Suffering from Holiday Stress?

Try These Tips!

Unrealistic expectations are a source of stress during the holidays. Some unrealistic expectations you may have:

- Everything must be perfect.
- I can do it all by myself.
- Others should appreciate my efforts.
- Others should behave the way I expect them to.

Tip: Perfection is usually a demand we place on ourselves. Expect some glitches—light bulbs won’t light, guests arrive late, flights are delayed.

Tip: Too many responsibilities can result in stress. Set reasonable limits on your time and efforts. Stick to what’s important. Ask for help or delegate.

Tip: Family members and friends appreciate your efforts, but may not express it to you. They may be reluctant to offer help because they expect you to do it. Ask for help. Show appreciation for their help.

Tip: Much stress comes from unfulfilled expectations. Family members may not put as much thought into gift giving as you do, or others may want to spend their time in different ways.

Tip: Last minute shopping adds to stress. Spread your shopping over several months. Shop online, on the phone, or
Beets—How to Cook Them

The Real Food Channel

Though beets are easy to prepare, many people have only experienced beets from a can. This method shows how to roast beet roots and make a simple salad.

Remember that you can also cook the beet leaves as you would greens such as spinach or kale, and beet juice packs a big nutritional punch. Click Here to Watch Video (1:55)

Child Trends’ work on bullying, to build on

If you’re looking for research, we’ve got it. Here’s some of what we know about bullying throughout childhood:

It’s common for young children to exclude each other. Though this doesn’t meet the definition of bullying, there are risk factors for later involvement that grownups should be attuned to. Purposeful exclusion and rumor-spreading tend to happen across childhood and youth, but most bullying behavior peaks in early adolescence. Kids who’ve been bullied are a clear target for interventions, but those doing the bullying or endorsing it may face worse outcomes over time. While bullying can cause major damage, it is not a growing epidemic. Rates have been stable for years. Click Here to Read More

Child Poverty – Still struggling after Great Recession

Growing up poor can have long-term effects on physical and emotional development, and achievement in academics and the workforce. Two recent Census Bureau reports highlight child poverty, allowing Child Trends to examine trends over the course of the Great Recession. The official poverty rate for children has not rebounded to its pre-recession levels despite the economic recovery underway - in 2014, it was 21.1 percent. Click Here to Read More

7 Ways to Cut Your Smartphone Data Usage

By Mary Hunt | October 27, 2015

Unlimited data plans for smartphones are nearly a thing of the past. Even if you’ve managed to hang on to your unlimited data plan, it’s likely not truly unlimited. Your carrier probably throttles your data speeds if you exceed a certain amount of downloaded data in a given billing period.

Data usage per smartphone is growing like crazy which is prompting the typical smartphone user to buy bigger data allowances as they sign up for shared data plans and add other devices, especially tablets. Ka-ching!

There are things that you, as a socially connected, tech-savvy person with a smartphone and a limited data plan can do to stay below your limited data plan cap, Follow these tips to cut back on your data habit, track and monitor your usage, and stretch your data plan—so you never have to pay overage charges again.

Connect To Wi-Fi. This might seem like a no-brainer, but all of us need a good reminder from time to time: Being connected to wi-fi (as opposed to using your
service provider’s cellular network to access the Internet) does not require and therefore eat up your data plan. If the places you frequent most—home, work, friends’ places, bus stops, train stations, cafes, coffee shops—have open connections, use them.

**Mind the streaming.** Streaming video is the worst culprit when it comes to burning through your monthly data allotment. A five-minute YouTube video sucks up 5-10 megabytes. A single 22-minute TV episode on Netflix blows through at least 100-megabytes. Movies, even more. Don’t do it. Wait to watch those cat videos until you have a wi-fi connection.

**Music choices.** The music you listen to when you’re not on wi-fi can make a huge difference in how much data you’re using. If you’re listening to Pandora or Spotify while connected to your cellular network, an hour of music will eat up 50-70 megabytes of data. But you have a better option. Save music to your phone by downloading albums so you can listen locally. You’ll enjoy better quality without ripping through tons of data, saving services like Pandora for when you’re on wi-fi.

**Be social but judiciously.** If you’ve become a habitual social network checker, stop and think: Am I on wi-fi or data plan? What seems like a fairly lightweight activity like running through Facebook or Twitter can actually consume 5 to 10 megabytes of data each time you check—especially if you’re clicking on links and photos. Do that a few times a day over a 3G or LTE data network, you could be wasting a couple of gigs of data on this alone. Constant use of multiple social networks or even high volume of emails may slowly and steadily put data use at dangerous levels.

**Disable “Wi-Fi Assist.”** With iOS 9, Apple introduced a new feature, Wi-Fi Assist. It’s actually very cool, but could cost you hundreds of dollars if you are not aware of what it is, how it work and that you need to manage it well. This feature arrived in the “enable” position when you upgraded your iPhone 5 (or newer). It tells your iPhone to automatically seek a cellphone network if you are connected to a weak wi-fi signal. Here are the steps to disable Wi-Fi Assist: Go to “Settings” then click on “Cellular.” Scroll all the way to the bottom—past all of your apps—and you’ll find “Wi-Fi Assist.” Turn it to the off position.

**Read, snap and send later.** When you’re on your cellular data connection and you come across a link that you don’t have to read that second, bookmark it or favorite it for later and you’ll save a few megabytes. Same goes for photos if at all possible. Uploading photos and videos to social sites or even email in real time while not connected to wi-fi, can use up tens of megabytes! Stop it. Acquire this new habit: Snap now, upload later.

**Monitor yourself.** Monthly data limits are every smartphone user’s enemy. A small download at the wrong time may send your bill skyrocketing. Your iPhone has built-in tools that allow you to track your data usage, although free reports from your carrier that give you a more accurate picture. To track on your iPhone go to “Settings” then “Cellular” and look for Cellular Data Usage. On your Android smartphone go to “Settings” and tap “Data Usage.” To change the cycle date to match the start date of your monthly plan, check the “Set Mobile Data Limit” box (or “Limit Mobile Data” on some phones) if you want your phone to block you from using any mobile data after you exceed your limit.

If you follow most of these tips, chances are good that you can cut your monthly data use in half. For sure this will cripple the full potential of your smartphone while not connected to a wi-fi network but given the high cost of going over on data usage—and the potential for rates to increase in the near future—that sounds like a great idea to me.
Five Things to Know about Mental Wellness in Early Childhood

October 23, 2015

The foundations laid in early childhood are critical for later emotional and mental wellness. These foundations for healthy development include sufficient nutrition, a safe environment, and warm, supportive interactions with caregivers. Since infants and toddlers form around 700 neural connections per second, stressful—or “adverse”—experiences during these years have the potential to influence brain development, especially if the experiences are ongoing or cumulative. Ongoing adverse experiences can contribute to developmental delays, including emotional difficulties. It is estimated that between 10 and 14 percent of children through age 5 suffer from an emotional or behavioral disturbance. This Child Trends 5 focuses on mental wellness for infants and toddlers birth through 3 years old.

All adults who spend significant time with young children have a responsibility to help them develop to their full potential. That’s why we focus here on caregivers, a term that includes all adults who have regular contact with infants and toddlers—such as parents, grandparents, foster parents, child care providers, etc.

1. Infants experience and perceive a range of emotions.

Caregivers may underestimate the degree to which infants’ social-emotional development is affected by early experiences. Although infants as young as 6 months can “begin to sense and be affected by their parents’ moods,” fewer than 35 percent of caregivers believe that infants are capable of experiencing emotions in this way. Furthermore, nearly 70 percent of parents do not realize that infants as young as 6 months are able to experience a range of emotions, including sadness and fear, as well as express very basic intentional behaviors.

How to Help Your Children Stay Healthy: Tips to Lower Their Chances of Getting Type 2 Diabetes

This tip sheet is for parents who have kids that are 8 to 12 years old. It tells you about type 2 diabetes and why some kids have more chance of getting diabetes. It also gives you great ideas about how you can help your kids be active and eat healthy foods. Click Here to Read More

The Future of Senior Centers

Senior centers are making changes to keep up with the demand of the modern “senior.” Take a trip to North Shore Senior Center in Illinois, where the programs and facilities focus on lifelong learning, active lifestyle, and healthy aging. Click Here to Watch Video

Get 2016 health insurance coverage now

You can now apply for a 2016 health plan, renew your current plan, or pick a new plan through the Health Insurance Marketplace.

New to the Marketplace? Learn more about creating an account to apply for the first time.

Already have a 2015 Marketplace plan? Visit HealthCare.gov to log in and update your existing insurance for 2016. Click Here to Read More
2. Early positive interactions promote emotional wellness throughout the lifespan. Interactions between caregivers and infants are critically important, as “neural connections are formed through the interaction of genes and a baby’s environment and experiences,” especially through communication with caregivers. Infants understand themselves and their surroundings through their interactions with caregivers. A caregiver who consistently engages with an infant (or re-engages after a break) in a responsive, comforting, and supportive way provides a base from which that infant can develop a sense of predictability about the external world, giving them confidence to explore surroundings and develop independence. Without consistent positive interaction, the infant may learn that a caregiver is not a source of support and dependability, and may have a less stable or delayed foundation for future emotional development. The early years are also critical for a child’s development of a positive self-image, which begins to develop in infancy.

3. Having appropriate expectations of young children’s development is important. Emotional development is a critical component of brain development that is not always emphasized as much as cognitive, physical, or verbal development. Each person’s development is unique, but caregivers should understand general social-emotional milestones—such as copying caregivers’ actions—in order to keep expectations appropriate and monitor potential red flags. Luckily, there are research-based resources available that provide tips and guidance for what to expect and how to encourage healthy emotional development—such as by paying attention to what an infant is trying to communicate through body language, and by establishing and sticking to routines.

4. Parents and caregivers should be mindful of their own emotional well-being, seeking support if they need it. It’s important for caregivers to consider their own mental health needs as well as the needs of the young children in their care. Infants and children whose caregivers suffer from mental illness are generally at a higher risk of developing mental illness or social-emotional problems, because of inherited genetics and interactions with the caregiver. But, the potential outcomes of having a parent with a mental illness largely depend on the severity of the illness, as well as the degree to which the parent has sought treatment and been able to manage symptoms. Caregivers who effectively treat their mental illness may lower the effects of the illness on their children. Although parenting can be particularly challenging for caregivers with mental illness, all caregivers at times likely experience stress from parenting or other life events. In these challenging moments, it is helpful to know that caregivers have many resources available to them, varying from online handouts, to specialized clinical services.

5. Young children are resilient and, if properly supported, can overcome potentially traumatic events. Although stressful or traumatic events in early childhood can contribute to developmental delays, there are a number of factors that promote adaptability, or resilience. Neural connections that are used more often become stronger, meaning that repeated, regular, positive communication between a caregiver and infant will likely lead to more secure attachment, even if the infant experiences occasional adverse experiences, or has previously experienced such events. This is one reason why consistency is important during infancy and early childhood. While there are some innate personality traits that promote positive coping in children, such as being “active, affectionate (and) cuddly,” there are also resources for caregivers to use in promoting these traits. Caregivers of children who have experienced traumatic or ongoing adverse experiences can seek guidance from an early childhood clinician or other professional, and use early interventions to address trauma and promote the development of resilience. Young children may be able to overcome the effects of adverse events through consistent, predictable, supportive interactions.

The Gentle Art of Gift-Giving

By Mary Hunt | October 28, 2015

As the holiday gift-giving season nears, it’s important to remember that not every relationship requires a gift. Sometimes a card or letter in which you write a thoughtful sentiment, is an excellent way to go. Caring enough to pick out the right card and
Leave it at the Door: A Guide to Reducing Contaminants in Your Home

Summary

There may be insect fragments, lead dust, pesticides, pollen, dust mites, animal dander, hair, human skin flakes, fungal spores, or cigarette ash in household dust. Around 30 to 40 percent of the contaminants inside your home are brought in from outdoors. Dust gets into your home on shoes and clothing, or pets can track contaminants in on their paws and fur. Not surprisingly, the greatest concentration of household dust is found in carpeting near the entryway.

The first four steps you take inside your front door bring in close to 85 percent of the outdoor contaminants found inside your home. By taking a few simple steps you can improve the health of your home and reduce the time spent cleaning. Click Here to Download the PDF of this publication

Study Finds the Prevalence of Marijuana Use Among U.S. Adults Doubled Over Past Decade

The percentage of Americans who reported using marijuana in the past year more than doubled between 2001-2002 and 2012-2013, and the increase in marijuana use disorder during that time was nearly as large. Past year marijuana use rose from 4.1 percent to 9.5 percent of the U.S. adult population, while the prevalence of marijuana use disorder rose from 1.5 percent to 2.9 percent, according to national surveys conducted by the National Institute on Alcohol Abuse and Alcoholism (NIAAA). Click Here to Read More

then taking the time and effort to write in it can say “I care!” even better than a gift could.

Being a responsible gift-giver will help you to be an excellent recipient as well. Knowing that it’s the thought that went into the gift that counts—not the price tag—will help you to be genuinely grateful. You cannot be too grateful. But you can fail to express your gratitude, and that’s always a bad thing.

If you don’t know what to give someone, ask this simple question: What really matters to him or her?

Let’s say your grandmother really loves animals. In fact, she volunteers at the shelter two days a week. She is passionate about animal rights. Donating any amount of money (or a few hours of your time) in her name to the animal shelter would probably make her break down and cry. She would be touched that you cared enough to figure out what really matters to her.

Give something you made. Whether it’s something from your kitchen, craft room, woodworking shop, or computer, there’s nothing like a homemade gift. A tree ornament, plate of cookies, box of fudge, note cards—these are just some of the homemade gifts that have universal appeal.

Give the gift of compassion. Appeal to your recipient’s passion. Is this person passionate about medical research? Become a bone marrow donor. An environmentalist? Donate to an organization that reforests, and plant a tree in his or her name. Find something this person will find meaningful and then do it in his or her honor.

Write a description of your experience and give it to your recipient.

Give what you do best. Often the most meaningful gifts and the most difficult ones to give are those that
cost no money at all. A gift from the heart is a gift of time and talent. What do you do well? Cook, clean, babysit, garden, sew, drive, shop? Whatever it is, create a unique gift certificate and make what you do the gift that you give: a weekend of babysitting, a day of housecleaning, six hours of errand running.

Follow up within just a few days to set the exact time your certificate will be redeemed. Your recipient may be too embarrassed to remind you to make good on the gift.

Give it writing. Worried that your gifts—homemade or otherwise—are too cheap or not exactly right? All of your doubts will vanish when you include a short note with the gifts telling the recipients what they mean to you and the value they bring to your life.

The best gift is one that delivers a message of love and joy that remains with the recipient long after the gift has been consumed, used, or put away! Click Here to Read More

Too little or too much protein?
Find out with HealthWatch 360.

Protein is an essential nutrient for your body. Not getting enough can lead to hunger, anxiety, depression, fatigue and muscle loss. A higher-protein diet can be effective for building muscle and suppressing hunger for certain people trying to lose weight. But too much protein can damage the kidneys, may increase risk for cancer and has been associated with shortened lifespan. The Dietary Guidelines recommends that protein make up 10-35% of your total calories. Are you getting the right amount? Find out with HealthWatch 360

HealthWatch 360 is more accurate than any other nutrition app and can quickly analyze protein, carbohydrates and fat plus 30 other essential nutrients in your diet. Take 5 minutes and log everything you have eaten the last 24 hours. Find out if your diet is giving you balanced nutrition.

What can HealthWatch 360 do?

• Count calories and track 30+ nutrients like omega-3, calcium and sodium.
• Connect to FitBit to easily track exercise.
• Track over 500 symptoms and health conditions such as blood pressure, headaches, acne and weight.

Parents Behind Bars: 5 million children have had a parent incarcerated

An estimated five million U.S. children have had at least one parent imprisoned—that’s 1 in every 14 children under age 18. Our latest report outlines who these children are and what other challenges they’re likely to have faced. For example, they are more likely than other children to have lived with a person with a substance abuse problem, witnessed domestic violence at home, and experienced other potentially traumatic events. For ways to support these kids, read on! Click Here to Read More

Bacon, Other Processed Meats a Cause of Cancer – Your FAQs

Earlier this week a World Health Organization group found that processed meats (and probably red meats) are a cause of colorectal cancers. The report has brought a lot of news and questions. Here, we answer some of the questions we’re getting asked the most. Click Here to Read More

• Provide daily nutrition reports on diet quality and tips to help you improve.
• Strong analytic functions with beautiful charts and trends to illustrate which nutrients come from which foods and what symptoms are connected to what you eat.
Why is HealthWatch 360 better?
• Extensive database with over 500,000 foods, vitamins and supplements.
• Scientific and sensible. Guides you to meet nutritional goals recommended by the Dietary Guidelines.
• Fun and encouraging. Your GB Nutrition Score and colorful smiley faces in your daily report help you easily understand the quality of your diet while motivating you to be your best.

Good nutrition for a good life is important for everyone. The true power of HealthWatch 360 comes in its ability to connect the dots between your nutrition, lifestyle and health. Find out if you are getting the nutrients you need and how the right nutrition can change your life. Click Here to Learn more about HealthWatch 360

People who are salt-sensitive need to watch out for hidden sources of sodium.

Did you know pancakes for breakfast, soup at lunch or a slice of cake after dinner each have over 5-times more sodium than a bag of chips for an afternoon snack?

You may be surprised to learn that sodium is not as much of a problem for some people as it is for others. This is because of a trait called salt-sensitivity, which is a measure of how your blood pressure responds to salt intake. People who are salt-sensitive have higher blood pressure in response to sodium and need to watch out for sodium in their diet.

There are three major forms of dietary sodium and they don’t necessarily taste salty:
• Pancakes, biscuits and baked goods – high in sodium bicarbonate, commonly known as baking soda.
• Sauces and dressings – high in sodium benzoate, used as a preservative.
• Fast, Chinese and Mexican foods – high in sodium chloride (table salt).

Find out how much sodium there is in common foods.

How do you become salt-sensitive or salt-resistant?
Several genetic variants that operate in the renin-angiotensin-aldosterone system (RAS) system influence blood pressure and deem whether a person is salt-sensitive or salt-resistant:
• About 38% of the general population carries an ACE gene variant that causes increased activity of RAS, which leads to greater increases in blood pressure when more sodium is in the blood.
• A genetic variant in the AGT gene leads to greater production of angiotensin II, a hormone that increases sodium retention in the blood and sodium reabsorption in the kidney. This causes an increase in blood volume and ultimately higher blood pressure.
• Risk variants in the NOS3 gene are also associated with salt sensitivity.

Improve your blood pressure with HealthWatch 360
• Watch out for high-sodium foods
• Eat foods that lower blood pressure
• Follow simple practices to reduce stress

The HealthWatch 360 web tool or mobile app can quickly analyze sodium as well as blood pressure-lowering nutrients like potassium, calcium and fiber in your diet. Use the Health Tracker to monitor your blood pressure, weight and stress level and use the “trends” function to find out how your healthy dietary changes help your health improve.
Calendar of Events

**Wellness Wednesdays**
**Join us the first Wednesday of each month for a wellness presentation.**

Attend in person or stream live from your computer. Can’t make it? All Wellness Wednesday presentations are recorded and posted to the Media Library at GatorCare.org/wellness/library.

To receive updates about upcoming presentations, join the Wellness Email List.

To sign up, email listserv@lists.ufl.edu with the following message: “subscribe WELLNESS-L yourfirstname yourlastname” example: subscribe WELLNESS-L john smith

**Fall Vegetable Field Day**
**December 3, 2015 | 9 am -1 pm**
**UF/IFAS SWFREC**
**2685 State Rd 29 North, Immokalee FL | (239)-658-3400**

**Agenda**
9:00am – Welcome, Dr. Calvin Arnold, Center Director, UF/IFAS SWFREC
9:05 – Introduction, Dr. Monica Ozores-Hampton, UF/IFAS SWFREC and Gene McAvoy, UF/County Extension Services, LaBelle.
9:45 – Dr. Monica Ozores-Hampton, Horticultural Science Department, UF/IFAS SWFREC (Field 8)
  - Anaerobic soil disinfestation on tomato production
  - Pelletized food waste and biosolids compost in tomato production
10:15 Dr. Pamela Roberts, Plant Pathology, UF/IFAS SWFREC (Field 6)
  - Bacterial spot and target spot on tomato production
  - Decision support system on cucurbits
  - Bacterial spot on pepper cucurbit decision support system
10:45 Dr. Phil Stansly, Barry Kostyk, Entomology, UF/IFAS SWFREC (Fields 3 & 4)
  - Biological control of whitefly with the plant bug Nesidiochoris tenuis in tomato interplanted with sesame as a trap crop.
  - Worm control on Bt field and sweet corn compared to a conventional insecticide program
  - Insecticidal control of Southern Armyworm
  - Comparison of Sivanto/Venom/Scorpion/Admire/Certador drenches for whitefly control
  - Cygon for control of vegetable leafminer on tomato
  - Evaluation of Portal vs Agrimek for control of broadmite on bell pepper
  - Pepper weevil control with an Experimental Insecticide on Jalapeno peppers
  - Pepper weevil control on Jalapeno with Verimark as a tray drench, soil drench and drip application versus reflective mulch
  - Fall armyworm control with Bt-corn and conventional insecticides
11:15 Auditorium
  - Dr. Francesco Di Gioia, Horticultural Science Department, UF/IFAS-SWFREC, History and principles of Anaerobic soil disinfestation
  - Dr. Sanjay Shukla, Agricultural and Biological Engineer, UF/IFAS-SWFREC. Compact bed geometry for drip irrigated tomato and pepper

**Lunch—Generously provided by FMC. CEUs will be provided.**

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