

WINTER 2020

WellSpring

A BOUNTIFUL SOURCE FOR HEALTHY LIVING FROM



Wellness Partners

Your Preventive Care Specialists®

CITRUS BLISS

SAVE A LIFE. DONATE BLOOD. | BOOST YOUR BONE HEALTH | SUCCESSFUL MEALTIMES



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NEW YEAR, NEW YOU

The New Year is a great time to commit to improving your health: use the knowledge you gain in the pages that follow to start doing so today! In this issue, you will learn about the health benefits of grapefruit and houseplants, as well as the importance of calcium intake. January is National Blood Donor Month. Read on to learn about the importance of blood donation, especially during this time of year. If you want to learn more about how you can save time while sticking to your nutrition and budget goals, you won't want to miss the meal planning section.

As we leave one year behind and move into the next, we hope the New Year brings you good health, prosperity, a fulfilling career, and a life that you desire and deserve.

Thanks for being a part of the Wellness Partners family!

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Wellspring

a bountiful source for healthy living



**January is
National Blood
Donor Month**



**American
Red Cross**

HELP SAVE A LIFE BY **DONATING BLOOD**

According to the Red Cross, every two seconds someone in the United States needs blood. This January, the American Red Cross celebrates National Blood Donor Month and recognizes the lifesaving contribution of blood and platelet donors.

When it comes to blood and platelet donations, the winter season is often filled with hurdles as blood drives compete with things such as seasonal illnesses and inclement weather. During this critical time of year, the Red Cross depends on the generosity of donors to continue to supply these resources in order to make sure that blood products are available at about 2,500 hospitals nationwide.

According to the Red Cross, **nearly 2.7 million people in the U.S. volunteer to donate blood and platelets every year.** Blood and platelets are available for distribution to hospitals through the Red Cross 24 hours a day, seven days a week.

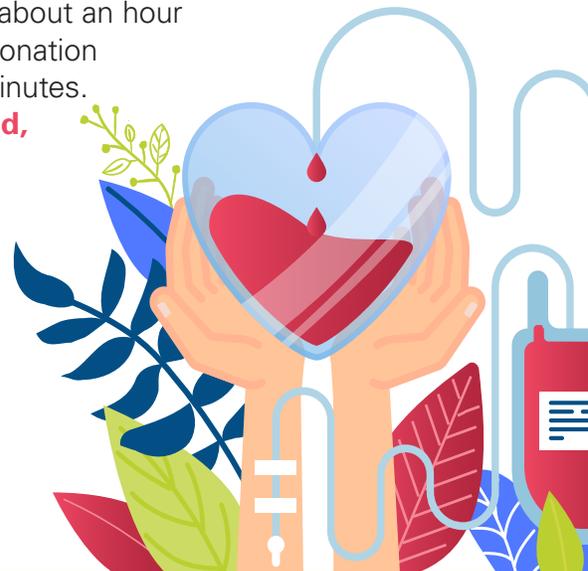
Blood transfusions are given to patients in all kinds of circumstances, including serious injuries, surgeries, childbirth, anemia, blood disorders, cancer treatments, and many others. This consistent demand makes National Blood Donor Month an integral piece of the puzzle. **Each day the Red Cross must collect 13,000 pints of blood from across the country to meet the needs of patients.** This makes a blood and platelet shortage during the colder months a crucial matter for the Red Cross and the hospitals they serve.

Blood is a perishable product that can only come from generous volunteers. A blood donation takes about an hour from start to finish, but the actual donation itself only takes between 8 to 10 minutes.

By spending an hour giving blood, donors can aid their community and help save lives!

Each blood and platelet donation can save the lives of as many as three people, so this January be a hero in your community and find the closest blood drive or blood donation center in your area:

www.redcrossblood.org/give.html/find-drive



This article was adapted from the American Red Cross: www.redcross.org/local/california/san-diego/about-us/news-and-events/news/january-is-national-blood-donor-month.html

DO YOU KNOW YOUR **BLOOD TYPE?**

TYPE	YOU CAN DONATE BLOOD TO	YOU CAN RECEIVE BLOOD FROM
O+	O+, A+, B+, AB+	O+, O-
A+	A+, AB+	A+, A-, O+, O-
B+	B+, AB+	B+, B-, O+, O-
AB+	AB+	Can receive from all blood types
O-	Can donate to all blood types	O-
A-	A-, A+, AB-, AB+	A-, O-
B-	B-, B+, AB-, AB+	B-, O-
AB-	AB-, AB+	AB-, A-, B-, O-

DISCOVER THE BENEFITS OF **GRAPEFRUIT**

First discovered in South America, grapefruit received its name because it grows in clusters similar to grapes. This tangy and tart fruit is a hybrid between a pomelo and an orange. When selecting your grapefruit choose one that is already ripe, as they do not continue to ripen after being picked. Look for fruit that has a little softness when squeezed and is heavy for its size. Winter is the best season to purchase fresh grapefruit as that is the time of year that citrus fruits ripen. It is best to store grapefruit at room temperature, away from direct sunlight.

Grapefruit is made up of 92% water and can be white, yellow, pink or deep red in color. If you are feeling under the weather it is a great fruit to eat to boost your immune system function, as it is high in Vitamin C. Although it can be tempting, don't discard the white pith as it is rich in antioxidants and soluble fiber. Antioxidants help fight against carcinogens that can cause cancer. This juicy fruit also contains lycopene, potassium, fiber, and choline which are all great for your cardiovascular health. They have been shown to lower LDL, the bad cholesterol, along with triglycerides as well.





JUMP-START!

one month to a better you

INCREASE YOUR CALCIUM BY FOCUSING ON FOOD FIRST

Registered dietitian nutritionists recommend food as the primary source of vitamins, minerals and other nutrients, including calcium. Calcium can be found in a variety of foods including:

Dairy Products e.g. cheese, milk and yogurt

Dark Green Leafy Vegetables e.g. broccoli, kale, and collard greens

Fish with Edible Soft Bones e.g. sardines and canned salmon

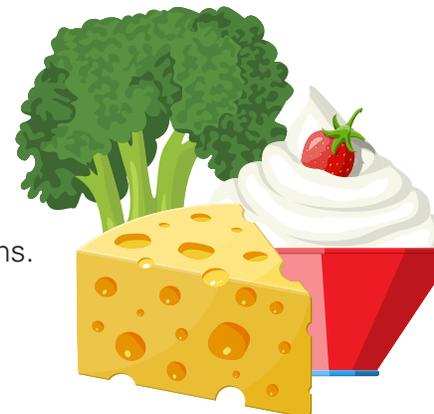
Calcium-Fortified Foods and Beverages e.g. soy products, cereal, fruit juices, breads and milk substitutes

Your challenge this month is to incorporate calcium-rich foods into your diet. When shopping, read food labels and select foods that contain 10% or more of the Daily Value for calcium. To calculate the specific amount of calcium from a food label, multiply the “% Daily Value” for calcium by 10. For example, if the label says a serving of the product contains 40% of the Daily Value, it has 400mg of elemental calcium. Foods high in calcium or fortified with calcium may be labeled as “calcium-rich” or “excellent source of calcium.”

A simple way to add calcium to many foods or to boost the calcium is to add a tablespoon of nonfat powdered milk. A single tablespoon contains about 50mg of calcium.

Other simple ways to work calcium into your daily meals include:

- Drink an 8-ounce glass of milk or calcium-fortified beverage with your meals.
- Make oatmeal or soup with milk or a calcium-fortified milk substitute instead of water.
- Eat 1 cup of low-fat or fat-free yogurt with fruit for breakfast or a snack.
- Top a baked potato with ½ cup steamed broccoli and ¼ cup shredded low-fat or fat-free cheese.
- Add ½ cup cooked calcium-rich greens (collard greens, turnip greens, kale) to meals.
- Enjoy ½ cup cooked edamame or 5 dried figs for a snack.
- Make a breakfast shake by blending milk or calcium-fortified beverage with fruit and greens.
- Enjoy calcium-fortified tofu as a plant-based protein option in a stir fry.
- Add a scoop of cottage cheese to a salad or mix with fruit.



How to Participate:

Use your calendar to track your intake of calcium-rich foods 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.*

JUMP-Start!

one month to a better you

THIS MONTH'S CHALLENGE IS TO INCORPORATE CALCIUM-RICH FOODS INTO YOUR DIET!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	TOTAL
JANUARY							
			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: Use your calendar to track your intake of calcium-rich foods 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.

- 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
106 West 3rd Street
P.O. Box 488
McCook, NE 69001

www.wellness-partners.org
healthyliving@wellness-partners.org
P: 877.345.7775
F: 308.345.1975

DEADLINES FOR QUARTERLY DRAWINGS

QUARTER 1 (JAN/FEB/MAR)

Winners announced in May

APRIL 5

QUARTER 2 (APR/MAY/JUN)

Winners announced in August

JULY 5

QUARTER 3 (JUL/AUG/SEP)

Winners announced in November

OCTOBER 5

QUARTER 4 (OCT/NOV/DEC)

Winners announced in February

JANUARY 5

Name _____ Group _____

Signature _____ Date Completed _____



THE BRIEF

HOUSEPLANTS CAN BE GOOD FOR YOUR HEALTH!

**The environment
we live in has a
big impact on
our health!**

Did you know that houseplants serve more purpose than being a beautiful decoration to your space? They offer numerous health benefits from improving the air quality in your home to providing natural remedies to soothe irritated skin. Taking care of your health involves more than just a healthy diet and exercise: the environment we live in has a big impact on our health as well. Here are several houseplants that can improve the environment in your home and positively impact your health.

PEACE LILY

The peace lily is known to help purify air from pollutants such as benzene, formaldehyde, and carbon monoxide. These pollutants are often found in interior living areas due to the off-gassing of carpet, paint, and furniture. The peace lily is an easy houseplant to care for as it gets few pests or diseases and it does not require much water. It prefers bright, indirect light, but can survive in low light as well.

ALOE VERA

A gel-like substance is found in the leaf of the Aloe vera plant that can be helpful in healing sunburns, wounds, insect bites, or used as a moisturizer to soften the skin. However, it is best to speak with your healthcare provider prior to using Aloe vera for treatment of any ailments.

SPIDER PLANT

Spider plants can help remove formaldehyde and carbon monoxide from the air creating a healthier environment for you and your family. Spider plants are low maintenance as they do not require direct sunlight and only need to be watered about once a week. These plants are also easy to propagate, so you can share them with family and friends.

ENGLISH IVY

If you know of someone who suffers from mold allergies, they may want to think about investing in an English ivy plant. This plant can help in reducing indoor mold spore counts, in turn decreasing allergy symptoms. This plant can tolerate low-light, however, it grows best in bright, non-direct sunlight.





a closer **LOOK**

Calcium Supplements

Calcium is a mineral that is essential for building strong bones and keeping them healthy. Calcium enables our blood to clot, our muscles to contract, and our heart to beat. Our bodies cannot produce calcium so it's important to get enough of it from the food we eat. When we don't get the calcium our body needs, it is taken from our bones. If this happens regularly, our bones get weak and break more easily.

How Much Calcium Do You Need Daily?

The amount of calcium you need every day depends on your age and sex. For adults, the Reference Daily Intake (RDI) is 1,000 milligrams (mg) daily, which rises to 1,200mg per day for women over age 50 and men over age 70.

Calcium is absorbed best when taken in small amounts of 500–600mg or less throughout the day. This is the case for both foods and supplements.



Should I Take a Supplement?

In general, you shouldn't take supplements that you don't need and there is no added benefit to getting extra calcium. Doing so may even carry some risks. But, not everyone gets the calcium they need from diet alone. **If you're lactose intolerant, vegan, or just not a fan of dairy products, you may find it difficult to get enough calcium in your diet.**

Calcium supplements are available without a prescription in a wide range of preparations (including chewable and liquid) and in different amounts. The most recommended forms are:

Calcium Carbonate: tends to be less expensive and absorbs best when taken with food

Calcium Citrate: can be taken on an empty stomach and may be better absorbed by adults over 50

Take note that calcium supplements can have side effects. You may experience constipation, gas, and bloating. The supplements may also interfere with your body's ability to absorb other nutrients or medications so talk with your healthcare provider or pharmacist before starting any supplements.

When choosing a new supplement, keep the following in mind:

- Look for labels that have the "USP Verified Mark", which means that it meets the US Pharmacopeia standards for purity and quality.
- Pay close attention to the "amount per serving" and "serving size."
- Start with a smaller amount to help your tolerance to it e.g. 200-300mg every day for a week with an extra 6-8 ounces of water. Gradually add more calcium each week.
- Avoid products made from unrefined oyster shell, bone meal, dolomite, or coral as they may contain lead or other toxic metals.
- If you take iron or zinc supplements, tetracycline antibiotics, or levothyroxine (used to treat hypothyroidism), take them several hours before or after taking calcium to avoid negative interactions.
- Make sure you're getting enough vitamin D, which helps your body absorb calcium. If you aren't getting enough from sunlight, your diet, or your multivitamin, you may want to choose a calcium supplement that contains vitamin D.



Questions on Calcium? Call the Wellness Partners registered dietitian nutritionist for individual guidance and recommendations.

Successful Mealtimes

PLATE, PLAN, AND PREP



What stands in the way of successful meals at your house? Picky eaters, busy schedules, diet restrictions, or a lack of ideas? Let these 3 principles help you make mealtimes a success: Plate, Plan, and Prep.

Plate

Successful mealtimes start with knowing what to put on your plate. In June of 2011, the USDA created ChooseMyPlate. It was a simple tool designed to help families, including kids, understand what foods and amounts to include on their plates as part of a healthy diet.



Follow the ChooseMyPlate guidelines to help you know what foods to put on your plate.

Include Fruits and Vegetables at Each Meal. Fruits and vegetables are a secret weapon for good health. They are full of vitamins and minerals to fuel our bodies, fiber which keeps us feeling full and helps with regularity, and they are generally lower in calories. **Fill half of your plate with a serving of fruit and a serving of vegetables.** You can choose from fresh, frozen or canned produce. Look for items without added sauces, sugars or salt and save room for seasoning on your own. When choosing fruits and vegetables, think about brightening your plate with a variety of colors. “Eat a rainbow!” If you have picky eaters, start with fruits and vegetables they like and be consistent in offering them at meals. Change the way you prepare them—raw with dip, roasted with olive oil or incorporated into other dishes like soups, meatloaf, or pizza.

Eat More Whole Grains With Fiber. The fiber in whole grains, can help keep our gut healthy and stabilizes our blood sugar and energy levels. **You’ll notice that the grain serving is on ¼ of the plate.** Whole grains as opposed to refined grains are less processed and contain more vitamins, minerals and fiber. Examples of whole grains are unsweetened oatmeal, quinoa, barley, millet, and brown rice. When buying breads, pastas and crackers, choose those that are made from whole grains by checking the ingredients on the label. It should be from whole grain like wheat or oat or corn not enriched flour. You also want to check the label to see if it lists at least 2-3 grams of fiber per serving.

Successful Mealtimes

Eat Smaller Portions of Lean Proteins. Protein is essential for good health. Proteins function as building blocks for bones, muscles, cartilage, skin, and blood. They are also building blocks for enzymes, hormones, and vitamins. **Choosing smaller servings that fill 1/4 of your plate benefits heart health and can be preventative for other diseases.** Protein can come from animal sources like beef, poultry, pork, and fish or plant sources like beans, vegetables, and legumes. Protein is important to include at meals because our bodies best use protein when it is spread throughout our day. Protein at meals helps us feel satisfied which helps with appetite/cravings. Protein also helps balance our blood sugar and energy levels.

Choose 2-3 Servings of Dairy Each Day. All fluid milk products and foods made from milk that retain their calcium content are part of the group. Examples are yogurt, milk, cheese, and cottage cheese. Foods made from milk that have little to no calcium, such as cream cheese, cream, and butter, are not. Calcium-fortified soymilk or almond milk is also part of the Dairy Group.

Plan

Without a plan, eating is left to chance. Planning ensures that you have healthy options available and can lead to more nutritious meal and snack choices. It takes the guesswork and stress out of deciding what to cook at the end of a busy day. Additionally, planning saves time and money while shopping since you can create and stick to a list.

Meal Planning Doesn't Have to Be Complicated. Just hearing the words "meal planning" can stress out some people. Keep it simple and try the following meal planning strategies.

Build Your Meals Around Family Favorites. Remember the ChooseMyPlate guide and include a fruit and vegetable.

- Meatloaf + Small Baked Potato + Steamed Broccoli with 1 T Shredded Cheese + Canned Fruit
- 1-2 Slices Pizza + Side Salad (spinach, tomato, low fat dressing) + 1 Small Bunch Grapes + Glass of Milk
- Whole Wheat Pasta + Spaghetti Sauce w/Lean Beef + Green Beans + Blueberries + Greek Yogurt
- Mac n' Cheese + Baked Chicken Tenders + Raw Veggies/Dip + Melon Cubes + Glass of Milk

Pick a Meal Theme. Meal themes help narrow down your ideas and inspire creativity. Themes can be based on days of the week such as Meatless Monday, Taco Tuesday, or Crockpot Thursday. They can also be designed around a type of food such as Italian Night, Beef Night, or Breakfast for Supper Night.

Order a Meal Kit. Meal kits come with all the necessary ingredients and easy to follow recipes to prepare a meal. Meal kits are a handy way to learn how to prepare a new food. They not only take the guesswork out of planning and shopping but the recipes can be used again.

Write it Down. Once you have your meal planning strategy in place, write your menu down and post it on your fridge. Review your meal ideas and list any groceries needed to prepare those meals. Meal prepping is easier when you have ideas planned and groceries purchased to make those meals.



Successful Mealtimes



Prep

You can save time and stress in the kitchen by preparing meals, dishes and food items ahead. Prepping items ahead reduces the stress of last-minute meal decisions or rushed preparations. There are a variety of ways to meal prep.

Make-ahead Meals are full meals cooked in advance which can be refrigerated and reheated at mealtimes. Chili, lasagna, and roast with vegetables are examples of make-ahead meals.

Batch Cooking involves preparing large batches of a specific item that can be frozen and eaten over several months such as cooked shredded chicken, or browned ground beef. Cooking meat is often the time-intensive part of a meal. Meats can be cooked in larger batches and frozen in portions that thaw easily if taken out the day before or defrosted in the microwave. Stocking your freezer with cooked, lean ground beef makes serving spaghetti, soups or tacos a snap! Defrost precooked, shredded chicken for chicken quesadillas, chicken chili soup, or chicken salad.

Fixing Individual Ingredients Beforehand cuts down on preparation time later. Washed and prepped produce is more apt to be eaten and included in meals which also cuts down on food waste. Store washed baby carrots, mini bell peppers, sugar snap peas, sliced zucchini, and sliced turnips in clear storage containers at eye level in the refrigerator where they are easily seen. Prewashed lettuce can be wrapped in paper towels and stored in zipper baggies. It is ready to chop for tacos, tear for a salad, or add to sandwiches. Broccoli and cauliflower can be washed and broken into florets to be eaten raw with dip or sautéed in a skillet with olive oil. Hard-boiled eggs make a great grab and go protein snack. They can be chopped for a quick egg salad sandwich or sliced onto a chef salad.

Do you want to simplify your meal prepping? Equip your kitchen with the right tools!

- **Flexible Cutting Boards.** Make transferring cut foods into a skillet, bowl, or pot effortless. They are lightweight, store flat, and often dishwasher-safe.
- **Nylon Meat Choppers.** Make it easy to chop up meat right in the pan.
- **Colanders.** Having a few on hand allows you to wash and drain several items at a time like berries, broccoli, and cauliflower. Stack them together or use collapsible colanders that store in a smaller space.
- **Sharp Knives.** Make cutting fruits and vegetables less of a chore. Kitchen shears can be used to cut your salad into smaller, more manageable bites which also appeals more to children. They work great to quickly cut green onions right into dishes eliminating the need to dirty a cutting board and knife.
- **Vegetable Peeler.** A quality one shortens the time it takes to peel carrots, cucumbers, zucchini, or potatoes.
- **Crockpots, Insta Pots, Blenders, and Food Processors.** These time-saving appliances are handy to add to your meal prepping cache.



RECIPES

the view from great island

Brighten up your winter meals with winter citruses: grapefruit, oranges, tangerines, lemons, and so much more—these nutritious fruits are available year-round and make a wonderfully juicy addition to any course. For this issue, we have Sue Moran to thank for these creative and delicious citrus-inspired recipes. Make sure to check out her blog “The View from Great Island” at www.theviewfromgreatisland.com for ideas on how to make these recipes your own and for more recipes that will keep you going back all year long.



ROAST CHICKEN WITH BLOOD ORANGE AND OLIVES

Ingredients

- 1 fryer chicken, cut into 8 parts
- 2 Tbsp olive oil plus more for brushing
- Salt and fresh cracked black pepper
- 1 medium red onion, peeled, halved, and cut into thin wedges
- 3 cloves garlic, peeled and minced
- 1/2 cup Marsala
- Juice of 1 blood orange
- 1 cup green olives
- 2 blood oranges, peeled and sliced
- Garnish extra thyme sprigs

Instructions

1. Set oven to 375°F
2. Heat a heavy skillet that is big enough to fit all the chicken in a single layer on medium high and lightly coat the bottom with olive oil. Brush the chicken pieces with oil and season with salt and pepper on all sides. Brown the chicken on both sides, starting with the skin side down, and working in batches so you don't crowd the pan. Add more oil if necessary.
3. Remove the chicken to a plate and reduce the heat. Add the onions to the pan and sauté for a few minutes, just to soften them a bit. Add the garlic and sauté for a minute or two more.
4. Pour the Marsala into the pan and stir to get any browned bits off the bottom, then add the orange juice. Arrange the chicken pieces back into the pan, skin side up. Add several sprigs of thyme, bring to a boil, and then put the pan in the oven for 20 minutes.
5. Take the chicken out of the oven and add the olives and orange slices. Put back in the oven for a further 20 minutes, or until the chicken is done through. If you'd like more caramelization, slide the pan under the broiler for a few minutes, but watch it carefully.
6. Serve right away, garnished with fresh thyme leaves. Be sure to spoon all that good sauce over the chicken, too!



Roast Chicken with Blood Orange and Olives

www.theviewfromgreatisland.com/chicken-blood-orange-olives-recipe

PICKLED BLACKBERRY AND GRAPEFRUIT SALAD

Ingredients

- 2 navel oranges
- 2 blood oranges
- 1 white grapefruit
- 1 red or pink grapefruit
- 2 Cara Cara oranges
- 2 cups parsley leaves
- 1 cup oil cured Moroccan olives

Instructions

1. Peel the beets and carrot. Spiralize them using the medium “noodle” setting. Add them to a salad bowl.
2. Add the orange pieces and mint to the bowl.
3. Toss with the red wine vinegar, olive oil, and some salt & pepper to taste. Serve immediately.

www.theviewfromgreatisland.com/pickled-blackberry-and-grapefruit-salad-recipe



Pickled Blackberry and Grapefruit Salad



Spicy Mixed Citrus Salad

SPICY MIXED CITRUS SALAD

Ingredients

- 2 navel oranges
- 2 blood oranges
- 1 white grapefruit
- 1 red or pink grapefruit
- 2 Cara Cara oranges
- 2 cups parsley leaves
- 1 cup oil cured Moroccan olives

Dressing

- 3 Tbsp extra virgin olive oil
- 1 Tbsp red wine vinegar (or more to taste)
- 1/4 tsp cayenne pepper
- 1/4 tsp hot smoked paprika
- 1 clove garlic, minced
- 1/4 tsp salt
- 1/4 tsp fresh cracked black pepper

Instructions

1. Whisk together the dressing ingredients and taste to adjust any of them. Set aside.
2. Remove the rinds and segment all of the citrus fruit. Drain off the excess juice and put in a large bowl.
3. Chop the parsley and add to the bowl, along with the olives.
4. Drizzle the dressing over the salad, toss lightly, and serve.

www.theviewfromgreatisland.com/spicy-citrus-salad-black-olives/

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



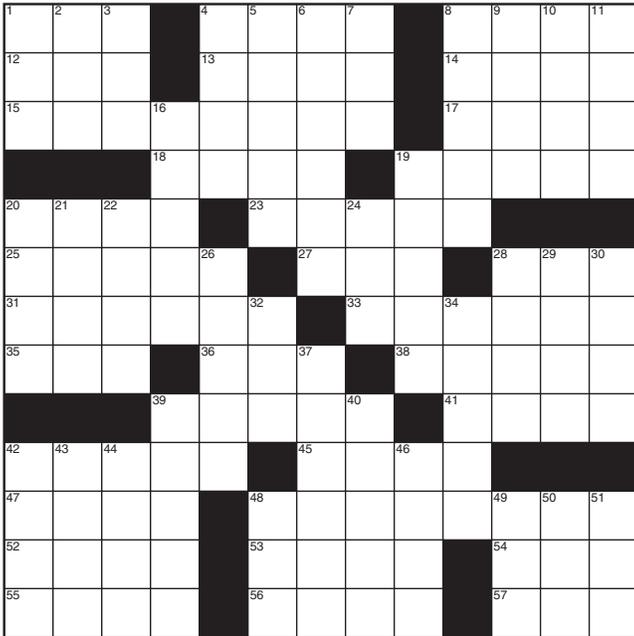
FITNESS SPECIALIST

- 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



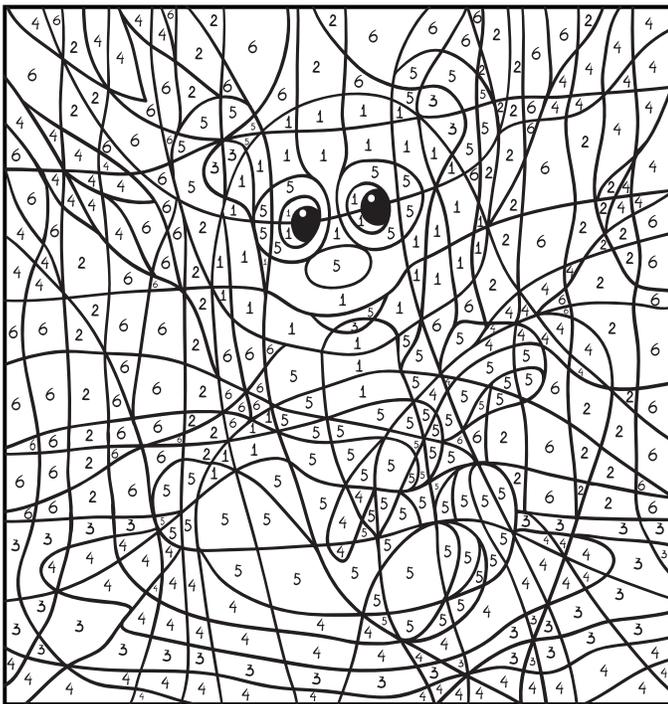
ACROSS

- 1. Cribbage piece
- 4. Clear the field
- 8. Real howler
- 12. "Golden" time
- 13. Between assignments
- 14. Atlas stat
- 15. Overhaul, as a website
- 17. Battle remnant
- 18. Casino game
- 19. Vampire bane
- 20. Aircraft prefix
- 23. Lock horns
- 25. Shouldered
- 27. Barber's obstacle
- 28. Comic bit
- 31. Conundrum
- 33. First name in 60's pop
- 35. Pro ____ (for now)
- 36. Computers burn them
- 38. From out of town
- 39. Bowler's button
- 41. Diversion
- 42. Crow's home
- 45. Decree ender
- 47. It takes the cake?
- 48. Some sacraments
- 52. Fortify for action
- 53. Biblical book
- 54. Beech relative
- 55. Charity of a sort
- 56. Hamper heap
- 57. Broker's advice

DOWN

- 1. "As ____ your instructions"
- 2. Bard's "before"
- 3. Travel aimlessly
- 4. Swell
- 5. Patsy's "AbFab" pal
- 6. 2000 presidential candidate
- 7. Stock holder
- 8. Basket type
- 9. Sea predator
- 10. Pipe problem
- 11. Cab charge
- 16. ____ out a living
- 19. Less skeptical
- 20. Aid in crime
- 21. All's opposite
- 22. Tinsel, e.g.
- 24. Mountain pass
- 26. Roast host
- 28. Mentor
- 29. "Oh, woe!"
- 30. 7-10, on the Beaufort Scale
- 32. Airtime filler
- 34. City on the Po
- 37. Nero's tutor
- 39. Pulls apart
- 40. Salon treatments
- 42. Senate cover-up, once
- 43. Good competitor?
- 44. Short wave?
- 46. Band for Miss America
- 48. Boxer's foot
- 49. Corn refuse
- 50. ____ de Cologne
- 51. It may be the limit

COLOR BY NUMBERS



- 1
- 2
- 3
- 4
- 5
- 6

ANAGRAM

FRUIT

- Blurry bee **B**
- Rapt figure **G**
- Metal owner **W**
- Magenta rope **P**
- A nicer net **N**

Crossword Answers



Anagram Answers

blueberry, grapefruit, watermelon, pomegranate, nectarine



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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, call **877.345.7775** or text **WPMAG** to **313131** to share your questions, thoughts, and ideas.



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