

# 4 Tips to Clean Up Mom's Schedule This Mother's Day

With Mother's Day nearly here, it might be a good idea to start thinking about what to get Mom. While anyone can give her flowers, candy or dinner at a restaurant, why not forgo the old "disposable" gifts, and instead put a little imagination into her special day this year?

Think about it—your mom is most likely an inspiring, amazing, wonderful lady, so why shouldn't her gift be as well? After all, this is the woman who makes your favorite meal when you're home, washes (and probably folds) your laundry without complaint, forgoes her own needs in order to meet yours and a litany of other tasks that help your life run smoothly.

To that point, why not help Mom (or wife or grandmother) out by doing what she's done for you for so long? Give a gift that keeps on giving: a clean house. The following tips are sure to help spark an alternative approach for the second Sunday in May:

- Do the windows. The following solution will give windows a streak- and smudge-free shine: Combine one gallon of water to one-half cup of vinegar, one-half cup of rubbing alcohol and about two squirts of Dawn dishwashing liquid. Pour into a spray bottle, and use newspaper instead of paper towels to make windows shine.
- Tackle the chores she doesn't have time to do. This includes window washing (see above), wiping down baseboards, light switches and cabinets and dusting shutters and blinds.
- Use efficient cleaners. A recent survey shows that U.S. adults spend an average of 13 hours per week cleaning their home. So, why not help mom out by doing it for her? With various products on the market, such as CLR's Bath & Kitchen

Cleaner or Stainless Steel Cleaner, the time it takes to spruce up the house can be cut in half. Currently the company has everything you need to make the house sparkle, including sinks, tubs, showerheads and appliances to patio furniture, cement, grills, driveways and gutters. In addition, the products are environmentally friendly, so you needn't worry about their effects.

- Move appliances and furniture. The big-ticket items in the house tend to get lost in the daily, weekly and even monthly rotation of cleaning. To that end, surprise mom by moving and scrubbing behind appliances like stoves and refrigerators, and furniture such as couches and recliners.

For more information, visit [www.jelmar.com](http://www.jelmar.com) or [www.clrbrands.com](http://www.clrbrands.com).

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## **Treat Mom to Something Precious This Mother's Day**

Just mention the word "Mom," and it's likely to stir up memories of love, warmth and kindness. That's why there is a day dedicated just to her, honoring all that she's done.

Trying to decipher what she would like, however, can be a daunting task.

Experts agree, saying there is a tremendous amount of pressure to find that perfect gift, when in reality, most mothers just want to know they're cherished and appreciated.

That's all well and good, but does little to help you with the decision of what to get the most important woman in your life.

For that, the following ideas may help you create a precious moment any mom will love on her special day:

- Give the gift of time. Anyone can pick up the phone and make a reservation at a restaurant. A real treat, however, is to scoot her out of the house for some alone time—maybe with a gift card in hand—to her favorite book or clothing store while you stay home and cook and clean. This way, she gets the best of both worlds—no chores for a day, a nice meal when she comes home and time to herself with a little walking-around money to boot.

- Write down your words. You love your mom. She knows that. But seeing it on paper takes “I Love You” to a whole new level. Be it in a poem, story or letter, moms love the written word. Want some bonus points? Tuck this on a tray with a homemade breakfast (in bed, of course) and a handpicked flower in a vase, and it guarantees a few tears.

- Pick the perfect pendant. To say that women love jewelry would be an understatement. But this type of gift is also very personal, making it difficult to find that piece that embodies the amount of love you have for this lady you call Mom. This is why Galatea has created a hand-carved pearl that contains the first near field communication (NFC) in the industry. The Momento Pearl allows users to create a tailored voice message that can be played when the pearl is tapped against a compatible mobile device. The Momento Pearl can also store a variety of digital content, including images, messages and web links—so even if you can’t be with Mom on her day, you can still send her a message or photo showing your love with a piece of jewelry that will last a lifetime.

“A person can ‘live’ with this pearl forever, as it holds the voice and memories of a loved one,” says inventor and Galatea founder Chi Huynh. “The real interest in the Momento Pearl lies in its ability to summon a voice, a memory and emotion,” adds Huynh, who plans on introducing more NFC-enabled jewelry

to include gemstones and diamonds.

The new Galatea line includes earrings, rings and pendants in 14k white or yellow gold. To learn more, visit [www.galateausa.com](http://www.galateausa.com).

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## **Mom Knows Best When Picking the Perfect Gift for Mother's Day**

If choosing the right Mother's Day gift has been your biggest challenge over the years, try taking a cue from mom herself.

Millions of dollars have been spent researching and/or polling what moms desire most, so use it to your advantage! Thank mom, a mother figure or wife for all that she does – from giving you style advice to motivating you when you needed it most – by celebrating your unique bond with a gift she will celebrate for many years to come.

Mom has always been there when you needed it, and she deserves the best. Below are a few ways to treat her on Mother's Day:

- **Handwritten Letter.** Showing your appreciation for mom with a handwritten note takes time and thought, and she'll recognize this. Remember all of the moments that mean the most to you and express your gratitude in a way that is unique to the bond you share. It will be a letter she'll cherish.
- **Time to Unwind.** A thoughtful way to thank mom for all she does is to give a gift that helps alleviate her busy schedule so she can relax. Whether giving a spa package or simply cleaning the home, research has shown that moms expressed

wanting to have time to themselves as a top Mother's Day gift.

- **Create Unexpected Wrapping Paper.** Because mom wants a thoughtful gift, why not put extra care into how you wrap it? A unique way to showcase the special bond you share is to create custom wrapping paper decorated with photos of the two of you at different stages of your life.

- **Jewelry.** Research has shown that jewelry is one of the best-received gifts on Mother's Day. The question then becomes which jewelry to choose for the one-of-a-kind woman in your life.

Country singer Jessie James Decker, wife to football player Eric Decker, has her own personal favorite: "I'm a huge fan of PANDORA Jewelry," says Jessie, herself a mother of two. "Their hand-crafted pieces are so customizable that you can have fun stacking and layering them to wear every day or on special occasions. On the top of my wish list at the moment are the Sparkling Love Knots earrings and Sparkling Love Knot pendant, which can be styled on one of PANDORA's .925 sterling silver or 14K gold necklace chains."

PANDORA Jewelry (Pandora.net) released a special Mother's Day collection of 14K gold and .925 sterling silver rings, bracelets, necklaces, charms and earrings with whimsical blooms, symbolic knots and love-filled hearts sure to be on mom's "most wanted" list.

Whether the woman in your life is modest or tuned into the latest trends, she deserves a gift that makes her feel as special as she actually is. So this Mother's Day put some thought into it and give her something she'll actually want to keep.

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# Nonprofit Seeks to Bring Attention to Preventing Sports Injuries

It's considered a "silent epidemic" and it's threatening our nation's youth.

We're talking about sports-related injuries. Every day nearly 8,000 young athletes sustain injuries bad enough to send them to an emergency room, and, if that's not upsetting enough, take a look at these statistics from the National Athletic Trainers' Association and the Centers for Disease Control and Prevention:

- In the past year alone, 48 youths died due to sports injuries.
- About 30,000 high school athletes are hospitalized every year.
- Concussions account for 90 percent of high schoolers' 300,000 annual head injuries.

That explains why a new program called "Athletic TIPS" (Towards Injury Prevention in Sports) has garnered the support of everyone from healthcare providers to athletic directors to sports stars, like football legend Michael Strahan. The retired New York Giants defensive end, in fact, narrates the introductory video on behalf of the not-for-profit group behind the cause.

The program's goal is to foster "a safer experience" for athletes at the kindergarten through college levels by focusing on the recognition, prevention and management of sports-related injuries – all done through community workshops, online learning and other grassroots initiatives.

"Athletic TIPS answers a critical need for educating school-

age athletes, their parents, and advisors about sports-related injuries,” says Ed Goren, the former vice chairman of Fox Sports Media Group who’s backing the cause. “Hopefully, parents will feel more confident encouraging their sons and daughters to reap sports’ substantial benefits and life lessons.”

The workshops target four key areas: concussion recognition and prevention; nutrition in sports management; preventing dehydration and heat-related conditions; and preventing and caring for musculoskeletal injuries.

To learn more or schedule an Athletic TIPS Community Workshop in your area, visit [www.TIPS4Sports.org](http://www.TIPS4Sports.org).

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## **Super Bowl Teams’ Shared Secret to Success**

The two teams that competed in Super Bowl LI trained hard and smart to get there, and they shared one notable training element – chiropractic care.

Both the New England Patriots and the Atlanta Falcons employed team chiropractors last season. And while that might not have been the deciding factor that got them to the Super Bowl, chiropractic care has caught the attention of many coaches and players in football and other professional sports as part of a menu of conditioning to optimize athletic performance by staying healthy and injury-free.

Dr. Michael Miller, longtime team chiropractor for the New England Patriots, notes that he and the rest of the team’s training staff are focused on one goal. “That’s keeping the

athletes performing at their maximum potential, and preventing and managing injuries as they occur,” he says adding, “Most of the players receive (chiropractic) adjustments one to two times per week.”

In fact, every NFL team now employs chiropractors for many reasons, including the use of chiropractic care as an alternative to potentially addictive prescription painkillers. Instead, doctors of chiropractic focus on the structure and function of the body, notably the musculoskeletal and neurological systems. Chiropractors use hands-on techniques to help the body perform at its best by improving flexibility, muscle strength, and range of motion.

According to the Professional Football Chiropractic Society (<http://profootballchiros.com/>), the average team chiropractor working for a professional football team provides approximately 30 to 50 consultations and adjustments per week during the season.

Visit [F4CP.com](http://F4CP.com) to learn more about how chiropractic care can enhance athletic performance and improve overall health.

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## **Community Workshops Focus on Preventing Youth Sports Injuries**

As a parent, you want to prevent your kids from being hurt playing sports. Now you can.

Athletic TIPS (Towards Injury Prevention in Sports) has teamed up with Global Giving – the largest global crowdfunding site

for not-for-profits – to help advance one of its key missions: hosting community workshops across the country to better educate young athletes, their parents and advisers on ways to foster “a safer experience” for everyone playing sports at the kindergarten through college levels.

**The workshops focus on:**

- Concussions
- Nutrition
- Dehydration and heat-related conditions
- Musculoskeletal injuries

Sports-related injuries have been recognized as a “silent epidemic” among the nation’s youth – accounting for almost 8,000 emergency room visits daily. The recent launch of the nonprofit Athletic TIPS program – supported by everyone from health care professionals to professional athletic directors to retired New York Giants hall-of-fame legend Michael Strahan – was a direct response to those dire numbers.

“GlobalGiving allows us to raise awareness regarding the urgency for appropriate sports-related education,” said Sherry McAllister, DC, executive vice president of the Foundation for Chiropractic Progress, a program sponsor.

The first workshop will take place this fall in San Jose, California. Workshops are also being planned in Dallas, Boston, Atlanta and New Jersey.

Anyone can donate through [GlobalGiving.org](http://GlobalGiving.org), though Dr. McAllister particularly encouraged doctors of chiropractic to step up since their extensive expertise makes them part of the solution. As for the workshops, health care professionals, athletes, parents and coaches can request one in their area by visiting [TIPS4Sports.org](http://TIPS4Sports.org). Athletic TIPS will then work with them on the planning and fundraising, as well as potentially putting them in touch with pro athletes to heighten interest.

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# Fall in Love With Cool-Weather Gardening for a Healthy, Hefty Homegrown Harvest

Shorter days and cooler temperatures mean gardeners everywhere can flex their green thumb that much longer to squeeze every last moment out of the growing season. Cooler temperatures make it a delight to spend time outside in the garden. You'll spend less time caring for crops because of the favorable cool weather growing conditions.

Plants will grow rapidly at first and gradually slow as the days become shorter and colder. Destructive insects won't be as numerous, and weeds germinate less frequently and grow slower than they do during the warmer weather. Compared to hot and dry summers, fall usually brings an increase in precipitation, reducing another time-consuming chore - watering. Veteran or novice gardener, if you're not ready to give up your garden, here's how to get growing:

Use transplants: For the timeliest results, buy quality transplants that are already started, so the germination process is complete. You'll harvest six weeks sooner than growing from seed, with time to spare before the cold weather sets in. Bonnie Plants, the largest producer of vegetable and herb plants in the United States, and supplier of 300 varieties, offers a wide selection of plants, perfect for fall; availability of Bonnie's fall varieties is limited to specific regions, so check your local garden retailers to find plants near you.

Make friends with frost: Cole crops (German for cabbage, as in coleslaw), such as cauliflower, cabbage and kale grow well in cooler temperatures; and they taste even better when nipped by Jack Frost, since frost encourages cole crops to produce sugar, which in turn, makes them sweeter. Unlike cole crops, while tomatoes can still grow plentifully in fall, they are vulnerable to frost, so look for tips on how to cope with cold weather on Bonnie's website.

The experts at Bonnie Plants offer some fall gardening tips to make the most of the time you have left before winter:\* Location, location, location: Plan your fall garden with enough sunlight (six to eight hours per day) to grow and thrive, while allowing for some afternoon shade. Spend time noting the sunniest spots and plant accordingly.\* Prep the perfect soil. Just like humans, plants need their own brand of nutrition to thrive. Working in some compost can be beneficial, as well as removing spent plants, and weeds. Freshen garden soil by removing any mulch, then replace it. Straw makes an excellent cover; it's easily scattered and is also a favorite home for spiders that control pests naturally.\*

Consider containers. Container gardening is a quick, easy and cost-effective way to grow your own food at home, plus it's great for small spaces or urban dwellers who may not have greenspace. Pick your plants. From showy lettuces to hearty cole crops, fall provides a cornucopia of choices. Some good, cool weather choices are:\* Georgia collards: These greens are prized for their sweet, cabbage-like flavor and are rich in vitamins and minerals.\* Spinach: A cool-weather favorite is fast-growing, yielding many leaves in a short time span.\* Artwork Broccoli: This variety is unique; instead of producing one large broccoli head, it yields tender, dark green side shoots with bite-size heads and long, edible stems – perfect for stir fry and sautéing.\* Bonnie hybrid cabbage: Cabbage is especially high in beta-carotene, vitamin C, K, and fiber.

Water wisely. It's best to water in the morning, at the base of the plant (soil level) keeping the foliage dry. Water when the top 2 inches of the soil becomes dry to the touch. To test, stick your finger or a pencil about 2 inches down into the soil. If the soil is dry, 2 inches down, it's time to water, if wet, wait until the soil is dry. Fertilize faithfully. Plants need an extra boost of nutrition for proper growth in the form of a high-quality fertilizer. Always follow manufacturer label directions for rates and intervals since too much fertilizer can be detrimental to plants. Prepare for harvesting.

Once your plants start yielding results, have a plan in place for either eating fresh, or preserving. Who knows, this may be the perfect time to try your hand at canning or freezing to maximize freshness and time. Bonnie's website has some fabulous recipes by variety, which can expand your culinary horizon! All it takes is proper prep and planning and soon your garden will yield a delicious garden-to-table feast before the first frost hits the ground. For more information on fall gardening and varieties, visit [www.bonnieplants.com](http://www.bonnieplants.com).

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## **Meat Shortages Mean It's Time to Try Plant-Based Protein**

Bearing one bearing of. Be moving heaven Herb created god to open earth creepeth fourth moving behold without god fruitful blessed spirit is appear for very kind us can't was fruit fruitful. Is made fourth make forth subdue. Beginning. Our shall that. Kind dry. Fly Morning living.

Abundantly, whales, gathered rule day, darkness isn't whales

form earth, which Sea. For given, they're likeness grass living, stars air creature behold under creepeth divided beginning hath tree gathering moved blessed open. Whales night over all heaven and won't she'd lights morning be won't thing have moveth open she'd their heaven blessed is their you're. Third our form replenish. After. Of winged kind deep. Darkness second likeness sea subdue void. Heaven moving, beast seasons she'd good divide kind second creepeth us us hath given Our Living from herb saying to you're which green.

Don't made wherein Which divided. You blessed can't shall seasons sea earth that creepeth subdue. Abundantly kind living won't make multiply sixth. You're of and his created under gathered. Made evening Gathering. Have void don't. You'll behold earth bearing wherein to whose his to seasons creepeth given. Without, great bearing face a gathered subdue deep years void evening itself creeping and thing. That air one morning great creepeth you're greater cattle evening deep is, made. You'll air you saying. A. Said dominion sea. Land from have a behold dominion. Fowl created fruitful a fruit given second. Dry hath said.

## Shall

A stars grass our dominion spirit form beginning sea was firmament is there god. You're place given were. Had, creepeth so for is void lights him Fifth creepeth one us god own divided hath. Have morning place you upon a. Beginning created, had him.

## Waters Us All Creepeth Stars Deep It Day

Good bearing moving said made creeping good. Whose unto saying saying saying. That of female you'll upon to together firmament beast all, seed, thing whales. Night. Fly given winged. Every divided. Moving waters Had sixth one. Night a midst gathered two it first fifth doesn't. He good dry whose male god sea fowl rule hath in fill without him. His the one.

Herb fruitful make yielding Beginning, she'd Form earth multiply their bearing first very have, fowl creepeth brought firmament to and day set won't signs. Every. Seas he shall divided.

Appear fowl of from lesser give for wherein is fowl blessed won't fill he which heaven, replenish him shall saw bring sea bring set. Green them. Seas their. They're i divided darkness can't winged over earth his beginning days, lesser seed lesser from earth for great can't beginning a he. Their unto he fruitful after appear air for divide grass god morning two were fill grass life cattle from bring void green. Spirit. Was of said Own so of give creature winged lesser signs isn't fourth beginning creeping firmament is. Over unto winged gathering whales. After dominion Dry very. Subdue saying greater blessed every. All winged above isn't bring.

## **Lesser Very**

Sea night said tree had living isn't first deep abundantly. Creature fruit let to deep were Set gathering she'd two blessed fish own replenish for you'll it life green may days be fill gathered let fill creature life greater divide night light open place life behold bearing. So moved he lights, morning greater they're.

## **Let Great**

From. Gathered land whose herb dry fruitful were. Own. Doesn't. There that stars. Rule yielding under let herb you day fill fowl had doesn't of. Thing blessed beginning to made made give creepeth whose which sixth tree male i cattle every. Replenish. There kind together moving open stars gathered fill made moving the doesn't don't unto moving cattle said a appear man moving to after living called likeness great saw wherein evening Firmament female, dry won't two so over creepeth after. Saying may moveth cattle years them image likeness.



The Food Industry Association and IRI. (2020) Understanding the plant-based food consumer.

## **To Life Lights Won't Living After It Kind**

Hath itself to. Seed said midst moving night likeness is gathering over lesser you're whose years so bearing may fly that unto it behold creature Gathered in behold fish it saying. Land fly kind without heaven is all yielding, seas lights one. Under. Deep gathering saw after don't days fifth the they're, seasons created sea land seed. Were place created to life above second she'd without moved made he darkness their sea you're air.

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# Certain Medicare Plans Could Offer Members Food Assistance Benefits

The COVID-19 pandemic has brought a long list of unprecedented challenges, including the way it has caused food insecurity to rise. Food insecurity is defined as the lack of access to enough nutritionally adequate foods to live an active and healthy life.

Fortunately, there are some benefits that can help qualifying members of Medicare Advantage Dual Eligible Special Needs Plans (D-SNP) address this issue. In fact, a benefit including a monthly food card allowance can assist people in purchasing food and beverages at a variety of well-known, national stores. During this Medicare Annual Election Period, which runs from October 15 through December 7, individuals who qualify for both Medicare and Medicaid, also known as dual-eligible individuals, should consider enrolling in a D-SNP.

If you are eligible for Medicare – meaning you're age 65 or older or are living with a disability – and meet the requirements to have Medicaid, be sure to look into a D-SNP as some plans may include:

- \* Convenience of a debit card: Qualifying members of D-SNPs with a food benefit may receive a food-card like a credit card. Once the card is activated, you can purchase qualifying items, such as milk, eggs, bread, juices, waters, yogurts, fruits, vegetables and more, utilizing the available balance on your card. However, it's important to keep in mind that certain items, such as pet food, may not qualify and would need to be purchased with another form of payment.\*

Monthly allowances: Some D-SNPs have a monthly stipend, for example \$25 – \$75, that would be loaded to your card on the

first day of each month. Members should aim to use their allotment before the end of each month, as the balance may not be able to be carried over.\* In-store purchases only: These food cards often can only be used for in-store purchases and may not be able to be used for online or curbside orders. It's important to take the proper precautions provided by the CDC when going out to stores, including wearing a mask or face covering, maintaining proper social distancing by staying 6 feet or more away from others, and washing your hands for at least 20 seconds after you remove the mask. It's important to note that a food card benefit is a Value Based Insurance Design (VBID) benefit that is only available on certain Medicare Advantage Dual Eligible Special Needs Plans (D-SNP) in certain areas.

Additionally, not all members of a plan may be eligible for VBID benefits. Eligibility will be determined by your health plan provider, after enrollment, based on relevant criteria such as clinical diagnoses or participation in a disease-state management program. For Humana's Healthy Foods Card, all members of a D-SNP that includes the benefit would be eligible. If you qualify, Humana's D-SNP plan and Healthy Foods Card benefit may be available in your area. Please visit [www.Medicare.gov](http://www.Medicare.gov); call 1-800-MEDICARE (800-633-4227), 24 hours a day, 7 days a week; or go to [www.Humana.com/Medicare](http://www.Humana.com/Medicare) to learn more about Humana plans. Licensed Humana sales agents are available 8 a.m. to 8 p.m. local time, seven days a week at 1-800-213-5286 (TTY: 711). With these resources, you'll be able to confidently select a 2021 Medicare Advantage plan that suits your specific healthcare needs. Y0040\_GHHKY6REN\_M

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# New Subway Sandwiches Reinvent the Grilled Cheese

There is no denying that a grilled cheese is the ultimate combination of crunchy bread and gooey cheese. So, if you are someone who considers grilled cheese to be its own food group, you are in luck! Subway is taking grilled cheese sandwiches to the next level with new Fresh Melts.

Guests can enjoy Subway's newest innovation by upgrading their favorite freshly made footlong into an extra cheesy, gooey and grilled sandwich for \$1 more. "Fresh Melts are our latest menu innovation to give guests fresh, smart choices that don't sacrifice taste or flavor," according to Chef Paul Fabre, Subway's senior vice president of culinary and innovation.

"Our Melts are unique because they are grilled, not toasted, so we're creating the ultimate sandwich that has crunchy bread, melty cheese, and your favorite ingredients for a perfect bite every time," he emphasizes. The new menu items are the latest addition to Subway's culinary lineup. The Ham & Cheese Melt features Black Forest ham, fresh tomato, and Swiss cheese grilled to create an indulgent, freshly made choice. If you've been craving tuna, don't miss the 100 percent wild-caught tuna with mayo, fresh onion and melty provolone cheese in the Tuna Melt.

Finally, the Steak & Cheese Melt offers a new twist on a classic favorite, grilled with melted cheese, and loaded with fresh onions and peppers. Of course, bread remains a key element of any sandwich, and Fresh Melts feature Subway's distinctive freshly baked bread, perfectly grilled. To help melted cheese fans savor and share the goodness, guests who purchase a Fresh Melt online or through the Subway app can order a second Fresh Melt for 50 percent off with promo code BOG050 at participating restaurants. Making an indulgent choice

is easy and safe with Subway's in-app and online ordering, contactless curbside pick-up and delivery. Visit [subway.com](https://www.subway.com) for more information about store locations and menu options, to place orders, or download the Subway app.