

IN THIS ISSUE:

Earth Month	2
Maryland Day	3
Stress Awareness	4
COVID-19 or Allergies?	11
Brain Health	16
Financial Wellness	17
Mindful Eating	18
Children's Wellness	20
Upcoming Classes	24

Family & Consumer Sciences

Welcome to the Spring 2021 edition of the University of Maryland Extension Family and Consumer Sciences Newsletter.

Family & Consumer Science (FCS) is the comprehensive body of skills, research and knowledge that improves the quality of life of families, communities and individuals through education, research and community outreach. Our

mission is to strengthen families, communities, and individuals. Our goal is to empower Marylanders to make decisions that lead to healthy living, financial success, and long-term and wellness.

Harford County Faculty Extension Family & Consumer Sciences & Nutrition Educator, Jennifer Dixon Cravens, provides research based programs on Nutrition, Wellness, Fitness

Chronic Disease Management, Healthy Living, Healthy Homes, Family & Community Health, Financial Education, Healthy Cooking, and Health Communication.



RECIPES

Each issue includes easy, tasty, healthy recipes! This issue features:

- Seared Salmon in Creamy Mustard Sauce
- Herb-roasted Cauliflower
- Lamb and Veggie Kabobs
- Lemon Garlic Shrimp
- Rice Salad
- And many more!

Think Spring!

Try these 4 simple steps to embrace spring:

1. Spring cleaning! Not only is it a good idea to de-clutter and organize your house, but take the time to recharge your mind and evaluate your social and work schedule to make more time for yourself.
2. Try experimenting with new vegetables. Get creative and swap out plain lettuce or romaine for arugula or mizuna.
3. Get active outdoors. Take a run through the park or grab a friend for a tennis match. It's nice to come out of hibernation and get a dose of fresh air and feel reenergized in your workout.
4. Pack a healthy lunch and grab your family and a blanket for a picnic in the park. Not sure what to pack? Finger foods, like bruschetta or salsa are easy to make and pack, and make for convenient snacking.



Source: health.com

**Environmental
Wellness**

Health Literacy -
Green Cleaning



April Themes

Ways to Celebrate Earth Month

Earth Day is an annual holiday to demonstrate support for environmental protection. First held on April 22, 1970, it now includes a wide range of events Celebrate earth month :

- If you usually are driven to school, walk, bike, or skateboard instead! ...
- Choose tap water over bottled water. ...
- Take a litter less lunch to school or work. ...
- **Get** outside and enjoy nature! ...
- Help build a new home for animals. ...
- Be a Phantom Power Detective. ...
- Be a Water Hero! ...



What is Green cleaning?

Green cleaning is the process of choosing cleaning products that are better for both people and the planet. Switching to green cleaning products is good for the health and wellbeing of your people, and it also prevents unnecessary chemicals from being released into the environment.

Tips to Green Clean Your Routine

Open the Windows.

Try Baking Soda. ...

Grab a Lemon. ...

Choose White Vinegar. ...

Bring in Borax. ...

Skip Air Fresheners. ...

Cultivate a Houseplant. ...

JOIN OUR GREEN CLEANING CLASS ON APRIL 21.

SEE LAST PAGE FOR DETAILS.

April Themes

MARYLAND DAY 2021

Saturday, April 24, 2021 at 10 a.m.

The magic of Maryland Day returns—online!

Maryland Day, the University of Maryland's annual celebration, returns on Saturday, April 24 at 10 a.m. You are invited to enjoy a day of learning, fun and discovery.

Maryland Day is streaming from College Park to wherever you are, so participate in demonstrations, tour our beautiful campus, conduct science experiments with everyday household items, get up and dance and even meet baby lambs. You'll also see Testudo—Maryland Day would not be complete without him!

View all events at <https://marylandday.umd.edu/>



Emotional and Mental Wellness



April Themes

Stress Awareness Month

Stress Awareness Month has been recognized every April since 1992. Learning to cope with our stress and finding healthy ways to deal with these situations can go a long way in living a healthy and positive life. After all, stress can impact many aspects of your body.

We all experience stress – yet we may experience it in very different ways. Because of this, there is no single definition for stress, but the American Institute of Stress states the most common explanation is a “physical, mental, or emotional strain or tension.”

Effecting more than just your mind

Long term stress can prove to be more than just a mental issue. From headaches to stomach disorders to depression – even very serious issues like stroke and heart disease can come as a result of stress. When you are placed in a stressful situation, specific stress hormones rush into your bloodstream leading to an increase in heart rate, blood pressure and glucose levels. This is helpful in emergency situations, but having this “rush” for extended periods of time can be dangerous and make you susceptible to the issues mentioned previously.

Learn to overcome issues you can not change

Sometimes the stress in our lives is not something we any power to change – it is during these times that Federal Occupational Health recommends you change your ap-

proach to situations. Try to...

- Recognize when you don’t have control, and let it go.
- Avoid getting anxious about situations that you cannot change.
- Take control of your reactions and focus your mind on something that makes you feel calm and in control.
- Develop a vision for healthy living, wellness, and personal growth, and set realistic goals to help you realize your vision.

Tips for coping with your stress

The CDC provides some basic ideas to help you cope with stress...

Take care of yourself – eat healthy, exer-

cise regularly, get plenty of sleep, give yourself a break if you feel stressed. Discuss your problems with a parent, friend or another trusted source. Avoid drugs and alcohol. Recognize when you need more help – know when to talk to a psychologist, social worker or counselor if things continue.

Potentially the most valuable takeaway here is knowing how to talk to others about your stress. This goes both ways, as you need to know how to discuss your problems with others as well as talk to anyone that comes to you with their issues. For resources to help facilitate this discussion, [see the “Tips” section on this CDC webpage.](#)

Source: cdc.gov

STRESS AND
SOCIAL ISOLATION

April Themes

Alcohol Awareness Month

Every April the National Council for Alcoholism and Drug Dependence (NCADD) sponsors Alcohol Awareness Month to increase awareness and understanding of the causes and treatment of the **nation's #1 public health problem**: alcoholism.

From the National Institute on Alcohol Abuse and Alcoholism:

Events such as Dry January and Sober October, as well as the broader sober curious movement, are rapidly gaining popularity. These trends are part of a broader movement towards health and wellness and emphasize taking a break from alcohol to understand how it is impacting your life.

How much, how quickly, and how often you drink influences your risk of adverse health consequences. This makes it important to pay attention to how much alcohol you're consuming and stay within the 2015-2020 Dietary Guidelines for Americans which recommend that if a person chooses to drink alcohol, they should consume it in modera-

tion. This is defined as up to 1 drink per day for women of legal drinking age and up to 2 drinks per day for men of legal drinking age. The Dietary Guidelines defines a standard drink (or alcoholic drink-equivalent) as any beverage containing 0.6 fluid ounces or 14 grams of pure alcohol. This is equal to 12 fluid ounces of beer (5 percent alcohol), 5 fluid ounces of wine (12 percent alcohol), or 1.5 fluid ounces of 80 proof distilled spirits (40 percent alcohol). However, be aware that beer, wine, and mixed beverages can vary in alcohol content.

For those who are interested in rethinking their drinking habits, visit Rethinking Drinking, NIAAA's website that helps readers explore their drinking patterns and—for those who wish to cut down or quit—offers tips, tools, and resources. And if you think you have a problem with alcohol and need help, see the [NIAAA Alcohol Treatment Navigator](https://www.niaaa.nih.gov) to learn about quality care and treatment options near you.

Source: <https://www.niaaa.nih.gov/>





Rethink Your Drink

Most of us eat and drink too many added sugars, which can lead to significant health problems. Sugary drinks are the leading source of added sugars in the American diet. People who often drink sugary drinks are more likely to face health problems, such as weight gain, obesity, type 2 diabetes, heart disease, kidney diseases, non-alcoholic liver disease, cavities, and gout, a type of arthritis.

Limiting sugary drinks can help you maintain a healthy weight and have a healthy diet. Reference: https://www.cdc.gov/healthyweight/healthy_eating/drinks.html



Spa Water Recipe

Water is the ultimate purifier, and replenishes, and hydrator for all organs in our bodies. It aids in all functions of our body and helps to flush out toxins. It is recommended to drink at least 8 glasses of water which equals 64 ounces every single day! Adding fresh fruits and herbs adds minerals and vitamins to water and increases the nutritional benefits. It also makes it taste refreshing, slightly sweet, and delicious! Children love it, too!

DIRECTIONS :

1. Fill pitcher with ice cold water.
2. Add fresh fruits and herbs. (Herbs have a very strong flavor so a little goes a long way; use sparingly.)
3. Let chill and infuse for at least 30 minutes in refrigerator. Enjoy ice cold.

Lasts for up to 2-3 days. Berries will start to disintegrate within 1-2 days. Lemons, oranges, limes, and cucumbers will last longer.



April Recipes

Seared Salmon in Creamy Mustard Sauce

This easy and elegant dish hits the table in just 15 min. Pair with a green salad and some heat-and-eat rice for a guest-worthy meal.

Ingredients

4 (about 5 oz. each) salmon fillets
2 large shallots
½ cup light sour cream
¼ cup grainy Dijon mustard
3 tbsp. finely chopped parsley

Steps

Pat the salmon dry with paper towels and season with salt and pepper. Heat a greased nonstick 12-inch skillet on medium-high. Arrange salmon, flesh-sides down, in skillet. Cook 4 min. per side, until cooked through and browned on both sides. Transfer to a large plate.

Chop the shallots and add to same skillet. Cook 2 min. on medium, stirring often. Stir in the sour cream and 2 tbsp water. Cook 30 sec., until smooth. Remove from heat and stir in the mustard. Add salt and pepper to taste. Spoon sauce over salmon and garnish with the parsley.

Nutrition Facts Per Serving:

CALORIES 248 kcal 12%
FAT 9.3g 14%
SATURATED FAT 3.1g 15%
CARBS 5.2g 2%
SODIUM 490mg 20%

Source: recipecenter.giantfoodstores.com/recipes



Herb-Roasted Cauliflower

Ingredients

2 medium heads cauliflower
¼ cup olive oil, divided
3 tbsp. olive oil
¼ cup parsley
3 tbsp. fresh mint
2 tbsp. fresh dill
1 tbsp. lemon juice

Steps

Preheat oven to 425°F. Cut the cauliflower into medium florets. Toss with ¼ cup oil and season with salt and pepper. Arrange in single layer on 2 baking sheets. Roast about 20 min., until almost tender.

Meanwhile, finely chop the parsley, mint, and dill. Add to a small bowl with remaining 3 tbsp oil and stir to combine.

When cauliflower is almost tender, drizzle herb mixture over cauliflower in pans and toss to coat. Continue to roast until cauliflower is tender, 5–10 min. more. Toss cauliflower with the lemon juice and season with salt and pepper to taste.

Nutrition information

CALORIES 143 kcal 7%
FAT 12.0g 18%
SATURATED FAT 2.0g 10%
CARBS 8.0g 3%
SODIUM 46mg 2%

Source: savoryonline.com



April Recipes



Mushroom and Spinach Soup

Ingredients

4 tbsp. (½ stick) butter
 ½ cup diced onions
 2 (8 oz) pkgs sliced baby Bella mushrooms
 1 tbsp. minced garlic
 1 tsp dried thyme
 3 tbsp. all-purpose flour
 2 cups whole milk
 2 cups low-sodium chicken broth
 3 cups baby spinach
 ½ cup seasoned croutons

Steps

In a large pot, melt the butter on medium. Add the onions, mushrooms, garlic, and thyme. Season with salt. Cook 5 min., stirring often.

Sprinkle the flour over the mushrooms. Cook 1 min., stirring often. Stir in the milk and broth. Heat to a boil on high.

Reduce heat to simmer. Cook 6 min., until liquid has thickened, stirring occasionally. Stir in the spinach until wilted. Divide among 4 bowls and top with croutons.

Nutrition Facts Per Serving:

401 calories; protein 32.4g; carbohydrates 279kcal14%
 FAT17.4g27%
 SATURATED FAT10.1g50%
 CARBS22.8g8%
 SODIUM165mg7%
 9.2g sugar
 1.9g fiber
 11.1g protein
 43mg cholesterol

Source: recipecenter.giantfoodstores.com/recipes

Balsamic Lamb and Veggie Kabobs

Use any vegetables you like here—chunks of bell pepper, red onion, zucchini, and even pineapple would be delicious!

Ingredients

2 lbs. Boneless leg of lamb
 1/2 cup Balsamic vinaigrette
 16 frozen pearl onions
 16 button mushrooms
 16 cherry tomatoes
 8 slices Ciabatta or Italian bread, warmed

Steps

Preheat broiler. Cut lamb into cubes and place in a container with a tight-fitting lid. Add vinaigrette, cover, and marinate while you prep the rest of the ingredients.

Place frozen pearl onions on a microwave-safe plate and cook on high heat 60–90 sec., or until thawed. Halve the mushrooms and cherry tomatoes. Drain lamb and discard marinade.

Alternate lamb cubes, mushrooms, cherry tomatoes, and onions on 8 skewers. Arrange on a foil-lined baking sheet and broil 3 inches from heat for 15 min., turning every 5 min. Serve with warm bread.

Nutrition information

CALORIES326kcal16%
 FAT21.4g33%
 SATURATED FAT7.9g40%
 CARBS13.6g5%
 SODIUM325mg14%
 3.4g sugar
 1.3g fiber
 19.4g protein
 60mg cholesterol

Source: savoryonline.com



April Recipes

Strawberry & Spinach Salad

Ingredients:

10 ounces fresh spinach - chopped, washed and dried

½ teaspoon dried dill weed

1 pint fresh strawberries, sliced

½ cup canola oil

¼ cup red wine vinegar

¼ cup white sugar

¼ teaspoon garlic powder

¼ teaspoon onion powder

1 teaspoon salt

¼ teaspoon ground black pepper

¼ teaspoon dry hot mustard

1 pinch ground cayenne pepper

1 tablespoon sesame seeds, toasted

Directions:

In a large bowl, combine the spinach, and strawberries. Refrigerate until chilled.

combine the oil, vinegar, sugar, garlic powder, onion powder, salt, black pepper, dry mustard and cayenne pepper. Shake well until sugar is dissolved. Pour dressing over chilled fruit and greens; toss to coat and sprinkle with sesame seeds

Nutrition Facts: 185 calories; protein

2.1g; carbohydrates 16g; fat 13.6g; sodium 425.5mg.

Reference: allrecipes.com



Garlic Butter Mixed Vegetables

Ingredients

1 bag (16 oz) frozen mixed vegetables OR substitute your own mix of fresh veggies

1/2 cup vegetable broth

1 tbsp butter

1 tsp minced garlic

2 tbsp grated Parmesan cheese

1 tbsp chopped fresh parsley, as garnish

Steps

Combine the vegetables and broth in a medium saucepan. Cook on medium 5-10 min., until heated through, stirring occasionally.

Drain broth from pan. To pan, add the butter, garlic, and Parmesan. Season with pepper to taste. Mix until well combined.

Garnish with the fresh parsley.

Nutrition information

CALORIES 111 kcal 6%

FAT 4.2g 6%

SATURATED FAT 2.4g 12%

CARBS 16.0g 5%

SODIUM 210mg 9%

0.3g sugar

4.6g fiber

4.8g protein

10mg cholesterol

Source: savoryonline.com



May Themes

Asthma and Food Allergy Awareness

Supported by the Asthma and Allergy Foundation of America (AAFA), this awareness event is held throughout the month of May to coincide with the peak season for asthma & allergy sufferers. People who suffer from asthma and allergies often experience noticeable physical symptoms during this month.

Foods That May Help Alleviate Seasonal Allergy Symptoms

1. Ginger. Many of the unpleasant allergy symptoms come from inflammatory issues, like swelling and irritation in the nasal passages, eyes, and throat.
2. Citrus fruits
3. Turmeric
4. Tomatoes
5. Salmon and other oily fish
6. Onions



May is National Asthma and Allergy Awareness Month

May Themes

COVID-19 or Seasonal Allergies?

The start of spring also means the beginning of seasonal allergies. Here's how symptoms of allergies differ from warning signs of COVID-19.

How do the symptoms of COVID-19 differ from the symptoms of spring allergies?

With a viral illness like COVID-19, there is typically a fever, which is not present with allergies. Allergies to pollen cause sneezing and itchiness in the [eyes](#), nose, and throat, which is less common with COVID-19. Cough is a common symp-

tom of COVID-19, which can also be present in some patients with allergies. Sudden loss of smell or taste, without significant nasal symptoms, also points to COVID-19.

Here's another difference between COVID-19 and seasonal allergies: With seasonal allergies, the symptoms tend to wax and wane and get worse when you are outside. With a viral infection, there's typically a steady worsening.

Source: [cdc.org](https://www.cdc.org)

Physical Wellness

IS IT COVID-19 OR ALLERGIES?		
SYMPTOM	COVID-19	ALLERGIES
 FEVER OR CHILLS	✓	
 FATIGUE	✓	✓
 COUGH	✓	✓
 SORE THROAT	✓	✓
 HEADACHES	✓	✓
 RUNNY OR STUFFY NOSE	✓	✓
 SHORTNESS OF BREATH	✓	
 BODY ACHES	✓	
 LOSS OF TASTE OR SMELL	✓	
 SNEEZING		✓
 ITCHY OR WATERY EYES		✓

Source: Centers for Disease Control and Prevention





May Themes

Arthritis Awareness Month

Arthritis Awareness Month aims to make people more aware of arthritis and the issues involved. Arthritis Awareness Month is a time to motivate Americans to get up and moving, whilst raising funds for arthritis research, support and advocacy.

Foods That May Help Ease Your Arthritis Pain

- Green tea. Green tea is known to be high in nutrients and antioxidants and has the ability to reduce inflammation,
- Salmon, tuna, **sardines** and mackerel. ...
- Berries, apples and pomegranates. ...
- Vegetables. ...
- Canola and olive oils. ...
- Ginger and turmeric. ...
- Nuts. ...



May Themes

Women's Health Month

May is Women's Health Month and it's never too early or late to make healthy changes so you look and feel your best. You can take control of your health and help .

The goal is to empower women to make their health a priority. As part of the week, women are encouraged to schedule their annual well-woman visit on National Women's Checkup Day, May 11.

Women's Health Tips

- Visit a doctor or nurse for a well-woman visit (checkup) and preventive screenings.
- Get active.
- Eat healthy.
- Pay attention to mental health, including getting enough sleep and managing stress.

Avoid unhealthy behaviors—smoking, texting while driving, and not wearing a seatbelt or bicycle helmet.

Reference:

<https://www.sophe.org>



healthy
women
informed. empowered.

May Recipes

Sheetpan Vegetarian Omelet Breakfast Sandwiches

Ingredients

Cooking spray
12 large eggs
3/4 tsp salt
1/2 tsp garlic powder
1 1/2 cups shredded cheese such as mozzarella, Cheddar, or Monterey Jack, divided
2 cups frozen vegetables such as chopped broccoli, chopped spinach, and/or peppers, thawed and patted very dry
3 links plant-based Italian-style sausage, diced

24 slices whole grain bread, toasted

Steps

Preheat oven to 350°F. Line a 9x13-inch sheet pan with parchment. Coat parchment and sides of pan with the cooking spray. In a large bowl, whisk the eggs, salt, garlic powder, and 3/4 cup cheese until well combined. Season with pepper. Place sheet pan on oven

rack and carefully pour eggs into pan. Sprinkle top with the vegetables, sausage, and remaining 3/4 cup cheese. Bake 20–22 min., until eggs are set in center. Cut into 12 pieces and serve on the bread immediately or cool completely, wrap individually, and freeze for up to 2 weeks. Thaw in refrigerator before reheating in microwave or toaster oven.

Nutritional Information per serving

CALORIES361kcal18%

FAT13.0g20%

SATURATED FAT3.0g15%

CARBS42.0g14%

SODIUM714mg30%

5.0g sugar

9.0g fiber

25.0g protein

195mg cholesterol

Source: savoryonline.com



Almond Olive Oil Cake

Ingredients

7 tbsp olive oil
2 oranges
5 large eggs, at room temperature
1/2 tsp salt
1 cup sugar
1 tsp almond extract
1 tsp vanilla extract
2 cups gluten-free almond flour
1/2 cup sliced almonds

Steps

Preheat oven to 350°F. Brush a 9-inch springform pan with 1/2 tbsp oil. Line the bottom of pan with parchment paper and brush paper with another 1/2 tbsp oil. Zest 1 orange. Carefully separate the egg yolks and egg whites, placing whites and yolks in 2 separate large bowls. Add the salt to egg whites. Using a hand or stand mixer on medium speed, beat egg whites until stiff peaks form, about 2 min. Set aside. Add the sugar to yolks and beat until smooth and fluffy, about 3 min. To the bowl, add remaining 6 tbsp oil, almond extract, vanilla extract, and orange zest and beat until combined. Using a spatula, stir in the almond flour until well mixed. Gently fold

egg whites into cake batter, being careful not to deflate whites.

Transfer batter to prepared pan. Smooth top and sprinkle with the almonds. Bake 30–35 min., until a toothpick inserted into center comes out clean. Cool cake completely in pan on wire rack. Meanwhile, cut all peel and pith from both oranges. Cut segments from oranges into a medium bowl and squeeze any juice from pulp. Run edge of butter knife or mini offset spatula around edges of cake to loosen. Remove ring from springform pan. Spoon oranges over cake.

Nutrition information

CALORIES366kcal18%

FAT24.5g38%

SATURATED FAT3.3g16%

CARBS29.4g10%

SODIUM166mg7%

21.1g sugar

4.0g fiber

9.6g protein

126mg cholesterol

Source: savoryonline.com



May Recipes

Instant Pot Chicken and Artichoke Rigatoni

Ingredients

1 tbsp vegetable oil
1 lb medium boneless, skinless chicken thighs
3 cloves garlic, finely chopped
1 (14 oz) can quartered artichokes, drained
12 oz rigatoni
½ cup finely grated Parmesan
¼ cup loosely packed fresh parsley, finely chopped

Steps

In an Instant Pot or multi-cooker set to the sauté setting, heat the oil on high. Season the chicken with salt and pepper and add to Instant Pot in single layer, in batches if necessary. Cook 4 min. per side, until browned. Transfer chicken to a plate.

To Instant Pot, add the garlic and cook 1 min., until golden. Add the artichokes and ¾ cup water, scraping up any browned bits. Return chicken to Instant Pot. Seal and set pressure to high. Cook 10 min. Let pressure release naturally for 5 min. and then quick release.

Meanwhile, heat a large pot of salted water to a boil on high. Cook the rigatoni according to package directions. Drain.

Using a slotted spoon, transfer chicken to a bowl. With forks, shred chicken and return to Instant Pot. Stir to combine. Toss chicken mixture with cooked rigatoni. Season with salt and pepper to taste. Garnish with the Parmesan and parsley before serving.

Nutrition Facts Per Serving:

CALORIES 560kcal 28%
FAT 12.0g 18%
SATURATED FAT 4.0g 20%
CARBS 71.0g 24%
SODIUM 624mg 26%
3.0g sugar
5.0g fiber
38.0g protein
115mg cholesterol

Source: recipecenter.giantfoodstores.com/recipes



Avocado and Strawberry Salad

Ingredients

1 cup strawberries
1 avocado
1 lime
2 tbsp light mayonnaise
1 tbsp olive oil
1/2 (8 oz) pkg feta cheese
1 (4 oz) bag watercress
1/2 cup lima beans, rinsed and drained
1/2 pint raspberries

Steps

Hull and quarter the strawberries. Slice the avocado. Zest and juice the lime. Mix lime zest and juice in a bowl with the mayonnaise and oil. Cut the feta into cubes. Arrange the watercress on a serving plate. Place the

beans, strawberries, avocado, feta, and raspberries on top. Drizzle salad with lime dressing. Season with freshly ground black pepper.

Nutrition information

CALORIES 251kcal 13%
FAT 17.1g 26%
SATURATED FAT 5.8g 29%
CARBS 20.2g 7%
SODIUM 398mg 17%
6.4g sugar
8.5g fiber
7.7g protein
26mg cholesterol

Source: savoryonline.com



Physical Wellness



Exercise and Brain Health

There are plenty of good reasons to be physically active. And here's another one, **exercise changes the brain in ways that protect memory and thinking skills.**

In a study done at the University of British Columbia, researchers found that regular aerobic exercise, the kind that gets your heart and your sweat glands pumping, appears to boost the size of the hippocampus, the brain area involved in verbal memory and learning. Resistance training, balance and muscle toning exercises did not have the same results.

Exercise helps memory and thinking through both direct and indirect means.

The benefits of exercise come directly from its ability to reduce insulin resistance, reduce inflammation, and stimulate the release of growth factors—chemicals in the brain that affect the health of brain cells, the growth of new blood vessels in the brain, and even the abundance and survival of new brain cells.

Indirectly, exercise improves mood and sleep, and reduces stress and anxiety. Problems in these areas frequently cause or contribute to cognitive impairment.

Many studies have suggested that the parts of the brain that control thinking and memory (the prefrontal cortex and medial temporal cortex) have greater volume in people who exercise versus people who don't. "Even more exciting is the finding that engaging in a program of regular exercise of moderate intensity over six months or a year is associated with an increase in the volume of selected brain regions," says Dr. Scott McGinnis, a neurologist at

Brigham and Women's Hospital and an instructor in neurology at Harvard Medical School.

So what should you do? Start exercising! We don't know exactly which exercise is best. Almost all of the research has looked at walking, including the latest study. "It's likely that other forms of aerobic exercise that get your heart pumping might yield similar benefits," says Dr. McGinnis.

Standard recommendations advise half an hour of moderate physical activity most days of the week, or 150 minutes a week. If that seems daunting, start with a few minutes a day, and increase the amount you exercise by five or 10 minutes every week until you reach your goal.

If you don't want to walk, consider other moderate-intensity exercises, such as swimming, stair climbing, tennis, squash, or dancing. Don't forget that household activities can count as well, such as intense floor mopping, raking leaves, or anything that gets your heart pumping so much that you break out in a light sweat.

Whatever exercise and motivators you choose, commit to establishing exercise as a habit, almost like taking a prescription medication. After all, they say that exercise is medicine, and that can go on the top of anyone's list of reasons to work out.

Source: health.harvard.edu/blog

GET MOVING

5 Financial Wellness Tips during Covid-19

Don't let the pandemic distract you from your goals

It is very easy to put your goals on hold during a time of extreme uncertainty. However, this is an excellent time to reflect on and possibly even realign your financial goals. If you lost your job or fell into an unexpected medical expense, you may be realizing how important an emergency savings account is. Maybe you wanted to pay off your debt this year, but your cash-flow is tight. Or maybe you have been putting off meeting with a financial planner and don't think you can retire this year anymore. Use this negative time to create a positive situation for your financial future.

Don't spend money to create happiness

During these times, it is easy to find yourself falling down a deep rabbit hole on Amazon or noticing the flaws of your home, while spending every second of every day inside. It is important to practice self-control when it comes to online shopping and home renovations. Sometimes even waiting a few days before you buy something can change your initial desires. Finally, before you make the purchases, make sure that they align with your goals and your budget.

Reallocate additional savings

Without the same travel or dining out opportunities as previous years, many people are finding that they have an unexpected positive cashflow. It is important to take advantage of this excess cash in the most optimal way possible. This may include increasing your 401k contributions, opening a Traditional or Roth IRA, opening a brokerage account, increasing your emergency savings, or paying off debt. At the end of the day, the most important piece is that you are saving. The best option will depend on your personal situation and should be discussed with a financial planner.

Take advantage of low rates

With fixed rate mortgage averages hitting all-time lows, this is the perfect opportunity to refinance your home. As of the week of August 20th, the average 15-year fixed rate was 2.54% and the average 30-year fixed rate was 2.99%. The last time rates were anywhere close to this was in May of 2013, when the 15-year was 2.56% and the 30-year was 3.35%. When considering a refinance, it is important to consider the break-even time, which is the timeframe it would take for you to make up the amount of closing costs. For example, let's assume your closing costs were \$6,000 and you would be saving an additional \$200 a month. It would take 30 months or 2.5 years to break even. So, it would not make sense to refinance if you plan to move within 2.5 years. However, everyone's situation is different and it should be discussed with a financial planner before any action is taken.

Try not to stress

Although money is a physical object, we have a strong emotional relationship with finances. It is crucial for your mental health to not stress during times of uncertainty. Five months ago, we never would have guessed that the S&P 500 would be hitting record highs again in 2020. However, times are still tough for many people and might be for the near future. This is a time to trust the financial plans that you have established and take actions based off those plans and not your emotions. If you are worried about information that you are hearing on the news or from a friend/family member, reach out to your financial planner to discuss further.

Authored by Trent Larsen, Insight Wealth Strategies

Financial Wellness





June Themes

Alzheimer's and Brain Awareness Month

On June 20 — the summer solstice — people from across the world will fight the darkness of Alzheimer's through an at-home or online fundraising activity of their choice. Alzheimer's disease is a progressive form of dementia. Dementia is a broader term for conditions caused by brain injuries or diseases that negatively affect memory, thinking, and behavior. These changes interfere with daily living.

According to the Alzheimer's Association, Alzheimer's disease accounts for 60 to 80 percent of dementia cases. Most people with the disease get a diagnosis after age 65. If it's diagnosed before then, it's generally referred to as early onset Alzheimer's disease.

There's no cure for Alzheimer's, but there are treatments that can slow the progression of the disease.

Mindful Eating

Mindful eating is strategy that encourages you to slow down and pay attention to your food, noticing each sip or bite you take. It helps focus your senses on exploring, savoring and tasting your food, and teaches you to follow hunger cues. Put mindful eating into practice with these ideas as you prepare and eat meals. It gets easier over time.

Practice acceptance. Be aware of critical or judgmental thoughts about food, your eating habits and your body. Concentrate on the moment. Accept your body as it is.

Make a conscious decision to eat. Before you eat, ask yourself, "How hungry am I right now? Am I eating out of hunger, habit, boredom or emotion?"

Reserve time for your meal. Don't eat on the run. If you're eating with others, involve them in preparing the food to make that time social.

Avoid distractions while eating. Eat at a table. Turn off the TV and put away your phone, work, books and magazines until you are done.

Appreciate your food. Start your meal by taking a moment to express your gratitude for the food in front of you.

Breathe. Before and during your meal, consciously take a few deep breaths.

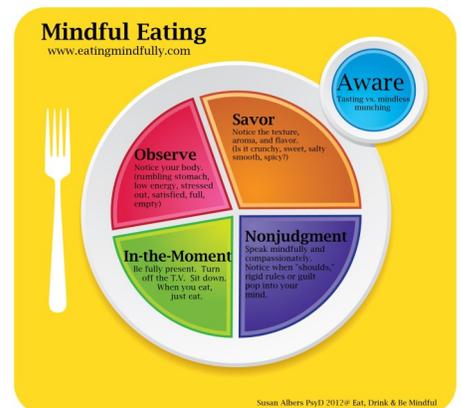
Use all your senses to fully experience your food and drinks. Observe the smells, textures, sounds, colors and tastes. Ask yourself how much you're enjoying the food and how appealing it is.

Choose modest portions to avoid overeating.

Eat small bites, and chew slowly. Appreciate that your food fills you up and makes you healthy.

Of course, there will be times that you have to rush through a meal to get to an activity or an appointment. But if you can practice mindful eating on a regular basis, it can help you reach your weight-loss goals.

Source: mayoclinic.org



June Themes

Men's Health Month

June is Men's Health Month, a national observance used to raise awareness about health care for men and focus on encouraging boys, men and their families to practice and implement healthy living decisions, such as exercising and eating healthy.

According to the [Centers for Disease Control and Prevention](#), men in the United States, on average, die 5 years earlier than women and die at higher

rates from the three leading causes of death, heart disease, cancer and unintentional injuries. During Men's Health Month, we encourage men to take control of their health, and for families to teach young boys healthy habits throughout childhood.



Friday, June 18 has been officially named Wear BLUE Day.

Wear BLUE® awareness campaign that was created by Men's Health Network to raise awareness about the importance of male health and to encourage men to live longer and healthier lives, and give women an opportunity to encourage them to do so.



Children's Wellness



Spring Health Tips for Children

Spring has arrived and as the sun warms each day, you are spending more time outdoors with your children. It's a wonderful idea to get out of the house and enjoy some fresh air and outdoor playtime, but it's also important to keep spring safety topics in mind so your family is protected.

Sun safety

The warm sun can feel wonderful after being cooped up during cooler months. But if your kids don't take the proper precautions, they may get a nasty burn that could put them at risk for skin cancer.

Most kids rack up between 50 and 80 percent of their lifetime sun exposure before age 18, according to kidshealth.org, so it's important that parents teach their children to sun safety skills.

Spring allergies

One of the most common spring health issues is allergies. Children can have allergies just as severely as an adult and can develop them at any time. Up to 40 percent of children in the United States suffer from seasonal allergies, according to Parents.com. Look out for common symptoms which include repetitive sneezing, heavy breathing,

runny nose, and itchy eyes, ears, and throat. Fever is not associated with allergies, so if your child is running a high temperature, she is likely sick versus experiencing a seasonal allergy.

Insect bites

People aren't the only ones who love the outdoors when the weather warms; insects flourish as a natural part of the ecosystem. Unfortunately, some insects can bite and sting, causing spring safety problems for children.

Bites that parents should be more concerned about include spider bites, tick bites, and bee stings. If your child is stung by an insect of concern, keep a close eye on his health. If he experiences difficulty breathing, swelling, faintness or vomiting, get medical help right away.

Source: http://ctkidsandfamily.com/cool_clicks_details.php?Spring-Health-Tips-for-Smart-Parents-228



June Recipes

Lemon Garlic Shrimp

Ingredients

2 tbsp. butter, divided
 1 tbsp. extra-virgin olive oil
 1 lb. medium shrimp, peeled and deveined
 1 lemon, thinly sliced, plus juice of 1 lemon
 3 cloves garlic, minced
 1 tsp. crushed red pepper flakes
 Kosher salt
 2 tbsp. dry white wine (or water)
 Freshly chopped parsley, for garnish

Steps

In a large skillet over medium heat, melt 1 tablespoon butter and olive oil. Add shrimp, lemon slices, garlic, and crushed red pepper flakes, and season with salt. Cook, stirring occasionally, until shrimp is pink and opaque, about 3 minutes per side.

Remove from heat and stir in remaining

butter, lemon juice, and wine. Season with salt and garnish with parsley before serving.

Nutrition

82 calories; protein 11g; carbohydrates 1.9g; dietary fiber 0.1g; sugars 0.2g; fat 3.2g; saturated fat 0.6g; cholesterol

Reference: Eatingwell.com



Rice Salad

Ingredients

2 tablespoons mayonnaise
 2 tablespoons French dressing
 ½ teaspoon salt
 2 cups cooked brown rice, chilled
 ½ cup frozen green peas, thawed
 ½ cup diced celery
 ½ green pepper, diced
 ¼ cup raisins

Steps

Wash all fresh vegetables. Collect, dice, and measure all ingredients before starting to prepare the recipe. Mix mayonnaise, French dressing, and salt in a large bowl. Add chilled rice, peas, celery, green pepper, and raisins. Mix well.

Cover and refrigerate for one hour. Serve cold.

Refrigerate leftovers within 2 hours. Eat within 3 to 5 days..

Nutrition information

CALORIES160

FAT6g

SATURATED FAT1g

CARBS23g

SODIUM100mg

6g sugar

3g fiber

3g protein

2mg cholesterol

Source: myplate.gov/recipes



June Recipes

Honey-Lemon Roast Chicken

Ingredients

2 lemons
1/3 cup honey
2 (4- 5 lb.) whole chickens
1 (3/4 oz.) pkg fresh rosemary
1/4 cup olive oil

Steps

Preheat oven to 375°F. Place a wire rack on a large, foil-lined rimmed baking sheet. Into a small bowl, zest both the lemons. Halve lemons and squeeze 2 tbsp juice into bowl (do not discard lemons). Stir in the honey and set aside.

With kitchen shears, trim any excess fat from the chickens. Season insides of chickens with salt and pepper. Divide lemon halves and rosemary between each chicken cavity. For each bird, tie legs together and tuck wings behind. Rub the oil all over outside of chickens. Generously season outside of chickens with salt.

Roast 1 hour, brushing with honey mixture every 20 min. Increase oven temperature to 450°F. Roast chickens another 15 min., until a thermometer inserted between the thigh and drumstick reaches 165°F and skin is golden brown.

Remove chickens from oven and let rest at least 15 min. before carving.

Nutrition Facts Per Serving:

CALORIES626kcal31%

FAT36.0g55%

SATURATED FAT9.0g45%

CARBS13.0g4%

SODIUM469mg20%

12.0g sugar

1.0g fiber

59.0g protein

190mg cholesterol

Source: savoryonline.com



Fish Tacos

Ingredients

3 tbsp. extra-virgin olive oil
Juice of 1 lime
2 tsp. chili powder
1 tsp. paprika
1/2 tsp. ground cumin
1/2 tsp. cayenne pepper
1 1/2 lb. cod (or other flaky white fish)
1/2 tbsp. vegetable oil
Kosher salt
Freshly ground black pepper

8 corn tortillas

1 avocado, diced

Lime wedges, for serving

Sour cream, for serving

In a medium shallow bowl, whisk together olive oil, lime juice, paprika, chili powder, cumin, and cayenne.

Add cod, tossing until evenly coated. Let marinate 15 minutes.

Meanwhile, make slaw: In a large bowl, whisk together mayonnaise, lime juice, cilantro, and honey. Stir in cabbage, corn, and jalapeño. Season with salt and pepper.

In a large nonstick skillet over medium-high heat, heat vegetable oil. Remove cod from marinade and season both sides of each filet with salt and pepper. Add fish flesh side-down. Cook until opaque and cooked through, 3 to 5 minutes per side. Let rest 5 minutes before flaking with a fork.

Assemble tacos: Serve fish over grilled tortillas with corn slaw and avocado. Squeeze lime juice on top and garnish with sour cream.

Nutrition :

Calories from **Fat** 108. Calories 244.

18% Total **Fat** 12g.

21% Saturated **Fat** 4.1g.

14% Cholesterol 43mg.

14% Sodium 326mg.

9% Potassium 305mg.

6% Total Carbohydrates 18g.

Reference: delish.com



June Recipes

Perfect Coconut Cream Pie

Ingredients

1/2 cup sugar, divided
 3 tbsp. cornstarch
 pinch of salt
 2 cup scalded milk
 1 tbsp. butter
 2 whole eggs, separated
 1 tsp vanilla extract
 1 cup flaked coconut
 1 prebaked 9-inch pie shell

Steps

Preheat oven to 325° F. Mix 1/4 cup of the sugar with the cornstarch and salt. Gradually stir in the scalded milk. Add the butter. Cook the mixture in a double boiler, stirring constantly, until thickened. Beat the egg yolks, add a little of the thickened mixture, blend and stir into the remaining hot mixture. Cook, stirring, until thickened. Cool slightly. Add the vanilla and 3/4 cup of the coconut. Add to the baked pie shell.

Beat the egg whites until foamy. Gradually add the remaining sugar and beat until stiff but not dry.

Spread over the filling, making sure that the meringue touches the crust at all points. Sprinkle with the remaining coconut and bake until light brown, about 15 minutes. Cool before serving.

Nutrition information

CALORIES 285 kcal 14%
 FAT 13.5g 21%
 SATURATED FAT 7.5g 38%
 CARBS 36.7g 12%
 SODIUM 192mg 8%
 19.6g sugar
 1.4g fiber
 4.4g protein
 51mg cholesterol

Source: savoryonline.com



Broiled Fruit Kebabs

Ingredients

Cantaloupe, pineapple, mango, honeydew or another favorite fruit.

Steps

Place wood skewers in water and soak for at least 10 minutes. Cube or slice the fruit. Thread the fresh fruit onto the skewers when they're done soaking. Place the skewers on a baking sheet and sprinkle the fruit lightly with brown sugar.

Broil in the oven until the fruit is slightly browned and bubbly, about 2 minutes on each side.

Nutrition: 90 calories, 36 carbs, 0g fat, 0 sodium, 1.4 g protein

Source: mayoclinic.org



Save The Dates! Upcoming Virtual Classes

Date	Class Description	Cost
Apr 12	Nutrition, Health & Wellness: Dining With Diabetes—Class 1	Free
Apr 19	Nutrition, Health & Wellness: Dining With Diabetes—Class 2	Free
Apr 21	Healthy Literacy: Healthy Homes—Green Cleaning	\$5.00
Apr 26	Nutrition, Health & Wellness: Dining With Diabetes—Class 3	Free
May 3	Nutrition, Health & Wellness: Dining With Diabetes—Class 4	Free
May 5	Food Safety: Capture the Flavor with Herbs and Spices	Free
May 12	Health Literacy: How To Talk To Your Doctor	Free
Jun 2	Food Safety: Capture the Flavor with Herbs and Spices	Free



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