

# HEALTH SERVICES PROTECTION PLAN

April 2018

## Age doesn't have to drain your energy levels. Discover how to get more energy and feel your best every day with these tips from a Johns Hopkins expert.

Getting older doesn't automatically mean less vibrancy and vigor, or lower energy levels-no matter what our youth-obsessed culture would have you believe.

That said, there are a few key principles that can give you a boost as you age. Here's how to get more energy.

### Eat (mostly) whole foods.

Fresh, whole, unprocessed foods renew energy levels with vitamins, minerals and antioxidants.

"Packaged, processed foods tend to make you feel sluggish and heavy," says Johns Hopkins geriatrician Alicia Arbaje, M.D., M.P.H.

Eat animal product (especially red meat) in moderation-they take longer to digest, which saps energy.

### Check your vitamin D.

Vital for energy levels and mood, vitamin D is best taken in through a little sunshine; when UV rays hit the skin they get transformed into D.

The bad news: As you age, your skin gets less efficient at converting sunlight to D.

"I don't usually recommend supplements, but a vitamin D supplement is often a smart idea," says Arbaje. "You can ask your doctor for a test to find out if you're deficient."

### Revitalize with vitamin B12.

Another vitamin that's key for energy levels is B12. It's found naturally in animal products (remember: moderation). Many nondairy milks (such as soy and almond) are fortified with B12 too.

### Move more.

Even a few minutes of movement a few times a day can prevent dips in energy levels. If you can, take a walk in the morning sunshine.

You'll get energized for the day, and the dose of early sun helps regulate your circadian rhythm, which helps you sleep better at night.

### Review your medications.

Many drugs-including high blood pressure medications, antidepressants and antihistamines-have side effects that can sap energy levels.

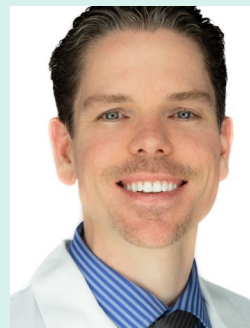
"Every three to six months, review all of your meds with your primary care doctor and ask: "Do I still need this? Can I lower the dose? Are there alternatives?" says Arbaje.

### Move More for Heart Benefits

How can you fit more exercise into your day, or become more physically active if you haven't been before? Begin with small starts like these, and build up from there.

- Park your car at the far end of a parking lot, so you have farther to walk to a building's entrance.
- Choose the stairs rather than the elevator.
- Wake up a bit earlier and exercise before you do anything else.
- Use a wearable fitness tracker to count your steps. Try increasing your daily steps by 500 each week with the goal of reaching 10,000 steps per day.

## Consultant of the Month Alan Mateer



Alan has worked professionally with electronics, computers, custom home-theater and automation, and various types of audio for 18 years. Sustaining an injury at age 5, he has worn hearing aids since age 6. Being introduced to his first Miracle-Ear hearing aids and being able to finally hear well for the first time in his life was a powerful experience. "It's why I'm here, and why I work hard every day to pay it forward." Alan's favorite part of the job is seeing patients return with the same excitement he had after he got his first set of Miracle-Ear hearing aids. "Having shared the same experience, I truly feel a connection to every one of my patients."

## PCC of the Month Julie Mazez



Before joining the Miracle-Ear team, Julie was a nurse assistant and worked in various areas from post-acute rehab to intensive psychiatric care. This unique exposure that she gained in the field led her to be more passionate in her pursuit of guaranteeing high quality healthcare as she continues her Pre-med studies at UC Davis. Knowing how great of a factor hearing loss contributes to one's overall health led Julie to the position she holds today. "I love knowing that I'm helping our patients take action over their health and are able to make every day even better with those they love."

# Quinoa and Vegetable Stuffed Peppers

## Ingredients:

- 1 cup uncooked quinoa (yields 4 cups cooked)
- 2 cups of chicken or vegetable stock
- 6 bell peppers, tops cut, stemmed and seeded
- 3 tablespoon EVOO (extra virgin olive oil), plus extra drizzling
- Kosher salt and freshly ground black pepper,
- 4 cloves garlic, thinly sliced
- 1 small firm eggplant, trimmed of half the skin, chopped
- 1 red onion, chopped
- 1 fresh chile pepper, such as fresno thinly sliced, or 1 teaspoon dried crushed pepper
- 1/2 cup fresh flat-leaf parsley leaves chopped
- 1/4 cup fresh mint leaves, a handful, chopped
- 2 plum tomatoes, chopped



## Directions:

1. Preheat oven to 450 degrees F.
2. Bring the quinoa and stock to a boil. Cover and simmer until the liquid is absorbed and the grain looks translucent, 12 to 15 minutes. Then fluff with a fork. You will have about 4 cups of cooked grain.
3. Drizzle the bell pepper halves with EVOO (extra virgin olive oil) and season both sides with salt and pepper. Roast cut-side down until the skins begin to char and the peppers are just tender, about 20 minutes. Remove from the oven and cool to room temp, then arrange in a baking dish cut-side up.
4. Meanwhile, heat 3 tablespoons EVOO, over medium-high heat. Add the garlic, eggplant, zucchini, onions and chiles, and season with salt and pepper. Cook partially covered until tender, 10-12 minutes. Add the herbs and tomatoes, and combine with the Quinoa.
5. Fill the pepper halves with the quinoa and vegetable stuffing and drizzle with EVOO. Cool and Chill for make-ahead meal. To serve, roast in a 375 degree F oven until the peppers are hot through. Serve the pepper halves topped with lots of cheese crumbles.

<https://www.foodnetwork.com/recipes/rachael-ray/quinoa-and-vegetable-stuffed-peppers-recipe-2120671?soc=socialsharingpinterest>

## *Riddle of the Month*

**What color socks do bears wear?**

Answer: \_\_\_\_\_

STAY TUNED! Answer will be in our May's Newsletter

**Answer to March's Riddle:** An Anchor

## **A Little Laughter**

Why do the cows wear bells?  
Because their horns don't work!

Doris Robinette - *Salem*