ensure meat and poultry are cooked to their safe minimum internal temperatures.
  - **Beef, Pork, Lamb, & Veal** (steaks, roasts, and chops): 145°F with a 3-minute rest time after removing from direct heat.
  - **Ground Meats**: 160°F
  - **Whole Poultry, Poultry Breasts, & Ground Poultry**: 165°F
- Avoid touching bones in meat when testing for doneness and always test the thickest part of the meat.



## Monitor the Time Food Sits Out

- Perishable food should not sit out for more than two hours. In hot weather (above 90°F), food should NEVER sit out for more than one hour. Set a timer or an alarm on your cell phone to remind you when it's time to put food away.
- Remember—it's not just meat that can make you sick. All perishable food should be monitored closely, especially egg, potato and tuna salads made with mayonnaise, and anything dairy-based.
- Serve cold food in small portions, and keep the rest in the cooler. Keep grilled meat hot until served—at 140°F or warmer by setting it to the side of the grill rack, not directly over the coals where it could overcook.



# Summer Fruit: Papaya



Papayas are delicious melon-like fruits that have been enjoyed by Americans since the 15th century when Christopher Columbus dubbed them the “fruit of angels.” They thrive in tropical or subtropical temperatures, with Hawaii, Mexico and Puerto Rico being the largest commercial producers of the fruit today.

There are two main varieties of this fruit: Mexican and Hawaiian. The Mexican papaya can grow up to 10 pounds in size, whereas the Hawaiian papaya is generally smaller. Both have a sweet, orange-colored flesh and dark, gelatinous seeds on the inside.

When immature, the fruit is green and can only be eaten if cooked. Green papaya is used for stir-fries and curries in many Asian dishes.

When optimally ripe, papaya should be yellow to orange-red although a few green spots are fine. Like an avocado, its skin should yield to gentle pressure. Once ripe, many people prefer it served cold.

This fruit is incredibly versatile and can be combined with other foods that complement its flavor. Nutritionally, papayas are rich in vitamin A, C, E, potassium, calcium and iron. Their antioxidant content offers protective health benefits and promotes decreased inflammation in the body. Papayas also contain papain, an enzyme that helps break down proteins in the diet, promoting healthy digestion.

“Christopher Columbus dubbed them the “fruit of angels.”

If you can't find fresh papaya, look for frozen papaya or tropical fruit blends in the freezer section. Canned tropical fruit with no added sugar is also readily available year round.

**To eat a papaya, wash it, slice it in half and scoop out the seeds. You can eat it right out of the peel with a spoon like a melon or you can score the flesh into cubes with a knife. A melon baller also works great to scoop out the fruit. To enhance the flavor, sprinkle on a little lemon or lime juice before eating.**

## Here are more ways to enjoy papaya fruit:



**Smoothie:** Blend together fruit, ice, milk (or milk substitute) and stevia.



**Salsa:** Chop papaya, tomatoes, onions and cilantro, then add lime juice and olive oil mixing well.



**Salad:** Chop papaya and avocado into cubes, add diced cooked chicken and dress with olive oil and vinegar. Serve over mixed greens.



**Fruit Salad:** Serve chunks of papaya with other seasonal fruits.





# Mental Health in Agriculture

*“I believe in the future of agriculture, with a faith born not of words but of deeds—achievements won by the present and past generations of agriculturists; in the promise of better days through better ways, even as the better things we now enjoy have come to us from the struggles of former years.”*

The opening line of the FFA creed has been a strong statement that has brought many in the agriculture industry hope, passion, and a sense of resilience among many things. For many of our readers, the agriculture industry has generations of deep roots and several direct and indirect pathways to our fellow consumers.



Farmers and ranchers are five times more likely to commit suicide than the general population, according to the National Farmers Union.

Interchurch Ministries of Nebraska noticed the increasing numbers of people in rural areas seeking mental health treatments.” Contrary to some beliefs, receiving counseling services does not have to be a financial burden. With the diversity of programs available and access to telehealth services, finding ways to accommodate even the busiest schedules can be completed on an affordable level.

If you believe someone is suffering from anxiety and depression, the best thing you can do is offer to talk with them and help them seek treatment. Do not expect the situation to resolve itself. Proper treatment includes working with a professional as well as support from caregivers (friends or family such as yourself).

*“Due to uncontrollable factors such as weather conditions, machinery, and stock markets, farmers and ranchers can experience high levels of stress that can lead to mental illnesses such as depression and anxiety.”*

– COLUMBUS TELEGRAM

## A note from VeryWell Mind about caring for loved ones who are struggling:

*“One thing a caregiver is not, is an enabler. Don't cover up for the person with depression by taking on their work or making excuses for their failure to complete tasks. Don't help a person with anxiety avoid situations, or take on tasks that they feel they cannot do.”*

Substance abuse and mental health services administration (SAMHSA)'s National Helpline is a free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders.

**SAMHSA's National Helpline – 1-800-662-HELP (4357)**

Wellness Partners provides employee advocate services through the use of a licensed independent mental health practitioner for assessments, screening and generalized wellness. The employee advocate can serve as a great resource between employees, families, and the working atmosphere.



**Wellness Partners call 877.345.7775 or email [kandrews@wellness-partners.org](mailto:kandrews@wellness-partners.org)**

# RECIPES



Papaya Summer Salad

## PAPAYA SUMMER SALAD

### MAKES 2 SERVINGS

- ½ papaya peeled & cubed (remove seeds)
- 1 pint strawberries hulled & sliced
- ½ pineapple peeled and cubed
- 1 cup bleu cheese (on the side)

## PAPAYA SEED DRESSING

- 1 cup fresh papaya cubed
- 6 T papaya seeds/pulp
- 6 T red wine vinegar
- 3 T honey
- 2 tsp dry ground mustard
- Juice of 1 lime
- ⅓ cup olive oil
- 1 tsp garlic powder
- 1 sprig of mint

Place all ingredients into a blender and blend until smooth. Add salt and pepper to taste.



Papaya Seed Dressing

## PAPAYA STRAWBERRY SMOOTHIE

**MAKES 2 SERVINGS**

- 1 cup papaya
- 1½ cups strawberries
- ½ cup pineapple
- ¼ cup water or milk
- 1 cup Greek yogurt (non-fat)
- 1 tsp honey
- Pinch of salt
- 1 T lime juice

Wash, peel and prepare all fruit. Place all ingredients in blender and blend until smooth. Serve chilled and garnish with mint or lime.



Papaya Strawberry Smoothie

# PREVENTIVE HEALTH SPECIALISTS



Call us today at  
**877.345.7775**  
to set up a consultation.

We want to remind you to call our specialists for any concerns you may have. From general health and wellness questions, to healthy eating, adding family activities (away from screens), or life events that may be getting the best of you, we're just a phone call away.



## REGISTERED NURSES

- Review Your Wellness Report
- Medical Condition Questions
- Lab Test Questions
- General Health & Wellness Concerns
- Blood Sugar Management
- Blood Pressure Control



## EMPLOYEE ADVOCATE

- Anxiety & Stress Management
- Relaxation & Better Sleep
- Tobacco Cessation
- Depression or Suicidal Thoughts
- Abuse (domestic, verbal, sexual, etc)
- Improving Self Image



## REGISTERED DIETITIAN

- Meal Plans & Shopping Tips
- Recipe Makeovers
- Nutritional Disease Management
- Reading Food Labels
- Portion Control & Emotional Eating
- Recommendations from Your Report
- Fad Diets, Supplements, & Diet Products
- Counting Calories, Carbohydrates, etc
- Healthy Eating on the Run



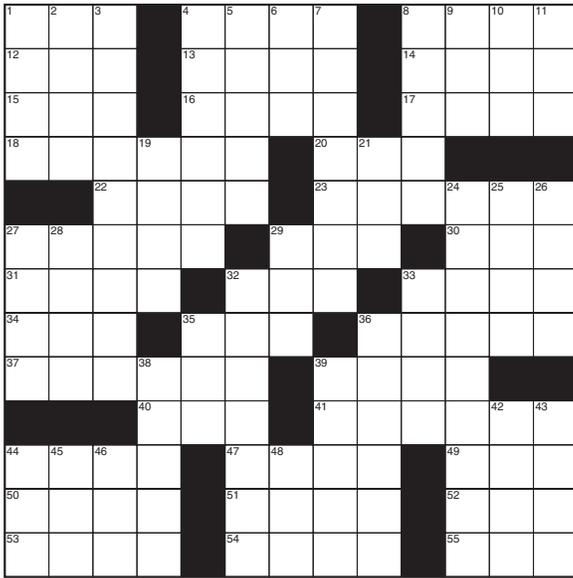
## FITNESS SPECIALIST

- Personalized Fitness Plans
- Finding Time for Activity
- Overcoming Barriers
- Activities for the Family
- Increasing Mobility
- Targeting Muscle Groups
- Stretching/Strengthening
- Disease Management through Activity
- Adding Movement to Your Daily Routine

**OUR TEAM IS HERE TO HELP YOU SUCCEED BY  
OFFERING INDIVIDUALIZED PROGRAMS, REAL-LIFE SOLUTIONS,  
AND ENCOURAGEMENT ALONG THE WAY.**

# Puzzles

## CROSSWORD



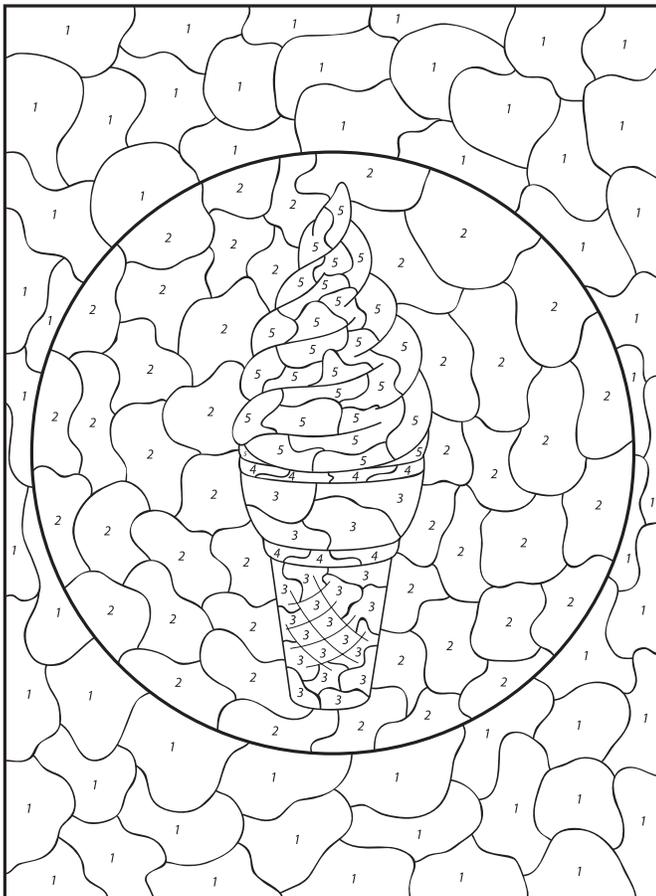
### ACROSS

1. Electrician's measure
4. Airspeed ratio
8. Beginning to a bad rain?
12. Baby's first word, maybe
13. Birth of an invention
14. Protein source
15. Seek a seat
16. Anytime now
17. \_\_\_ buco
18. Basic correction device
20. Coiffure holder
22. Tender
23. Billy on Broadway
27. With precision
29. Grate on
30. Plant seed
31. Deficiency
32. A couple in Mexico?
33. Handle things
34. Driveway material
35. Col.'s superior
36. Choreographer Bob
37. Phonograph part
39. Bath item
40. Art shop purchase
41. Flares
44. Assured of success
47. Waiflike
49. Prune trees
50. Plug away
51. Get rid of
52. Athenian vowel
53. Kind of pool
54. Favored ones
55. Convened

### DOWN

1. Folklore figure
2. Chime time, with "the"
3. Religious retreat
4. Stephen King classic
5. Idolize
6. Corp. bigwig
7. Closet hooks
8. Bikini, for one
9. Firms (abbr.)
10. Uncertainties
11. Batman and Robin, say
19. Auctioneer's shout
21. Canada's \_\_\_ Island National Park
24. Triangle type
25. LummoX's exclamation
26. Affectedly quaint
27. Formicary denizens
28. \_\_\_ moss
29. Attractive little thing
32. Windows work area
33. Common complaint?
35. Battle scene prop
36. Gets the vapors
38. Feudal vassal
39. Chubby Checker's dance
42. "\_\_\_ chance!"
43. Tiff
44. Food additive
45. Barley beverage
46. "The Godfather" title
48. Color range

## COLOR BY NUMBERS



### Crossword Answers

I	V	S	S	L	E	P	E	N	E	G
A	T	E	J	S	U	G	O	I	S	
P	O	L	N	I	H	M	A	D	E	
S	N	E	D	I	M	K	N	I		
C	L	A	L	S	U	L	T	A	S	
F	O	S	S	E						
E	D	O	S		N	E	G			
M	O	S	K	I	R	K	L	T	A	V
T	O	I	L	T	O	S				
E	R	E	S	S						
O	S	S	O	N	O	S	N	N		
U	O	I	O	D	E	A	T	O	O	
A	C	I	D		H	A	C	H	M	



Wellness Partners LLC  
P.O. Box 488  
McCook, NE 69001



# WE NEED TO HEAR FROM YOU!

---

We truly do want your opinions! Would you like it to be longer, shorter, come more often, come less often, have more recipes, have fewer puzzles, etc.?

Email [healthyliving@wellness-partners.org](mailto:healthyliving@wellness-partners.org), call **877.345.7775** or text **WPMAG** to **313131** to share your questions, thoughts, and ideas.



Wellness Partners  
*Your Preventive Care Specialists®*