

# Put Some Spring In Your Health



**S**pring is my favorite time of year and one of the most beautiful. Longer days, warmer weather, and the South Texas wildflowers coloring the landscape make it the perfect time to get out and get active. Here are a few tips for putting some spring in your health.

**Being outside:** Being outside has so many advantages like stress reduction, fresh air, sunshine, and it just seems to make us want to move more. Plan to do some outdoor activities this spring and enjoy the beauty of nature. It can improve your blood glucose and mood.

**Revamp Your Meal Plan with Fresh Fruits and Vegetables:** Take advantage of the variety of vegetables available during spring. A healthy diet includes adding vegetables and fruit every day. Vegetables like broccoli, green beans, leafy greens, zucchini, cauliflower, cabbage, carrots, and tomatoes are low in calories and high in fiber, vitamins, and minerals. Fruit is also a good source of fiber, vitamins, and minerals.

**Drink More Water:** As the heat kicks into high gear it is harder to stay hydrated. Drink plenty of water before going outside and have plenty on-hand to stay hydrated. If you are not a fan of water, try adding some fruit to your water like strawberry, lemon, lime, or orange slices for added flavor.

**Protect Your Feet:** Warmer weather doesn't mean you can abandon protective footwear. With diabetes, changes in the bone structure, sense of feeling, and circulation puts your feet at extra risk of injury and problems with healing blisters or wounds. Invest in quality footwear that supports and protects your feet. If you have problems with your feet you should see a podiatrist for the best advice on caring for your feet. Remember to check both feet every day for cuts, blisters, red spots, and swelling. Call your doctor right away about any sores that do not go away.

**Protect Your Skin:** Hopefully these longer and warmer days will get us all outside more, and that means we need to be protecting our skin in the bright sunlight. If you're outside, make sure to use a sunscreen with SPF 15 or higher that protects against UVA and UVB rays. It doesn't hurt to throw on a hat and sun protective clothing as well!

**Protect Your Eyes:** If you look out and it's cloudy, that doesn't mean you don't need to protect your eyes. Cloudy skies don't stop UV rays from damaging your eyes, and this isn't just confined to warm seasons, this is true all year around. So, if you're out under the sky, protect your eyes with sunglasses. When shopping for your sunglasses, try and get the highest percent of UV blockage possible. Ideally, you want to wear sunglasses that block 99% to all of ultraviolet A and ultraviolet B radiation. It is also important to wear protective eyewear when doing activities around the home like yard work.

## **Protect yourself from scams that target people with diabetes**

Criminals who plot to defraud the Government and steal money from the American people have a new target: People with diabetes. Although the precise method may vary, the scheme generally involves someone pretending to be from the Government, a diabetes association, or even Medicare, calling you. The caller offers “free” diabetic supplies, such as glucose meters, diabetic test strips, or lancets. The caller may also offer other supplies such as heating pads, lift seats, foot orthotics, or joint braces, in exchange for the beneficiaries’ Medicare or financial information, or confirmation of this type of personal information. Additionally, you may receive items in the mail that you did not order. The call is a scam. If you receive such a call, the National Office of the Inspector General recommends the following actions:

### **Protect Your Medicare and Other Personal Information**

Do not provide your Medicare number or other personal information. Be suspicious of anyone who offers free items or services and then asks for your Medicare or financial information. These calls are not coming from Medicare, diabetes associations, or other similar organizations. While the caller says the items are “free,” the items are still billed to Medicare. Once your Medicare information is in the hands of a dishonest person or supplier, you are susceptible to further scams. Alert others about this scheme, and remind them not to provide strangers Medicare numbers or other personal information.

### **Report the Call to Law Enforcement**

Report the call to the OIG Hotline at 1-800-HHS-TIPS or online at <http://oig.hhs.gov/fraud/report-fraud/>. As part of your report, provide the name of the company that called you, the company’s telephone number and address, and a summary of your conversation with the caller.

### **Check Your Medicare Summary Notice and Medicare Bills**

Check your Medicare Summary Notice and other medical information to see if you were charged for items you did not order or did not receive. Also, check for items that were billed multiple times, such as glucose meters, diabetes test strips and lancets, and other supplies. Report any irregular activity to your health care provider and the OIG Hotline at 1-800-HHS-TIPS or online at <http://oig.hhs.gov/fraud/report-fraud/>

### **Do Not Accept Items That You Did Not Order**

You are under no obligation to accept items that you did not order. Instead, you should refuse the delivery and/or return to the sender. Keep a record of the sender’s name and the date you returned the items to help OIG catch any future illegal billing. The Department of Health and Human Services, Office of Inspector General (OIG) fights fraud in Government programs. As part of this effort, the OIG relies upon alert citizens to help them catch those who steal from American taxpayers.

— Office of the Inspector General





# New Classes Starting

We are looking for new participants for our diabetes class. The series is 8 weeks and will be starting the first week of May. Spots are limited. Please have them call 361-887-7979 to get pre-registered for the class.



## Strawberry Poppy Seed Salad with Chicken

Serving size: 2 cups  
Per serving: 265 calories;  
15 g fat(4 g sat); 3 g  
fiber; 14 g carbohydrates;  
18 g protein

### Ingredients

- 4 cups mixed salad greens
- 1 cup diced cooked chicken
- 4 large strawberries, hulled and sliced 1/2
- ounce goat cheese, crumbled (1/4 cup)
- 3 tablespoons poppy seed dressing
- 1/4 cup chopped toasted pecans (optional)

### Preparation

Place greens, chicken, strawberries and goat cheese in a large bowl. Add dressing and toss to coat. Sprinkle with pecans, if desired.

### Easy Homemade Poppy Seed Dressing

- 1/2 cup buttermilk
- 1 tablespoon lemon juice
- 1/2 cup nonfat sour cream
- 2 tablespoons honey
- 1 1/2 teaspoons poppy seeds, toasted

Whisk buttermilk, sour cream, honey, lemon juice and poppy seeds in a small bowl until smooth.

Make Ahead Tip: Cover and refrigerate for up to 4 days.

Tip: Look for a store-bought salad dressing that's low in sodium and added sugar.

<http://www.eatingwell.com/recipe/262449/strawberry-poppy-seed-salad-with-chicken/>