

## Remembering March 2020: the month that felt like years



There's no doubt, 2020 was an unprecedented year. A year ago, on March 1, the coronavirus was first detected in Florida and since then, the numbers have continued to swell. The Florida Department of Health in Broward County has been a source of support and care to our communities this past year as the fight against the coronavirus pandemic continues. The pandemic has had a major affect on our lives. Many of us are facing challenges that are stressful and overwhelming. Because our work is critical—especially now—staff often struggle with prioritizing self-care. **The reality, though, is that self-care refuels healthcare workers to continue to persevere through even the most grueling days.**

Social distancing, wearing a mask and hand washing are important examples of self-care actions you can take every day to protect against COVID-19. Although these public health actions are pivotal to reducing the spread of COVID-19, they can also make us feel isolated and lonely and can increase stress and anxiety. Some of us are worried about our health and the health of our loved ones. We may also have a lot of concerns around school/work, finances, or our ability to take part in important community/social events and hobbies. All of these or some, may be an important part of our lives.

As we reflect on where we were a year ago, March 2020, we must also remember that our own wellness can better equip us to continue caring for others. Below are ways that you can help yourself, others, and your community to manage stress.

Source: CDC, World Health Organization

## Self-Care During COVID-19

### CONNECT

Write Letters to Your Friends

Hold video chat parties

Send notes to retirement homes and hospitals

Talk about things that bring you joy

Call someone

### BREATHE

Practice deep breathing

Use breathing to reset between tasks

Do a mindful breathing exercise when you feel overwhelmed

Incorporate other mindfulness activities into your day

Learn more at [mindful.org](https://www.mindful.org)

### GET MOVIN'

Get up and move every hour

Stretch

Get some fresh air - go on a hike, ride a bike, walk around

Create accountability with your colleagues

Find at home workouts online

### NOURISH

Eat balanced meals throughout the day

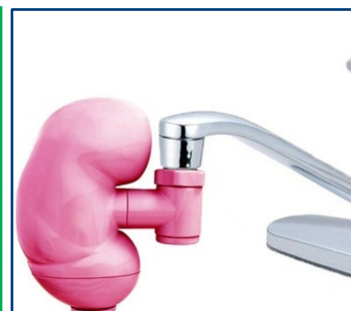
Practice Mindful Eating

Add veggies to each meal

Limit consumption of processed foods

Stay hydrated

Cook



### DID YOU KNOW?

**Your kidneys filter about 45 gallons of blood per day!**

- Learn more on page 3

*Spring  
into  
Wellness*

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Colorectal cancer is the third most common cancer in the United States and the second leading cause of death from cancers that affect both men and women. This disease takes the lives of more than 50,000 Americans every year. Colorectal cancer occurs in the colon or rectum. This cancer affects people in all racial and ethnic groups and is most common in people age 50 and older. However, young-onset colorectal cancer is on the rise. In fact, 10% of new colorectal cancer patients are under 50. Experts don't know what's causing the jump in colorectal cancer among young adults. But they do know some factors that raise the risk of colorectal cancer in older adults, include obesity, physical inactivity, and smoking.

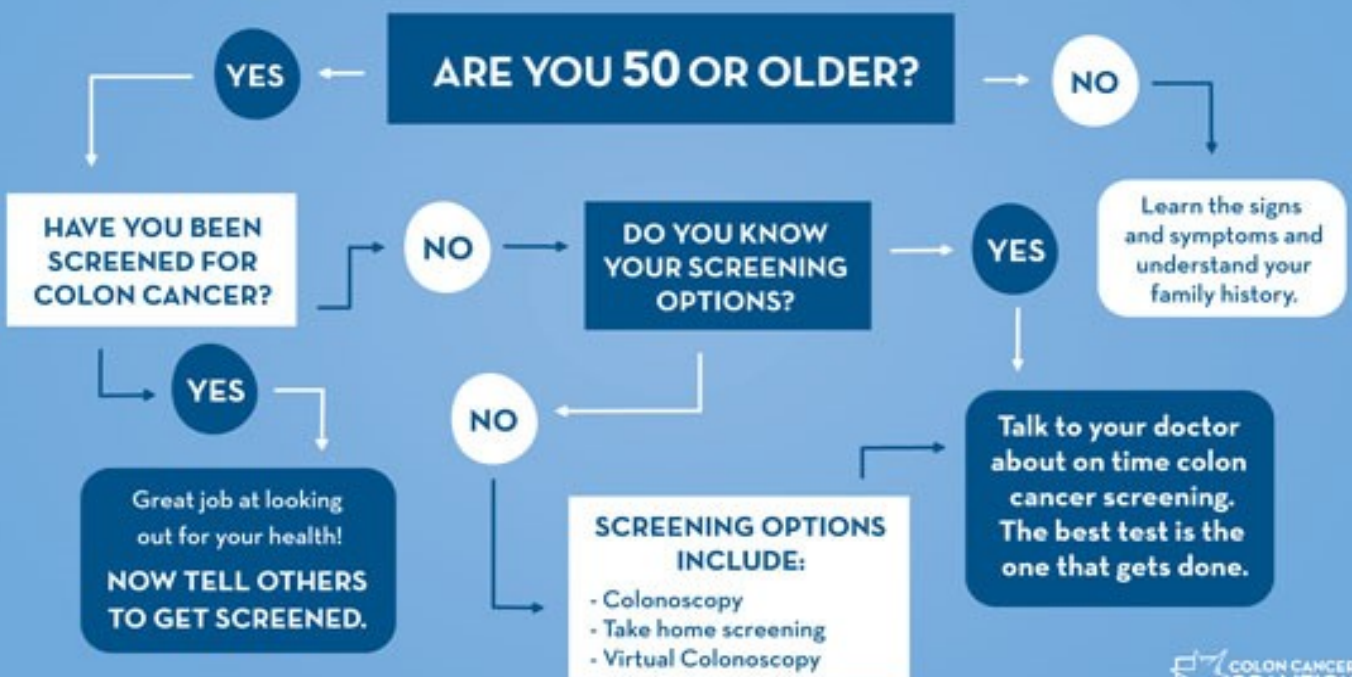
Colorectal cancer first develops with few, if any, symptoms. If symptoms are present, they may include: a change in bowel habits such as diarrhea, constipation, a change in the consistency of your stool or finding your stools are narrower than usual; persistent abdominal discomfort such as cramps, gas, or pain and/or feeling full, bloated or that your bowel does not empty completely; rectal bleeding (either bright red or very dark) in your stool; weakness or fatigue can also accompany losing weight for no known reason, nausea or vomiting. Early signs of colorectal cancer often do not include pain so it is important not to wait before seeing a doctor. Remember, early detection can save your life!

The good news? If everyone age 50 and older got regular screenings, 6 out of 10 deaths from colorectal cancer could be prevented. Communities, health professionals, and families can work together to encourage people to get screened. Encourage families to get active together – physical activity may also help reduce the risk of colorectal cancer. Talk to your family, friends, and people in your community about the importance of getting screened for colorectal cancer starting at age 50.

Source: Colorectal Cancer Alliance

Please consult your healthcare provider before starting on any diet or exercise program.

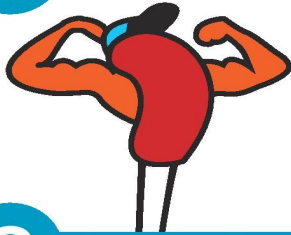
## COLON CANCER SCREENING GUIDE



# March is **National Kidney Month**

Get to know your hard working kidneys

## 6 WAYS KIDNEYS KEEP YOU HEALTHY



Regulate fluid levels

Activate Vitamin D for healthy bones

Filter wastes from the blood

Direct production of red blood cells

Regulate blood pressure

Keep blood minerals in balance

## 8 PROBLEMS KIDNEY DISEASE CAN CAUSE



Cardiovascular disease

Heart attack

Stroke

Anemia/ low red blood cell count

Nerve damage

Weak bones

High blood pressure

Kidney Failure

## 4 RISK FACTORS

Diabetes

High blood pressure

Age 60+

Family history

## 7 SYMPTOMS



Swelling: face, hands, abdomen, ankles, feet

Blood in urine  
Foamy urine

Puffy eyes

Difficult, painful urination

Increased thirst

Fatigue

## 2 TESTS YOU CAN TAKE (BLOOD AND URINE)

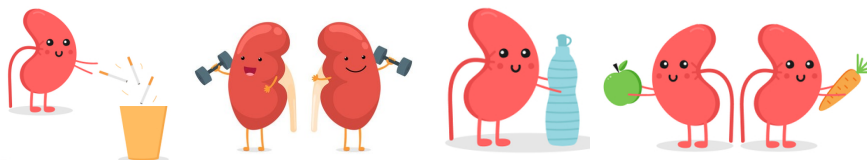


**Urine albumin-to-creatinine ratio** estimates the amount of a type of protein, albumin, that you excrete in your urine.

**Glomerular Filtration Rate (GFR)** tells how well your kidneys are working to remove wastes from your blood. It is the best way to check kidney function. Doctors measure blood creatinine (waste build up) levels and perform a calculation based on race, age and gender.

**African Americans, Hispanics, Pacific Islanders, American Indians and Older Adults are at increased risk for kidney disease**

*National Kidney Foundation*





**March** is  
National Save Your  
Vision Awareness  
Month



## FIVE TIPS FOR A LIFETIME OF HEALTHY VISION

AMERICAN OPTOMETRIC ASSOCIATION (AOA)  
OFFERS SIGHT-SAVING TIPS

Every waking minute, your eyes are working hard to see the world around us. According to AOA's annual American Eye-Q® survey, 40 percent of Americans worry about losing their eyesight over their ability to walk or hear.

It's Easy to Incorporate Steps into Your  
Daily Routine to Protect Your Vision!



1

### SCHEDULE YEARLY COMPREHENSIVE EXAMS

Seeing a doctor of optometry regularly will help keep you on the path to healthy eyes.



### PROTECT AGAINST UV RAYS

No matter the season, it's important to wear sunglasses.

2

3

### GIVE YOUR EYES A BREAK FROM DIGITAL DEVICE USE

Practice the 20/20/20 rule: every 20 minutes, take a 20 second break and look at something 20 feet away.



### EAT YOUR GREENS!

Eat five servings of fruits and vegetables each day—particularly the leafy green variety.

4

5

### PRACTICE SAFE WEAR & CARE OF CONTACT LENSES

Follow your optometrist's recommendations for use and wear – keep them clean!



American Optometric Association

AOA.ORG

To learn more about eye and vision health, or to find a nearby doctor of optometry, please visit [www.aoa.org](http://www.aoa.org). To find out how AOA members donate their services to help Americans save their sight through its charitable programs, visit [www.aoafoundation.org](http://www.aoafoundation.org).

According to Centers for Disease Control and Prevention, approximately 12 million people 40 years and over in the United States have vision impairment. This is largely due to age-related conditions, including cataracts, diabetic eye disease, glaucoma, and age-related macular disease. Many of the devastating effects caused by these diseases are preventable through early detection with a thorough eye examination.

Yearly comprehensive eye exams are an important part of caring for your eyes, vision, and overall eye health. This applies to all ages, but particularly to those with risks of disease due to family history. While providing the best vision care possible to every patient is the responsibility of all eye doctors, clearly, the patient plays an important role in this by getting evaluated yearly.

### Suggestions:

Take a break from electronic devices! In this era of endless Zoom meetings, that can be hard to do. But this year, the American Optometry Association (AOA) is dedicated to making the public aware of the effects digital technology has on the eyes. Be sure to observe the 20/20/20 rule: every 20 minutes, take a 20-second break, and look at something 20 feet away. This helps decrease eye strain associated with computers, smartphones, tablets, or other hand-held devices.

Source: American Optometry Association, Centers for Disease Control and Prevention

## 20/20/20

TO PREVENT DIGITAL EYE STRAIN



TAKE A  
20  
SECOND  
BREAK



EVERY  
20  
MINUTES



LOOK AT  
SOMETHING  
20  
FEET  
AWAY

Visit [www.aoa.org](http://www.aoa.org) for more tips on how to protect your eye health and to find a doctor of optometry near you for your annual comprehensive eye exam.

AMERICAN OPTOMETRIC ASSOCIATION



# HEALTHY EATS<sup>5</sup>

## Lemon-Garlic Chicken Penne with Pesto and Spinach

Fresh pesto brilliantly compliments the lemon and garlic flavors of this juicy chicken dinner.

### Ingredients

- 1 tablespoon finely shredded lemon peel
- ¼ cup lemon juice
- 2 tablespoons minced garlic (12 cloves)
- 1 ¼ pounds bone-in chicken breast halves, skinned
- ¼ teaspoon ground black pepper
- ⅛ teaspoon salt
- 1 ¼ cups whole wheat penne pasta
- ¼ cup dried tomatoes (not oil-packed)
- 2 tablespoons pine nuts
- 2 cups fresh basil leaves (about 1-3/4 ounces)
- 1 tablespoon olive oil
- 2 tablespoons grated Parmesan cheese
- 1 tablespoon minced garlic (6 cloves)
- ¼ cup reduced-sodium chicken broth
- 1 (9 ounce) package baby spinach
- ¼ teaspoon crushed red pepper
- ⅛ teaspoon salt
- 4 teaspoons grated Parmesan cheese



### Preparation (30 min)

- For marinade: In a small bowl, combine lemon peel, lemon juice and 2 tablespoons garlic. Place chicken in a resealable plastic bag. Pour marinade over chicken. Seal bag and turn to coat chicken. Marinate in refrigerator for 30 minutes, turning bag occasionally.
- Preheat oven to 375 degrees F. Drain chicken and discard marinade. Sprinkle chicken with black pepper and 1/8 teaspoon salt. Place chicken in a foil-lined shallow roasting pan. Roast for 40 minutes or until an instant-read thermometer inserted into inside thigh muscle registers 165 degrees F. Allow to cool before removing meat from the bone and shred or cut into bite-size pieces.
- To serve, cook pasta according to package directions; drain. Meanwhile, place dried tomatoes in a small bowl; pour enough hot water over tomatoes to cover and let stand until tomatoes are softened. Cut softened tomatoes into thin bite-size strips.
- For pesto, in a small skillet, cook pine nuts over medium heat about 3 minutes or until toasted, stirring often; set aside to cool. In a food processor, combine basil, pine nuts, oil, 2 tablespoons Parmesan cheese and 1 tablespoon garlic. Cover and process until smooth
- In a large skillet, heat broth over medium heat until boiling. Add spinach; cook and stir about 1 minute or until spinach starts to wilt. Add chicken, crushed red pepper and 1/8 teaspoon salt. Cook about 2 minutes more or until spinach is completely wilted. Stir in cooked pasta, pesto, and dried tomatoes. Cook about 5 minutes or until chicken is heated through (165 degrees F).

### Nutrition Information

Serving size: 1

Per Serving: 349 calories; protein 34.8g; carbohydrates 26.7g; dietary fiber 2.8g; sugars 2g; fat 11.4g; saturated fat 2.3g; cholesterol 76mg; vitamin a iu 5342IU; vitamin c 34.2mg; folate 24.8mcg; calcium 185.8mg; iron 5.1mg; magnesium 60.3mg; potassium 579.7mg; sodium 432.7mg

Source: *Eating Well*

# Get a Good Night's Sleep!



**World Sleep Day**  
Hosted by World Sleep Society  
**MARCH 19, 2021** REGULAR SLEEP  
HEALTHY FUTURE

If you're nodding off during meetings, yawning at your desk, or your thoughts are foggy throughout the day, it won't surprise you to hear that sleepiness can drastically affect your work performance. When you're drowsy, your brain is not as creative and won't process information as quickly or retain important facts as well. More than 43% of workers are sleep-deprived, and those most at risk work the night shift, long shifts or irregular shifts.

You may have heard about some tricks to help you fall asleep. You don't really have to count sheep. You could try counting slowly to 100. Some people find that playing mental games makes them sleepy. For example, tell yourself it is 5 minutes before you have to get up, and you're just trying to get a little bit more sleep.

Some people find that relaxing their bodies puts them to sleep. One way to do this is to do a body scan activity. Imagine your toes are completely relaxed, then your feet, and then your ankles are completely relaxed. Work your way up the rest of your body, section by section. You may drift off to sleep before getting to the top of your head.

Use your bedroom only for sleeping. After turning off the light, give yourself about 20 minutes to fall asleep. If you're still awake and not drowsy, get out of bed. When you feel sleepy, go back to bed.

If you feel tired and are unable to complete your daily activities for more than 2 or 3 weeks, you might have a sleep problem. Talk with your doctor about changes you can make to get a better night's sleep.

**Using  
your phone**  
or a tablet before bed  
can affect your sleep



Source: Harvard Health Publishing

THE GOOD BODY

Aim for  
**7-9 hours**  
of sleep each night.

## HERE ARE SOME TIPS TO HELP:

**Go to bed and wake up**  
at the same time every  
day, even on weekends.



**Find ways to relax**  
before bedtime each  
night.



**Avoid distractions** such as  
cell phones, computers,  
and televisions in your  
bedroom.



**Exercise at regular times**  
each day, but not  
within 3 hours of  
your bedtime.



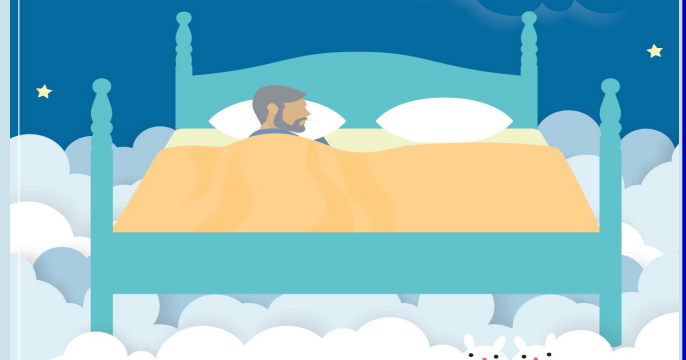
**Don't eat large meals,**  
or drink caffeine  
or alcohol late in  
the day.



**Avoid long naps**  
(over 30 minutes)  
in the late  
afternoon  
or evening.



Zzz



Source: CDC, National Institute of Health & National Sleep Foundation

The information contained in this newsletter should not be construed as medical advice. Please see your health care provider.



**Why do bees have  
sticky hair?**

**Because  
they use  
honeycombs.**

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