



rural spotlight

Explore the outdoors for a healthier you. In this publication you will learn about poison ivy (Missouri's most irritating plant), tornado safety, foods to improve your health, differences in legal forms for planning your future, eye care, a healthy tip for kids, testing your balance and a quick healthy recipe.

A Healthy Spring

A lot of us start looking forward to spring long before the snow flies. Spring is a time when our senses awaken to the adventure of song birds, displays of flowers and grasses coming up through the rich earth and stargazing for constellations in the dark night sky.

Learning about Missouri can open your eyes to see the beauty and tranquility of clear streams, early morning wildlife and a vast array of local highlights.

Adventure can be found in identifying Missouri's unique wildflowers and trees, observing animals, songbirds and the fish that swim in our clear streams. A book on constellations and basic astronomy can

create a more diverse point of view of the night sky.

Get out and take a walk, ride a bike or travel in your car to a "day destination". Pack a picnic lunch and head out to discover Missouri.

For more information on Missouri Wildflowers go to: mowildflowers.net/.

To learn more about Missouri's streams and fishing go to: mdc.mo.gov/discover-nature.

To schedule a Missouri day trip go to: travelguidesfree.com.

this issue includes:

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Missouri Department
of Health
and Senior Services

Itching for Spring

Poison ivy, oak and sumac can be irritating plants causing an intense skin reaction. The best way to avoid the springtime itchiness caused by these plants is to learn to identify and side step them altogether.

The reaction to poison ivy, oak and sumac can be reduced if you change clothing immediately and wash the exposed skin with soap and water. Washing all of the oil off the exposed skin within 5 minutes of contact will lessen your

chances of having a reaction. The oil from poison ivy can remain active on clothing and footwear for one year. The oil can also be transmitted on pet fur and in the smoke of burning poison ivy.

Using various products such as MultiShield applied prior to anticipated exposure or Tecnu Skin Cleanser to cleanse the exposed skin can also reduce the risk of a rash.

Identifying and Avoiding Springtime Poison Ivy, Oak, and Sumac

Poison Ivy

- Three divided leaves
- Center leaflet on a longer stalk
- White, waxy berries along the stem
- Leaves alternate on the stem
- Erect shrub or climbing vine



photographed by James H. Miller and Ted Bodner, Southern Weed Science Society

Poison Oak (Only found in a few counties in Southern Missouri)

- Three divided leaves
- Glossy leaves which may be red
- Small short shrub
- May resemble young oak tree in Spring



photographed by David Moorhead, University of Georgia

Poison Sumac or Shumac (Has never been found in Missouri)

- Shrubby and resembles smooth non-poisonous sumac



photographed by Troy Evans, Great Smoky Mountains National Park



Tornado Season

If you live within the limits of what is known as “Tornado Alley”, the region of the United States that reaches from north Texas, covers the eastern side of Nebraska and ends in northeast Iowa, your chances of experiencing a tornado or other extreme weather event may be greater than if you live in other parts of the country. While there is no way to “tornado-proof” your home, you can improve your chances and that of your home by taking the following steps.

- Designate a shelter area. If a tornado approaches, go to the designated shelter area immediately! Make sure the area is away from windows and each family member knows where it is and how to get there.
- Know what your community’s “severe weather” warning system tones mean.
- Identify routes from and around your home and neighborhood and designate a meeting place in case your family members become separated.
- Store three days’ supply of drinking water and food for your family members that does not have to be cooked or refrigerated.
- Do not open your windows during an approaching storm.
- If you live, or are in manufactured housing, even with tie downs, and a tornado is approaching, get out and go to a safe place.
- Once a year review your homeowners insurance policy and have any questions regarding tornado damage answered by your insurance agent. Make sure that your coverage is enough to rebuild your home following a tornado.

For more information on tornadoes and other disaster prevention and survival guidelines, go to: Federal Emergency Management Agency’s (FEMA) website at: [ready.gov/tornadoes](https://www.ready.gov/tornadoes) or the Missouri Department of Health and Senior Services Ready in 3 program at health.mo.gov/emergencies/readyin3.

30 Foods to a

Healthy eating starts with learning new ways to eat. Try adding more fresh fruits, vegetables and whole wheat or grains. Eating healthy can prevent many health issues. Here is a list of 30 foods to help you get started.

1. **Acai Juice**- Antioxidants and flavonoids that help to fight cancer and prevent heart disease.
2. **Apples**- Fiber, lowers cholesterol, prevents stroke and heart disease. Boost exercise endurance by causing increase in oxygen to lungs.
3. **Avocados**- Monounsaturated fat which lowers cholesterol.
4. **Barley**-Insoluble and soluble fiber. Lowers cholesterol and reduces risk for heart disease.
5. **Beans or Legumes**- Fiber which aids in digestion. High in protein, carbohydrates, potassium and magnesium while low in fat.
6. **Berries**- Antioxidants, fiber, and water. Low in calories.
7. **Broccoli**- Vitamin K, fiber which helps with digestion and weight control. Excellent Vitamin C and A source.
8. **Buckwheat**- High in fiber, this whole grain has iron, fiber, and protein. Also has Selenium, Zinc, Vitamin E, and magnesium. Lowers blood pressure and reduces cholesterol.
9. **Cinnamon**- helps to regulate blood sugar levels following meals. Decreases inflammation, fights bacteria, and contains antioxidants.
10. **Corn**- Cooked sweet corn helps control hypertension, heart ailments and neural tube defects at birth. Great source of Vitamins A, B, E and contains many minerals.
11. **Cranberries**- Antioxidant and anti-inflammatory, protects against heart disease, some forms of cancer and fights infection.
12. **Dark Chocolate**- Cacao 70% or greater lowers bad cholesterol and increases good cholesterol.
13. **Edamame (Green soybeans)**-A star legume high in protein and complete amino acids.
14. **Eggs**- Excellent protein with additional minerals and vitamins.
15. **Fat-free Greek Yogurt**- Half the sugar and double the protein of regular yogurt. Probiotics to improve digestive health.



Healthy You



16. **Ginger**- A spice with super health benefits. Relieves nausea, pain, reduces inflammation, and fights heartburn.
17. **Green Tea**- Powerful antioxidants that attack free radicals within the body and may inhibit cancer cell growth.
18. **Kale**- Antioxidant properties to ward off heart disease and cancers.
19. **Kiwi**- Small but loaded with potassium, Vitamin A and C, and antioxidants. Also delivers fiber and Vitamin E.
20. **Nuts**- Protein rich and loaded with disease fighting antioxidants, fiber, and heart healthy fats.
21. **Oatmeal**- Fiber to provide heart health, lowers cholesterol and boosts immune system. Magnesium rich, helps to reduce risk of Type II Diabetes.
22. **Peppers**- All types contain phytochemicals with antioxidant properties to fight disease. Rich source of both Vitamin C and Vitamin A.
23. **Pomegranate Juice**- Super-antioxidant, helps to fight prostate, lung, and breast cancer. Helps protect arteries and lowers blood pressure and cholesterol.
24. **Quinoa**- High protein, iron, and fiber content. Also has selenium, Vitamin E and Zinc to help with weight control.
25. **Salmon**- Low in calories but high in Omega-3 fatty acids, also a good source of protein.
26. **Skim Milk**- Fat-free dairy which is high in protein, potassium, Vitamin D and calcium.
27. **Sweet Potatoes**- Vitamins C and A, calcium and potassium.
28. **Squash**- Beta-Carotene which helps to fight cancer. Also good source of fiber.
29. **Spinach**- Folic acid, Vitamins K and C, iron, carotenoids and bioflavonoids. Also provides a good source of lutein.
30. **Tomatoes**- More lycopene than any other vegetable or fruit. When cooked there is a higher amount of lycopene than when fresh which helps to fight cancer.

Spotlight on **Awareness**

The difference between a Living Will, Do Not Resuscitate, and Durable Power of Attorney.

Financial and legal planning can be both confusing and overwhelming. Patients and their caregivers may not understand the terms that are used for these various documents or what each document specifically does. Here are the definitions for Living Will, DNR and Durable Power of Attorney:

Living Will

A written document that describes and carries specific instruction on how a person wants their own end-of-life health care managed. A living will is one type of "advance directive". It is written in advance and goes into effect when the person becomes terminally ill.

Do Not Resuscitate (DNR) Form

Instructions for health care professionals to not perform CPR in the event of stopped breathing or stopped heart.

Durable Power of Attorney (POA) Form

Financial/Legal POA-A person designated with legal authority to make financial and/or legal decisions on behalf of the person who designated them. Healthcare POA-A person designated with authority to make health care decisions for the person who designated them.





Do's & Don'ts of Eye Care

Do's

- People over the age of 60 should have their eyes examined annually - more frequently if the person has been diagnosed with diabetes.
- Wear protective sunglasses to guard the eyes from harmful ultraviolet (UV) rays during the peak hours of 10 am–4 pm.
- Protect your eyes from strong wind, dust and smoke.
- Eat plenty of antioxidant-rich fresh fruit, fish and green vegetables for Vitamin C and Vitamin D.
- Regular exercise improves circulation throughout the body and helps to preserve good eyesight.
- Wear safety glasses as needed.

Don'ts

- Don't smoke! Smoking narrows and thickens the blood vessels, which reduces blood supply to the eyes.
- Eliminate saturated fats from your diet. They lead to obstruction of blood flow to the eyes and plaque formation.
- A lack of antioxidants in the diet speeds up the formation of plaque causing damage to the vascular tissue in blood vessels.
- Extended use contact lenses may lead to eye damage. Remove and clean lenses daily.
- Do not aggressively rub or splash the eyes with water. This can lead to corneal abrasion.

For more information contact the American Optometric Association at: www.aoa.org.



KIDS HEALTH TIP

5 Tips for Getting Kids Off the Couch!

Incorporating physical activity into your child's life sets the foundation for a lifetime of fitness and good mental and physical health. Try these tips to get your child off the couch!

1. Set a good example
2. Limit screen time
3. Establish a routine
4. Let your child set the pace
5. Promote activity, not exercise

For more information go to: mayoclinic.com/health/fitness/FL00030/NSECTIONGROUP=2.

Test your Balance

- Raise your arms overhead while standing on one leg, then tip to a forward position so the back leg and the hands make a parallel line to the floor.
- Hold for 10 seconds then switch legs.
- The scale tip or "seesaw" requires both concentration and stability. It tones the lower back, abdominals, hips and thighs.
- You can also do this holding an exercise ball.

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A HEALTHY RECIPE FOR

Spring

Mexican Spaghetti

(will feed 4 to 6 hungry people)

24 oz. package multi or whole grain spaghetti (prepare according to package direction)

Picante/Salsa to taste

Grated Cheese (Cheddar, Monterey Jack, Fiesta...) to taste

Directions:

Once spaghetti has been cooked, rinsed and drained, place desired amount on microwaveable dinner plate.

Add grated cheese and salsa to your liking

Place in microwave and heat until cheese melts and center of noodles are warm.

Grilled chicken breast may be added for additional lean protein