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## Resources for Dealing with Daily Challenges

Did you know that [80% of your health is influenced](#) by factors like financial stress, food insecurity, housing worries and social isolation? Sometimes life can present real challenges—from not having enough food for you and your family to not being able to make ends meet or not being sure if you have a home to live in. But there are resources available to help you get the kinds of support needed to better cope with these situations so that you can live your healthiest life. It's not always easy to reach out for help, or even know where to begin to find it. Now you can connect to local programs and services that are available to you at \$0 or reduced cost at [uhc.com/communityresources](http://uhc.com/communityresources). Find support and services for everything from food banks and local shelters to employment support and financial literacy.



## Walk with a Doc

Through the combined power of physical activity, health education, social connection, and time in nature, Walk with a Doc (WWAD) is an all-in-one prescription for a healthier life. WWAD is a national program that started right here in Columbus, Ohio. The program now serves 500+ communities in 30+ countries around the world. [Click here](#) for 100 reasons to walk and join a WWAD in your community today!

**Who:** Patients, healthcare providers, and community members of all ages and backgrounds. All physical abilities welcome!

**What:** Each event starts with a brief discussion on a relevant topic from a health professional. Then participants walk at their own pace and distance while engaging in meaningful conversations and experiencing a sense of camaraderie.

**Where/When:** Some local WWAD events are below, or you can visit [walkwithadoc.org](http://walkwithadoc.org) for a full list of events.

- **Highbanks Metro Park** | Every Saturday @ 8:30am | year-round
- **Marion Franklin Community Center** | 1st & 3rd Saturday of every month @ 10am | April-October
- **Whitehall Community Park** | 3rd Saturday of every month @ 10am | April-October
- **Dodge Park & Community Center** | 2nd & 4th Saturday of every month @ 9am | April-October



## Hydration Benefits & Tips

Water supports the proper functioning of all bodily systems and staying properly hydrated has some major [health benefits](#):

- Improved blood circulation and consequently less overall strain on the heart
- Better digestive function resulting from improved breakdown of food in the stomach
- Increased bone density, which plays a role in preventing osteoporosis
- Improved ability to build muscle and prevent cramping
- Enhanced mood, memory, and attention span
- Decreased long-term risk of developing depression and anxiety
- Improved problem-solving and decision-making

Since water accounts for approximately 50-60% of body weight and is lost through daily functions like sweating, breathing, and urinating, replenishing with fluids throughout the day is vital for overall health. It's especially important in the summer. Higher temperatures cause more perspiration, so we need to work harder to replenish the lost moisture. The standard advice for hydration used to be to "drink eight glasses of water a day." Now, we know that may not always suit everybody. Moreover, drinking water is not the only way to ensure proper hydration. So, how can we meet the recommendations in a natural and low-stress way?

- **Carry a refillable water bottle**
- **Bring the flavor** - you can buy specialized water flavoring, or you can simply add lemon/lime juice, basil or mint leaves, berries, or cucumber slices
- **Eat your water** - plenty of foods have a high water content (more on this below)
- **Learn the signs of dehydration** - dizziness, fatigue, dark yellow urine, constipation, confusion, abdominal pain, and muscle cramps.
- **Set yourself a timer** - refill your glass every hour
- **Drink a glass with each meal**

Here are some [foods with high amounts of water](#):

- Cottage cheese
- Plain yogurt
- Broths and soups
- Skim milk
- Lettuce
- Cucumber
- Watermelon
- Peaches

# meQilibrium

## Discover the Science of YOU

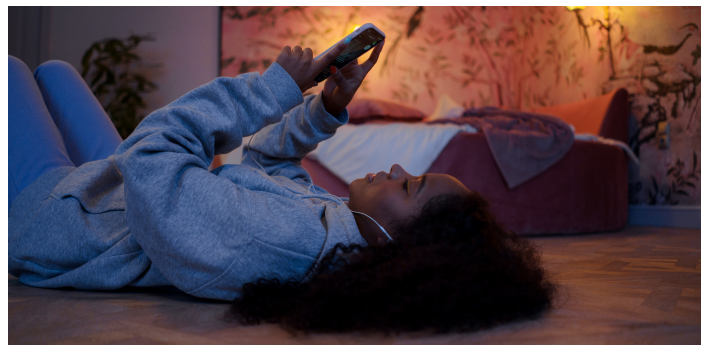
We all have the power to change the behaviors and habits that no longer serve us and to become the best versions of ourselves. When we understand what makes us who we are—what makes us tick and what takes us ahead—we can confidently take the first step in making positive changes. meQ is a resilience program that can help you make these self-discoveries.

### What is Resilience?

Resilience is your ability to adapt well and recover quickly from stress or adversity. If you're more resilient, you're able to maintain calm and stay clear in the face of life's challenges. If you're less resilient, you're more likely to dwell on problems, feel overwhelmed, and use unhealthy coping mechanisms to handle stress. meQ will curate a personalized plan filled with easy-to-use tools to build a more resilient mindset. You'll build the skills to do things like:

- Manage feelings of overwhelm and burnout
- Feel more motivated and change-ready
- Think more clearly and solve problems faster

Ready to know yourself better than you ever have before? Join meQ today and say hello to your best you. Log in to [fccThriveOn.com](https://fccThriveOn.com), click Wellness Hub, and then click the meQ card to get started!



## Youth Mental Health Support Group

The number of adolescents reporting poor mental health is increasing. In fact, according to the [Centers for Disease Control & Prevention](#), in 2021, 42% of students felt persistently sad or hopeless. Parenting a child with mental health concerns can be challenging and scary. Talking to others who are experiencing similar situations can be helpful. On June 27th, July 11th, and July 25th from 1-2pm, Franklin County's Onsite EAP Consultant, Tammie Yancey, will be facilitating a support group on parenting children with mental health concerns. Support groups are designed to be a place where people with common experiences and concerns provide each other with encouragement, comfort, and advice. If you are interested, please contact Tammie Yancey at [tammie\\_yancey@optum.com](mailto:tammie_yancey@optum.com) or 614-525-6773.

# Maddie's Culinary Commentary

Provided by OhioHealth

## Eating for Your Brain

### Alzheimer's & Brain Awareness Month

Your nutrition choices help protect your brain. Adding the following foods into your diet now can boost your brain health as you age:

**1. DHA (Omega-3's)** is a fatty acid that's essential for a healthy brain. For optimal DHA intake, try eating a serving of fish twice a week.

Sources: Fish like salmon, steelhead trout, tilapia, or canned tuna. For those who don't eat fish, flax seed and walnuts are also great sources of omega-3s that can be converted into DHA.

**2. Leafy green vegetables** like kale, spinach, or collard greens all have essential brain nutrients as well. Try including a salad with dinner, or even make your own kale chips.

## Coming Up

- Pantry Basics: Frozen & Canned Produce starts on Wednesday July 12; register now on the [ThriveOn portal](#)
- For more information, visit the [Alzheimer's Association](#) to see how you can show your support for ending Alzheimer's

## Kale Chips

1 bunch kale, 2T of oil, seasonings of choice (salt, pepper, cumin, garlic, etc...)

1. Preheat oven to 225F
2. Combine shredded kale with oil and seasonings in a bowl
3. Transfer to a foil-lined baking tray
4. Bake till crispy, tossing half-way through, approx. 25 min



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To learn more, schedule a nutrition counseling session with Maddie by visiting [this link](#).