

October 2018

Autumn is a time of change. Don't fear it, embrace it! Change is the only constant.



What is "bisphenol-A" and how can you avoid it?

Avoiding bisphenol-A, commonly called BPA, is another way to protect your body from carcinogens. BPA is a potentially toxic estrogen-mimicking compound used in plastics and linked in some studies to cancer and other health issues.

To avoid BPA, drink tap water instead of bottled water and use BPA-free stainless steel containers for refillable beverages.

For storing leftovers, use glass instead of plastic containers, and never microwave food in a plastic container or with a plastic covering. Many canned foods also may contain BPA, so it is better to choose alternatives like carton-packed soups or cans with BPA-free lining.

What you do today can improve all your tomorrows.

- Ralph Marston



Wellness Corner Connection

Debby Schiffer, Wellness Director for BURLCO & TRICO

Slash Your Cancer Risk

Certain cancer-fighting foods and other healthy habits can dramatically lower your risk of cancer!

Many people mistakenly believe that cancer is largely a hereditary disease, as if fate and the family gene pool alone dictate your chances of getting sick. The truth, though, is that **only about 5 to 10 percent of all cancers develop from gene mutations passed down** from one generation to the next, according to the American Cancer Society. That means that for the other 90 to 95 percent of cancers, the lifestyle choices you make, the foods you eat and the amount of exercise you incorporate into your daily life can have an important impact on your overall risk. Some of you might be thinking "Yea, yea, I know, I need to make some changes"...but days, months, even years go by and those changes still haven't happened. What's stopping you? For sure, change is hard! But what's harder—making the time and putting in the effort to exercise and eat healthy now or dealing with a debilitating illness later on? I think you will agree that the effort put in now is surely worth it!

Prevention and awareness have become vital tools in the fight to end cancer and chronic diseases, and they start with knowing how to nourish your body and how to develop healthy habits with lasting benefits. I realize that "knowing" is not enough. Many times we know what we "should be" doing but we still struggle. It's okay. Don't be ashamed to ask for help! We can all use some support and encouragement during this challenge to stay and be healthy! I hope you will take the time to read this and seriously think about one healthy change you can make today that will improve your health for years to come.

How much do daily habits like diet and exercise affect your risk for cancer...really? Much more than you might think. Research has shown that poor diet and not being active are 2 key factors that can increase a person's cancer risk. The good news is that you absolutely can do something about this.

Besides quitting smoking, some of the most important things you can do to help reduce your cancer risk are:

- Get to and stay at a healthy weight throughout life.
- Be physically active on a regular basis.
- Make healthy food choices with a focus on plant-based foods.

The evidence for this is strong. The World Cancer Research Fund estimates that about 20% of all cancers diagnosed in the US are related to body fatness, physical inactivity, excess alcohol consumption, and/or poor nutrition, and thus could also be prevented.

Healthy eating starts with a diet rich in vegetables, fruit and fiber, one that also includes as little saturated and trans fat, salt and sugar as possible. It also means limiting processed foods that contain chemicals and additives that may contribute to the risk of developing cancer. Such foods may come packed with hidden fat, calories, sugar and salt. When you are rushed or between meals, microwaving processed foods or grabbing unhealthy snacks on the run may become convenient options. But making processed food your "go-to" choice should be limited. Start by just cutting back.

Maintaining a healthy body weight can also reduce your risk of developing cancer. Excess weight causes the body to produce and circulate more estrogen and insulin, hormones that can stimulate cancer growth, according to the American Cancer Society. This process is often triggered by excess fat cells in the body, so maintaining a healthy weight throughout your lifetime is just as important as achieving it. Eating nutrient-rich foods, in moderation, is key.

Take a cooking class or trying a healthy recipe a few times a week to see how good eating healthy can taste! Not only beneficial for you but the entire family! Sign up with a Dietitian for support and healthy advice.



Resource:
Cancer Treatment Centers of America

Regular exercise can help you achieve and maintain a healthy weight, which strengthens your body's immunities and defenses. That's important not only to disease prevention, but also for those who have already been diagnosed with cancer and need to stay strong for the fight ahead. If you're not used to being active every day, consider taking small steps that may help you start an exercise plan, and if you've been diagnosed with cancer, make sure you consult your doctor before beginning any exercise regimen.

Many risk factors have been linked to cancer, and it is impossible to avoid all exposure to potential carcinogens. But lots of opportunities are available in your life and in your environment to help you reduce your risk. Learning what influences your health gives you the power to know what to avoid and how to work toward a healthier lifestyle. We only get one life...make the changes and make the difference between existing and really living!

There are many apps and wearable devices to help you monitor your diet and activity and to provide constant feedback and monitoring. It can also help you realize when you get off track.



Let's Take a Look at Squash—Vegetable or Fruit?

With the start of fall, I thought it would be nice to address the many varieties of squash now available and all the health benefits you may not have known. When you think of squash, what comes to mind? Probably the thin green or plump yellow squash, typically found in the grocery store. But did you know there are dozens of varieties, including: buttercup, Hubbard, cushaw, acorn, summer, autumn and winter squash? Squash is a very interesting fruit, which is often identified as a vegetable because it is a broad term that encompasses a number of different foods, including pumpkins, zucchinis, courgettes, and marrows...yes even pumpkins, which fall into the same **Cucurita family**. In North America, most of the varieties have been simplified into either summer or winter squash. Let's take a closer look at a few that you may or may not have tasted...maybe you'll be inspired to seek them out at your local farmers market or grocery store.



What a Power House of Nutrients: It is a storehouse of nutrients; it contains organically occurring vitamins and minerals. It contains vitamins such as vitamin C, vitamin E, vitamin B6 and minerals and health components such as niacin, thiamine, folate, pantothenic acid, calcium, and iron. Minerals are also abundant in squashes, such as copper, magnesium, and potassium. Squash is overall an excellent way of getting a dose of antioxidants, carotenoids and anti-inflammatory agents.



Acorn Squash



Butternut Squash

BENEFITS

- Boosts immune system
- Helps reduce gastric & duodenal ulcer
- Gives relief from asthmatic conditions
- Effective in preventing heart diseases
- Improves bone & eye health
- Effective in managing diabetes
- Helps to improve blood circulation
- Reduces risk of lung cancer & emphysema



Delicata Squash
Skin delicate enough to be eaten once cooked.



Hubbard Squash
Can be used as pie filling or in soups



Spaghetti Squash
So named because it splits into strands like spaghetti.



Turban Squash
Has a big cap which can be removed in order to make it into a pot to hold soup.



Carnival Squash
Tastes like butternut squash and sweet potato.



Ambercup Squash
Looks like a little pumpkin

Caution: Avoid consumption if suffering from hypotension (low blood pressure)

Source: www.organicfacts.net



Even the blossoms are edible!



Sweet Dumpling Squash



Eight Ball Squash
Tiny squash is a form of zucchini

Baked Method

- Depending on the variety, cut in half or in pieces large enough for individual servings.
- Scrape out seeds and stringy parts.
- Place pieces cut side up on large baking pan.
- On each piece place 1 teaspoon of butter, 1 teaspoon of sugar or honey or corn syrup, and a sprinkle of salt. Or try butter, garlic cloves and fresh herbs.
- Pour a third of a cup of boiling water onto the baking pan. Cover pan with lid or foil.
- Bake in a moderately hot oven (400°F) for about 1 hour (remove cover for the last 20 minutes of baking).



Fall Fitness—Don't Make it a Fantasy Sport!

It seems that springtime is a motivator for getting in shape for the upcoming swim suit season. But for many, with the onset of cooler weather, those fitness habits may go by the wayside. After all, those bulky sweaters and coats will cover up the extra pounds winter months can bestow on us. Right? Don't let that happen this year. While you are picking your Fantasy Football team, why not think about your own fantasy fitness goals. It may be easier than you think. The key sometimes is just pick one goal and get started!

Fall is a great time to start (or continue) a fitness program that will help instill good habits to overcome some of the holiday season temptations. With the change of seasons comes a renewed time to rethink and restart your goals to better health. Don't wait until January for those unrealistic New Years Resolutions. Start now! Here are a few ways to begin making the most of the season. And who knows? Maybe this year you'll be in great shape BEFORE the New Year's Eve party!

Take advantage of the weather. Fall is a great time to get outside and take advantage of the cooler weather with biking, hiking, jogging, playing golf, pickleball or tennis. Look for new park trails to try or take a walk by a local pond. Connect with nature and enjoy the gorgeous canopy of fall foliage, go apple or pumpkin picking or experience the thrill of walking through a corn maze (especially if it's haunted!)

Learn something new. Many classes at gyms get started in the fall. Look for something new to try. Always wanted to learn to box? Attempt Zumba? Master tai chi? Many people fail to try something new because they might look silly. Don't let your ego hold you back. The only way you can get better at something is to first try it!

Be an active TV watcher. The Fall premieres of our favorite television shows are starting. If you are going to sit and watch a few hours of TV, get moving on every commercial. Yes I know many of us can now fast forward through them. But make it a point to exercise on a few. Hold in a plank, do crunches or push ups during that time. Sit on a stability ball instead of the couch. Walk in place or make your healthy lunch for the next day. Us that time to move.

Remember the 30-day rule. It will take about four weeks for your body to get used to a lifestyle change. If you are trying to incorporate more exercise to your day, instead of hitting the snooze button, get out of bed and do even 5 or 10 minutes of exercise. If you can stick to that for a month, behavior patterns will have adapted and it will be much easier to stick with, working your way up to 20 or 30 minutes.

Strive for the 3 C's. *COMMITMENT, CONVENIENCE, AND CONSISTENCY!*
You can do this. You just have to start!

Walk and Live Longer?

Increasing your steps per day from a sedentary level (under 5,000 steps) to 10,000 steps per day reduced mortality risk by 40%.

Adding 3,000 steps per day, the equivalent of 1.5 miles or walking for 30 minutes, reduced risk of a premature death by 12%.

Walking can protect your heart and circulatory system by raising your HDL, the good cholesterol, and keeping weight down. Walking can also contribute to "regularity" which in turn reduces the risk of colon cancer.

Using a pedometer, Fitbit or phone app can help motivate you to walk more.

www.verywell.com

Work Connections Can Improve Overall Well-being & Productivity

Work relationships are incredibly important to employee well-being. It's about more than just "getting along" with a co-worker. As humans, we crave contact and connection with other people. Unfortunately, for many employees, work can be a very lonely place. And while you're probably familiar with the phrase, "I'm here to work, not to make friends," it's important for employers to understand just how important social connections in the workplace really are.

Full-time employees spend a majority of their time at the office. Which is why work relationships are so important to employee well-being. These relationships can either positively or negatively affect an employee's stress levels, productivity and general feelings of happiness. These factors not only affect an employee's work performance, but it affects employee health too.

Although much more can be devoted to this topic, I merely wanted to initiate thought on how this might be incorporated into your place of employment. Providing the opportunity for employees to interact, laugh together, share a non-work conversation, or just escape the demands for a few minutes, can help to create bonds, support, improved morale, instill more happiness and, in the end, create a more productive team. What's wrong with incorporating a bit of fun at work? One idea is already being implemented by a JIF town; the other I came across and wanted to share with you.



- Create a special area where employees can informally interact and congregate with snacks or coffee during breaks and lunch. Make it inviting with art work and inspirational posters. Have banners with supportive words such as Friendship or Gratitude or Camaraderie!
- One town in the JIF calls it their "Wellness Room". A treadmill is there for employees who want to take a few minute break from sitting;
- there's a stereo for your favorite music; it's painted and welcoming!

- Put games in the break room. Get a ping-pong table or air hockey game. Set up a chess or checker board, ready for a continuing game...every time someone comes in, they can make a move. Start an employee jigsaw puzzle that staff can work on during their breaks or at lunch. Have some adult color books and colored pencils for employees to take a moment to de-stress. Hang up a Nerf Dart Board, get out some frustration!



What is Autoimmune Disease?

An **autoimmune disease** is a condition in which your immune system mistakenly attacks your body. The immune system normally guards against germs like bacteria and viruses. When it senses these foreign invaders, it sends out an army of fighter cells to attack them. Normally, the immune system can tell the difference between foreign cells and your own cells. In an autoimmune disease, the immune system mistakes part of your body — like your joints or skin — as foreign. It releases proteins called autoantibodies that attack healthy cells. Some autoimmune diseases target only one organ. Type 1 diabetes damages the pancreas. Other diseases, like lupus, affect the whole body.

Why does the immune system attack the body?

Doctors don't know what causes the immune system misfire. Yet some people are more likely to get an autoimmune disease than others.

Women get autoimmune diseases at a rate of about 2 to 1 compared to men — 6.4 percent of women vs. 2.7 percent of men. Often the disease starts during a woman's childbearing years (ages 14 to 44).

Some autoimmune diseases are more common in certain ethnic groups. For example, lupus affects more African-American and Hispanic people than Caucasians.

Certain autoimmune diseases, like multiple sclerosis and lupus, run in families. Not every family member will necessarily have the same disease, but they inherit a susceptibility to an autoimmune condition.

Because the incidence of autoimmune diseases is rising, researchers suspect environmental factors like infections and exposures to chemicals or solvents might also be involved.

A "Western" diet is another suspected trigger. Eating high-fat, high-sugar, and highly processed foods is linked to *inflammation*, which might set off an immune response. However, this hasn't been proven.

Another theory is called the hygiene hypothesis. Because of vaccines and antiseptics, children today aren't exposed to as many germs as they were in the past. The lack of exposure could make their immune system overreact to harmless substances.



Some of the more common autoimmune diseases include:

- ◆ Type 1 diabetes
- ◆ Rheumatoid arthritis (RA)
- ◆ Psoriasis/psoriatic arthritis
- ◆ Multiple sclerosis—damages the protective coating that surrounds nerve cells
- ◆ Lupus—first described as a skin disease because of the rash it produces, but it affects many organs.
- ◆ Inflammatory bowel disease (IBD) - Crohn's or Ulcerative colitis
- ◆ Addison's disease—affects the adrenal glands
- ◆ Grave's disease—attacks the thyroid gland
- ◆ Hashimoto's thyroiditis



When should you seek a doctor and what type of doctor should you see?

See a doctor if you have symptoms of an autoimmune disease. You might need to visit a specialist, depending on the type of disease you have.

- **Rheumatologists** treat joint diseases like rheumatoid arthritis and Sjögren's syndrome.
- **Gastroenterologists** treat diseases of the GI tract, such as celiac and Crohn's disease.
- **Endocrinologists** treat conditions of the glands, including Graves' and Addison's disease.
- **Dermatologists** treat skin conditions such as psoriasis.

HIGHLIGHTS:

- The body attacks itself and damages healthy tissue and cells.
- 8% of the population is affected by autoimmune diseases with 78% being women.
- There are over 80 autoimmune diseases with the most common being Type 1 diabetes, rheumatoid arthritis, systemic lupus erythematosus and inflammatory bowel disease (IBD).
- Researchers don't know exactly what causes them but diet, infections, and exposure to chemicals is believed to be involved.
- Symptoms like fatigue, muscle aches, swelling, and redness could be signs of an autoimmune disease but often, because the symptoms overlap, they may be overlooked or hard to diagnose. Often symptoms come and go over time.
- Blood tests that look for autoantibodies can help doctors diagnose these conditions.
- The main treatment is with medications that bring down the inflammation and calm the overactive immune response.

Hearty Stuffed Butternut Squash

Try one of the seasonal squash variety for a Meatless Monday dinner!

INGREDIENTS

SQUASH

- 2 small butternut squash, cut in half lengthwise and seeds removed
- 2½ tablespoons olive oil
- 1¼ cups corn kernels

FILLING

- 1 cup quinoa
- 2 cups water or vegetable broth
- One 14-ounce can chickpeas, drained
- 1 bunch scallions, thinly sliced
- 1 cup chopped roasted red peppers
- ½ cup chopped fresh parsley
- 1 cup chopped hazelnuts
- ⅓ cup olive oil
- ¼ cup apple cider vinegar
- 1 tablespoon Dijon mustard
- Salt and freshly ground black pepper



1. Preheat the oven to 400°F. Prepare two baking sheets.
2. **MAKE THE SQUASH:** Rub the inside of the butternut squash halves with 2 tablespoons of the olive oil and then place the halves, cut sides down, on a baking sheet. Roast until the squash is just tender, 20 to 25 minutes.
3. Transfer the corn to the second baking sheet and drizzle with the remaining ½ tablespoon olive oil. Roast until the corn begins to turn golden brown, 8 to 10 minutes.
4. **MAKE THE FILLING:** In a small pot, combine the quinoa and water or broth. Bring to a simmer and cook until the liquid is nearly gone and the quinoa is tender, 12 to 15 minutes.
5. Transfer the quinoa to a large bowl and toss with the roasted corn, chickpeas, scallions, red peppers, parsley and hazelnuts.
6. In a small bowl, whisk the olive oil with the vinegar and mustard to combine. Season with salt and pepper.
7. Add the dressing to the filling and toss well to coat. Arrange the filling inside the butternut squash halves. You can scoop out some of the cooked squash to make more room for the filling or you can just pile it on top.
8. Garnish each piece of squash with 2 tablespoons of the shredded Gruyère and then return to the oven until the cheese is melted and the filling is warm, 10 to 12 minutes more.
9. Serve warm, immediately.

Debby Schiffer, Targeting Wellness in the Workplace
Wellness Director for BURLCO & TRICO JIF
E-mail: debby_schiffer@targetingwellness.com
Office: 856-322-1220 Cell: 856-520-9908

If you don't like something, change it. If you can't change it, change your attitude.
- Maya Angelou



Can Word Search Puzzles Help The Brain?

Although some studies have found no concrete evidence suggesting that crossword puzzle experience reduces age-related decline in cognition, other studies show that a high level of experience with puzzles in older subjects does seem to partially attenuate the negative effects of age on memory and perceptual speed tasks (Psychology of Aging). Any type of challenge we can give our brains, I feel, can't be bad! Have you ever gotten pulled into a word search puzzle and just can't put it down until you're done? I have. Doing them can help you focus and concentrate better in other situations. As you do more of them, capturing certain fragments of a word becomes easier. This is referred to as improved sensitivity, which can make us even more sensitive to our surroundings. If you enjoy word search puzzles, give this one a try.

All these words have something to do with helping us be less stressed. The words go in straight lines, in all directions. Suggestion: If you find yourself getting stuck on the last few words, take a break and come back to it later. You will very likely find you can suddenly do it. The brain likes breaks and sometimes seems to sort out puzzles for us while we're doing something else. Something good to remember too if you are struggling with a problem at work. Walk away, take a few breathes, talk with a co-worker and in a few minutes of coming back to that problem, you may see it in a totally different light.

Stress Less Word Search

- | | | | |
|----------|------------|-----------------------|------------|
| LAVENDER | BREATHING | FRESH AIR | UNDERSTAND |
| LAUGHTER | FRIENDSHIP | WALKING | SENSES |
| REWARDS | YOGA | READING | TALK |
| MUSIC | WRITING | DOCTOR | MEDITATION |
| BALANCE | GOOD FOOD | POSITIVITY | |
| SLEEP | CHAMOMILE | BEING KIND TO SOMEONE | |

L	M	U	J	D	S	R	R	E	A	D	I	N	G	W	Y	G	J
A	G	O	Y	D	E	G	I	F	R	E	S	S	A	D	E	E	H
V	E	R	V	G	Y	U	A	T	Y	I	V	I	T	I	S	O	P
E	W	B	R	E	A	T	H	I	N	G	R	N	K	U	T	Y	I
N	S	Q	A	C	V	T	S	B	Y	N	O	G	W	Q	R	T	D
D	O	C	T	O	R	L	E	E	G	I	Y	U	J	K	E	E	O
E	G	E	T	H	E	M	R	B	T	K	C	B	C	L	E	B	O
R	W	X	Y	E	U	Q	F	A	H	L	P	C	B	A	X	F	F
E	T	E	P	S	B	N	T	S	L	A	U	G	H	T	E	R	D
H	G	R	I	D	H	I	W	D	G	W	Q	O	G	H	J	I	O
W	E	C	F	T	D	Y	U	R	R	Y	S	A	Q	D	B	E	O
E	R	I	W	E	A	V	H	A	K	B	W	R	I	T	I	N	G
C	R	S	M	M	T	H	R	W	I	W	B	X	B	T	J	D	R
N	R	E	Q	J	U	N	D	E	R	S	T	A	N	D	D	S	R
A	P	S	E	S	N	E	S	R	W	F	A	F	H	T	R	H	T
L	Y	W	T	D	C	H	A	M	O	M	I	L	E	T	H	I	S
A	R	Y	O	P	D	R	F	S	R	R	W	B	U	R	L	P	W
B	E	I	N	G	K	I	N	D	T	O	S	O	M	E	O	N	E

Do you have ways to build any of them into your life?
Which ones do you think would be useful for you?

From BRAIN STICKS™

