

Seasonal Food Showcase:

Cucumber

Enjoy the cooling and hydrating benefits of this tasty summer vegetable. Try it...



- Dipped in hummus or homemade dressing
- Sliced in your water bottle
- Pureed with ginger, lime, and honey, and frozen as a popsicle
- On your morning toast or bagel with smoked fish
- Mixed with chopped radishes, carrots, pomegranate, and lime for a fun new burrito topping



Mobile App of the month: mySugar
 What's the key to managing

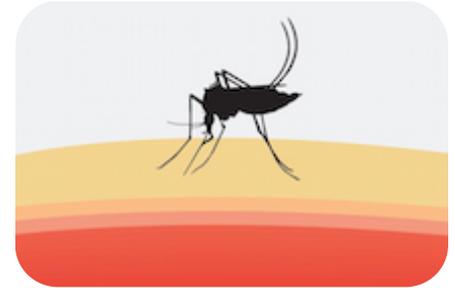
your diabetes and feeling good? Find out with this free app which helps people with diabetes keep track of blood sugars, meals, insulin, notes and more. It does the detective work for you to help you find balance.

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BZZZZZZ

Summer is here, and the bugs are out to prove it! While we don't live in an area at high risk for the Zika virus, there are still things you can do to prevent and treat insect bites to avoid them and the discomfort and possible infections that come with them!



Step 1: make your environment unfriendly to bugs that bite!

- **The windier, the better:** you wouldn't want to stop and have a picnic in a wind tunnel and neither does a mosquito. Regardless of the weather, you're more likely to find a breeze by the beach or up high (hello, tram pass!). If you're sticking close to home, try setting up a strong fan outdoors. This may seem counterintuitive, but the swirling air makes for a less inviting environment while also disrupting the steady flow of carbon dioxide your body emits- which is what helps the bugs find you.
- **Speaking of carbon dioxide:** don't bother with citronella candles- their heat and CO2 actually attract insects.
- **Get rid of sitting water:** even a tablespoon of water is enough to create a breeding ground for mosquitos. So do your best to unclog gutters, change water in pet bowls and bird baths frequently, shake water from tarps, and minimize growth of tall grasses, weeds, and shrubs.

Why do bug bites itch?



When mosquitos slurp up your blood, they leave behind their saliva. In response to this saliva, our bodies release histamines, which cause the itchy sensation. Interestingly, people can build up a tolerance to the saliva.

Step 2: cloak yourself in bug invisibility!

- **Clothing:** noseeums and mosquitos can't smell or taste what's not available to them, so use long, loose clothing in light colors to your advantage. Also use a head net if you find yourself in mosquito heaven.
- **Bug dope:** the plant-based repellent of oil of lemon eucalyptus is the most effective of the natural routes, but needs to be reapplied every 2 hours. Not recommended for children under 3.
- **'To DEET' or not to DEET, that is the question:** sure, DEET products will keep the bugs away, but at what cost, exactly? A study conducted in the late 1980s on Everglades National Park employees found that a full one-quarter of the subjects studied experienced negative health effects that they blamed on exposure to the chemical. Effects included rashes, skin irritation, numb or burning lips, nausea, headaches, dizziness and difficulty concentrating. (Continued on page 2)

("Bzzzzz" continued from front cover)

Another study out of Duke University deemed DEET exposure responsible for brain cell death and behavioral changes; still, other studies have argued that while some people are sensitive to DEET, most are unaffected with sporadic use. The CDC recommends following the instructions on the label, not letting children under 10 years of age apply repellent themselves, and avoiding DEET contact with eyes, mouth and children's hands. DEET is toxic if swallowed so do not breathe in, swallow, or get in eyes. Do not put repellent on wounds or broken skin.

Step 3: When all else fails, treat the itch to avoid an infection from scratching!

- **Go green:** refrigerate a used green tea bag, and press on to affected area. Also try rubbing fresh aloe or fresh basil leaves on to bite.
- **Go caffeine:** stir a metal spoon in your hot morning cup of coffee, dry it and apply the hot spoon to your bite.
- **Go anti-histamine:** block the itch from the inside!



Traveling down south this summer? Here's what you should know about Zika:

- Only 1 in 5 people infected develop symptoms
- Symptoms include a mild fever, conjunctivitis, headache, joint pain, and a rash
- There is no vaccine or drug treatment; patients are advised to rest and drink plenty of fluids
- The greatest concern is the impact the virus has on developing fetuses; however, it's not just women of child-bearing age who should be careful. Men who've contracted the Zika virus who may or may not have symptoms can transmit the virus through unprotected sex.



Visit CDC.gov for up to date information and details on areas at highest risk.



Green Scene brought to you by CBJ's Green Team

The U.S. Department of Energy estimates that 60 million Americans have BBQs on the Fourth of July. Here are Several Easy Ways to Green Your BBQ Party this Summer:

1. Use reusable or biodegradable plates and utensil or at the very least products made from 100 percent recycled materials. Remember biodegradable plates will need to be cleaned before going in the compost bin — ketchup, hamburger grease and other-non-veggie food matter doesn't compost.
2. Fill up pitchers of water, homemade lemonade and iced tea instead of buying huge quantities of personal-sized beverage containers. Make sure that you provide plastic or paper cups, and a marker at the drink counter so people can write their names on their cups — and therefore not use more than one.
3. You're likely to have beer, soda or other individual-sized beverages in a cooler so provide a recycling bins so you can save bottles and cans from the garbage.
4. Use gas, propane or electric grills, which burn more efficiently and cleaner than charcoal or wood. If you have a charcoal grill, make sure you burn natural lumps, not briquettes, and don't use more than you need.
5. If you eat meat spend the extra money to invest in organic, and sustainably raised.
6. Encourage walking, biking or carpooling to your party; help coordinate carpooling for guests if necessary.
7. Make sure mosquitoes don't drive your guests away. Before the party, take a look at prime mosquito breeding grounds — clean out rain gutters, check other spots with standing water and mow your grass (with a reel mower, of course).
8. Don't forget the little things they all add up to a greener BBQ. For example, choose organic condiments, reusable napkins- not paper, send out e-vites versus mailing invitations, use homemade decorations, over store-bought or skip decorations all together.



For more info on this article visit: <http://www.nature.org/greenliving/gogreen/everydayenvironmentalist/green-your-summer-bbq.xml>

A Note from Your Safety Officer, Andrew Migel

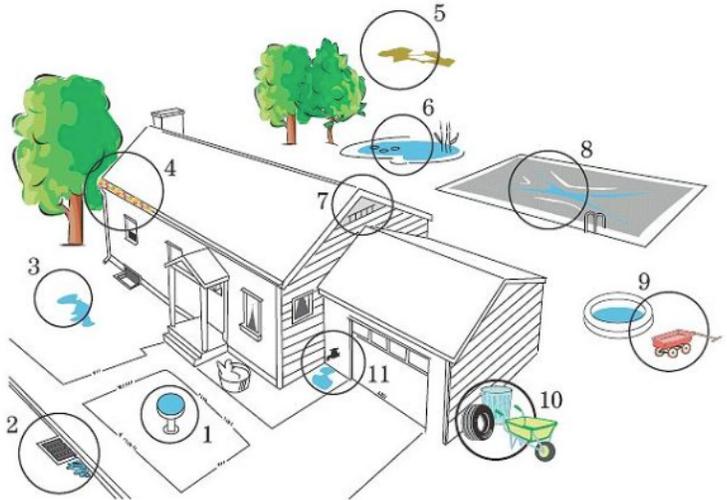
The small things matter

My spirits were lifted when I read about the safety improvements made during the month of May. Even the smallest improvement brought about a reward. Half of all the improvements reported involved tidying up the workspace. It has been a regulatory obligation to keep the work area free of hazards for many years, but many of us disregard the small and simple things that could make all the difference between going home safe and sound and being transported to emergency care. Removing boxes from hallways, taking down unnecessary barriers, adding furniture accessories for ease of use and convenience, ordering a new shelf, or whatever the improvement may be, it does help. All it takes are two things: a desire or recognition of a need and a willingness to act. However small or large your effort is, it is appreciated.

Remember that June is national safety month. Take a small amount of your time this month to make a change. It doesn't have to be hard or complicated. It will be liberating. Thank those around you who are willing to act for your well-being. Thank you for your safe work and living habits. If you haven't been safe by choice, but by luck, pause the next time you feel that way and see if you value your personal safety enough to change your habits.

Take a second for your safety!

Can you think of any areas around your house that have sitting water right now? Make a list to clean out to keep you and your family safe from mosquitos this summer.



Secure your furniture to avoid tip-overs

Fall-proof the bathrooms of older adults

Pay attention to where you are walking

Diversify your retirement and your microbiome!

When it's time to retire, you don't want all your eggs in one basket... see below to learn more about our deferred comp offerings with ICMA-RC.

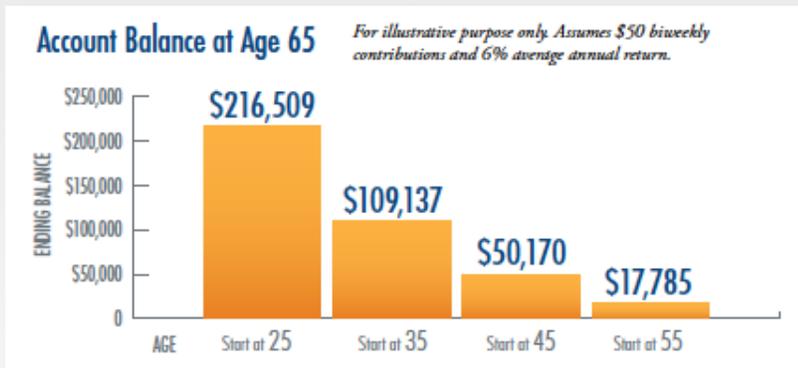
When considering your health, diversity is also good for your microbiome to help protect your physical, mental, and emotional health! See sidebar for more information.

A message from ICMA-RC...

WHY SAVE NOW?

Saving to your 457 deferred compensation plan has two key advantages:

- 1 **Convenient contributions** — made directly from your paycheck.
- 2 **Tax benefits** — pre-tax contributions reduce your current taxable income, and all taxes, including on earnings, are deferred until you withdraw.



Saving early matters.

- ▶ See how delaying saving can cost you — www.icmarc.org/costofdelay.
- ▶ Unlike the financial markets and the economy, you can control when you start saving.
- ▶ Guided Pathways® helps you decide how much to save and how to invest — www.icmarc.org/guidedpathways.

Your ICMA-RC representative can help.

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Think about your body like an ecosystem; it's constantly changing, and its environment depends on the various species that live there. Within a few years of birth, we're covered in thousands of different species of



microbes to form this ecosystem. The microbes colonize every millimeter of the body that's exposed to the outside world.

While some bacteria in your own personal 'ecosystem' - can be harmful - most are not. In fact, many health conditions improve with increased amounts of the healthy bacteria. The balance of your microbiome can affect many things, including mental, emotional and physical health (see page 6 for more info).

Changing the 'ecosystem' of your body can affect which microbes live there. For instance, much of our microbiome depends on the flora in our guts. One way to change our microbiomes - for better or worse - involves the food we eat. Changing our diet influences the balance of microbes living in our guts. In fact, the more diversity we can eat in the way of different grains, wild edible plants, fermented foods (like we learned about last month) and fruits and vegetables that are 'off the beaten path', the more resilient our immune system becomes, as we also lower our risk for disease.

Kari's Recipe Corner

Wild Alaskan Blueberry Salsa

Ingredients:

- 1 cup Fresh Wild Alaskan Blueberries
- ½ cup crushed canned pineapple, packed in its own juice drained
- ½ cup red bell pepper, minced
- ¼ cup pine nuts
- ¼ cup red onion, minced
- ¼ cup fresh cilantro, chopped
- ¼ cup golden raisins
- 1 clove garlic, minced
- 1 Tablespoon lime juice
- ¼ teaspoon lime zest
- 1 teaspoon fresh jalapeno, minced
- Salt to taste, if desired



Nutrition Information: Calories 70, Total Fat 2g, Sodium 0mg, Total Carbohydrate 13g, Dietary Fiber 2g, Protein 1g, Vitamin A 8%, Vitamin C 40%, Calcium 2%, Iron 2%

Serves 6, Serving Size ½ cup

Step 1: Combine all ingredients in a bowl

Step 2: Serve and enjoy!

Suggestions: This salsa is very versatile and can be used as a dip for baked tortilla chips, or as an accompaniment to baked or seared salmon, lean cuts of beef or pork, and chicken.



“I drink water all the time, so why am I still thirsty?”

Sure, the summer temps might be dehydrating, but if you are constantly thirsty, despite frequent glugs of water, with a persistent need to urinate, it's time to talk to your doctor; these could be symptoms of diabetes.

When you have diabetes, excess sugar (glucose) builds up in your blood. Your kidneys are forced to work overtime to filter and absorb the excess sugar. If your kidneys can't keep up, the excess sugar is excreted into your urine, dragging along fluids from your tissues. This triggers more frequent urination, which may cause a persistent thirst. As you drink more fluids to quench your thirst, you'll urinate even more.

To learn more about diabetes, visit diabetes.org, check out the next Bartlett diabetes education class on August 1st, or the pre-diabetes class on August 4th. Call 796-8649 for more information on these classes. See the back cover for information on the 16-week Health Matters Program to reduce your risk for type 2 diabetes.

HOW GUT BACTERIA AFFECTS THE BRAIN AND BODY

We are more bacteria than we are human. Mounting research has suggested that the bacteria living in our digestive tract play a significant role in our overall health. Here are some of the physical and mental health conditions that have been linked to imbalances in gut flora.

DEPRESSION

More than a third of depression sufferers have "leaky gut," or permeability of the gut lining that allows bacterium to seep out into the bloodstream.

ANXIETY

Prebiotics can have anti-anxiety and antidepressant effects. Consuming beneficial bacteria can also positively change the way the brain responds to the environment.

AUTISM

Autism often co-occurs with gastrointestinal issues like leaky gut or irritable bowel syndrome.

SCHIZOPHRENIA

Studies in mice have linked a lack of normal gut bacteria with changes in brain development, but the genetics of the disorder are complex and not fully understood.

PARKINSON'S DISEASE

People suffering from this disease have different gut bacteria than healthy people.

OBESITY & DIABETES

A number of studies have linked instability in the gut microbiome to obesity and obesity-related health problems.

CROHN'S DISEASE

Abnormally high levels of certain bacteria strains may be present when Crohn's Disease develops, possibly triggering an atypical immune response.

COLON CANCER

Sugar-loving microbes in the gut — along with the carbs that feed them — can fuel colon cancer. High carb-diets may even be contributing to the rise of colon cancer.

ULCERATIVE COLITIS

Imbalances in gut flora may be a main factor in both the onset and continuing symptoms of ulcerative colitis.

RHEUMATOID ARTHRITIS

Studies have found a link between low levels of certain good gut bacteria, high levels of unhealthy *Prevotella copri* bacteria, and autoimmune joint disease.

IRRITABLE BOWEL SYNDROME

There is a definitive link between IBS and an overgrowth of bacteria in the small intestines.

There are thought to be more than 5,000 species of bacteria living in the gut. Here are a few of the main players:

GOOD **BAD**

HELICOBACTER PYLORI
Most common bad bacteria, causes ulcers

LACTOBACILLI
May ward off stress and anxiety

METHANOBREVIABACTER SMITHII
Responsible for the majority of methane production

BIFIDOBACTERIA
Effective at treating many intestinal conditions

LACTOBACILLUS HELVETICUS
Associated with reduced anxiety and depression

BIFIDOBACTERIUM LONGUM
Also associated with reduced anxiety and depression

Sources: Psychopharmacology, Oxford University, UCLA Division of Digestive Diseases, Ahmanson-Lovelace Brain Mapping Center at UCLA, Scientific American, Acta Psychiatrica Scandinavica, The Atlantic, National Geographic, Cedars-Sinai, ScienceNews.org, The Scientist, Medical News Today, University of Helsinki Institute of Biotechnology, American Diabetes Association, Science Daily, U.S. National Library of Medicine, National Institutes of Health, LiveScience.com, WebMD.com

THE HUFFINGTON POST

UPCOMING HEALTH YOURSELF ACTIVITIES

Remember Health Yourself starts a fresh new year every July- so you can get a head start on earning your FY18 discount!

- **LeBron vs Curry Challenge**
July 1-July 31 (10-20 points)
- **Diabetes Education Class**
August 1, 1-5pm @ BRH- call 796-8649 to register.
(5 points)
- **Pre-diabetes Education Class**
August 4, 3-5pm @ BRH- call 796-8649 to register
(5 points)
- **Health Matters Class**
(formerly Diabetes Prevention Program) Mondays from August 29- December 19, 5:30-6:30 @ BRH. For those at risk for type 2 diabetes- visit the Health Yourself Facebook group to take a quiz to find out if you are at risk, and to access the application. (100 points)