

Be Well

Summer 2023



Summer is here, y'all!

Hot summer days are as Texan as ice-cold sweet tea, fields of bluebonnets and the hazy, humid blue sky that goes on forever. Read on for tips for enjoying the great outdoors while staying safe and other pointers on how to Be Well.



In this issue

- ☀ Heat Safety Awareness
- ☀ #WebinarWednesdays
- ☀ Walk With a Doc
- ☀ Summer Recipes Kids Will Love
- ☀ WebMD Digital Wellness Platform
- ☀ WebMD One
- ☀ findhelp
- ☀ Healthy Focus

Beat the Heat

before the heat beats you



Statewide, Texans are flocking outdoors to engage in all the adventures the Lone Star State has to offer. But before you grab your innertube and picnic blanket, remember to remain thoughtful about your time in the sun.

Beat the heat this summer by beating heat-related illnesses. The American Red Cross recommends:

Staying Hydrated

- ▶ Drink plenty of fluids and encourage others to drink plenty of fluids, too.
- ▶ Replenish your body's salt and minerals with healthy snacks or sports drinks.

Staying Cool

- ▶ Spend as much time as possible in an air-conditioned area.
- ▶ If your home does not have air conditioning, go to a cool location.
- ▶ Wear loose, lightweight clothing and take cool showers or baths.
- ▶ Limit your outdoor activity. If you must work outdoors, schedule tasks earlier or later in the day.
- ▶ Frequently apply sunscreen to prevent sunburns.

Staying Alert

- ▶ Check on your friends, family and neighbors. Help them prevent heat-related illness and act fast if you notice someone showing symptoms. Head over to the CDC for a list of warning signs and symptoms.
- ▶ Anyone can develop heat-related illness, but people at greater risk are:
 - ▶ Older adults
 - ▶ Outdoor workers
 - ▶ Infants, children and pregnant women
 - ▶ People with limited personal resources
 - ▶ People with medical conditions
 - ▶ People living in places that lack green spaces.

If you suspect that you or someone you know is suffering from heat stroke, call 9-1-1 immediately.

Enjoy your summer and be well!

References

The American Red Cross (2023). Extreme heat safety.

Retrieved from: [RedCross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/extreme-heat-safety.html](https://www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/extreme-heat-safety.html)

Center for Disease Control and Prevention (2023). Warning signs and symptoms of heat related illnesses.

#Webinar Wednesdays

Every month, join us online during the lunch hour for a FREE wellness webinar.

Wednesday, August 2 at 11:00 AM: **Nutrition 101**

Vipul Patel, DO, MBA and JaQuarius Jackson, BS, present and answer questions about nutrition basics as well as common food and dieting trends.

[Register Here](#)

September 6 at 11:00 AM: **Know Your Numbers**

Ever wonder what all those blood pressure, total cholesterol and A1C numbers in your lab work mean? JaQuarius Jackson, BS, and Jay Holmaas, MSBS, explain the vital role these numbers play in your health, and how knowing them can improve your overall well-being.

[Register Here](#)

WebMD-led Webinars

July 19 at 11:00 AM:
[Stress & Mindfulness](#)

August 16 at 11:00 AM:
[Sleep 101](#)

September 20 at 11:00 AM:
[Time Management & Organization](#)



WALK with a DOC

If you're in the Temple or Harker Heights area, get to know your physicians while getting your steps in during our monthly Walk with a Doc series. The event begins with a brief talk by a featured physician, followed by a walk around Miller Park and Carl Levin Park. All ages are welcome, and you can walk at your own pace. When you arrive, look for Walk with a Doc signs and meet at the pavilion.

Miller Park: 1919 N 1st St. Temple, TX 76501

- ▼ **July 15, 9:00 AM**
- ▼ **August 26, 9:00 AM**
- ▼ **September 30, 9:00 AM**

Carl Levin Park: 400 Millers Crossing Harker Heights, Texas 76548

- ▼ **July 29, 9:00 AM**
- ▼ **August 19, 9:00 AM**
- ▼ **September 16, 9:00 AM**



[Learn more](#)

SUMMER RECIPES KIDS WILL LOVE

The kids are out of school, and they're going to be hungry. Our resident dietitian Alessandra Stasnopolis, RDN, LDN, suggests a couple of quick and easy recipes your hungry, hungry kiddos will love.

BANANA OAT BREAKFAST COOKIES

Ingredients:

- 3 bananas, peeled
- ¼ cup coconut oil, melted
- 1 tbsp maple syrup
- 1 tsp vanilla extract
- 1.5 cups rolled oats (buy gluten-free if gluten intolerant/ceciac)
- 1 tbsp flaxseed meal
- ¼ cup mini chocolate chips
- ½ tsp salt
- ¼ cup chopped pecans*
- ¼ cup raisins*

*Optional

Directions:

1. Preheat your oven to 350°F.
2. Place bananas in a bowl and mash well. Add all the other ingredients listed above and mix well.
3. Line a baking sheet with foil or parchment paper. Pour 2 tablespoons of the batter into a 2.5-inch cookie cutter or cupcake foil. Remove the cutter to create a round shape. Repeat with the rest of the batter.
4. Bake for 22-25 minutes or until cookies are lightly brown and set. Cool before serving.
5. If you add the pecans and raisins, you may need to increase the other ingredients to create a larger batter.

BARBECUE CHICKEN NUGGETS

Ingredients:

- 1 tbsp canola oil (or heat stable oil of choice)
- 1 tbsp butter (or vegan butter of choice)
- ¼ cup whole wheat flour
- ½ tsp garlic powder*
- ½ tsp onion powder*
- ½ tsp salt
- ¼ tsp black pepper
- 1 lb. boneless, skinless chicken tenders
- 1, 8 oz can of tomato sauce
- 1 tbsp white vinegar
- 1 tbsp dark brown sugar
- 1 tbsp Dijon mustard
- 2 tbsp honey

*Optional

Directions:

1. Heat the canola oil and butter in a skillet over medium-high heat.
2. While waiting on the skillet and oil to heat up, mix your flour of choice with salt and pepper (and garlic and onion powder if adding) into a bowl or shallow dish.
3. Cut your chicken into 1-inch pieces.
4. Place the raw chicken in the flour mix and coat thoroughly. Shake off the excess and then place each piece in the skillet.
5. Cook the nuggets for 4-5 minutes. The chicken should be cooked through and browned.
6. Mix the tomato sauce, sugar, Dijon mustard, vinegar and honey in a small sauce pan and mix thoroughly. Heat over low heat until the sauce reaches a simmer.
7. After the chicken is done and the barbeque sauce is warmed up, dip each nugget into the sauce to coat and place them on a serving plate.
8. Serve with veggies and carbs of choice (green beans, salad, lima beans, corn, sweet potatoes, etc.).

WebMD

a digital wellness platform

The WebMD digital wellness platform on MyBSWHealth is your one-stop resource for personalized health tips, informative articles and fun challenges to help you be your best self.

Find features like:

Digital wellness coaching. Health information based on your personal interests, including nutrition, sleep and physical activity.

Wellness challenges. Turn healthy habits into a game by keeping track of your progress online.

Digital health library. Articles, videos and more to help you learn about specific conditions or simply explore topics that interest you.

Log into [MyBSWHealth](#) to get started.

Need help accessing the WebMD platform? Check out this [handy guide](#).

WebMD ONE

WebMD ONE is a well-being program designed to assess your current health and tailor tips and solutions to improve your health and wellbeing.

WebMD ONE allows you to:

- ▼ Begin or continue your personal journey toward well-being.
- ▼ Understand your current health status and areas to improve.
- ▼ Create daily habits that lead to long-term behavior change.
- ▼ Connect with peers who are working toward the same goals.
- ▼ Find and access the tools, resources and benefits your employer or organization offers.

Find help all in one place



We all need help sometimes. If you're looking for help, the **findhelp** local resource hub can help you identify your family's needs and quickly get connected to community resources. Whether you're seeking services or looking to offer help, **findhelp** makes it easy to find and make referrals for food, healthcare, job training, and more with dignity and ease.

How it works:

- Visit BSWHealthPlan.findhelp.com.
- Type in your ZIP code.
- Hit the "search" button and discover hundreds of social service organizations at your fingertips.

You can also create an account for access to other free tools and features.

Healthy Focus



July



Ultraviolet Safety Awareness

While out having fun in the sun, it's important to protect yourself from ultraviolet rays. If you're going to be outside, staying in the shade is one of the best ways to limit your UV exposure. Protect your skin with clothing that covers your arms and legs, use sunscreen to help protect skin that isn't covered, and wear a hat and sunglasses to protect your head, face and neck.

For more information, visit [The American Academy of Dermatology](#).

August



Children's Eye Health Awareness

Our children's eyes are precious, and early detection and treatment of eye problems is critical. Take your child to an eye doctor if you have concerns about your child's vision. For more information, visit [The National Eye Institute \(NEI\)](#).

Also, fall is rapidly approaching, and that means it's a good time to plan your little one's flu shot and make sure you're up-to-date on vaccines before the school year starts.

September



Prostate Cancer Awareness

Prostate cancer is the most-diagnosed form of cancer and the second-leading cancer-caused death in men. Any man can get prostate cancer, but men over the age of 50 and those with a family history of the disease are more likely to get it. The American Cancer Society recommends that men considering getting screened for prostate cancer stay informed and talk to their doctor about the benefits, risks and limits of screening.

For more information about prostate cancer screening and treatment options, visit [The American Cancer Society](#). Learn more about [prostate cancer](#).

Our mission

as part of the Baylor Scott & White Family

Founded as a Christian ministry of healing, Baylor Scott & White Health promotes the well-being of all individuals, families and communities.

