



## Spring Forward

Daylight-saving time begins Sunday, March 10 and while moving the clock forward an hour gives us those long summer nights we enjoy in south Louisiana, waking up on Monday morning may not be so easy. These sleep tips can help you spring forward easily and sleep better all year long:

- **Gradually Transition Into the Time Change** – Go to bed 15 minutes early, starting several days before the time change.
- **Keep Regular Sleep Hours** – Go to bed and wake up at the same time each day. This helps your body regulate its sleep pattern and get the most out of the hours you sleep.
- **Get Some Exercise During the Day** – Moderate exercise, like walking, can help you sleep better. Aim for at least 30 minutes of moderate exercise, three times a week or more.
- **Avoid Stimulating Substances** – Alcohol and caffeine can interfere with sleep. Try to avoid alcohol and caffeine for 4 to 6 hours before bedtime. Smokers should also avoid tobacco too close to bedtime.
- **Eat Lightly at Night** - Indigestion from spicy or fatty food or having too much food in your stomach can cause insomnia. For a better night's sleep, eat light, simple foods several hours before bed.
- **Relax Before Bed** - Stress and overstimulation can make it hard to fall asleep. Try to avoid intense television programs or movies before bed. Relax with a soothing, warm bath and curl up with a book instead.

## Live Better Louisiana Health Tip – Get Your Rear in Gear!

March is colon cancer awareness month. Colorectal cancer is the third most common cancer in the United States and the second leading cause of death from cancers that affect men and women. Regular screening is very important for colorectal cancer because it can often find cancer early, when it is likely to be easier to treat. Take the simple assessment below to learn about your risks for colorectal cancer.

<http://wellness.bcbsla.com/Search/42,ColorectalCancerRisk>

## RESUME Study at Pennington Biomedical Research Center

Pennington Biomedical Research Center is looking for participants to take part in their RESUME research study. RESUME will evaluate women who plan to have their ovaries removed (called an “oophorectomy” surgery), to examine the hormonal changes that occur after the surgery and its effect on the body.

To qualify for this research study, participants should:

- Be female, 18 – 50 years of age
- Be planning to have an oophorectomy surgery

Compensation of up to \$530 is offered for the completion of this study. For more information, call (225) 763-2871, email [kara.marlatt@pbrc.edu](mailto:kara.marlatt@pbrc.edu) or visit [www.pbrc.edu/RESUME](http://www.pbrc.edu/RESUME).

## Live Better Louisiana Clinics

Earn your 2020 premium credit in just one step: by completing your preventive health checkup. Blue Cross works with an industry leader, Catapult Health, to bring preventive checkups to **a site near you**. You can schedule a free checkup with a licensed nurse practitioner and health technician through the online scheduler. You'll get **lab-accurate diagnostic tests** and receive a full **Personal Health Report** with checkup results and recommendations.

**What do you do?** Schedule your appointment online at [www.TimeConfirm.com/OGB](http://www.TimeConfirm.com/OGB) or call **1-877-841-3058**. Complete your clinic to get the credit. If you are not able to go to a clinic, have your doctor fax a completed Primary Care Provider form, found at [info.groupbenefits.org](http://info.groupbenefits.org), to Catapult Health.

## Upcoming Clinics

Below is a list of clinics scheduled throughout the state. Remember, you have until **August 31, 2019** to get your preventive health checkup in order to be eligible for the 2019 wellness credit!

Live Better Louisiana Clinics	
Date	Location
3/1/19	Probation and Parole (Amite)
	Louisiana Tech University - (Ruston)
3/4/19 – 3/8/19	University of New Orleans (New Orleans)
	Sabine Parish School Board - Central Office (Many)
	Vernon Parish School Board - Hicks HS (Leesville)
	Louisiana Tech University - (Ruston)
	Washington Parish - Franklinton High School
	Vernon Parish School Board - Pickering HS & ES (Leesville)
	Washington Parish - Franklinton Junior High School
	Vernon Parish School Board - North Polk Elementary School (Fort Polk)
	Franklinton Primary School Washington Parish (Franklinton)
	McNeese State University - LaJeuneese Room; Building 22 (Lake Charles)
3/11/19 – 3/15/19	State Archives Building (Baton Rouge)
	DCFS (Covington)
	SOWELA Tech Community College (Lake Charles)
	Mangham High School - Richland Parish (Mangham)
	DCFS (Lafayette)
	Delgado CC City Park (New Orleans)
	West Ridge Middle School - Ouachita Parish School Board (West Monroe)
	Louisiana Dept. of Environmental Quality - Galvez Building (Baton Rouge)
	Court of Appeals 5th Circuit (Gretna)
	Non-Flood Protection Asset Management Authority (New Orleans)
3/18/19 – 3/22/19	Coastal Protection and Restoration Authority Headquarters (Baton Rouge)
	Franklinton Elementary School - Washington PSB (Franklinton)
	Department of Agriculture and Forestry (Crowley)
	Probation and Parole (Shreveport)
	4th Circuit Court of Appeal (New Orleans)
	Bienville Building (Baton Rouge)
	Southeastern Louisiana University (Hammond) Pennington Center
	Livingston PSB - Central Office (Livingston)
	Claiborne Building (Baton Rouge)
	Coastal Protection and Restoration Authority Headquarters (Baton Rouge)

## Five Tips for a Lifetime of Healthy Vision

Every waking minute, our eyes are working hard to see the world around us. According to the American Optometric Association's annual American Eye-Q® survey, 40 percent of Americans worry about losing their eyesight over their ability to walk or hear. The good news is it's easy to incorporate steps into your daily routine to protect your vision.

- SCHEDULE YEARLY COMPREHENSIVE EXAMS** – Seeing a doctor of optometry regularly will help to keep you on the path to healthy eyes.
- PROTECT AGAINST UV RAYS** – No matter the season, it's important to wear sunglasses.
- GIVE YOUR EYES A BREAK FROM DIGITAL DEVICE USE** – Practice the 20/20/20 rule: every 20 minutes, take a 20 second break and look at something 20 feet away.
- EAT YOUR GREENS** – Eat five servings of fruits and vegetables each day – particularly the leafy green variety.
- PRACTICE SAFE WEAR & CARE OF CONTACT LENSES** – Follow your optometrist's recommendations for use and wear – keep them clean!

## Corn-Flake Crusted Fish and Chips



Corn flakes make this St. Patrick's Day favorites crispy without the deep fryer!

### Ingredients for the Fish

- ½ cup all-purpose flour
  - ½ tsp. salt
  - ¼ cup hot sauce
  - ¼ cup buttermilk
  - 4 cups corn flakes, crushed to make about 1 2/3 cups
  - 6 Alaskan wild cod fillets (4-6 oz. each)
  - 2 tbsp. canola oil
1. In a shallow dish, mix flour and salt. In another shallow dish, beat buttermilk and hot sauce with a fork. Place crushed cereal in a third shallow dish.
  2. Dip fish in flour, coating well. Shake off excess.
  3. Dip floured fish in buttermilk mixture and then in cereal, coating all sides completely. Place coated fish on an ungreased plate.
  4. In a 12-inch skillet, heat oil over medium heat until hot. Keeping at least 1-inch between fish fillets, cooking in batches, if needed. Cook fish in oil 3 to 4 minutes on each side, turning once, until well browned and fish flakes easily with a fork.
  5. If needed, place cooked fish on paper towels on a cookie sheet and keep warm in a 225° oven while cooking remaining fish.

### Ingredients for the Chips

- 48 small potatoes: red bliss, Yukon gold or Peruvian blue
  - 3 tbsp. olive oil
  - 3/4 tsp. kosher salt, divided
  - Ground pepper to taste
  - ¼ cup fresh herbs (chives, parsley, rosemary, thyme); minced
1. Preheat oven to 425°. Wash and scrub potatoes. Cut potatoes in half. Pat dry with paper towels. Place potatoes on a sheet pan and drizzle with 1 ½ tbsp. of oil, ½ tsp kosher salt and pepper. Toss potatoes evenly to coat in oil and salt.
  2. Place potatoes cut side down and put into preheated oven. Roast for 30 minutes until the bottoms are browned and the potatoes are soft.
  3. While potatoes roast make an herb oil by mincing your herbs very fine and stir into the remaining oil with the last ½ tsp. of salt and pepper. Stir well.
  4. Once potatoes are roasted, remove from the sheet pan and place in a bowl. Drizzled with oil and toss.