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MISSION CONCIERGE CARE

Dr. B. Grant Marshall · Titusville, FL



The Healing Power of Giving Back

Why serving others is good for your health, plus a brain-protective diet that just outperformed every other major eating pattern studied.

DR. MARSHALL IS HEADED ON A MEDICAL MISSION TRIP | JULY 24–30



Dear Patients,

As I prepare to serve on a medical mission trip this month, I'm reminded that caring for others benefits both those receiving care and those giving it.

While I'm away, you're in excellent hands. Our Mission Family Medicine team, including Dr. Renee Soucier and Matt Baker, PA-C, will be covering care for all of our patients here at home.

We encourage each of you to find one meaningful way to serve your own community this month.

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Why Serving Others Is Good for Your Health



Newsletter Highlights

A MESSAGE FROM DR. B. GRANT MARSHALL

WHY SERVING OTHERS IS GOOD FOR YOU

HURRICANE SEASON IS UPON US. ARE YOU READY?

THE DASH DIET AND WHAT THESE NEW FINDINGS MEAN FOR BRAIN HEALTH

HEART-HEALTHY RECIPE: CHILLED ZUCCHINI AND AVOCADO SOUP WITH CUCUMBER SALSA

Giving back isn't just good for the people receiving help. The research is clear that it's good for the person giving it, too.

- Volunteering is associated with lower rates of depression and loneliness.
- People who regularly volunteer often report greater life satisfaction and purpose.
- Serving others encourages physical activity, social engagement, and cognitive stimulation.

Giving back doesn't have to mean traveling internationally. It can be as simple as:

- Mentoring
- Church service
- Food banks
- Coaching youth sports
- Helping an elderly neighbor
- Community organizations

This month, our Mission Family Medicine team heads out to serve communities beyond our own. And every time something like this happens, it reinforces what we already know to be true: the act of giving doesn't just change the people receiving it. It changes the people doing it. This month, we're inviting you to find your version of that. It doesn't have to be big. It just has to come from your heart.

Florida Hurricane Season Is Here. Are You Ready?

Hurricane season runs June 1 through November 30, and July is exactly the right time to make sure your household is prepared, not after a storm is already in the forecast.

A two-week supply of medications. If you or a family member rely on prescriptions, pharmacies and supply chains can be disrupted for days after a storm. Talk to us before the season gets active if you need an early refill.

Water and nonperishable food. At least one gallon of water per person per day for several days, plus food that doesn't require refrigeration or cooking.

A first aid kit and flashlights. Avoid candles. Keep a battery- or hand-crank-powered radio on hand in case cell service goes down.

Copies of important documents. Insurance policies, identification, and a summary of medical history and medications, kept somewhere accessible if you need to evacuate quickly.

A family communication plan. Know your evacuation zone, designate an out-of-town contact, and make sure everyone in the household knows the plan before a storm is ever named.

For official local guidance and health-specific hurricane preparedness, the Florida Department of Health in Brevard County is a great resource to bookmark now.

[VISIT FLORIDA HEALTH BREVARD FOR HURRICANE RESOURCES →](#)

If you have ongoing health needs that require special planning during a storm or evacuation, including Brevard County's Special Needs Registry, please reach out to us so we can help you prepare in advance.

The DASH Diet: A New Study Says It's the Best Diet for Long-Term Brain Health

A major Harvard study just compared six of the most popular healthy eating patterns, including the Mediterranean diet and a plant-based diet, head-to-head for brain protection. The results surprised even the researchers who ran them.

Published in JAMA Neurology by researchers at the Harvard T.H. Chan School of Public Health, the study tracked more than 159,000 people across decades using the Nurses' Health Study, the Nurses' Health Study II, and the Health Professionals Follow-up Study. Six dietary patterns went head-to-head using the same population and the same measures, something no prior study had done.

41%

Lower risk of cognitive decline for the highest DASH adherence group, compared with the lowest. For comparison, the Mediterranean diet pattern showed a 16% reduction, and the plant-based diet index showed 24%. DASH outperformed every other diet in the study by a significant margin.

The DASH diet, short for Dietary Approaches to Stop Hypertension, was originally built in the 1990s to lower blood pressure, not to protect the brain. It emphasizes fruits, vegetables, low-fat dairy, whole grains, and lean protein, while limiting sodium, saturated fat, and added sugar. Researchers believe the brain benefit comes largely from DASH's direct effect on blood pressure and vascular health, since high blood pressure is one of the most consistent modifiable risk factors for cognitive decline. The study also found that adherence to DASH between ages 45 and 54 showed the strongest association with better cognitive outcomes later in life, pointing to midlife as a critical window for dietary change.

READ THE FULL STUDY SUMMARY →

If you'd like to talk through what a DASH-style eating pattern could look like for your own health, including your blood pressure and long-term cognitive health, that's exactly the kind of conversation worth having at your next visit.



From the American Heart Association Kitchen

A perfect light lunch for a hot July day. Full of summer garden vegetables, naturally low in sodium, and easy to make ahead.



Chilled Zucchini and Avocado Soup with Cucumber Salsa

 **25 MIN TOTAL SERVES 4** ❤️ **HEART-HEALTHY · LOW SODIUM**

For the Cucumber Salsa:

- 1 medium peeled cucumber, finely diced (about 2 cups)
- 2 medium tomatoes, seeded and diced (about 1 cup)
- ½ cup chopped fresh cilantro
- 3 tablespoons fresh lime juice
- 2 tablespoons chopped red onion
- 1–2 tablespoons chopped fresh jalapeño, seeds and ribs discarded

For the Soup:

- Cooking spray
- 1 medium onion, chopped
- 3 medium zucchini, chopped (about 4–5 cups)
- 2 small garlic cloves, crushed
- 1½ cups fat-free, low-sodium vegetable broth
- 1 medium avocado, halved and pitted
- ½ cup low-fat buttermilk
- 2 tablespoons fresh lime juice
- ⅛ teaspoon salt
- ⅛ teaspoon black pepper

Directions

1. In a medium bowl, stir together all the salsa ingredients. Cover and refrigerate while preparing the soup.
2. Lightly coat a large skillet with cooking spray. Heat over medium-high heat. Cook the onion 5 minutes, until very soft. Stir in the zucchini and garlic; cook 5 minutes, stirring constantly, until zucchini is tender.
3. Transfer the zucchini mixture to a food processor or blender. Process 30 seconds, until mostly pureed. Add the remaining soup ingredients and process until smooth.
4. Transfer to a container with a lid and refrigerate until chilled (or freeze in serving bowls for 20 minutes for a faster chill).
5. Ladle into bowls and top each serving with the chilled cucumber salsa.

*Each of you should use whatever gift you have received
to serve others, as faithful stewards of
God's grace in its various forms.*
— 1 PETER 4:10

Questions about the DASH diet, your own cardiovascular health, or anything else from this newsletter? Dr. Marshall is a text or call away.

Schedule a Visit or Reach Out

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If you believe you received this in error, please contact us at info@missionconciergecare.com