



MARCH 2020

WORKSITE WELLNESS NEWS!

City of Bryan Employee Health Newsletter



March is Colorectal Cancer Awareness Month: Screening Saves Lives!



Fast Facts:

- Among cancers that affect both men and women, colorectal cancer is the second leading cause of cancer deaths in the United States.
- Every year, about 140,000 people in the United States get colorectal cancer, and more than 50,000 people die of it.
- Risk increases with age. More than 90% of colorectal cancers occur in people who are 50 years old or older.
- Precancerous polyps and colorectal cancer don't always cause symptoms, especially at first. If you have symptoms, they may include blood in or on the stool, stomach pain that doesn't go away, or losing weight and you don't know why. If you have any symptoms, see your doctor.
- There are several screening test options. Talk with your doctor about which is right for you.
- Only about two-thirds of adults in the United States are up-to-date with colorectal screening.

Source: www.cdc.gov

IN THIS ISSUE

MARCH IS COLORECTAL
CANCER AWARENESS
MONTH

EMPLOYEE YOGA
CLASSES OFFERED

SPRING VEGETABLE
SHEPHERD'S PIE RECIPE

ALL ABOUT
ANTIOXIDANTS

UPCOMING CPR &
DDC CLASSES

Employee Lunchtime Yoga Classes

Join us for a basic yoga class to strengthen and relax during your lunch break!

12:10-12:50 PM

MOB Basement Training Room

Classes will be held on the following dates:

March 5, 12, 19

Cost: FREE

Taught by: OM Grown Yoga

Equipment needed: Yoga mat or towel

Click [here](#) to register.



SPRING VEGETABLE SHEPHERD'S PIE

Try this yummy St. Patrick's Day dish! It calls for cauliflower for the topping instead of the usual mashed potatoes; cauliflower has twice the fiber and about a fourth of the carbs. For a gluten-free version, use 2 tablespoons cornstarch in place of the all-purpose flour in step 3.



Ingredients

- 2 (12-oz.) pkg. frozen riced cauliflower
- 1 (6.5-oz.) pkg. light garlic-and-herb spreadable cheese (such as Boursin)
- 1 1/2 tablespoons canola oil
- 1 pound ground turkey
- 2 cups chopped carrots
- 1 3/4 cups chopped zucchini
- 1 cup chopped yellow onion
- 1 cup frozen sweet peas
- 3/4 teaspoon kosher salt
- 3 tablespoons all-purpose flour
- 1 teaspoon fresh thyme leaves, plus more for garnish
- 1 1/2 cups low sodium chicken stock
- 1/2 teaspoon black pepper

Directions:

Step 1 Preheat broiler to high with oven rack in the upper middle position.

Step 2 Microwave cauliflower according to package directions until tender. Combine cauliflower and cheese in a food processor; process until smooth.

Step 3 Heat oil in a large ovenproof skillet over medium-high. Add turkey, and cook, breaking it up with a spoon, until turkey begins to brown, about 4 minutes. Add carrots, zucchini, onion, and peas; stir to combine. Add salt, and cook, stirring often, 4 minutes. Add flour and 1 teaspoon thyme; stir to combine. Increase heat to high, and add chicken stock. Cook, stirring constantly until mixture thickens. Spoon cauliflower mixture over turkey and vegetable mixture in skillet, smoothing top with a spoon; sprinkle with pepper.

Step 4 Broil until cauliflower topping is golden brown in spots, 3 to 4 minutes. Sprinkle with additional thyme leaves. Serve immediately.

Source: *Cooking Light*

ALL ABOUT ANTIOXIDANTS

You've probably heard that antioxidants can help support your immune system and fight disease. That's a good thing, because your body's cells have to defend against numerous threats every day. Those threats might be from viruses, infections or damage caused by free radicals.

Free radicals are unstable molecules that break down healthy tissue and harm cells. When free radicals attack healthy cells, your body's defense systems may become weakened. Some scientists believe that damage from free radicals may be linked with heart disease, diabetes and certain cancers.

Where do free radicals come from? Your body naturally produces free radicals every day. This happens all the time when you're breathing or turning food into energy. Free radicals can also enter your

body from environmental toxins (tobacco smoke or pollution), ultraviolet rays from the sun and substances found in processed food.

Antioxidants are natural compounds in foods that may help protect healthy cells against free radicals. Colorful fruits and vegetables are the best sources of antioxidants. Whole grains, nuts and seeds are also good sources. Each antioxidant has unique benefits, so it's smart to eat a variety of foods with antioxidants.

Here are a few of the most common antioxidants:

Antioxidant	What it does	Where to find it
Beta-carotene	May protect against free radicals	Brightly colored fruits and vegetables
Lutein	May help eye health and brain function	Green leafy vegetables
Lycopene	May protect against free radicals	Pink and red fruits and vegetables
Vitamin C	May strengthen the immune system	Most fruits and vegetables
Vitamin E	May help the body fight infections	Nuts, seeds, spinach and kale

Are supplements safe? Antioxidant supplements do not have the same benefits as eating antioxidant-rich foods. In fact, taking large doses of antioxidants can do more harm than good for your body. If your considering taking supplements, talk with your doctor first.

Sources: Cigna Vita Min, Academy of Family Physicians, Academy of Nutrition and Dietetics.



Upcoming CPR, First Aid & Defensive Driving Classes

CPR & First Aid-Full Class

April 9th

8 am-3 pm at the MSC

CPR & First Aid-Renewal

April 9th

3 pm- 5 pm at the MSC

Defensive Driving

March 19th & 20th

8 am- 11:30 am at the MSC

Click **here** to register for a class.



Open Monday-Thursday 7:30 am-5:30 pm (closed Noon-1 pm)

Friday 7:30 am-3:00pm (open Noon-1pm)

Saturday 8 am-Noon (minor acute illnesses only-call for appt.)

Limited walk-ins accepted from 7:30-8:30 am during the week (acute illnesses only)

Call 979-821-7690 for an appointment!

Questions or concerns?

Email CityofBryanHealthest-joseph.org

If you have wellness related news to share with other City of Bryan employees and would like to have it spotlighted in our next newsletter, please feel free to submit it to:

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<https://wellness.bryantx.gov/>