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**BROWARD**  
County Public Schools

# Wellness Newsletter

June 2019

*Live. Life. Well.*

In this issue:

**They Call It  
“Quality Time” for  
a Reason**

**Children’s Health**

**Take Extra Care  
with Eldercare**

**June Recipe:  
Vanilla Blueberry  
Pop**

**30 Ways to Spend  
More Time with  
your Family**

**Men’s Health  
Month**





## They Call It “Quality Time” for a Reason

Time passes by much faster than you think, but that does not mean it is easy to fill an open weekend with the kids. It is also easy to put off afternoon and evening plans when the day-to-day grind gets you down. Have relaxing, simple fun with your kids (and maybe wear them out a little bit too) with a few of these activities:

### When You're Headed Outdoors

- Play hide and seek
- Visit a park
- Ride bikes, roller blade or walk around the neighborhood
- Walk a pet or a neighbor's pet
- Play active games in the backyard

### When You're Staying In

- Play card games or board games
- Create an indoor obstacle course
- Make inexpensive arts and crafts
- Plan a treasure hunt
- Build a fort
- Play dress up or use your imagination

### During the Day

- Play mini-golf
- Hike trails
- Work in a garden
- Visit a museum or sculpture garden
- Take a class together
- Visit a farmer's market

### For the Night Owls

- Look at the stars
- Catch fireflies
- Make healthy snacks and have a movie night
- Camp indoors
- Simply talk about your day





# Children's Health

## Children's Health: Best Practices for Managing the Chaos

Raising children usually also means having an unhealthy reliance on Google. Do they need to go to the doctor? When should they start to walk or lose their baby teeth? What are the developmental milestones according to their age?

While unforeseen circumstances will always arise—that is part of the fun—there are a few things you can keep in mind to reduce your worries. Here are best practices for taking your children to unscheduled doctor visits:

- Fever over 102 degrees
- Unexplained weight loss
- Significant changes in mood or sleeping patterns
- Rashes or highly irritated skin
- Difficulty breathing
- For minor falls and other small accidents, use your best judgement



### Are your kids frightened of going to the doctor's office?

#### Help ease their fears:

- 1** Remind them that you will be by their side the entire visit.
- 2** If immunizations are required, do your best to distract them and keep spirits up to minimize the pain of the poke.
- 3** Remind them that wellness checkups do not mean that anything is wrong.





# Eldercare

## Take Extra Care with Eldercare

Eldercare is a broad term that can mean different things depending on the senior who needs it. Below are some tips for providing lasting comfort to seniors in your life who are still able to support themselves, but might be slowing down a bit in one or more areas. For more specific guidance about advanced health issues, consult a medical professional.

**1 Ergonomic chairs and other supportive furniture.**  
Ergonomic chairs provide great lumbar support and the adjustable features (height, arm rests, seat depth) can make a big difference in boosting comfort and daily mobility. If going up and down stairs has become a concern, you may also consider installing a chair lift.

**2 Encourage frequent checkups and knowledge of key health number.**  
Knowing your basic health numbers—blood pressure, weight, cholesterol, triglyceride level, etc., and checking up on them frequently will let seniors know if they need to take immediate action to preserve their health. In addition, a regular doctor will be able to stay on the lookout for signs of cognitive decline.

**3 Step up the fight against infection.**  
Keep boxes of antibacterial wet wipes located conveniently around the house and use them often. Infections become more and more difficult to fight off as we age.

**4 Foot care and proper posture.**  
Taking care of your feet becomes more difficult as you get older and can lead to other health problems. Encourage a doctor’s visit if an elder in your life has blisters, sores, infections that will not heal, or if you suspect that circulation is a concern. Similarly, poor posture can lead to preventable joint and hip problems, if it is not corrected in time.

**5 Stock the pantry.**  
If it is difficult for a senior in your life to make it to the grocery store, assist them by stocking their cupboards and freezer with non-perishable, healthy foods they will enjoy and can prepare easily, as well as fresh fruits and vegetables.





## June Recipe

### Vanilla Blueberry Pop

*A simple and sweet way to stay cool during the summer.*

#### INGREDIENTS

- 2 cups vanilla Greek yogurt
- 2 cups frozen blueberries
- 2 tablespoons honey
- ¼ cup milk

Note: You need popsicle molds to complete this recipe.

#### INSTRUCTIONS

1. Combine ingredients in blender and blend until smooth.
2. Fill each popsicle mold with the blended mixture and place in the freezer until completely frozen (approx. 3-4 hours).

**Total Time (Cook & Prep):**

10 minutes

**Servings:** 10



#### NUTRITION INFO

*(per serving)*

*69 calories*

*1g fat*

*5 mg cholesterol*

*16 mg sodium*

*12 g carbohydrates*

*1 g fiber*

*4 g protein*





## 30 Ways to Spend More Time with Your Family

- 1) Have Dinner
- 2) Fix Things Together
- 3) Take After Dinner Walks
- 4) Leave a Message
- 5) Read Together
- 6) Bring Your Child to School or Class
- 7) Plan a Monthly Excursion
- 8) Share Family Stories
- 9) Initiate Conversations with Your Teen
- 10) Do Good Things
- 11) Step into Your Teen's World
- 12) Chat with Your Child
- 13) Get to Know Your Teen's Friends
- 14) Spend Time Each Day with Your Family
- 15) Say Hello
- 16) Ask Your Kids to Give Grandpa and Grandma a Call
- 17) Eat Together At Least Once a Week
- 18) Cook Your Family's Favorite Recipe Together
- 19) Spend Dedicated Time Together
- 20) Learn A New Skill
- 21) Celebrate Family Traditions
- 22) Keep in Touch with Messages
- 23) Turn the Mobile Phone Off
- 24) Take Up a New Hobby
- 25) Set Aside Time
- 26) Have Breakfast Together
- 27) Exercise Together
- 28) Create a Group Chat
- 29) Share a Meal Together
- 30) Celebrate, Recognize and Appreciate Each Other



JUNE IS

# MEN'S HEALTH MONTH



The purpose of Men's Health Month is to heighten the awareness of preventable health problems and to encourage early detection and treatment of diseases among men and boys.

Statistics show that men's health is at great risk. On average, men perish almost six years younger than women and suffer higher mortality rates for the top causes of death. The lives of thousands of men will continue to be threatened, unless males receive preventative care and screenings for early detection of disease.

Please wear the color blue throughout the summer to show your support towards the practice of routine physical exams.

For more information regarding men's health month, please visit [www.menshealthnetwork.net](http://www.menshealthnetwork.net)  
Source: Men's Health Network.





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