

September 2017
Fall into Wellness—
Change your Mindset!

Wellness Corner Connection

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September is Healthy Aging Month: Reinvent Yourself

Think it's too late to "reinvent" yourself? It's never too late to start a new hobby, passion, or adventure. Learning something new is a vital way of staying young! September is Healthy Aging Month, an annual health observance that reminds us of the positive aspects of growing older that we can actually influence. Use this month to take stock in where you've been, what you really would like to do without using your age as an excuse. Make a list that is based on heart-felt desires and thoughts, no-holds-barred!

Here's some things that may seem trivial or obvious but are often ignored:

Healthy Aging Month

The population of older adults in the U.S. is growing rapidly; approximately 20% of Americans will be aged 65 years or older by 2030 (or 1 in 5 adults). (CDC)

Depression is the most prevalent mental health problem among older adults. It often adversely affects the course and complicates the treatment of other chronic diseases.

Staying physically active can help older adults maintain a healthy weight, remain strong and mobile and avoid depression.

Helping older adults find programs to keep them physically active can also help with social and emotional support, both key components in mobility and longevity.

Know that you are the perfect age. Each year is special and precious, for you shall only live it once. *Be comfortable with growing older.*

— LOUISE HAY



How's your smile? Research shows people who smile more often are happier. Your teeth are just as important to your good health as the rest of your body. Not only is it the first thing people notice, but good oral health is a gateway to your overall well-being. (Tip: Go to the dentist regularly and look into teeth whitening. Nothing says old more than yellowing teeth!)

Don't act your age. Think back to your best year so far. Were you 25? 40? Picture yourself at that age again and be it! Some may say this is denial or irresponsible. But according to Healthy Aging, it's positive thinking and goes a long way toward feeling better about yourself and your life!

Be positive in your conversations and your actions every day. When you catch yourself complaining, check yourself right there and change the conversation to something positive. (Tip: Sometimes you have to turn off the local news.)

Walk like a vibrant, healthy person. Analyze your gait. Do you walk slowly because you have just become lazy or, perhaps, have a fear of falling? (Tip: Make a conscious effort to take big strides, walk with your heel first, and wear comfortable shoes more often especially to work.)

Start walking not only for your health but to see the neighbors. Have a dog? You'll be amazed how the dog can be a conversation starter. (Tip: If you don't have time for a dog, go to your local animal shelter and volunteer. You will be thrilled by the puppy love!)

Stand up straight! You can knock off the appearance of a few extra years with this trick your mother kept trying to tell you. Look at yourself in the mirror. Are you holding your stomach in, have your shoulders back, chin up? Check out how much better your neck looks! Fix your stance and practice it every day, all day until it is natural. You will look great and feel better. (Tip: Your waistline will look trimmer if you follow this advice.)

Lonely? Stop brooding and complaining about having no friends or family. Do something about it now. Right this minute. Pick up the phone, landline, or cell and make a call to do one or more of the following: Volunteer your time, take a class, invite someone to meet for lunch, brunch, dinner, or coffee. (Tip: Volunteer at the local public school to stay in touch with younger people and to keep current on trends, take a computer class or a tutorial session at your cell phone store to keep up with technology, choose a new person every week for your dining out.)

Resources: Healthy Aging

Give Yourself a Break

How many of you take your allocated breaks throughout the workday? For that matter, how many of you actually take your lunch...not eating in front of your computer? What if you could re-energize, ease stress, and boost your willpower in just 10 minutes, would you do it? Studies have shown that just by taking a break, you can improve your overall well-being! A rested mind is actually more likely to conform to healthy habits. If you struggle with weight or stress management, take note...are you bypassing your breaks in order to get more done? This method may be backfiring in more ways than one. Stop what you are doing, turn off your phone and make a conscious effort to make this happen. Here are a few ways to do

Go ahead and try it. Taking breaks is useful, not wasteful.

When you return to what you were doing, you'll be more re-freshed and ready to dig in. Better focus and attention will lead to better results, too.

Estimate your own battery life. When you schedule your day, consider when your body and brain will need a reboot. Say you're working on a big project. Schedule a break for every 2 hours of focused attention. More frequent mini-breaks may be even better. Do you tend to get sleepy around 3pm? Plan to take a short walk around your building, step outside and takes a few deep breaths or do a few stretches...you'll feel invigorated!

Cut the cord. Constantly checking email after you leave the office? How about when you're on vacation? A recent survey revealed that 23% of Americans check email or voice mail while on vacation.

Letting work interrupt your personal time isn't good for your emotional health or your personal relationships. Take time to separate from the office and relax. If you absolutely must check your emails while away because of your title, try to allocate a specific time during your day or week to do so...give yourself a set time to connect but then allow yourself the rest of time for you and your family!

Get away, often. It's a fact: People who take vacations have lower stress, less risk of heart disease, a better outlook on life, and more motivation to achieve goals.

It doesn't have to be 2 weeks in Europe, either. Just 24 hours away, and you'll reap the benefits.

Even better, the biggest boost in happiness comes from planning the vacation. You can feel the effects up to 8 weeks before your trip. And when you're done with that retreat, start planning the next one. Simply having something to look forward to can be rewarding.

Are you vacation deprived?

How many of you have allowed time off to either roll over until the next year or worse yet, lose them? Why? Do you feel you don't deserve to take a vacation that no doubt you worked hard to earn? Doesn't your family and YOU deserve some R&R to re-energize?

The top three reasons why survey respondents did not fully use vacation days were as follows:

- They needed to schedule vacation time in advance (14%)
- They were too busy at work to get away (11%)
- They got money back for unused vacation days (10%)

Is getting that money back worth the negative effects you are putting on your health (which could cost you those dollars plus more in a few years due to the stress and burnout from NOT taking vacation.) Do you get the picture?

Regarding being too busy or feeling you'll only come back to an avalanche of work that will take weeks to catch up on, I read an article from the Harvard Business Review that had a few good tips that might help you. Consider sharing these with your supervisor when you plan your next vacation:

- Schedule an extra day or half day to catch up. Leave your "back up" person covering for you while you go through your emails and voice messages. Set your Out of Office reply on for that time.
- If possible, work from home the first day back to assist with overcoming jet lag or tackling mountains of laundry.

Vacations are a great way to increase your creativity and promotes insight which may help with a new project upon your return.

Managers reading this newsletter, please try and encourage your team to use the time coming to them. If you do support it but many are still not taking the time, find out why. This should throw up a flag of concern because a well-rested employee is a healthier employee who will be able to bring their best to the workplace. In the end, everyone benefits!

Vacations are good for your people, for your team, and for your organization. But somehow vacations have become counter-cultural within our hyper-busy workplaces. As manager or supervisor, you have a opportunity to reverse this disturbing trend before it does real damage to your business and your people.

**Not what I had
in mind!** ☺



"Good news — we created an app that allows you to go on vacation without actually leaving the office!"

Resource: [WebMD](#) and Harvard Business Review

Love Your Lungs!

We often talk about our “heart health” but often don’t consider the important role our lungs play in keeping us strong and well. It’s not until we experience problems breathing that we take notice. But the truth is, like the rest of our body, our lungs need daily care and attention.

Breathing feeds oxygen to every cell in the body. Without sufficient oxygen, people are more prone to health problems, including respiratory illnesses, chronic obstructive pulmonary disease and even heart disease.

But ordinary, everyday breathing isn't enough to keep the oxygen flowing through the body at peak levels, experts at Rush University Medical Center say. "Lungs at rest and during most daily activities are only at 50% of their capacity," says Jennifer M. Ryan, PT, MS, DPT, CCS, a certified specialist in cardiovascular and pulmonary physical therapy. "Like the rest of your body, lungs thrive on movement and activity."

Since regular day-to-day activity doesn't help you use your lungs to full capacity, you need to challenge the lungs with more intense activity. "And to help counteract the build-up of toxins and tar in the lungs caused by environmental pollutants, allergens, dust and cigarette smoke, you need to help your lungs cleanse themselves," Ryan explains. My newsletters are all about providing you with tips and ideas to improve your overall well-being. Here are some things to keep in mind for improving your lung health, one key component of healthy aging!

Diaphragmatic breathing. Among the many things you can do to keep your lungs functioning properly are some simple breathing techniques. Diaphragmatic breathing uses the awareness of the diaphragm muscle, which separates the organs in the abdomen from the lungs. Sit quietly for a few minutes and focus on pushing out your belly as you take in a deep breath, then pull in your belly as you exhale. Do this a few times throughout your day. It actually is a great way to release stress and lower your blood pressure.

Counting on your breath. You can also increase your lung capacity by increasing the length of your inhalations and exhalations. Start by counting how long a natural breath takes. If it takes to the count of five to inhale it should take to the count of five to exhale. You'll want them to be of equal length. Once you've discovered the count for your average breath, add one more count to each inhale and exhale until you can comfortably extend the length of time it takes to fill and empty your lungs. The point is to avoid straining or being uncomfortable.

Making room. Watch your posture. Since the lungs are soft structures, they only take up the room that you make for them. Make an effort to occasionally sit tall and reach overhead, to make more room for your lungs. A simple technique for giving your lungs even more room is leaning back slightly in a stable chair, lifting the chest and opening the front of your body as you breathe deeply.

Staying hydrated. Getting enough water is as important for the lungs as it is for the rest of the body. Staying well hydrated by taking in fluids (especially water) throughout the day helps keep the mucosal linings in the lungs thin which helps the lungs function better.

A laughing matter. Laughing is a great exercise to work the abdominal muscles and increase lung capacity. It also clears out your lungs by forcing enough stale air out that it allows fresh air to enter into more areas of the lung. Now that's something to laugh about!

Be active. It seems we always come back to this—physical activity is vital for every aspect of your health!! Regular moderately intense activity is great for the lungs, and when you increase your daily activity you get three things done at once: healthy lungs, a healthier heart and a better mood. Aim for at least 20 minutes of consistent, moderately intense movement daily, like a brisk walk or bike ride, most days of the week. (Source: Rush University – HealthSmart)

Fall Fitness



Are you the type to put off making any “plans” to change until New Year’s Eve? Why wait until December 31st to set your sights on getting fit and healthier? Fall is a perfect time to get started and maybe create good habits now that will carry you through the holiday season.

With the changing of seasons comes a renewed time to rethink and restart. It can be a treat for the senses with the crisp air, apple picking, pumpkin carving, gorgeous canopy of fall foliage and the crunch of leaves underfoot as you explore some wonderful nature trails.

Walking, hiking, and cycling are all awesome activities for the fall and great ways to get and stay in shape. Try kayaking or canoeing at a near by lake. It’s an excellent upper body and core workout.

Maybe sign up to take a class at your community college. Learn to paint, or cook, or dance! Think outside the box and whenever you can, just think OUTSIDE!!!!

The first step to getting anywhere is deciding you’re no longer willing to stay where you are.



Too Little Sleep May Accelerate Aging

Regularly catching only a few hours of sleep can hinder metabolism and hormone production in a way that is similar to the effects of aging and the early stages of diabetes. Chronic sleep loss may speed the onset or increase the severity of age-related conditions such as type 2 diabetes, high blood pressure, obesity, and memory loss. The researchers showed that just one week of sleep deprivation altered subject's hormone levels and their capacity to metabolize carbohydrates. People who trade sleep for work or play may get used to it and feel less fatigued.

During sleep-deprivation, the researchers found, the men's blood sugar levels took 40% longer to drop following a high-carbohydrate meal, compared with the sleep-recovery period. Their ability to secrete and respond to the hormone insulin, which helps regulate blood sugar, dropped by 30%. These changes echo the effects of insulin resistance, a precursor to type 2 diabetes. In addition, the sleep-deprived men had higher nighttime concentrations of the hormone cortisol, which also helps regulate blood sugar, and lower levels of thyroid-stimulating hormone. These raised cortisol levels mimic levels that are often seen in older people, and may be involved in age-related insulin resistance and memory loss.

Resource: mercola.com

Salmon Rosti

Since the theme of this month's newsletter has been "healthy aging", I selected a recipe that is supposed to have brain-boosting effects. Adding omega-3-rich ingredients, such as oily fish, to your diet, as well as iron-rich foods such as beans, and water-rich foods such as leafy salad greens, can support healthy cognitive function. Try this healthy salmon recipe for a brain-boosting, simple dinner.

Convenient frozen hash browns and flaked salmon come together for a twist on this traditional Swiss favorite. We love the creamy dill sauce, but a dollop of ketchup is tasty too. Serve with: Steamed green beans tossed with sliced scallions, Dijon mustard and lemon juice.

Ingredients:

- 2 6- to 7-ounce cans boneless, skinless wild Alaskan salmon, drained
- ½ cup finely chopped red onion
- 2 large eggs plus 1 large egg white, lightly beaten
- 1 tablespoon whole-grain mustard
- 3 tablespoons chopped fresh dill or 3 teaspoons dried, divided
- ½ teaspoon freshly ground pepper
- ¼ teaspoon salt
- 4 cups frozen hash-brown shredded potatoes (about 12 ounces)
- 2 tablespoons extra-virgin olive oil, divided
- ½ cup reduced-fat sour cream
- 1 tablespoon capers, rinsed and chopped
- 1 teaspoon lemon juice



Preparation:

1. Combine salmon, onion, eggs and egg white, mustard, 2 tablespoons fresh dill (or 2 teaspoons dried), pepper and salt in a large bowl. Add potatoes and stir to combine.
2. Preheat oven to 200°F.
3. Heat 1 tablespoon oil in a large nonstick skillet over medium heat until shimmering. Fill a 1-cup measure two-thirds full with the salmon mixture and firmly pack it down. Unmold into the pan and pat to form a 3-inch cake. Repeat, making 3 more cakes. Cover and cook until browned on the bottom, 3 to 5 minutes. Gently turn over and cook, covered, until crispy on the other side, 3 to 5 minutes more. Transfer the cakes to a baking dish; keep warm in the oven. Wipe out the skillet and cook 4 more cakes with the remaining 1 tablespoon oil and the remaining salmon mixture.
4. Combine sour cream, capers, lemon juice and the remaining dill in a small bowl. Serve the salmon cakes with the dill sauce.

Nutrition Information:

Serving size: 2 rösti (salmon cakes)

Per serving: 318 calories; 18 g fat(5 g sat); 2 g fiber; 19 g carbohydrates; 21 g protein; 23 mcg folate; 130 mg cholesterol; 1 g sugars; 0 g added sugars; 380 IU vitamin A; 10 mg vitamin C; 59 mg calcium; 2 mg iron; 569 mg sodium; 609 mg potassium

Carbohydrate Servings: 1½

Exchanges: 1 starch, 2½ lean meat, 2 fat

Recipe from www.eatingwell.com

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The key to the future in an aging society is not found in increasing just our life span; we need to increase our health span at the same time. *Quote by: Chuck Norris*