

Summer Time Fun Pack

A pandemic is stressful for everyone. Protect your mental health by maintaining a proper sleep schedule, choosing healthy foods, and finding a routine you can follow that includes some level of physical activity and mindfulness techniques.

SOCIAL WELLNESS

Our relationships can offer support during difficult times. Social wellness involves building healthy, nurturing and supportive relationships as well as fostering a genuine connection with those around you.



PHYSICAL WELLNESS

Overall physical wellness encourages the balance of physical activity, nutrition and mental well-being to keep your body in top condition.

INTELLECTUAL WELLNESS

The desire to learn new concepts, improve skills and seek challenges in pursuit of lifelong learning all contribute to our intellectual wellness.

EMOTIONAL WELLNESS It is important to be attentive to both positive and negative feelings and be able to understand how to handle these emotions with the ability to learn and grow from experiences.



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Oh, The Drama . . . and the Music!

The Medic ([View show](#)); The first medical television series that emphasized the physician's skills and the latest technology (rather than the steamy goings-on in the break room) was *The Medic*, which starred Richard Boone and aired on NBC from 1954-1956. The show's creator (and chief writer), James Moser, had previously worked on *Dragnet* and used Jack Webb as his mentor. *The Medic*'s scripts were based on actual case histories and the scripts were double-checked by medical professionals. Many scenes during the series were filmed in actual clinics and hospitals in the Los Angeles area, and as a result *The Medic* became the first prime-time series to show film footage of an actual childbirth.



Dr. Kildare ([View show](#)); two medical dramas premiered on competing networks in September 1961. NBC's entry, *Dr. Kildare*, was based on a long-running radio drama by the same name. Richard Chamberlain starred as the young intern title character who was simultaneously trying to deal with the problems of his patients while trying to please the senior doctor (Raymond Massey). Massey, as Dr. Gillespie, told Kildare on his first day "Our job is to keep people alive, not tell them how to live," advice which Kildare of course ignored in every episode. Thanks to Chamberlain's good looks, young girls tuned in by the millions to make *Dr. Kildare* a hit that enjoyed a six season run.



Ben Casey ([View excerpt of show](#));

Ben Casey, the CBS series that challenged *Dr. Kildare* also running 1961 to 1966, was created by James Moser, that stickler for accuracy who was behind *The Medic*. Dr. Casey was gritty, gruff and demanding. "What are you using for brains?!" he'd bark at nurses during surgery, and he was forever at odds with any rule or hospital official

that stood between him and an experimental treatment of a patient. Dark, brooding Vince Edwards (who played Ben Casey) became a matinee idol in his own right, while Jaffee's intonation of "Man, Woman, Birth, Death, Infinity" during the series' opening credits have become something of a pop culture icon.

Marcus Welby, MD ([View show](#));

Dr. Welby, played by Robert Young, ran his own small practice with the assistance of a young and brash associate, Dr. Steven Kiley (James Brolin) and one nurse. Dr. Welby had known a lot of his patients since birth, so there wasn't much that escaped his gimlet eye. Dr. Welby could spot anything from multiple sclerosis to leprosy at fifty paces, and would always be in the surgical theater observing whenever one of his patients went under the scalpel. *Marcus Welby, MD*, ran from 1969 to 1976, and even at that time his style of medicine was an anomaly.



Medical Center ([View excerpt of show](#));

Medical Center ran on CBS from 1969 to 1976 and starred Chad Everett as Dr. Joe Gannon. *Medical Center* tended to deal with more controversial issues than *Marcus Welby*, such as gang violence, racial and sexual discrimination within the hospital

ranks, and rising health care costs. Dr. Gannon led a far more interesting life than Dr. Welby; he frequently fell in love with patients and was also the victim of stalkers, irate cops and paternity suits. One memorable two-part episode starred *Brady Bunch* patriarch Robert Reed as a prominent physician who came in search of a sex change operation. Transsexualism was a pretty outrageous concept to present in the living rooms of 1975 Middle America, and Reed won an Emmy nomination for his very poignant role.

Social Wellness

Connect with Friends and Family from a Distance

Since we are in a time where it may not be safe to physically meet with friends or family members it doesn't mean you can't interact with them. Try the following:

Make a phone call—Try reaching out to your neighbors, friends or family members to schedule a phone conversation, especially if you know the person doesn't have family or lives alone.



Name that TV Doctor

Match Actor . . .

- ◆ Richard Boone
- ◆ Richard Chamberlain
- ◆ Vince Edwards
- ◆ Robert Young
- ◆ James Brolin
- ◆ Chad Everett

- ◆ Dr. Marcus Welby
- ◆ Dr. Ben Casey
- ◆ Dr. Steven Kiley
- ◆ Dr. Konrad Styner
- ◆ Dr. Joe Gannon
- ◆ Dr. Kildare

To TV Doctor

Try video chatting

People of all ages feel like video chatting offers the best substitute for meeting face-to-face.

Send a Letter

What about the old fashion way of sending a handwritten letter? Takes a little longer, but they can read it over and over.

National Suicide Prevention Lifeline

800.273.8255

National Domestic Abuse Hotline

800.799.7233, TTY 800.787.3224

If you're unable to speak safely,
text LOVEIS to 22522



We're just a phone call away

The Northwestern Medicine Wellness Center offers on-site education, health screenings and healthcare support exclusively to Sun City residents.

Your health and well-being are our priority at Northwestern Medicine. Our wellness center offers you a holistic approach to wellness that is focused on prevention. For any questions or concerns, call us at 847.515.2078.



**Wellness Center Location | 12920 Del Webb Blvd | Huntley
Office - 847.515.2078 | Fax - 847.515.2334**

New Hours of Operation

Wellness Center | 9:00 am - 4:30 pm

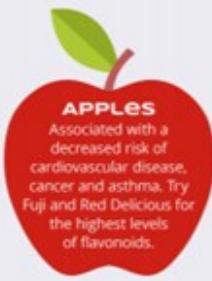
Lab Services | 9:00 am - 4:30 pm

Nurse Practitioner Clinic | 9:00 am - 4:30 pm

Physical Wellness

M

Best sources of ANTIOXIDANTS



APPLES
Associated with a decreased risk of cardiovascular disease, cancer and asthma. Try Fuji and Red Delicious for the highest levels of flavonoids.



BLUEBERRIES
The highest antioxidant level of all fruits and vegetables.



BLACKBERRIES
Rich in flavonoids, blackberries are also high in vitamins C and K.



cranberries
Indulge in 100% pure cranberry juice for the most antioxidants.



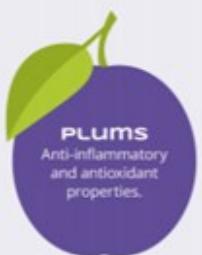
DARK CHOCOLATE
Cocoa contains flavonoids, as well as magnesium, potassium, zinc and iron.



KIDNEY BEANS
A great source of antioxidants, iron, thiamin, manganese and folate.



PECANS
Among nuts, pecans are the best source of antioxidants and can also help protect the brain.



PLUMS
Anti-inflammatory and antioxidant properties.



SPINACH
A great source of antioxidants that help protect your eyes.

Plan of Action for Excessive Snacking

Many people are experiencing an increase in stress during the COVID-19 pandemic. The following are some tips from the Northwestern Center for Lifestyle Medicine to help you combat these unhealthy eating habits.

Create a meal schedule

Choose set times of the day that you will have meals and snacks, and stick to the schedule. Before you eat, take a moment to check in. Ask yourself if you're actually hungry, or if there's something else at play, such as boredom, sadness, anxiety or frustration. Try the carrot or apple test: Would you eat an apple or a carrot right now if that was the only option in front of you? If not you're probably not eating out of physical hunger.

Focus on the food environment

Keep the foods you tend to eat when you're stressed out of the house or out of sight!

Don't be too restrictive

Allow yourself to have a planned snack or treat, just be sure it's planned and not driven by your emotions. If the urge to eat is overwhelming, distract yourself with activities that are incompatible with eating. Great options are deep-breathing exercises, drinking water, physical activity, a bath or shower, video chat with a friend (out of the kitchen), knitting, reading, coloring... the list goes on. Be creative!

Add antioxidants to your diet

Antioxidants block harmful chemicals called free radicals, which can lead to increased risk for diabetes, heart disease and cancer. Although antioxidants come in many forms- including enzymes, vitamins and minerals- fruits, nuts, vegetables and beans are among some of the best sources.

Been Thinking About Walking? Here's how to get started and stay motivated.



Physical activity doesn't need to be complicated. Something as simple as a daily brisk walk can help you live a healthier life. If you have been thinking about walking, now's a great time to get started.

But first, [read this online article from Northwestern Medicine](#). It will help you plan a routine, explain how to get the most from your walk with good technique, help you set goals, track your progress and stay motivated. What are you waiting for? After you have finished reading this Fun Pack, step away from your chair and get walking!



Health and Wellness

T C D B L Q D Z G E D U T I T T A H M C P F S H
W Z Y F G D B A M M E D N Z R F X M J I B S L N
N H S Y P X S C L S Y J Y L Q D P W E S E Q K L
B N U Q Y P H H I S W M V O C K J S S N O B S N
N S M W G H C Y H E A Z L E A S I A L D G X Y L
S G D O J D J D W N L J T I Y C S L U J X H H D
I E A D A H X R B E K W R C R A E U G F Y C P A
F L I F S M U A K R I A T E U W L I E E H T H E
S R R T M X D T C A N F X G L C Z P O G T E Y X
Z O N A I F L E W W G E M I F A S H M R L R S C
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D C D E P S I S A E O E K A Z R D C O Z E S C E
D H W O I S T T O I S H I X G U N T T D H Y A C
Y V B S Q E E B C T C C P Q S G L O V E G S L K
R E S T R N O T Y A O L D D G G X Q J F N L P J
K M W U Z L A L G S G J N M S J G T A J I R O L
W F D H C U E E N B T E Q W Y X G M H Y T Y F X
T V P T P F Z U M E I A I X A B I L S J A W L Q
Y W R Z D D R U H R C M A R S L P T G S E W P K
J P D X W N Q J F L M N J G Y G R G N I K I B E
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T M D K P M F N N V P U L L S Y F B F U M W S C
F P X T G K Z G M Q P E G S A U F P J U C C C L
Z M C E O H G V U G X B Q H P B U J O P N G T P

activities attitude awareness balance biking eating healthy
exercise family friends goals hydrate laugh lifestyle
love mindfulness physical play relax rest run social
stress stretch swimming walking wellness yoga

Meal Planning Benefits; Save Money, Eat Better, Lose Weight, [View More](#)

Paper or Digital . . . Have A Plan!

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Meal Planning Apps



Weekly Meal Plan

DAY	BREAKFAST	LUNCH	DINNER	SNACKS	WATER (8 glasses per day)
SUNDAY					A grid of 8 empty glass icons, representing 8 glasses of water per day.
MONDAY					A grid of 8 empty glass icons, representing 8 glasses of water per day.
TUESDAY					A grid of 8 empty glass icons, representing 8 glasses of water per day.
WEDNESDAY					A grid of 8 empty glass icons, representing 8 glasses of water per day.
THURSDAY					A grid of 8 empty glass icons, representing 8 glasses of water per day.
FRIDAY					A grid of 8 empty glass icons, representing 8 glasses of water per day.
SATURDAY					A grid of 8 empty glass icons, representing 8 glasses of water per day.

Grocery List:

Safe on the Sunny Side

A Great Time To Have Vitamin D Levels Checked

Without this “sunshine vitamin,” the body can’t absorb the calcium it ingests, so it steals calcium from bones, increasing the risk of osteoporosis and fractures.



The Wellness Center offers monthly bloodwork screenings such as Vitamin D, thyroid stimulating hormone (TSH), prostate specific antigen (PSA), A1C, and lipid. To learn more, contact the Northwestern Medicine Wellness Center at 847.515.2078.

A Guide to SPF & Sun Protection

KEEP IN MIND THE FOLLOWING FACTS:

 Achieving a base tan can double your risk of skin cancer.	 Seek shade from 12 to 2 pm when the sun peaks.	 Clothing can allow in UV rays, so apply sunscreen before dressing.
 Broad spectrum protects against both UVA and UVB rays.	 No sunscreen is truly waterproof, so reapply every two hours.	 Use enough sunscreen to fill a shot glass, and choose SPF 30 or higher.
 You can get vitamin D from other sources besides the sun, such as foods like eggs.	 Your lips can get burned too, so use lip balm with SPF 30 or higher.	 Cars are equivalent to being outside, so apply sunscreen for long drives.

WHAT ARE THE DIFFERENT TYPES OF SUNSCREEN?

Chemical Absorbed by skin to prevent UV rays from damaging your DNA Active ingredients: oxybenzone, avobenzene, octisalate, octocrylene, homosalate or octinoxate		Physical Sits on top of skin to reflect UV rays Active ingredients: zinc oxide or titanium dioxide
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 Northwestern Medicine dermatologist-approved.

SOURCES:

- <https://www.aad.org/public/everyday-care/sun-protection/sunscreen-patients/sunscreen-faqs>
- <https://www.fda.gov/drugs/drug-information-consumers/buying-using-medicine-safely>
- <https://www.skincancer.org/skin-cancer-prevention/sun-protection/>
- <https://www.ewg.org/sunscreen/report/the-trouble-with-sunscreen-chemicals/>

Intellectual Wellness

The intellectual dimension of wellness encourages creating and stimulating mental activities to bring richness to your life and those around you. Whether it's picking up a new hobby like photography or keeping up with favorites like bird watching, these activities promote a better and healthier lifestyle.

Being intellectually engaged may benefit the brain. Adults who are regularly challenged to use their creativity and problem solving skills as they engage in meaningful work and other activities may have the benefit of reducing the risk of cognitive decline as they age. As an individual engages in stimulating intellectual activities, he/she strengthens the neural network inside the brain.

People who engage in meaningful activities, like volunteering or hobbies, say they feel happier and healthier. Learning new skills may improve your thinking ability, too. For example, one study found that older adults who learned quilting or digital photography had more memory improvement than those who only socialized or did less cognitively demanding activities.



How Much Do You Know?

Nutrition Pop Quiz

1. Fatty fish is a good source of?

- (a)** vitamin C
- (b)** protein
- (c)** beta carotene
- (d)** omega-3 fats

2. True or false? "Multigrain" breads are always "whole-grain."

3. Rank the following food items from most to least:

- (a) a cup of orange juice
- (b) a cup of yogurt
- (c) 3 ounces of halibut
- (d) a medium banana
- (e) a cup of broccoli

4 Which of the following contain calcium?

- (a) figs
- (b) almonds
- (c) soybeans
- (d) collard greens

Click [HERE](#) for the full 24 Question quiz.

creativebug

From painting to cooking, jewelry to ceramics, **Creativebug** features over 1,000 video classes taught by recognized experts and artists. In addition to the video tutorials, you'll find printable instructions, patterns, templates, and recipes. Creativebug offers classes for those new to crafting and for skilled crafters looking to advance or refine techniques, find new projects, or troubleshoot problems.

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Nutrition Answer Key

(b) and (d) Fish has about 20 grams of protein in 3 ounces, cooked, as much as meat; fatty fish (such as salmon, sardines, halibut, black cod) also provide omega-3 fats, which may reduce the risk of cardiovascular disease and other disorders.

False. "Multigrain" means only that more than one grain is present and the primary ingredient is usually refined wheat flour. Whole-grain flour contains the bran and the germ, and so is rich in vitamins, minerals, and fiber. Refining only whole grains in the ingredients, not "wheat" or "enriched wheat," which is simply refined (white) flour.

(b), (a), (c), (e), (d) While bananas are an excellent source of potassium, with 420 milligrams, other foods have even more: yogurt, 530 milligrams; orange juice, 500; halibut, 490; broccoli, 460. Also rich in potassium are tomatoes, apricots, spinach, beets, prune juice, potatoes, lentils, soybeans, nuts, and sunflower seeds. A potassium-rich diet helps control blood pressure.

(All) Dairy foods are the best sources (milk has 300 milligrams per cup; yogurt even more), but some plant foods provide calcium too, particularly soybeans (175 to 260 milligrams per cup) and leafy greens (150 to 250 milligrams per cup).

4.

It's Key to Good Mental Health

A challenged brain is a happy brain. When the kids are grown and you've retired from your job, you could find yourself struggling a bit to stay busy and engaged, and you might feel depressed.

You are not alone. The National Alliance on Mental Illness says that more than 6.5 million American seniors suffer from depression. Seniors living independently have the lowest risk of depression, with the condition affecting about 1 to 5 percent of this group, according to the Centers for Disease Control and Prevention.

Reframe Stress

It is completely natural to feel stressed occasionally. We tend to think all stress as "all bad," but is it? Feeling stressed can also mean you're nervous about something that matters to you, excited for something new, or exhilarated and a bit scared, like when you're on a roller coaster. See "Mindful breathing exercise" below for a simple, short exercise to help you *reframe stress the next time your heart begins to race.*

Other ways to combat stress is to carve out moments to laugh, exercise, slow down and breathe. The following are a few suggestions, along with trying [these strategies](#) to build and maintain resilience and emotional strength:

- ◆ [Exercise regularly.](#)
- ◆ Get fresh air and sunlight daily.
- ◆ Talk to at least one person every day.
- ◆ Eat a [well-balanced diet](#). Be mindful of the sodium and sugar content in nonperishable and take-out foods.
- ◆ Take a moment to reflect on the people or things, large or small, that made the day more pleasant.

To read the entire Northwestern Medicine article on "Stress Busting Strategies", Click [HERE](#)

- ◆ **Mindful breathing exercise**—Sit or lie down comfortably with your eyes closed and bring awareness to your breath as you inhale and exhale. Notice how your body feels as you breathe in and out. Redirect your mind back to the breath if you find it wandering. Begin with several minutes and work your way up to five to seven minutes per day. Practicing mindfulness does not need to take hours a day and can be done anywhere.



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23
MEDITATION
TECHNIQUES

Laughter's The Best Medicine

A good sense of humor can't cure all ailments, but data is mounting about the positive things laughter can do. A good laugh has great short-term effects. When you start to laugh, it doesn't just lighten your load mentally, it actually induces physical changes in your body. Laughter can:

- ◆ Stimulate many organs. Laughter enhances your intake of oxygen-rich air, stimulates your heart, lungs and muscles, and increases the endorphins that are released by your brain.
- ◆ Activate and relieve your stress response. A rollicking laugh fires up and then cools down your stress response, and it can increase and then decrease your heart rate and blood pressure. The result? A good, relaxed feeling.
- ◆ Soothe tension. Laughter can also stimulate circulation and aid muscle relaxation, both of which can help reduce some of the physical symptoms of stress.

To learn more about relieving stress with laughter, click [HERE](#)

