Worksite Wellness News

VOLUME 7, ISSUE 5 JANUARY 5, 2015

City of Bryan
Healthy Lifestyles

SPECIAL POINTS OF INTEREST:

- **It's New Year's Resolution Time!**
- **Special Insurance Enrollment**

INSIDE THIS ISSUE:

Black Bean Smothered Sweet Potato Recipe	2
Blood Drive Scheduled for January 16th	2
Upcoming CPR & DDC Classes	2
Special Insurance Enrollment Period Coming up!	3

Top 10 Healthy New Year's Resolutions for Aging Adults

1. **Eat fruits, vegetables, whole grains, fish, low-fat dairy and healthy fats.** Click here to learn about healthy choices from all five food groups.
2. **Take a multivitamin.** Check labels and choose a multivitamin that includes 100% of the "Daily Value" for most vitamins and minerals.
3. **Exercise**. Exercise can be safe and healthy for aging adults-even people with illnesses such as heart disease, diabetes and arthritis! In fact, many of these conditions actually improve with mild to moderate exercise.
4. **See your doctor regularly.** You should have a complete physical at least once a year.
5. **Toast with a smaller glass**. Try to limit your alcohol consumption to a safe amount. Excessive drinking can make you feel depressed and contribute to other health problems.
6. **Guard against falls**. One in three older adults fall each year and falls are a leading cause of injuries and death among aging adults. Exercises such as walking or working out can help boost your strength, balance and flexibility.

7. **Give your brain a workout**. The more you use your mind, the better it will work. Read. Do crossword puzzles. Try Suduko.
8. **Quit smoking**. Did you know that cigarette smokers have approximately one-and-a-half to two times the risk of developing heart disease than non-smokers do? You can reduce your risks of many health problems, breathe easier, have more energy and sleep better if you quit.
9. **Speak up when you feel down or anxious**. About 1 in 5 aging adults suffer from depression or anxiety. Lingering sadness, tiredness, a loss of appetite or pleasure in doing things you once enjoyed, difficulty sleeping, worry, irritability, and wanting to be alone can be signs of depression. Talk to your healthcare provider or contact your EAP for help.
10. **Get enough sleep**. Try getting at least 7 to 8 hours a night. Click here to get more tips on how to sleep better.

Source: http://www.healthinaging.org/

Black Bean-Smothered Sweet Potatoes

For a quick and satisfying last-minute supper, it's hard to beat a sweet potato zapped in the microwave. The fragrant filling of beans and tomato adds protein, making it a nutritionally complete entrée. Be sure to eat the potato skin; it's full of fiber.

Ingredients (2 servings):

- 2 medium sweet potatoes
- 1 15 –ounce can black beans, rinsed
- 1 medium tomato, diced
- 2 teaspoons extra-virgin olive oil
- 1/2 teaspoon cumin
- 1/2 teaspoon ground coriander
- 1/4 teaspoon salt
- 2 tablespoons reduced-fat sour cream
- 2 tablespoons chopped fresh cilantro

Preparation:

1. Prick sweet potatoes with a fork in several places. Microwave on high until tender all the way to the center, 12 to 15 minutes. (Alternatively, place in a baking dish and bake at 425°F until tender all the way to the center, about 1 hour.)
2. Meanwhile, combine beans, tomato, oil, cumin, coriander and salt in a medium microwave-safe bowl; microwave on high until just heated through, 2 to 3 minutes. (Alternatively, heat in a small saucepan over medium heat.)
3. When just cool enough to handle, slash each sweet potato lengthwise, press open to make a well in the center and spoon the mixture into the well. Top each with a dollop of sour cream and a sprinkle of cilantro.

Source: http://www.eatingwell.com

Blood Drive Scheduled for Jan. 16th

City of Bryan Municipal Building
Basement Training Room
8:30am-1:00pm

Appointments and walk-ins welcome. Contact Lesley Ward at lward@bryantx.gov or 209-5050 to schedule an appointment.

Please bring a picture ID and make sure you have eaten and are well hydrated. All donors will receive a FREE t-shirt.

CPR, First Aid & Defensive Driving Classes

CPR & First Aid (first time)
January 26th
8am-3pm at the MSC

Defensive Driving
January 27th & 28th
8am-11:300am at the MSC
January 30th
En Español
8am-4pm at the MSC

CPR & First Aid (renewal)
January 26th
3-5pm at the MSC

To register for a class, click here.

Full CPR courses must have a minimum of four participants to make.

Know Your Benefits

The City of Bryan is committed to making sure all employees are protected, not only during their working years, but also into retirement. The **long-term care program** is brought to you by ACSIA Partners LLC in partnership with Transamerica and is available for full-time employees, spouses, and family.

Why is the benefit important to you and your family? For starters, the need for long-term care can have devastating financial and personal consequences-whether that care is for you, your spouse, a parent, grandparent or other family members. For those of us who think of long-term care as something required only by older people, here are a couple of realities to keep in mind:

- Accidents can happen at any age, and illness can suddenly replace good health
- 40% of those who currently need long-term care services are under the age of 65

Think about the changes you would have to make if you or someone in your life were in an accident or diagnosed with a debilitating illness. Who would provide care? Who would pay for it? This last question is especially significant when we realize the cost to provide care can easily exceed $100,000 a year.

****

Short-term disability is brought to you by Mutual of Omaha and is available for all full-time employees. If you were to become disabled tomorrow and couldn't work for two or three months, would you have enough savings to cover your living expenses during that time? If not, you may want to consider short-term disability insurance.

What is short-term disability insurance? Short-term disability insurance pays a percentage of your salary if you become temporarily disabled, meaning that you are not able to work for a short period of time due to sickness or injury (excluding on-the-job injuries, which are covered by workers compensation insurance).

You can start receiving money from your short-term disability insurance policy with a waiting period of 14 days after becoming sick or disabled. Long-term disability insurance kicks in after short-term expires.

Meetings with Transamerica and Mutual of Omaha will be scheduled in the month of February.

Meeting dates and times will be announced soon!