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WHOLE you



2022 Quarter 3 Bulletin

Welcome!

Summer is in full swing as we welcome you to another edition of Whole You, a newsletter from Magnolia Health.

We hope this issue finds you well. This edition has plenty of great information to help you enjoy your summer to the fullest. For one, you can look forward to getting better sleep. There are also plenty of tips on how to get active and stay healthy. Just make sure to stay hydrated! Plus, there is a pasta salad recipe that is easy and tasty.

Don't forget about your Medicaid redetermination. It's the eligibility process you must go through to keep your MississippiCAN coverage. You will need to act to renew your coverage, and timing is different for everyone. Please visit <https://medicaid.ms.gov/> to see if you still qualify for Medicaid. And make sure your contact info is up to date. If the state does not have your contact info, you may miss important communications.

We truly hope you enjoy this issue, and that it helps you take better care of the whole you.



A Good Night's Rest

Jumping into your bed after a long day is a great feeling. Sleep is one of our body's most important functions. Yet people around the world still struggle to get enough hours of sleep.



Not getting sleep can increase your risks for things like obesity, heart disease, and bad mental health. But it does not have to be this way. By using good habits, it is possible to get better sleep. Following these tips will get you back on track to getting those hours you need.

- **Create a routine:** If you create calming habits, your body will recognize the pattern and know that it is time to sleep. That way your mind can move into a state of rest. Try going to bed and waking up at the same time, having the same drink each night, taking a nightly bath, or reading a book before bed.
- **Quiet down:** Make your bedroom as relaxing, comfortable, and dark as you can. Turn off electronic devices like televisions and phones. And look into using white noise. There are plenty of free white noise apps you can use on your phone. Anything that will keep your room relaxing.
- **Watch what you eat and drink:** Before bed make sure to not consume large meals, caffeine, tobacco, or alcohol. Try not to go to sleep hungry or stuffed, as the discomfort from either might keep you up in the night. And products like caffeine and alcohol can affect the quality of your sleep.
- **Exercise during the day:** Get some exercise. Being active during the day can help you fall asleep more easily at night. But do not work out close to bedtime as it can keep you up.

Sources:

- [Are You Getting Enough Sleep?](#)
- [1 in 3 adults don't get enough sleep | CDC Online Newsroom](#)
- [Sleep tips: 6 steps to better sleep - Mayo Clinic](#)

Drink Up!

Water plays a major role in the human body. Having enough of it is key for your health. Everyone knows to drink water, but it can be hard for people to stay hydrated. That is why we have these tips to help you get enough water every day.



Use a reusable bottle

Mix it up

Don't wait till you're thirsty

MIX IT UP:

If you do not like the taste of water or want some variety, there are ways for you to spice it up. You can use a flavor enhancer, add some fresh fruit, or mix in a bit of fruit juice. There are also flavored water options available from the store. And think about getting some carbonated water if you want something like soda.

USE A REUSABLE BOTTLE

wherever you go. Keeping that bottle around is more than just convenient. Your bottle will work as a reminder to drink. If you see the bottle in your room or in your bag, you will be constantly reminded to hydrate.

DON'T WAIT TIL YOU'RE THIRSTY

If you feel thirsty, you are already dehydrated. Try to make a drinking routine within your everyday tasks. You can have a glass after every meal, before going to bed, or every time you go to the bathroom. What's important is that you steadily drink water throughout the day.

Sources:

- [Tips for drinking more water - Mayo Clinic Health System](#)
- [6 Simple Ways to Stay Hydrated - Scripps Health](#)
- [12 Simple Ways to Drink More Water](#)

It's important to remember that overheating is a real health risk. Heat exhaustion happens when your body is not able to cool itself down. Drinking water, resting in a cool place, removing extra clothing, and avoiding the hottest parts of the day can help. But if ignored, it can turn into a heatstroke and become life-threatening.

That is why it is so crucial to look out for subtle signs of heat exhaustion. But not to worry, we have your back. Here is a list of signs to watch out for so you can be prepared.



Ways To Stay Cool

1

Drink water

2

Rest in a cool place

3

Remove excess clothing

4

Avoid hottest part of the day

- **Early Signs:** Look out for sweating, tiredness, thirst, irritability, or muscle cramps. Some of these signs may seem minor, but it is important to take them seriously. When someone has heat exhaustion at this stage, they should get out of the heat and drink water.
- **Heat Exhaustion:** If not helped, the condition will get worse. Symptoms such as nausea or vomiting, headaches, weakness, dizziness, a darkening of the urine, or cool and moist skin will start to show. The affected person should stop any activity, drink water, take off extra clothing and move to a cool place. If the person is not better after an hour of cooling off, call a healthcare provider.
- **Heatstroke:** In the final stages, heat exhaustion can lead to heatstroke. If someone has heatstroke, they may show signs of a fever, hot and dry skin, fast and shallow breathing, rapid but weak pulse, irrational behavior, confusion, seizure, or loss of consciousness. Find medical help right away and call 911 or your local emergency number if you think someone has heatstroke.

Sources:

- [How to avoid overheating during exercise: MedlinePlus Medical Encyclopedia](#)
- [Heat exhaustion - Symptoms and causes - Mayo Clinic](#)
- [Heatstroke - Symptoms and causes - Mayo Clinic.](#)

A Quick Summer Meal



Grabbing some food and drinks with loved ones is a great way to spend an evening. But you do not want to spend all day preparing the food. What you need is something simple and tasty.

We have just the answer for you: a **pasta salad recipe**. And remember, what we list is just one way to do it. You can change the pasta, or use other vegetables. Modify this however you want, it's your meal after all!

Mmmmm!

Ingredients:

- 1 (16 ounce) package of rotini pasta
- 1 (16 ounce) bottle of Italian dressing
- 2 cucumbers, chopped
- 6 tomatoes, chopped
- 1 bunch of green onions, chopped
- 4 ounces of grated Parmesan cheese
- 1 tablespoon of Italian seasoning

Instructions:

1. First, bring a pot of water to boil. Add salt as desired.
2. Next, place pasta in the pot to be cooked according to package instructions, then drain water.
3. Toss the pasta into a large bowl with the Italian dressing, cucumbers, tomatoes, and green onions.
4. In a separate bowl, mix the Parmesan cheese and Italian seasoning. Then mix into the large bowl with the salad.
5. Finally, cover and refrigerate until ready for serving.

Source:

- [Simple Pasta Salad Recipe | Allrecipes](#)

Fun In The Sun



Picture this: it's a beautiful day and the weather is nice. If you are looking for something to do, doing some warm-weather activities may be a fun way to spend your time. It can also be good for your health. Here are a few ways to get outside and have a great time.

Basketball: Wherever you go, basketball hoops can be found almost anywhere. You can bring people and play a pickup game together. Or you can go to the courts solo to shoot hoops and practice your aim.

Chalk Drawing: Feeling artistic? Use your creativity with sidewalk chalk. If you want a less physical activity, this is the perfect way to go. Have some fun with the kids or have a drawing contest with friends.

Baseball: Once you get a game of baseball going, it is an exciting way to spend an afternoon. If you're not feeling up to a game, that's fine, too. You can just play catch with a ball and some gloves.

Swimming Pools: Take a break from the heat and go to your local community pool! <You can also use your YMCA access you have through your health plan to go swimming.> Work on cannonballs with friends and relax with a lemonade in your hand. A day swimming at the pool is sure to bring hours of fun.

Beach Volleyball: When you do not want to dive into cold water, volleyball is a great way to spend your time. And you do not have to be at a beach to play. Plenty of outdoor spaces have sand volleyball areas where people can play.

Benefits of Breastfeeding

Breastfeeding is recommended by doctors as the best way to give a baby its nutrition. Not only does it promote a bond between mother and child, but it also has health benefits for both. For National Breastfeeding Month, here are some reasons to breastfeed your baby.

- **Prevent Illness:** A mother's milk contains antibodies. Through feeding, the mother shares her antibodies with the baby. These can help babies develop a strong immune system and protect them from illnesses. It has also been shown that breastfed babies are safer from asthma, obesity, Type 1 diabetes, and sudden infant death syndrome.
- **Lower Risk for Mom:** Breastfeeding doesn't just help the baby with illnesses. Women who breastfeed their children can reduce their risk of breast and ovarian cancer, Type 2 diabetes, and high blood pressure. It has also been shown to help with postpartum depression.
- **Cost-Effective:** A great benefit of breastfeeding is the cost. Compared to formula, breastfeeding costs you nothing. Getting the right formulas and bottles can be expensive. So breastfeeding is not only a health benefit, it is a cost benefit, too.
- **No Waiting:** No matter where you go, your baby does not have to wait to be fed. With breastfeeding, you do not have to worry about mixing formulas or preparing bottles. Breastfeeding can also be a source of comfort for the baby when traveling when their normal routine has been disrupted.
- **Best Nutrition:** Breast milk is the best way for babies to get their nutrition. As the baby grows, the mother's milk will change to her baby's needs as they grow. Breastfed babies are also less likely to become obese.



Get the support you need with our Start Smart for Your Baby® program

If you're an expecting parent, you can get baby essentials such as diapers, a car seat, and more.

Source:

- [August is National Breastfeeding Month - Reliant Medical Group](#)

WHOLE You

Some Self-Care



Skincare is Healthcare

Our skin is a vital part of our health. No matter your skin color, be sure to wear sunscreen when you plan to be outside for a long time. Sunscreen helps shield against harmful UV rays, sunburns, and skin cancer. You can also help by regularly washing your face and moisturizing. Putting these into your routine will help reduce acne and early skin aging.



Protecting Your Sight

When it comes to your eyes, it is crucial to protect them from harsh light. Sun exposure may lead to an increased risk of cataracts.

Make sure to cover your eyes by wearing sunglasses outside. Wearing a hat can also boost your eye protection.



Don't Skip Brushing

People assume that a decline in dental health always happens as you age. But in reality, you can protect yourself from things like gum disease and tooth loss.

Brushing your teeth and flossing daily are the best places to start. Regular cleanings are also very important.



Keep Your Heart Healthy

The risk of getting heart diseases goes up with age. So keeping your heart in its best condition is key for your health.

Make sure you have annual checkups with your doctor, even if you feel healthy. Exercise regularly, eat healthy, and manage your stress to help your heart.

Sources:

- [11 ways to reduce premature skin aging](#)
- [How Do You Keep Your Teeth Strong as You Age? | Kiss Dental](#)
- [Best Way to Age-Proof Your Vision | Johns Hopkins Medicine](#)
- [Heart Health and Aging](#)