

FITNESS. WELLNESS. COMMUNITY.

Summer 2026

## INSIDE

**HAPPY 250th, AMERICA**

**UNDERSTANDING AND  
HEALING FROM PTSD**

**YOUR ADDED VALUE BENEFITS**

**ASTHMA TIPS FOR BETTER CONTROL**

**STAYING SAFE DURING TICK SEASON**

**TRAGEDY ASSISTANCE PROGRAM FOR  
SURVIVORS: CAMBRIDGE'S STORY**

 **US FAMILY  
HEALTH PLAN**



### COMMUNITY

- 3 / Growth in Leadership
- 10 / Anchored in Falmouth: The Beal's story
- 11 / Happy 250th, America
- 12 / More Than Coverage: Your Added Value Benefits



### WELLNESS

- 6 / Understanding and Healing from PTSD
- 7 / Preventing and Managing Memory Loss
- 8 / On Call Column: Tick Season
- 13 / TAPS: Making Grief Something You Don't Have to Face Alone



### FITNESS

- 16 / Dive Into Fitness: Water Aerobics



**US Family Health Plan members choose from a network of over 2,500 civilian primary care providers and thousands of specialists, plus a large network of civilian hospitals.**

### Who We Are

US Family Health Plan of Southern New England is a Department of Defense TRICARE® Prime option, and one of six regional US Family Health Plan programs across the nation. Our large network of civilian doctors, hospitals, and other health providers serves Plan members who live in Massachusetts, Rhode Island, parts of southern New Hampshire and portions of Connecticut.

We pride ourselves on friendly, personal service. If you have questions, call us at **1-800-818-8589**. You can also get to know us better at [usfamilyhealth.org](https://usfamilyhealth.org).



## SUMMER CALENDAR



### JUNE

**PTSD Awareness Month**  
**Alzheimer's & Brain Awareness Month**

- 6 D-Day
- 7 National Cancer Survivors Day
- 12 Women Veterans Day
- 13 Family Health and Fitness Day
- 8-14 Men's Health Week
- 14 Army Birthday
- 19 Juneteenth
- 21 Father's Day
- 23 Coast Guard Auxiliary Birthday
- 27 PTSD Screening Day

### JULY

**Minority Mental Health Month**

- 4 Independence Day/ America 250
- 10 Chronic Disease Awareness Day
- 27 National Korean War Veterans Armistice Day
- 27 Army Chaplain Corps Anniversary

### AUGUST

**National Immunization Awareness Month**

- 4 Coast Guard Day
- 7 Purple Heart Day
- 29 Marine Corps Reserve Birthday
- 31 International Overdose Awareness Day



A letter from

**Rosye B. Cloud**  
Chief Executive Officer  
of Brighton Marine, Inc.

# To our members, in a season of momentum,

Summer carries a different kind of energy. The days are longer, the pace shifts, and there is a sense that is sometimes subtle and sometimes unmistakable, that we are in a season of movement. It is a time when the work we began earlier in the year comes into fuller view, when growth is no longer just beginning but taking shape, and when purpose feels a little more present in the everyday. Summer reminds us not only to reflect on how far we have come, but to stay engaged in the work still ahead.

That perspective feels especially important right now.

Every day, we have the privilege of serving veterans and military-connected families whose lives reflect extraordinary resilience. They know, often in deeply personal ways, that progress is rarely linear and that stability is something built over time. Healing takes patience. Opportunity takes effort. And purpose is not always something we find in a single moment. More often, it is something we continue to pursue, step by step, with the right support along the way.

That is why this season feels like

more than a moment. It feels like momentum.

Across our community, I see that momentum taking shape in powerful ways. I see it in families finding steadier ground through coordinated care. I see it in veterans gaining access to housing, support services, and pathways toward greater stability. I see it in the daily commitment of our staff and partners, who approach this mission with compassion, discipline, and a deep respect for those we serve. Taken together, these moments tell the story of an organization focused not only on meeting needs, but on helping people build healthier, stronger futures.

They also reflect an important truth about Brighton Marine's next chapter: we are growing with purpose.

Over the past several months, we have continued to strengthen our organization in ways designed to expand access, improve service, and prepare us for the future. One important example is the continued growth of our primary care provider network. Through key relationships, including Southcoast Health, and with additional developments we



*“We are increasing access to care for veterans and military-connected families across the communities we serve... more local options... stronger continuity of care.. a more responsive network rooted closer to home.”*

**ROSYE B. CLOUD**  
Chief Executive Officer,  
Brighton Marine, Inc.



expect to share in the months ahead, we are increasing access to care for veterans and military-connected families across the communities we serve. That matters in practical ways: more local options, stronger continuity of care, and a more responsive network rooted closer to home. It also matters symbolically. Expanding access is one of the clearest ways we can turn mission into meaningful, everyday impact.

These leaders join a broader team already doing remarkable work across Brighton Marine. Their arrival is not simply about growth on paper. It is about building capacity where it counts. It is about strengthening our ability to serve with excellence, to respond with agility, and to ensure that our mission remains as strong operationally as it is morally. >



# GROWTH IN LEADERSHIP

Our growth is also reflected in the leaders who have joined us over the past six months. I am pleased to introduce, and for some of you, reintroduce, several members of our senior leadership team whose experience and commitment are already helping shape Brighton Marine's future.



**Neil Mullaney**  
President of US Family Health  
Plan of Southern New England

A retired US Air Force colonel with multiple deployments under his belt, Neil brings deep operational experience and a strong understanding of what military-connected families should be able to expect from their health care: quality, access, accountability, and trust. Neil's leadership is helping us continue to strengthen the coordinated care our beneficiaries rely on while preparing for the opportunities ahead.



**Stan Lowe**  
Chief Information Officer  
Brighton Marine

Stan Lowe brings decades of cybersecurity leadership to Brighton Marine, with deep expertise protecting the networks and data of federal agencies and global enterprises. He has spent his career, following his enlistment in the US Navy, building secure, resilient systems that safeguard sensitive information and keep critical operations running at scale. >

> That is essential because the needs facing veterans and military-connected families remain real and complex. Health care can be difficult to navigate. Housing and economic stability can feel uncertain. Daily life can place heavy demands on families already carrying a great deal. In that environment, institutions like Brighton Marine must do more than mean well. We must be steady, capable, and prepared to deliver.



*“Thank you for the trust you place in Brighton Marine and our administration of the US Family Health Plan of Southern New England.”*



**Brian J. Ewart**  
Deputy General Counsel, Brighton Marine

Brian joined Brighton Marine with extensive experience in health care law, compliance, and complex federal systems. He brings a thoughtful, disciplined approach to the legal and operational frameworks that support our work, helping ensure that our mission is matched by strong institutional stewardship.



**Jennifer Mewett**  
Chief of Staff, Brighton Marine

Jennifer has brought strategic focus, strong coordination, and forward momentum across the organization. Jennifer's background in communications, planning, and execution, and her experience as a military spouse, adds important perspective and strength to our leadership team and to the work of aligning mission with action.



**Welcoming the newest member of the Brighton Marine senior leadership team: BJ Coleman**

BJ Coleman is a former NFL quarterback turned healthcare CEO based in Chattanooga, Tennessee. He was drafted by the Green Bay Packers and played professional football before transitioning into the business world. His work in behavioral healthcare focuses on helping facilities improve outcomes, stabilize operations, and rebuild leadership teams.

**I believe our best work happens when compassion and excellence move together,** when care is supported by discipline, and when gratitude is expressed not only in words, but through the systems, services, and partnerships that make a real difference in people's lives. That is the standard we continue to set for ourselves.

Summer encourages us to stay present in the work of building, to recognize progress while continuing to push forward with purpose. I see that spirit reflected every day in the resilience of the people we serve, in the dedication of our team, and in the shared sense of mission that continues to move this work ahead.

Thank you for being part of this community. Thank you for the trust you place in Brighton Marine and our administration of the US Family Health Plan of Southern New England. And thank you for the many ways you help make this work possible.

As we move through this season, my hope is that it brings renewed energy, continued purpose, and confidence in the road ahead. Brighton Marine will continue working every day to be worthy of the people we serve, and to help build a future in which veterans and military-connected families have access to the care, stability, and support they deserve.

**Rosye B. Cloud**

# BREATHE EASIER THIS SUMMER

## Asthma Control Tips

Summer heat, pollen, air pollution, and wildfire smoke are all common asthma triggers. If you or your child has asthma, now is a great time to make sure symptoms are well controlled and medications are up to date.

- Take your controller medication every day
- Use your rescue inhaler only for quick relief
- Keep your Asthma Action Plan updated
- Watch for summer triggers
- Talk to your doctor if your symptoms have changed

Did you know asthma can develop or worsen as you age? It can be diagnosed at any time in a person's life, even if they didn't have it before. Don't brush off shortness of breath or wheezing — talk to your doctor.

Staying on top of your asthma care can help prevent flare-ups, reduce emergency room visits, and keep you active all season long. If you haven't had a recent asthma checkup, schedule one today and make sure your medications are up to date.

### Your USFHP Benefits Include:

**Providers and Specialists:** Access to local civilian doctors and specialists for asthma management, including pulmonologists and allergists.

**Medications:** Long-term asthma medications can be filled through our convenient 90-day mail-order pharmacy program. Short-term prescriptions can be filled at local pharmacies.

**Questions?**  
Call Member Services at **1-800-818-8589** — we're here to help.

# UNDERSTANDING AND HEALING FROM PTSD



## June is PTSD Awareness Month

There are currently about 12 million people in the United States living with PTSD — including many veterans.

Posttraumatic stress disorder (PTSD) can occur after someone goes through a traumatic event. Service members who have experienced combat may experience PTSD. But it can occur after any traumatic event, such as a car accident, natural disaster, assault, or abuse. Symptoms of PTSD can start soon after a traumatic event, but sometimes don't begin until months or even years after. If the reactions don't go away over time or disrupt your life, you may have PTSD. They may include:

- Intrusive memories - flashbacks, or nightmares that cause you to re-live the event
- Avoidance - of people or situations that remind you of the event
- Numbness - or negative changes in mood or thinking
- Heightened arousal - easily startled, irritability, insomnia, constantly feeling on guard

Living with PTSD is different for everyone. Timely treatment can help. When you begin to understand your response, you will be better able to cope.

## Recovery Is a Process

Following a traumatic event most people experience stress reactions. Recovering from the trauma is a process and takes time. Knowing this will help you feel more in control. A few tips:

- **Talk to others for support.** When survivors share their struggles, something helpful often results. Try not to isolate yourself.
- **Practice relaxation methods.** Try breathing exercises, meditation, swimming, stretching, yoga, quiet music or time spent in nature.
- **Stay engaged with activities you enjoy.** Hobbies, volunteering, and time with people you trust can all support healing.
- **Talk to your doctor or a counselor.** USFHP covers PTSD and behavioral health services, including access to licensed therapists and specialists.

## Getting Help

You don't have to manage PTSD alone. Talk with your doctor, or encourage a friend or loved one to do the same.



US Family Health Plan members can self-refer for mental health services from network providers. Call 1-800-818-8589 (toll-free) to speak with member services. Be sure to tell them you are a USFHP member.



# PREVENTING AND MANAGING MEMORY LOSS

## June is Alzheimer's & Brain Awareness Month,

an international effort led by the Alzheimer's Association to highlight the growing impact of Alzheimer's disease and other dementias. Worldwide, more than 55 million people are living with Alzheimer's or another dementia.\* Many Americans have at least one risk factor — but the good news is that several of those risk factors can be reduced with healthy lifestyle choices, such as regular physical activity, eating a heart-healthy diet, and staying socially and mentally engaged.

Memory loss that disrupts daily life may be a symptom of Alzheimer's or other dementia. Alzheimer's is a brain disease that causes a slow decline in memory, thinking and reasoning skills. There are 10 warning signs and symptoms

that can help you tell the difference between memory loss related to Alzheimer's and typical age-related changes. If you notice any of them in yourself or a loved one, don't ignore them. Schedule an appointment with your doctor. Early detection of Alzheimer's or another dementia offers significant benefits, including greater access to treatment options and the ability to plan for the future.

## 10 Early Signs and Symptoms of Alzheimer's

- Memory loss that disrupts daily life
- Challenges in planning or solving problems
- Difficulty completing familiar tasks
- Confusion with time or place
- Trouble understanding visual images and spatial relationships

- New problems with words in speaking or writing
- Misplacing things and losing the ability to retrace steps
- Decreased or poor judgment
- Withdrawal from work or social activities
- Changes in mood and personality

It's natural to feel uncertain or nervous about discussing these changes with others. Voicing worries about your own health might make them seem more "real." Or, you may fear upsetting someone by sharing observations about changes in his or her abilities or behavior. However, these are real health concerns that should be evaluated by a doctor, and it's important to take action to figure out what's going on.

\*Learn more at [alz.org/abam](http://alz.org/abam)

Ask your Primary Care Provider for a referral to a memory care specialist in your area or check out our provider directory [bit.ly/USFHP-findadoctor](http://bit.ly/USFHP-findadoctor) to search for a network specialist near you.



Connect with a Nurse Care Manager who specializes in memory loss, dementia, or Alzheimer's by calling 888-766-9818 x53532 during normal business hours

# ON CALL

**Charles Rollinger, MD**

CHIEF MEDICAL OFFICER, BRIGHTON MARINE, INC.

*Enjoy the warm weather— and stay safe out there!*



CHARLES ROLLINGER, MD

## TICK SEASON IS HERE — HERE'S HOW TO STAY SAFE

After a snowy winter, New England is heading into a lush spring and summer. More moisture means more insects — and in our region, the one that causes the most concern is the deer tick, the tiny insect responsible for Lyme disease.

Deer ticks are very small — in the spring, they can be no bigger than the head of a pin. They live on deer, mice, and other animals, including household pets. That makes them easy to pick up without even knowing it.

As the old saying goes, an ounce of prevention is worth a pound of cure. You don't need to avoid the outdoors — just be smart about it.

### BEFORE and DURING Outdoor Activities

- **Stay on marked trails** when hiking and avoid walking through high grass or leaf piles
- **In your yard**, keep the lawn mowed and stay out of overgrown areas
- **Keep your home free of mice**, which are a common carrier of deer ticks. Reduce clutter and seal any entry points



**The sooner a tick is found and removed, the better. A tick that has been attached for less than 24 hours is unlikely to transmit Lyme disease.**

- **Protect your pets** with tick repellent and check them after they've been outside — ask your veterinarian for the best options
- **Use insect repellent** before heading outdoors. Adults and children may need different products — check with your health care provider or visit the National Pesticide Information Center at [npic.orst.edu](http://npic.orst.edu) for guidance. Reapply as directed, especially in hot weather
- **Wear protective clothing** when you can — long sleeves and long pants help. If you spend a lot of time in wooded areas, consider clothing treated with permethrin, an insect repellent that bonds to fabric

### AFTER Being Outdoors

- Shower as soon as possible and do a full-body tick check
- Check children carefully, including the scalp, behind the ears, and behind the knees
- Check your pets as well

### If You Find a Tick

- The best tool for tick removal is a pair of fine-tipped tweezers:
- Grasp the tick as close to the skin as possible — between the tick's head and the skin surface

- Pull upward slowly and firmly — do not twist or jerk
- If small parts are left behind, leave them alone. They will work their way out on their own
- Do not squeeze or crush the tick's body — this can push bacteria into the skin
- Do not apply petroleum jelly or a lighted match to the tick — both can cause the tick to release more fluid into the bite
- Once the tick is removed, wash the bite area and your hands with soap and water, then apply rubbing alcohol to the site

For guidance on what to do after a tick bite, visit the Centers for Disease Control at [cdc.gov/ticks](http://cdc.gov/ticks).

### When to Get Care

If you have concerns after a tick bite, contact your health care provider or an urgent care center. USFHP members at Brighton Marine also have 24-hour access to Teladoc for virtual urgent care.

Visit [member.teladoc.com/USFHP](http://member.teladoc.com/USFHP) or call 1-800-835-2362

# ANCHORED IN FALMOUTH

**Al and Donna Beal have built a life on the Cape — and USFHP has helped them enjoy it.**

After nearly four decades in Falmouth, Massachusetts, Al and Donna Beal are exactly where they want to be. Al retired from the U.S. Coast Guard after almost 30 years of service, eventually rising to CWO4 and commanding officer of two CG Stations in New York and Rhode Island. Donna spent her career as a registered nurse. Together they raised three children here and put down roots so deep that even retirement never prompted a move.

Al and Donna met through mutual friends while he was in the service — he grew up in Newton, Massachusetts, Donna in Maine. They've been navigating life together ever since and say USFHP has made that easier.

"Having been through the old military Champus health system before USFHP, this is so much better," Al says. "It's worked very well for us."

It hasn't always been easy. Between the two of them, they've navigated minor surgeries, rehabilitation, specialist visits, and more than a few ambulance rides — all covered. Their primary care is within the Beth Israel Deaconess system, but they've seen providers across the region, from a podiatrist and eye doctor right in Falmouth to specialists in Plymouth and Middleborough. When a mysterious skin condition sent Donna to six different specialists, including two trips to Boston, USFHP was with them every step. Even when they received an unexpected bill, a call to Member Services resolved it.

The coverage that has

meant the most involves Donna's macular degeneration. She requires regular injections to preserve her remaining vision — a treatment that required prior authorization and a letter from their doctor before it was approved.

"The shots help me maintain the vision I have," Donna says. "I'm grateful it got approved. I can still read my Kindle — and that's a big deal to me."

The Beals also rely on USFHP's mail-order pharmacy through Brighton Marine for their ongoing medications, reserving local pharmacies for the occasional urgent need.

Through it all, the Beals stay remarkably busy. Al has led a Sea Scout program in Falmouth for more than 50 years — all three of his children went through it, and a granddaughter followed.

He also volunteers at a local food pantry, the Hand in Hand Thrift shop and coordinates the Fresh Market at JBCC and serves on the local Scout council Executive Board. He and Donna are devoted grandparents to seven grandchildren — one finishing college this year and another graduating high school and off to college in the fall — and they try to make it to every graduation, game, and milestone they can.

"The biggest thing," Al says, "is no worries. With USFHP, we just don't have to worry about our health coverage. That's everything."

*“Having been through the old military health system before USFHP, this is so much better”*

AL BEAL



**Share Your USFHP Story**  
Has the US Family Health Plan of Southern New England made a difference for you and your family?  
*We'd love to hear about it!*

Email USFHP:  
[feedback@usfamilyhealth.org](mailto:feedback@usfamilyhealth.org)



# Happy 250th, AMERICA!

## Special 250th Anniversary Events in Boston

The 250th anniversary of the United States — the Semiquincentennial — will be celebrated on July 4, 2026, marking 250 years since the Declaration of Independence. For those of us who've served, or stood by someone who did, that milestone hits a little different. We know firsthand what it means to protect what this country stands for. And there's no better place to mark that moment than Boston — birthplace of the American Revolution and home to Brighton Marine, where the fight for independence wasn't just an idea, it was lived on the streets. From Bunker Hill to the harbor, Boston has always been part of the American story — and for military families and veterans across Southern New England, that history is personal.

**July 2-4 | Harborfest**  
Boston's official Fourth of July celebration, Harborfest is a beloved multi-day, family-friendly festival honoring the city's maritime and revolutionary history.  
[bostonharborfest.com](http://bostonharborfest.com)



**July 4 | Boston Pops Fireworks Spectacular**  
The Boston Pops Fireworks Spectacular is a free public concert on the Charles River Esplanade, produced by the Boston Symphony Orchestra and officially designated as Massachusetts' MA250 Signature Event.  
[bso.org/boston-pops-fireworks-spectacular](http://bso.org/boston-pops-fireworks-spectacular)



**July 11-16 | Sail Boston**  
Part of Sail250—a national maritime celebration marking the U.S.'s 250th anniversary—Sail Boston brings tall ships and military vessels to Boston Harbor for a week of events including the Parade of Sail and public boarding.  
[sailboston.com](http://sailboston.com)



**Enjoy outdoors celebrations safely by wearing sunscreen and protective clothing — and schedule regular skin checks with your doctor to catch any concerns early.**

# MORE THAN COVERAGE: YOUR ADDED VALUE BENEFITS



Your USFHP of Southern New England membership includes more than your standard health plan. Through our Added Value program, we offer a range of special discounts and wellness resources designed to support your health beyond the doctor's office.

These programs are available to all members and include:

- ★ **Healthy eating and weight management:** Discounts on healthy eating and weight management services, including The Dinner Daily and Mom's Meals
- ★ **Wellness therapies:** Savings on massage therapy, acupuncture, and yoga
- ★ **Free health and well-being resources:** Access to online wellness programs and health coaching at no cost
- ★ **Vision and hearing care:** Special access to discounts on eyeglasses, contacts, corrective vision procedures, and hearing care solutions
- ★ **Fitness and exercise programs:** A 30-day free trial followed by 25% off a monthly membership at Daily Burn, which offers thousands of curated digital classes from meditation to kickboxing
- ★ **Senior care:** A one-time \$100 credit toward charges for non-medical support services at participating office of Home Instead, which provides personalized services for seniors to help them live safely and comfortably wherever they call home

## Questions? We're Here.

Member Services: 1-800-818-8589



### Getting Your Prescriptions Delivered At Home

Because you're a member of USFHP, prescription medications that you use often, called "maintenance" medications, are mailed right to your home. Here's how to get started:



Your doctor calls our pharmacy at **1.877.880.7007** with your prescription.



Your doctor faxes our pharmacy at **1.617.562.5296** with your prescription.



Your doctor submits your prescription electronically to:

**Brighton Marine Pharmacy**  
77 Warren Street  
Boston, MA 02135

# FINDING HIS WAY FORWARD

How one military child, and a community built for healing, are making grief something you do not face alone

At seven years old, Cambridge Brown lost his father to cancer, just one day after his birthday. Today, at 11, he carries that loss with him — and is learning how to carry it forward.

Cambridge first attended a Good Grief Camp in 2023 through the Tragedy Assistance Program for Survivors (TAPS), a national nonprofit that supports families grieving the loss of a military service member or veteran. What he found there changed him.

"On that first day at TAPS, I was 8 years old, and I was sad," Cambridge recalls. "I didn't want to talk to anybody. I felt like the odd one out."

Then something shifted.

"I liked the music at the Good Grief Camp opening ceremony, especially 'The Unicorn,' performed by [former US Army Chief of Staff] General Martin Dempsey. When my dad and I listened to that song, my dad sang it just like the general. Hearing it at TAPS made me feel closer to my dad."

In that moment, and in the days that followed, Cambridge realized he was not alone.

That realization is at the heart of TAPS' Good Grief Camps. These programs bring together children and teens

navigating loss, helping them express grief, build resilience, and form lasting connections. Each participant is paired with a trained military mentor who offers encouragement and support throughout the weekend.

Since that first camp, Cambridge has returned two more times. Now, he is giving back by raising funds so other children can find the same connection and healing.

TAPS was born from loss itself. After her husband, Brigadier General Tom Carroll, was killed in an Army plane crash, Bonnie Carroll built an organization grounded in compassion and the belief that no one should grieve alone.

Cambridge is one of many young people finding their way forward. His story is a reminder that while grief may begin in isolation, healing begins in community — and even the youngest among us can help light the way for others.

## Support Good Grief Camps

Children in military families carry the weight of sacrifice too, and grief is part of many of their stories. The compassion and community that TAPS brings to every camp inspires our own commitment to comprehensive care at Brighton Marine.

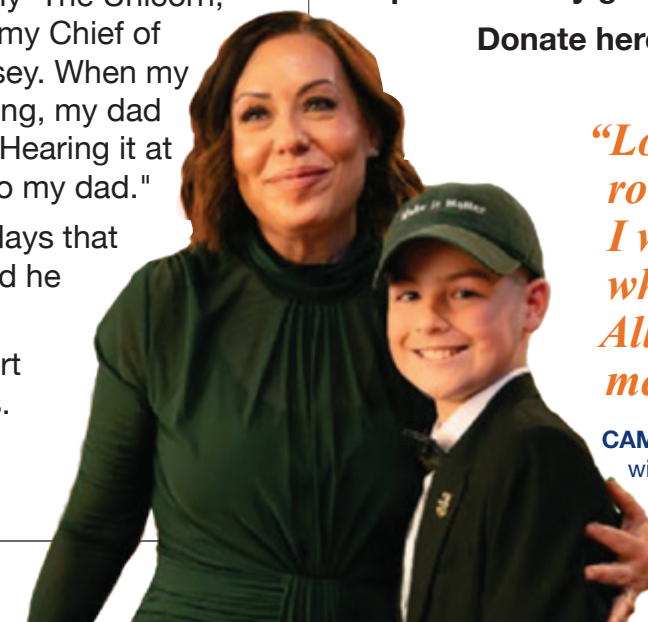


**Brighton Marine will match eligible donations to TAPS, helping extend the impact of every gift during this campaign.**

Donate here: [taps.org/donate](https://taps.org/donate)

*"Looking around the room, I realized that I wasn't the only kid who lost a parent. All the kids around me lost someone."*

**CAMBRIDGE BROWN**  
with Rosye B. Cloud,  
Brighton Marine CEO



# ALL THINGS SUMMER



**Across**

- 5. Protect your skin
- 6. Sweet and refreshing
- 7. Fourth of July favorite
- 8. Afternoon surprise

**Down**

- 1. Backyard cookout
- 2. Build one at the beach
- 3. Summer superfruit
- 4. Catch the wind
- 9. Makes it feel hotter
- 10. Uninvited summer guest

**Answers:** 1. Barbecue 2. Sandcastle 3. Blueberry 4. Sailboat 5. Sunscreen 6. Lemonade 7. Fireworks 8. Thunderstorm 9. Humidity 10. Mosquito

# CREAMY AVOCADO AND GREENS SALAD



*A fresh, delicious summer salad packed with healthy fats, antioxidants, and great flavor. On its own, it's the perfect side dish for a summer cookout. Or topped with grilled salmon or chicken, it's a complete, balanced meal.*

**INGREDIENTS** (4 SERVINGS)

- 8 cups mixed greens or chopped romaine
- 2 ripe avocados (diced)
- 1/2 red onion (sliced)
- 1 cucumber (diced)
- 1 apple (diced)

**DRESSING**

- 1/4 cup olive oil
- 3-4 tbsp lemon/lime juice
- 1 tsp Dijon mustard
- 1 clove garlic (minced)
- Salt, and pepper


*Want a kick of spice? Add a pinch of red pepper flakes or cayenne.*

**INSTRUCTIONS**

1. **Whisk** dressing ingredients in a small bowl.
2. **Thinly slice** the onion. (Pickle, if desired, by soaking onions for 15 minutes in equal parts water and vinegar, plus a spoonful of sugar and a pinch of salt.)
3. **Dice** the avocados, cucumber, and apple.
4. In a large bowl, **combine** the greens, avocado, cucumber, onion, and apple.
5. **Add** the dressing and toss gently to coat.
6. **Add** optional toppings if desired and serve immediately.


**NOTES**

**Optional Toppings**

 **Like it nutty?** Add 1/2 cup almonds or walnuts

**Like it cheesy?** Add crumbles of feta or goat cheese

**Like it herby?**

Add fresh parsley, basil, or mint 

**Protein boost:** Top with grilled salmon or chicken to make it a complete meal.

**Keep it crisp:** Add the dressing just before serving to prevent soggy greens.



# DIVE INTO FITNESS: WATER AEROBICS

Looking for a fun, low-impact way to stay active this summer? Water aerobics might be just the thing — and it's easier on your joints than almost any other workout.

### WHY IT WORKS

Water supports your body weight, reducing stress on joints, knees, and hips. Regular sessions can improve strength, balance, and flexibility — and reduce the risk of falls. The social aspect helps too. Group classes are great for mood and motivation.

### CORE MOVES TO TRY

Start simple: water walking, leg lifts, arm curls, and flutter kicks. Most community pools offer structured classes with an instructor to guide you safely.

### STAY SAFE

Always enter the pool using the steps or a ladder. Stay in the shallow end until you're comfortable. If you have a heart condition or recent surgery, check with your doctor before starting. And don't forget — you can still get dehydrated in the pool. Bring water.

### BUILDING THE HABIT

Aim for two to three sessions per week. Many community recreation centers offer water aerobics classes at low or no cost. You don't have to run a marathon to stay fit. Sometimes the best workout is the one that doesn't feel like work.

## CARE SUPPORT RESOURCES

Staying active is just one part of good health. USFHP is here to support your whole well-being — body and mind.



### National Suicide and Crisis Lifeline

Call or text 988

#### VETERANS CRISIS LINE

Call: 988 (then press 1)

Chat online: [veteranscrisisline.net](https://veteranscrisisline.net)

Text: 838255

[veteranscrisisline.net](https://veteranscrisisline.net)



### 24-Hour Nurse Advice Line

1-866-767-4546



### Behavioral-Health and Substance-Abuse Self-Referrals

1-800-818-8589



### Deployment Resources

[MilitaryOneSource.mil](https://militaryonesource.mil)

Click on 'Deployment Prep' under 'TRENDING CONTENT'

1-800-342-9647

Military OneSource offers a wide range of support to military personnel and their families when deployment happens. Find useful pre-deployment support services including financial and legal assistance, counseling options, online planning tools, family resources, and more. Connect with these services by calling 800-342-9647 or by visiting [militaryonesource.mil](https://militaryonesource.mil).

**Brighton Marine, Inc**  
77 Warren Street  
Boston, MA 02135




We'd love to know what you thought of this issue and what you'd like to read about in the months ahead. Get in touch at [feedback@usfamilyhealth.org](mailto:feedback@usfamilyhealth.org).

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Get in touch:

 [feedback@usfamilyhealth.org](mailto:feedback@usfamilyhealth.org)

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[usfamilyhealth.org](https://usfamilyhealth.org)