

BREAKROOM BUZZ

June 2024

I Didn't Know That!

There are about 41.8 million informal adult caregivers in the United States. Caregiving demands often lead to burnout. Caregivers need care, too. Here are a few tips for managing burnout:

- Recognize limits.
- Make a plan.
- Ask for and find help.
- Seek respite care.
- Take care of yourself.

For more tips, visit: go.illinois.edu/CaregiverCare

Roasted Radishes

Ingredients:

- 1 bunch radishes, washed, trimmed, and quartered.
- 1 teaspoon brown spicy mustard.
- 2 tablespoons extra virgin olive oil.
- 1/8 teaspoon black pepper.
- 1 teaspoon lemon juice.
- 2 tablespoons dill weed, dried.
- Parmesan cheese grated (optional).

Directions:

- Preheat oven to 400 F. Wash hands with soap and water.
- Combine lemon juice, dill weed, mustard, pepper, and olive oil in a medium bowl.
- Add in quartered radishes and mix until fully coated.
- Line a baking sheet with aluminum foil or spray sheet with cooking spray. Spread out radishes on pan.
- Bake for 20-25 minutes or until radishes are fork tender. Remove from oven and top with Parmesan cheese if desired.

Nutrition analysis per serving: 70 calories, 7 g fat, 0 mg cholesterol, 20 mg sodium, 1 g carbohydrate, 0 g dietary fiber, 0 g protein.



10 Ways to Love Your Brain

About 5.8 million people in the U.S. have Alzheimer's or a related dementia. Discover valuable tips for staying healthy:

1. **Break a sweat.** Exercise regularly, at least 150 minutes a week.
2. **Hit the books.** Take a class through a local community center or online.
3. **Butt out.** Smoking cigarettes increases your risk for numerous health concerns, including cognitive decline.
4. **Follow your heart.** Manage risk factors for cardiovascular disease, like high blood pressure and obesity.
5. **Heads up!** Reduce risk by protecting your head: wear a helmet, use your seatbelt, and prevent fall-related injuries.
6. **Fuel upright.** Eat a healthy and balanced diet with plenty of fruits, veggies, whole grains, lean meats, and drink plenty of water.
7. **Catch some Zzz's.** Strive to get 8-9 hours of sleep per night.
8. **Take care of your mental health.** Depression has been linked with an increased risk of cognitive decline. Seek advice from a doctor.
9. **Buddy up.** Spend time with friends, engage in hobbies, and volunteer for socialization.
10. **Stump yourself.** Challenge your noggin by playing cards, doing puzzles, trying new things, or learning a new skill.

Resource: https://www.alz.org/media/manh/documents/10-Ways_Poster.pdf, adapted by Tessa Hobbs-Curley, family life educator.



Find a farmers market near you.
ilfma.org/find-a-market



Tips for Shopping at the Farmers Market

- **Consider the weather.** Before leaving home, check the weather, and dress accordingly. Will you need a coat or an umbrella?
- **Bring your own bag.** The vendors may or may not provide bags. Pack a durable bag to make transporting easier. Many items? Invest in a wagon or a wheeled cart.
- **Come early.** Most farmers' markets work on a first-come, first-serve basis. The best selection is early in the morning.
- **Talk to the producers.** A vendor can tell you about their produce and what they will bring over the next few weeks. This may help to meal plan.
- **Try something new.** Unsure about certain fruits and vegetables? Purchase new items in small amounts to liven up your pallet and support local farmers.

Source: Lisa Peterson, nutrition and wellness Extension educator.

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