



WHOLE you

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Welcome!

Welcome to another edition of Whole You, a newsletter from Arkansas Total Care

In this issue, Arkansas Total Care is bringing you plenty of useful articles. You'll learn about goal setting and eating right during the winter. You'll also get some ideas for heart health and when to call your primary care provider (PCP). Plus, read about how to quit smoking and enjoy a healthy corned beef and cabbage recipe.

Arkansas Total Care hopes you enjoy our latest edition of Whole You and that it helps you take care of your whole health.



Got Goals?

For many of us, the start of a new year is a time to set new goals.

What are yours? Here are some tips to help you set and keep objectives for the new year.

- **Start with your “why.”** Is your goal to lose weight? Eat healthier? Exercise more? Whatever goal you set, think about why it matters to you. Maybe it’s to have more energy, be there for your kids and grandkids, or just feel better. Keep that reason in your mind as you work toward your goal.
- **Keep it real.** It’s great to dream big. But big changes can take time. So if you have a big goal, break it up into smaller mini-goals. This will help you stay on track and not give up.
- **Celebrate success.** Think about healthy ways to celebrate your progress. Maybe you treat yourself to a stroll through your local library, download a new workout playlist, take a selfie to track your progress, or arrange a winter walk with friends.
- **Keep things positive.** If your goal is to lose weight and you have the willpower to stop eating sweets completely, good for you. For many of us, that’s hard. So instead of no sweets at all, try giving yourself one bite of dessert then switching to fruit.
- **Remember the water.** Water is an important part of many health goals. Try drinking a 12-ounce glass of water before and after every meal. You’ll feel fuller longer — and it’s good for your brain and kidneys too.
- **Stay open to change.** Life isn’t perfect. We’ll always have things that get in the way of our goals. Don’t give up or be upset if you need to change things up. Making progress however you can is a win.
- **Speak up and team up.** Share your goals with people who care about you. Or team up with friends or a group who shares the same goals. Having other people who know what you’re working toward will help you stay motivated.



Eat Right This Winter

When the weather gets cold, we get hungry.

Studies show we eat more during fall and winter than during other months. People want “comfort food,” which tends to be high in calories and fat. At the same time, bad weather can make it harder to get outside and stay active. What can you do to eat healthy this winter? Here are some tips to eat better while satisfying some of those winter cravings:

- **Tea up.** A steaming cup of tea or even hot water can provide satisfying warmth and comfort and make you feel fuller longer.
- **Fill the soup pot.** Use those vegetables at the bottom of your crisper drawer. Toss them in a soup pot with greens, lentils, beans, whole grains, and even some lean protein. Add healthy clear vegetable or meat broth (avoid cream) for a satisfying meal that you can enjoy for days.
- **Peel some sunshine.** In the winter, it can be hard to find some fresh fruits. But you’ll almost always be able to find oranges. Pick up some for a healthy snack — or put them into a salad with winter greens like Swiss chard, collard greens, or kale.
- **Eat your broccoli.** Maybe as a kid you weren’t a fan of broccoli, cauliflower, or Brussels sprouts. It’s time to give these winter treasures another chance. Try tossing them with a bit of olive oil, salt, and pepper, and browning them in the oven — delicious!
- **Smile with salmon.** Darker winter days and bad weather can make it hard to stay in a good mood. It turns out, salmon has vitamin D and omega-3 fatty acids, which are great health and mood boosters.
- **Make a smart swap.** Many of us crave fatty foods in winter. If that’s you, you can add a healthy twist and still satisfy your craving. For instance, instead of regular mac and cheese, use whole-grain pasta and add some veggies and a lean protein, like chicken.
- **Sweeten the deal.** Dessert, anyone? Choose a square of dark chocolate. In small amounts, it can reduce your risk for heart disease. That’s a win for your taste buds and your heart!





Let's say you have a terrible earache or bad cold. Who should you call? Your PCP is a great choice. This doctor will help you if you have a cold, earache, sore throat, or rash. Your PCP can also help you with injuries like a sprain, minor cut, or burn. Your PCP is also a good choice if you have stress or anxiety.

But what if you have quick questions about medicines or your health? Many of us might not think of our local pharmacist. We should. Your pharmacist is there to provide good advice at no cost to you, helping you manage your prescriptions and health.

ASK YOUR LOCAL PHARMACIST ABOUT:

- Your prescriptions or over-the-counter medicines
- Side effects from medicines and how to handle them

- Medication refills
- How your medicine works
- Which medicines are safe to use with each other
- How to stay on track using your medicines
- Over-the-counter medicines when you have a cold or the flu, a headache, or a sore throat
- Questions about vaccinations
- How to use blood pressure monitors, inhalers, or glucose monitors

You can find a PCP or pharmacy near you at [ArkansasTotalCare.com](https://www.arkansasTotalCare.com). If you're not sure where to go for the care you need, call our 24/7 Nurse Advice Line at 1-866-282-6280 (TTY: 711).

Heart Wins

It's a great time to think about taking care of your heart.

Here are five ways to take care of the organ that keeps you going day after day.

1. Eat for your heart. For breakfast, cook plain oatmeal — not the instant packets — and add strawberries and bananas as toppings. For lunch, try a salad made with kidney beans, chickpeas, and black beans — and enjoy some avocado on the side. For dinner, choose salmon, trout, or tuna. And if you want a snack, opt for berries, walnuts, almonds, or pistachios.

2. Work it out. Exercise for 20 to 30 minutes every day. It can be an exercise class or a simple brisk walk or home exercise routine. Add to this by keeping your body moving whenever you can. That can mean housework, like mopping or scrubbing, or an active game of tag or catch with pets, kids, or grandkids.

3. Take a stand. Our lifestyles involve a lot of sitting. Too much sitting isn't good for you, but when you move, it gets your blood flowing and helps your heart. So even if your workday involves a chair and desk, get up and move for a few minutes every hour. Schedule time throughout the day for short “walk breaks.”

4. Breathe. Chill. Repeat. None of us like stress. Your heart doesn't either. Stress raises cholesterol and blood pressure, and both of these things are bad for your heart. Sometimes, we cope with stress with fatty foods or other unhealthy habits. For a better option to reduce stress, try journaling, exercising, meditation, or yoga. Find healthy ways to stay calm and protect your heart.

5. Stop smoking. Smoking reduces your blood flow and causes high blood pressure, making your heart work harder. It's never too late to quit. In fact, just one year of not smoking reduces your chance of heart disease and stroke by half. You'll learn more about how to quit smoking and protect your heart in the next article.



Here's to the Quitters

Anyone who has tried to stop smoking knows it's not easy. Smoking becomes a part of our everyday life — from what we do with our hands, to how we handle ourselves in social settings, to how we relax or get through stressful times. Quitting is hard. But if you smoke, quitting is one of the best things you can do for your health, for your budget, and for everybody around you.

QUIT FOR YOUR LIFE. It's the single most important thing you can do for the length and quality of your life. The minute you quit, your body benefits.

QUIT FOR YOUR BUDGET. Smoking costs you. And the price is going up. A pack-a-day habit will cost most smokers almost \$2,000 a year and sometimes more.

QUIT FOR YOUR LOVED ONES. Cigarette smoke hurts everyone who smells it. There is no safe level of secondhand smoke. Kids who live with smokers get more colds and infections. Even in small amounts, cigarette smoke increases risk for coronary heart disease, stroke, and lung cancer.

QUITTING IS IMPORTANT. But how can you do it? Here are some tips to help you quit smoking once and for all.

BEFORE YOU QUIT:

- Get rid of all your cigarettes, lighters, and matches.
- Make a list of ways to distract yourself when you have cravings.
- If you get texts, emails, or mailings from tobacco companies, opt out now.
- Tell people you are quitting. Ask them for support. If they smoke, ask them not to smoke around you.
- Have a friend or someone you can call for support when you have cravings.

ONCE YOU QUIT:

- Avoid places where you will be tempted to smoke.
- Keep things like straws, pencils, and cinnamon sticks handy for times when you'd normally smoke.
- Avoid stores and other places that sell cigarettes.

WHEN YOU HAVE CRAVINGS:

- Pull out your list of ways to distract yourself.
- Talk with your doctor about medicine to help you quit or a higher dose if you need it.



Corned Beef and Cabbage — A Healthier Take

Around this time of year, many of us start looking forward to spring. And if for you, spring means St. Patrick's Day and corned beef and cabbage, we've got a healthy version of this tasty dish. The difference is in the simple act of brining your own corned beef rather than using the chemical-filled store-bought kind. You can also make this in a crock pot or instant pot.

For brining, you will need:

- Beef brisket, 4 to 5 pounds
- 2 quarts of water
- 1 cup of sea salt
- Half cup of cane sugar or brown sugar
- A cinnamon stick or a little cinnamon powder
- 1 tablespoon mustard seed
- 2 tablespoons black peppercorns
- 10 whole spice cloves
- Ginger
- Thyme
- 5 crushed cloves of garlic or a little garlic powder
- 3 crushed bay leaves

After brining, you will need:

- 1 cabbage
- 2 onions
- 2 carrots
- 2 cloves of garlic
- Olive oil
- Caraway seeds
- Thyme
- Basil

PREPARE THE BRINE:

1. Place water, salt, sugar, and herbs/spices in a large pot and heat, stirring often, until the sugar and salt melt. Remove from heat and cool it off by adding some ice. Place in the fridge until it's very cold. It is very important that the brine is cold before you add the meat.
2. Once cool, combine the brisket and brine in a large plastic bag or glass container. Make sure the brine completely covers the brisket.
3. Place in the fridge. If you use a bag, put it inside another dish in case it leaks. Leave it there for three to five days. Each day, flip it over and move the brine around.

MAKE THE CORNED BEEF AND CABBAGE:

1. Once the meat is ready to cook, remove it from the brine and rinse it with water.
2. Move oven racks to top and middle positions and preheat the oven to 350°F.
3. Place the meat on a rack in a roasting pan. Pour water around the meat until you have made a shallow water bath.
4. Cover the pan with aluminum foil and roast on the top rack for two hours. After 30 minutes, remove the foil and continue roasting.
5. While the meat is cooking, chop vegetables into large pieces. Mince garlic.
6. Toss all on a baking sheet with olive oil and herbs/spices.
7. When there are 30 minutes left for the meat, place the vegetables on the middle rack and continue cooking until everything is tender.



Now you're ready to enjoy your delicious and healthier corned beef and cabbage meal. Yum!