

MARCH WELLNESS



FOCUS TOPICS OF THE MONTH:

NUTRITION, DEVELOPMENTAL DISABILITIES AWARENESS & EYE HEALTH

Wellness topics recognized in the month of March include: Nutrition, Developmental Disabilities Awareness and Workplace Eye Health. Please refer to the articles below for information on these topics.

Do you find that you have headaches, problems focusing or irritated eyes during or after time working at your computer? These are some of the symptoms of eye strain which can occur from prolonged computer screen viewing. There are simple adjustments that can be made in your work environment which can relieve eye strain symptoms. Click on this link to reach an article, offered through the BCBS *a healthy me* website, for suggestions from the Occupational Safety and Health Administration:

[Eye Safety at the Computer](#)

There is good news in the world of nutrition. The FDA is banning one of the culprits responsible for increasing the risk of heart disease. Artificial varieties of trans fats, which were created to give products longer shelf lives, will be eliminated from foods by 2018. To learn more, and to view foods that will be effected, click here to read an article posted on Fallon's Well Now blog:

[A big, fat change: What trans fats are, and why the FDA banned them](#)

One of the wellness topics of March is National Developmental Disability Awareness. Families who are caring for individuals with developmental disabilities may need assistance in helping them to live independently. Skills such as managing finances, preparing meals and using public transportation are necessary for independent living. For suggestions on where to seek assistance, visit Tuft's website by clicking here: [Tufts Health Plan Website](#). Click on Health & Wellness in the top tab. Click on "library of high-quality content" under Health Library A-Z.

Then, to reach the link to the article to learn more, in the search engine put: **"Independent Living for People with Disabilities"**. Additional resources, and an online community, for those interested in discussions and information about serving those with intellectual and developmental disabilities, can also be found here:

[The Arc Online Community](#) and [The Arc Resources](#)

Are you looking to add more fruits and vegetables into your diet in creative ways?

Some ideas for sneaking in valuable fruits and vegetables include: adding pineapple into chicken salad, making juice out of watermelon, using peaches and pineapples to make tropical bran muffins, making soup with acorn squash and dried plum, and stuffing chicken with grape tomatoes.

To view these recipes, and to reach a resource offered through the Harvard Pilgrim website which is full of recipes that incorporate fruits and vegetables, click here:

[Fruit and Veggie Recipes](#)