

# The Tolland Buzz



## Tendonitis

Tendons are the resilient, fibrous tissues that connect muscles to bones, enabling movement and flexibility. With approximately 4,000 tendons in the human body, they play a crucial role in our daily activities. However, overuse or strain can lead to tendinitis, an inflammation of the tendon that causes pain and restricts motion. [NIH News in Health](#) [NIH News in Health](#)

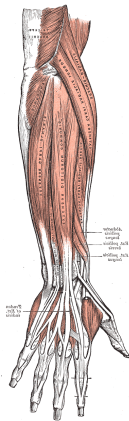
### Understanding Tendinitis

Tendinitis often results from repetitive motions, stress, or injury to specific muscles or joints. Commonly affected areas include the shoulders, elbows, wrists, knees, and ankles. Professions or activities involving repetitive movements—such as gardening, carpentry, or playing musical instruments—can increase the risk. Additionally, as we age, tendons lose some of their elasticity and strength, making them more susceptible to injury.

### Prevention Strategies

To maintain tendon health and prevent tendinitis:

- Engage in regular exercise to strengthen muscles



around the joints.

- Introduce new physical activities gradually, increasing intensity over time.
- Ensure proper body mechanics during daily tasks.
- Take frequent breaks from repetitive motions.
- Discontinue activities that cause pain.
- Use protective gear, such as padding or gloves, when engaging in activities that strain the joints.

Warm-up exercises and stretching before physical activity can also help keep joints limber and reduce the risk of sudden injuries. However, according to the Mayo Clinic, “After exercise, move your joints through full range of motion. The best time to stretch is after exercise, when your muscles are warmed up.” ([Mayo Clinic](#))

### Treatment and Recovery

If you experience pain or swelling in a joint, it's essential to consult a healthcare professional. Early intervention can prevent further damage. Treatment typically involves resting the affected tendon, applying ice, and using anti-inflammatory medications. In some cases, doctors may recommend physical therapy, splints, or steroid injections. Severe cases with tendon tears might require surgical intervention.

By understanding the causes of tendinitis and implementing preventive measures, you can maintain healthy tendons and enjoy pain-free movement throughout your life.

Resources: [NIH News in Health](#), [MayoClinic](#), [NIH Sports Injuries](#)



## HAPPENINGS AROUND TOWN

### **Bolton Summer Concert Series 2025, Bolton Town Green**

All Summer Concerts in Bolton are on select Wednesday evenings at Bolton Town Green (In front of Bentley Memorial Library). All concerts run from 6:30pm-8:00pm. . Summer Concerts are a free event for all to join!

### **Natchaug Stop the Stigma 5K Charity Run and Walk**

Join the fun for the 2025 Natchaug Stop the Stigma 5K Charity Run & Walk Saturday, August 2nd, in the scenic Mansfield Center! This event invites runners and walkers of all ages to participate in a delightful 5K course that winds through a charming neighborhood. The race kicks off at 9:00 AM, with registration opening at 8:00 AM.

### **The Eastern Highlands Health District (EHHD)**

, through funding from the Preventive Health and Health Services Block Grant funds, is addressing uncontrolled high blood pressure, a risk factor for strokes and heart attacks. Hypertension (high blood pressure) can be controlled through lifestyle choices and some people will need medications prescribed by their doctor. EHHD is offering educational series throughout the district with a free at-home blood pressure monitor as part of the series. For more information go to the EHHD [Hot Topics page](#).



### **Pesto Chicken Pasta with Asparagus**

6 Servings



#### **INGREDIENTS:**

6 ounces bow tie pasta 2 cups fresh asparagus 3 cups cubed, cooked chicken 1 cup halved cherry tomatoes 1/3 cup chopped red onion 1 can sliced ripe olives, well drained 3/4 cup prepared pesto sauce 3 tablespoons freshly shredded Romano cheese

**DIRECTIONS** 1. Cook pasta according to package directions; rinse and drain. 2. Steam asparagus until tender crisp. Drain. 3. Combine cooked pasta and asparagus in a large bowl. Stir in chicken, tomatoes, onions, olives and pesto sauce. Garnish with Romano cheese and serve Enjoy!

## Be Sun Safe

As summer reaches its peak in August, it's the perfect time to raise awareness about the importance of sun safety. Designated as Sun Safety Month, August reminds us that while sunshine is a welcome part of summer fun, too much exposure can be harmful to your health.

Ultraviolet (UV) rays from the sun are strongest during the summer months and between 10 a.m. and 4 p.m. daily.

Overexposure can lead to sunburns, premature aging, and increased risk of skin

cancer—the most common cancer in the United States.

#### **Here are a few simple ways to stay sun-safe:**

- **Apply sunscreen** with SPF 30 or higher at least 15 minutes before going outside, and reapply every two hours—or more often if swimming or sweating.



- **Seek shade**, especially during midday hours.
- **Wear protective clothing**, including wide-brimmed hats and UV-blocking sunglasses.

- **Avoid tanning beds**, which emit harmful UV radiation.

Sun safety is important for everyone, regardless of skin tone. Make sun protection a daily habit and encourage friends and family to do the same.

Enjoy the sun safely this summer—your skin will thank you for years to come!

Be Well is an employee wellness program provided through the Eastern Highlands Health District with funding from your employer. The goal of the program is to make the healthy choice the easy choice.

