



COME VISIT OUR HEALTH FAIR!!

7 am—12

JRD Newsletter

March 2020

Saturday, March 7, 2020

Jerome Recreation District

2032 Lincoln Avenue

7 am—noon

Tests available:

- Lipid Panel*\$15
- Comprehensive Metabolic Panel*....\$15
- Complete Blood Count.....\$10
- Thyroid Stimulating Hormone.....\$15
- Hemoglobin A1C.....\$10

***12-14 hours fasting is required for these tests.**

Free Fitness Classes Open to the Public

- Boot Camp 7 am Spinning 8 am
- Pound Fitness 9 am Zumba 10 am

JOIN US FOR JEROME'S ANNUAL HEALTH FAIR!!

Lots of Vendors... NEW and old!



Free nitrate testing on private wells. Bring in 1 cup of outside faucet water in a clean jar or zip-lock bag.



For information, please call
(208) 324-3389.

amyw@jeromerecreationdistrict.com



Lots of Vendors at the Annual Health Fair...! Welcome to some of the newest additions!



doTERRA

doTERRA Healing Hands Foundation **mission statement** is "brings healing and hope to the world by providing global communities with the tools needed to become self-reliant."



#TrashCancer by exchanging your 95 gallon cart for the Power-In-Pink carts. 100% of the \$50 exchange fee is donated to one of two local funds.

Fund one is the St. Luke's Mobile Mammography Unit. The Mammo Coach travels to rural areas relieving the time, burden, and cost of traveling for mammograms. Fund two supports North Canyon Medical Center's quest for the all new Genius 3D Mammography SmartCurve System, which reduces callbacks by 40%! Show your support by enrolling in our Power-In-Pink program. You commit to trash cancer & WWS ensures 100% of your funds stay local!

UltraSlim

Change your look instantly!

No dieting, no exercise, no drugs, no surgery.

UltraSlim[®] uses a special patented type of light to stimulate fat cells.



North Canyon
MEDICAL CENTER

North Canyon braces patient-ing our neighbors

Medical Center em-first values in serv-in the Magic Valley.

We want to ensure that our patients can stay close to home without forfeiting the quality of medical care, so we are committed to providing levels of professionalism, advanced medical technology, and patient comfort that are without equal.

Welcome to Snake River Veterinary Hospital, serving the pet care needs of Jerome, Idaho and surrounding areas. At our hospital we strive to provide the highest quality medical and surgical care to pets in our community. We strive to fulfill the veterinary expectations of pet owners who consider their pets valued family members!



You'll find comfort knowing that your family will receive compassionate care and comfort in one of our senior living and memory care homes. We offer senior activities, dementia assistance, memory care, enrichment activities and we are fully staffed with genuine senior and elderly caregivers.



DeSano Place

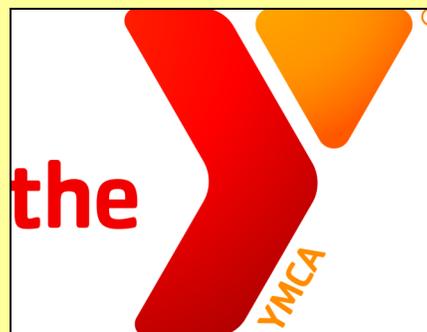
Assisted Living Homes

Small homes. Personalized care.

**Lots of Vendors at the Annual Health Fair...!
Welcome to some of the newest additions!**



Safety is a culture that should be applied both at the workplace and at home. Complacency is a condition of human nature, when you least expect an emergency is when it is most likely to occur.



The YMCA's mission is our reason for being, and the

Y's cause is our mission in action - a promise to do everything in our movement's considerable power to enrich the common good and make life better for individuals, families and our community.

Triglycerides: Why do they matter?

Triglycerides are an important measure of heart health. Here's why triglycerides matter — and what to do if your triglycerides are too high.

By Mayo Clinic Staff

If you've been keeping an eye on your blood pressure and cholesterol levels, there's something else you might need to monitor: **your triglycerides**.

Having a high level of triglycerides in your blood can increase your risk of heart disease. But the same lifestyle choices that promote overall health can help lower your triglycerides, too.

What are triglycerides?

Triglycerides are a type of fat (lipid) found in your blood.

When you eat, your body converts any calories it doesn't need to use right away into triglycerides. The triglycerides are stored in your fat cells. Later, hormones release triglycerides for energy between meals.

If you regularly eat more calories than you burn, particularly from high-carbohydrate foods, you may have high triglycerides.

What's considered normal?

A simple blood test can reveal whether your triglycerides fall into a healthy range:

- Normal — Less than 150 milligrams per deciliter (mg/dL), or less than 1.7 millimoles per liter (mmol/L)
- Borderline high — 150 to 199 mg/dL (1.8 to 2.2 mmol/L)
- High — 200 to 499 mg/dL (2.3 to 5.6 mmol)
- Very high — 500 mg/dL or above (5.7 mmol/L or above)

Your doctor will usually check for high triglycerides as part of a cholesterol test, which is sometimes called a lipid panel or lipid profile. You'll have to fast before blood can be drawn for an accurate triglyceride measurement.

What's the difference between triglycerides and cholesterol?

Triglycerides and cholesterol are different types of lipids that circulate in your blood:

- Triglycerides store unused calories and provide your body with energy.
- Cholesterol is used to build cells and certain hormones.

Why do high triglycerides matter?

High triglycerides may contribute to hardening of the arteries or thickening of the artery walls (arteriosclerosis) — which increases the risk of stroke, heart attack and heart disease. Extremely high triglycerides can also cause acute inflammation of the pancreas (pancreatitis).

High triglycerides are often a sign of other conditions that increase the risk of heart disease and stroke, including obesity and metabolic syndrome — a cluster of conditions that includes too much

fat around the waist, high blood pressure, high triglycerides, high blood sugar and abnormal cholesterol levels.

High triglycerides can also be a sign of:

- Type 2 diabetes or prediabetes
- Metabolic syndrome — a condition when high blood pressure, obesity and high blood sugar occur together, increasing your risk of heart disease
- Low levels of thyroid hormones (hypothyroidism)
- Certain rare genetic conditions that affect how your body converts fat to energy
- Sometimes high triglycerides are a side effect of taking certain medications, such as:
 - Diuretics
 - Estrogen and progestin
 - Retinoids
 - Steroids
 - Beta blockers
 - Some immunosuppressants
 - Some HIV medications

What's the best way to lower triglycerides?

Healthy lifestyle choices are key:

- **Exercise regularly.** Aim for at least 30 minutes of physical activity on most or all days of the week. Regular exercise can lower triglycerides and boost "good" cholesterol. Try to incorporate more physical activity into your daily tasks — for example, climb the stairs at work or take a walk during breaks.
- **Avoid sugar and refined carbohydrates.** Simple carbohydrates, such as sugar and foods made with white flour or fructose, can increase triglycerides.
- **Loose weight.** If you have mild to moderate higher triglycerides, focus on cutting calories. Extra calories are converted to triglycerides and stored as fat. Reducing your calories will reduce triglycerides.
- **Choose healthier fats.** Trade saturated fat found in meats for healthier fat found in plants, such as olive and canola oils. Instead of red meat, try fish high in omega-3 fatty acids — such as mackerel or salmon. Avoid trans fats or foods with hydrogenated oils or fats.
- **Limit how much alcohol you drink.** Alcohol is high in calories and sugar and has a particularly potent effect on triglycerides. If you have severe high triglycerides, avoid drinking any alcohol.

What about medication?

If healthy lifestyle changes aren't enough to control high triglycerides, your doctor might recommend:

- **Statins.** These cholesterol-lowering medications may be recommended if you also have poor cholesterol numbers or a history of blocked arteries or diabetes. Examples of statins include atorvastatin calcium (Lipitor) and rosuvastatin calcium (Crestor).
- **Fibrates.** Fibrate medications, such as fenofibrate (TriCor, Fenoglide, others) and gemfibrozil (Lopid), can lower your triglyceride levels. Fibrates aren't used if you have severe kidney or liver disease.
- **Fish oil.** Also known as omega-3 fatty acids, fish oil can help lower your triglycerides. Prescription fish oil preparations, such as Lovaza, contain more-active fatty acids than many nonprescrip-

tion supplements. Fish oil taken at high levels can interfere with blood clotting, so talk to your doctor before taking any supplements.

- **Niacin.** Niacin, sometimes called nicotinic acid, can lower your triglycerides and low-density lipoprotein (LDL) cholesterol — the "bad" cholesterol. Talk to your doctor before taking over-the-counter niacin because it can interact with other medications and cause significant side effects.

If your doctor prescribes medication to lower your triglycerides, take the medication as prescribed. And remember the significance of the healthy lifestyle changes you've made. Medications can help — but lifestyle matters, too.

Tests available at the Health Fair

Lipid Panel*\$15

♥Check your cholesterol AND *Triglycerides!!!*♥

Comprehensive Metabolic Panel*....\$15

Complete Blood Count.....\$10

Thyroid Stimulating Hormone.....\$15

Hemoglobin A1C.....\$10

***12-14 hours fasting is required for these tests.**

9 OF THE HEALTHIEST FAT SOURCES

@FitnessFT_



AVOCADO



SALMON



EGG YOLKS



SARDINES



OLIVES



CHIA SEEDS



NUTS



SUNFLOWER SEEDS



PEANUT BUTTER

8 AMAZING ATTRIBUTES OF OLIVE TREES THAT WILL HUMBLE AND INSPIRE YOU

Posted by **Charlotte Tzabari**

1. LONGEVITY – Olive trees can live for thousands of years. There are many trees in the Mediterranean region that are scientifically verified to be as old as 2,000 years.

2. PROLIFIC – The olive tree starts bearing fruit at around 5 years of age. A tree in Croatia that is radiocarbon-dated to be 1,600 years old still produces abundant fruit today.

3. INDESTRUCTIBLE – The root system of the olive tree is so robust that it's capable of regenerating itself even when the above-ground structure of the tree is destroyed by frost, fire or disease. In Tuscany in 1985 a severe frost destroyed many productive and aged olive trees, ruining the livelihoods of many farmers. However when new shoots appeared in the spring and the dead wood was removed, they soon became new fruit-producing trees.



4. UNPARCHABLE – Olive trees are drought friendly' and just like eucalyptus trees do not need to be watered.

5. GENEROUS – Large olive trees produce on average about 400 pounds of olives annually. Older and larger trees can produce more. It's estimated that there are about 865 million olive trees in the world today.

6. ANCIENT – The edible olive has been cultivated for at least 6,000 years. Lore has it that olives fell from trees into salt water on the banks of the Mediterranean where they and were discovered and eaten.

7. SACRED – Olive oil has long been considered sacred. The olive branch was often a symbol of abundance, glory and peace. The leafy branches of the olive tree were ritually offered to deities and powerful figures as emblems of benediction and purification, and they were used to crown the victors of both games and wars. Olive oil is still used today in many religious ceremonies. Over history, the olive has been the symbol of peace, wisdom, glory, fertility, power and purity.

8. HEALTHY – Olives are incredibly healthy fruit (yes, fruit—they are a distant cousin of the peach) containing antioxidants, healthy fats and fiber.

Olives are harvested from trees and must be vinegar or salt water brined, dry cured with oil or fermented before they can be edible.

Manzanilla olives contain a wide variety of antioxidants, anti-inflammatory compounds, Vitamin E, healthy fats, and copper, all of which are essential for keeping the heart healthy. Thus, consuming them on a regular basis helps in reducing the risk of heart-related complications and prevent coronary heart disease.

Olives are very high in vitamin E and other powerful antioxidants. Studies show that they are good for the heart and may protect against osteoporosis and cancer. The healthy fats in **olives** are extracted to produce olive oil.

Skillet Chicken with Olives

Ingredients

- 4 boneless skinless chicken thighs (about 1 pound)
- 1 teaspoon dried rosemary, crushed
- 1/2 teaspoon pepper
- 1/4 teaspoon salt
- 1 tablespoon olive oil
- 1/2 cup pimiento-stuffed olives, coarsely chopped
- 1/4 cup white wine or chicken broth
- 1 tablespoon drained capers, optional

Directions

1. Sprinkle chicken with rosemary, pepper and salt. In a large skillet, heat oil over medium-high heat. Brown chicken on both sides.
2. Add olives, wine and, if desired, capers. Reduce heat; simmer, covered, 2-3 minutes or until a thermometer inserted in chicken reads 170°.



Olive & Onion Quick Bread

Ingredients

- 1 tablespoon canola oil
- 1 medium onion, finely chopped
- 2 cups all-purpose flour
- 1 tablespoon minced fresh rosemary
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 2 large eggs, room temperature
- 1 cup buttermilk
- 2 tablespoons butter, melted
- 1/4 cup plus 2 tablespoons shredded sharp cheddar cheese, divided
- 1/4 cup each chopped pitted green and ripe olives



Directions

1. Preheat oven to 350°. In a skillet, heat oil over medium-high heat. Add onion; cook and stir until tender, 2-3 minutes. Remove from heat.
2. In a large bowl, whisk flour, rosemary, baking soda and salt. In another bowl, whisk eggs, buttermilk and melted butter until blended. Add to flour mixture; stir just until moistened. Fold in 1/4 cup cheese, olives and onion.
3. Transfer to a greased 8x4-in. loaf pan. Bake 40 minutes. Sprinkle remaining cheese over top. Bake until a toothpick inserted in center comes out clean, 5-10 minutes longer. Cool in pan 10 minutes before removing to a wire rack to cool.

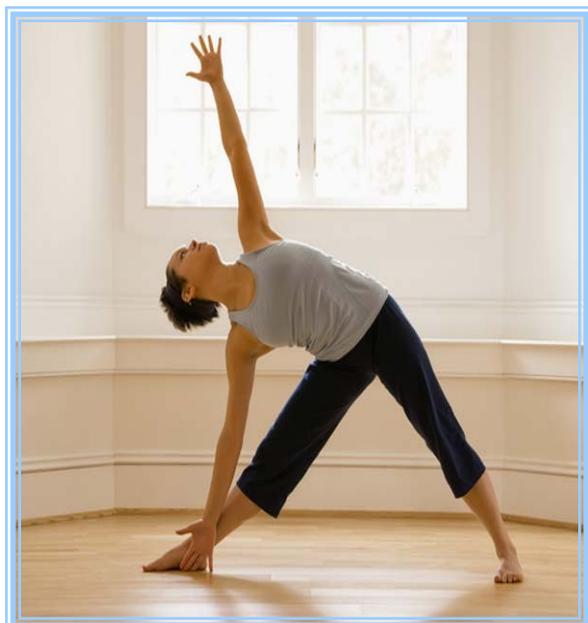
NEW CLASS

Beginner Yoga

Wednesdays at 12pm-12:45

Instructor: Kelly Arndt

\$3.00 per class



**BEGINS
MARCH
4TH**

YOUTH SPRING SOCCER

Register January 27-March 9th

\$15.00 in district

\$25.00 out of district

Games will be

April 4, 18, 25, and May 2

Volunteer Coaches Needed.

If interested, please fill out a Coach's Application at the time of registration.

JRD requires volunteer coaches be background checked.

Practices

Teams may practice one or two times a week.

Dates and times will be scheduled by the coaches.



Thursday, March 19th 5:00pm-9:00pm

Free!



Ladies Night Classes

Spinning
TRX Training
Zumba
Boot Camp

**Jerome Recreation
District**

2032 South Lincoln
Jerome, Idaho
324-3389

**A few of last years
vendors**

Great Harvest Bread
Young Living
Self Defense tips
Perfectly Posh
Paparazzi Jewelry
Do Terra
Massages
Nail Techs
Books
Scentsy

Vendor booths only \$10!

**Vendors need to bring their own
table. Call 324-3389 to reserve a**

**What can you
expect at
JRD**

Ladies Night?.....

- Free Fitness Classes
- Handmade Crafts
 - Skin care tips
- Beauty products
 - Snacks and
- Refreshments

St. Patrick's Day

Total Body HIIT *Workout*



**LUCK OF
THE DRAW!**



Upper Body

- 1 - 10 Push Ups
- 2 - 20 Burpees
- 3 - 30 Second Tricep Dips
- 4 - 40 Second Suspension Trainer Row Back
- 5 - 50 Second Dumbbell Overhead Press
- 6 - **LUCKY NUMBER ROLL - PICK YOUR FAVORITE EXERCISE**

Core

- 1 - 10 Ab Roller Rollouts
- 2 - 20 Second Mountain Climbers
- 3 - 30 Second Flutter Kicks
- 4 - 40 Ab Mat Sit Ups
- 5 - **LUCKY NUMBER ROLL - PICK YOUR FAVORITE EXERCISE**
- 6 - 60 Second Plank

Lower Body

- 1 - 10 Single Leg Bridge Raise (10 each leg)
- 2 - 20 Box Jumps
- 3 - 30 Walking Lunges
- 4 - **LUCKY NUMBER ROLL - PICK YOUR FAVORITE EXERCISE**
- 5 - 50 Regular Squats
- 6 - 60 Second Single Leg Squat Left/Right



WWW.SURVIVALANDCROSS.COM

JEROME

PHYSICAL THERAPY

The JRD has joined with Jerome Physical Therapy to offer all of JRD's PLUS membership members a free 15 minute consultation with the folks at Jerome Physical Therapy.

Members must:

- **have a Yearly PLUS membership, either Silver or Gold**
 - **Sign up at Jerome Rec**
 - **Receive voucher at Jerome Rec**

Members will need to call Jerome Physical Therapy and schedule an appointment for a consultation. Members will need to take voucher to the appointment.

If you don't have a plus membership but are interested, regular yearly memberships can be upgraded. See the front desk at JRD .

The staff at Jerome Physical Therapy are movement experts that can evaluate and put together a individualized treatment plan that is right for you. It's time to get back to work, get back to play and get back to life.



Just for Kids



Need:
Clear plastic cups
Lime Jello
spray whip topping
rainbow sour strips

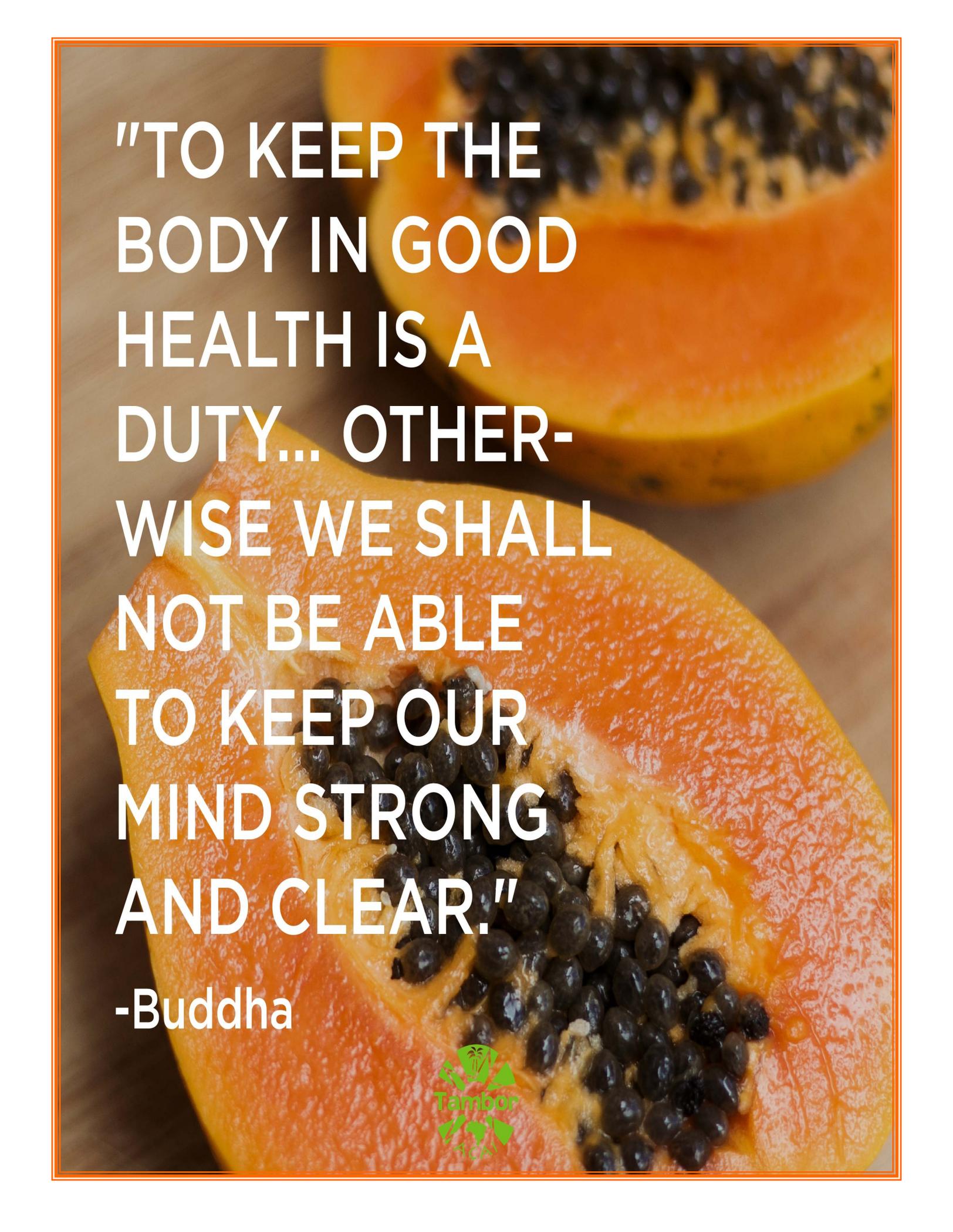
Directions: Make Jello according to instructions. Fill plastic cups to level of "grass" you want in your cup. Put in fridge and let set till firm. Spray a "cloud" of whip topping against opposite sides of the cup on top of Jello. Insert a rainbow into cloud. Enjoy!!



Need:
Colored cardstock of choice
any round fruit flavored cereal
cotton balls
glue

Directions: On colored cardstock glue your cotton balls to make a cloud. Glue a row of round fruit flavored cereal from cloud out to opposite edge of paper creating a rainbow strip. Continue gluing cereal on your cardstock in colored strips until you have a rainbow.





"TO KEEP THE
BODY IN GOOD
HEALTH IS A
DUTY... OTHER-
WISE WE SHALL
NOT BE ABLE
TO KEEP OUR
MIND STRONG
AND CLEAR."

-Buddha

