

EDAMAME HUMMUS WRAPS

Made with protein-rich edamame instead of chickpeas, this easy hummus recipe is the perfect vegetarian filling for a grab-and-go wrap. Or double the recipe and use the hummus for a healthy snack with cut-up vegetables.

Ingredients:

- 12 oz. frozen shelled edamame (about 2¼ cups), thawed
- 4 tablespoons lemon juice, divided
- 3 tablespoons extra-virgin olive oil, divided
- 2 tablespoons tahini
- 1 large clove garlic, chopped
- ½ teaspoon ground cumin
- ¾ teaspoon ground pepper, divided
- ½ teaspoon salt
- 2 cups very thinly sliced green cabbage
- ½ cup sliced orange bell pepper



- 1 scallion, thinly sliced
- ¼ cup chopped fresh parsley
- 4 8- to 9-inch spinach or whole-wheat tortillas

Preparation:

1. Combine edamame, 3 tablespoons lemon juice, 2 tablespoons oil, tahini, garlic, cumin, ½ teaspoon pepper and salt in a food processor. Pulse until fairly smooth.
2. Whisk the remaining 1 tablespoon each lemon juice and oil with the remaining ¼ teaspoon pepper in a medium bowl. Add cabbage, bell pepper, scallion and parsley; toss to coat. Spread about ½ cup of the edamame hummus across the lower third of each tortilla and top with about ½ cup of the cabbage mixture. Roll closed. Cut in half to serve, if desired.

www.eatingwell.com/recipe

Make Ahead Tip: Refrigerate hummus (Step 1) for up to 3 days.

Eat Neat: Keeping the filling inside a wrap or burrito can be a challenge, especially if you're on the go. That's why we recommend wrapping your burrito in foil so you can pick it up and eat it without losing the filling, peeling back the foil as you go.



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Director's Note

Stacy Lane - JPA Director

Vision exams are something we often forget to schedule each year, myself included! Especially if you don't wear glasses or contacts, you might not remember that having a preventive eye exam can not only diagnose any changes in your vision, but can also be the first notification of a more serious medical condition! Eye exams can often detect the signs of diabetes, hypertension, autoimmune disorders, high cholesterol, thyroid disease, cancer and tumors. Many individuals are shocked when it is their eye care professional who notices the first signs of these very serious medical conditions.

If you have not yet created an account with our vision partner, Vision Service Plan (VSP), I strongly encourage you to do so. VSP's website (www.vsp.com) contains excellent detailed information on your coverage, a nation provider finder directory, eye health resources, and more. In addition to supporting information for your vision plan, keep in mind that VSP also has a great program, called Eyeconic®, the VSP store. Eyeconic® (www.eyeconic.com) is an online retail store that allows you to upload



a picture of your face and virtually try on glasses. If you see a pair you like, you give VSP your updated lens prescription and they send you your new glasses. If you don't like your glasses, VSP will allow you to exchange them or return them for a 100% refund!

When creating your account online, please remember that VSP uses your social security number as your ID number. They do not issue separate ID cards like you have with our other vendors. VSP allows one account per family and is based on the employee's social security number. If you have any problems creating your account, please feel free to give us a call at 707-445-7126 and we can help walk you through the process.

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GET YOUR EYES CHECKED!

August is **National Eye Exam Month**, a month dedicated to the importance of eye health and safety. Sears Optical founded National Eye Exam Month in 1989 and since then, most ophthalmologists promote eye safety throughout the month. Most sponsor Eye Care America, a campaign for seniors ages 65 and up that can qualify for a free eye exam. You may think you have healthy eyes and have no symptoms of vision problems, but if you are between the ages of 40 and 65, you should have your vision checked every 2-4 years; and at 65+, every 1-2 years. Some individuals may have a family history of eye disease or a chronic illness that can affect your vision. This puts you at a greater risk of vision problems, and therefore it is vital that you get your eyes checked more often than most. Seniors are prone to blurred vision, eye irritation and more. Symptoms like this occur because the muscles in the eye become weaker. Consult your doctor if you experience:

- Blurred vision with glasses
- Extremely sensitive to light
- Consistent eye pain
- Red eyes
- Burning sensation
- Constant watering
- Black spots in sight

Although seniors are more prone to eye issues, there are ways they can protect themselves and prevent long-term issues.

- When washing your face, use a clean towel and water to wipe the lid area to prevent infection



- Do not use others eye medication or glasses
- NO Smoking!!
- Be sure to get a healthy amount of rest
- Consume Vitamin A and proteins (nuts are perfect!)
- Do not use sprays (i.e. hairspray) close to the eyes
- When watching TV, on the computer and/or reading, be sure to have good lighting, take short breaks to rest the eyes and make sure the print is large and clear
- Do not read in a moving vehicle or bed
- Use UV protected sunglasses

People over the age of 55 should be very cautious of Cataracts, an eye disease that clouds the lens of the eyes and can lead to vision loss. Those who have Cataracts Disease may experience, extremely blurry vision, a glare, colors that may appear faded and double vision.

<http://freedom-homehealthcare.com/august-national-eye-exam-month>

HEALTH ALERT: HEAT STROKE

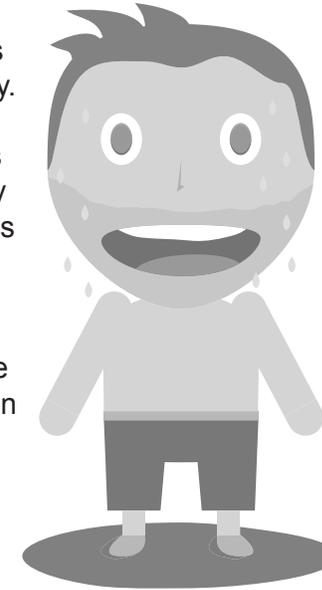
Heat stroke is the most serious form of heat injury and is considered a medical emergency. If you suspect that someone has heat stroke -- also known as sunstroke -- call 911 immediately and give first aid until paramedics arrive. Heat stroke can kill or cause damage to the brain and other internal organs. Although heat stroke mainly affects people over age 50, it also takes a toll on healthy young athletes.

Heat stroke often occurs as a progression from milder heat-related illnesses such as heat cramps, heat syncope (fainting), and heat exhaustion. But it can strike even if you have no previous signs of heat injury. Heat stroke results from prolonged exposure to high temperatures -- usually in combination with dehydration -- which leads to failure of the body's temperature control system.

The medical definition of heat stroke is a core body temperature greater than 104 degrees Fahrenheit, with complications involving the central nervous system that occur after exposure to high temperatures. Other common symptoms include nausea, seizures, confusion, disorientation, and sometimes loss of consciousness or coma.

Preventing Heat Stroke

When the heat index is high, it's best to stay in an air-conditioned environment. If you must go outdoors, you can prevent heat stroke by taking these steps:



- Wear lightweight, light-colored, loose-fitting clothing, and a wide-brimmed hat.
- Use a sunscreen with a sun protection factor (SPF) of 30 or more.
- Drink extra fluids. To prevent dehydration, it's generally recommended to drink at least eight glasses of water, fruit juice, or vegetable juice per day. Because heat related illness also can result from salt depletion, it may be advisable to substitute an electrolyte-rich sports drink for water during periods of extreme heat and humidity.

- Take additional precautions when exercising or working outdoors. The general recommendation is to drink 24 ounces of fluid two hours before exercise, and consider adding another 8 ounces of water or sports drink right before exercise. During exercise, you should consume another 8 ounces of water every 20 minutes, even if you don't feel thirsty.
- Reschedule or cancel outdoor activity. If possible, shift your time outdoors to the coolest times of the day, either early morning or after sunset.

<http://www.webmd.com/a-to-z-guides/heat-stroke-symptoms-and-treatment#3-6>