



CIVITAS

COMMUNITY • WELLNESS • LIFE-COACHING • COLLABORATION

NEW JERSEY

TO: Gateway-BMED Executive Committee and Commissioners

FROM: Marianne Eskilson, VP Civitas NJ; Gateway-BMED Wellness Consultant

DATE: August 21, 2023

RE: Report of Activity and Progress

STATUS UPDATE

- 1. Education:** Education participation at the close of our annual mid-point remains strong. Webinar content continues to be diverse and outstanding. Feedback from participants continues to be highly positive. Our office coordinates weekly with Valley's staff regarding various issues associated with education and our partnership. On-demand flyer of 2023 live aired webinars is attached, together with a flyer announcing September's webinar offering. To date, participants within the 5 participating towns have viewed health and wellness webinars offered by Valley Health Services over 250 times.
- 2. Surveys:** Program evaluation/opinion collection surveys were created by our office. The surveys were deployed via Survey Monkey to the employees of participating agencies this spring/summer and response activity was strong. Completion of the survey is a requirement for the towns who participate in the program and be eligible for their grant reimbursement. I am meeting with each participating town to review their agency's survey results and provide a copy of the final survey report to agency. We extended the time to participants had to complete the program to make sure that everyone had a chance to participate. We will also provide the Fund with an aggregated report of responses within our report at the September meeting. We believe that this data will be helpful at both the Fund and local levels for future program planning.
- 3. Newsletter:** The monthly newsletter continues to be sent to all local wellness program ambassadors monthly for distribution to their entire full-time employee population. We continue to seek guidance from non-participating fund agencies as to whom they would like monthly links to educational programming and newsletters to be sent so that they can be distributed to their full-time employee population. The newsletter is available in both an interactive digital version, as well as a static pdf. Our office creates a specialized

article for the Fund that can be found on the right-hand column of the first page of each edition. A copy of the August edition is attached.

4. **Partnerships:**

a. **NY/NJ Trails Conference:** Our partnership opportunity with the NY/NJ Trails Conference continues. Sponsorship of employee participation in their annual Trail-a-Thon continues to offer a wonderful option for local agencies to implement into their local program as an activity/challenge. This year's Trail-A-Thon has been reduced in scope to be one month long. Information on how agencies can take advantage of our partnership with the NY/NJ Trails Conference and sponsor their employees to participate in the Trail-A-Thon as part of their employee wellness program are also attached.

b. **Valley Health Services:** See Item 1

5. **Projected Program Growth for 2024:** We have received confirmation from one agency so far that of their interest in participating in the program in 2024. We are also working with 2 others. Agencies who may be interested in learning more about the program, with an intention of participating in 2024 should advise me of their interest/intention in a brief email by no later than August 31, so that we can make sure that resources will be available in the 2024 budget to accommodate additional participating agencies.

6. **Next Steps:** Specific areas we are focused for the summer/fall season will include the following:

- a. The review and integration of annual claims data reports, (they generally become available in late June) together with survey results will be a cornerstone of 2024 program planning.
- b. The scheduling of a virtual broker meeting to engage brokers to share their thoughts and ideas associated with wellness programming, planning, incentivization and trending they are seeing amongst their books of business and to answer any questions they may have about the Fund's program.
- c. Campaign to assist towns who have shown interest in 2024 participation to create a firm foundation for their future program to get off to a strong start in 2024.
- d. The establishment of a date this fall for ambassadors to engage in a virtual meeting together to exchange ideas, share successes and concerns and brainstorm together with our office.
- e. Engage in outreach to other non-participating agencies to solicit input, offer to deploy a survey of their staff to help gauge their ideas and sentiments relating to the possibility of initiating a Fund/employer sponsored health and wellness program.

On Demand Wellness Webinars

The featured On Demand webinar presentations are available any time by visiting the links below.



Healthy Grocery Shopping Made Simple presented by Jessica Cording, MS, RD, CDN

You'll learn where to find healthy items in the grocery store, how to read labels, and what to look for when planning and shopping for healthy meals that help you feel great and reduce disease risk

Link for video: <https://vimeo.com/788780287/8d840cc0e4>

Link for survey: <https://forms.office.com/r/2X6pMcN2WQ>

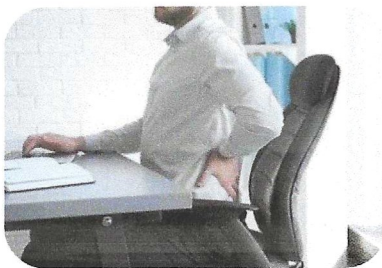


The Importance of Primary Care presented by Jaclyn Anne Sta. Maria, MD

Find out more about the many benefits of having this type of care, what to look for as you choose your primary care doctor and how to make the most of your doctor's visit.

Link for video: <https://vimeo.com/792752607/0e651a860f>

Link for survey: <https://forms.office.com/r/1rtfdQJkqC>

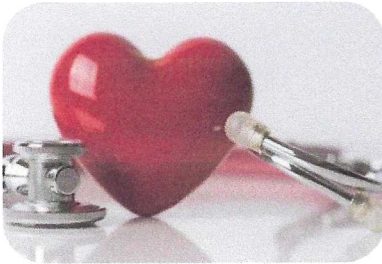


Office ergonomics: Your how-to guide presented by Chiro Health Spa

Proper office ergonomics — including correct chair height, adequate equipment spacing and good desk posture — can help you and your joints stay comfortable at work.

Link for video: https://youtu.be/bCt1Cw4db_U

Link for survey: <https://forms.office.com/r/JNhqCiUzuN>



Understanding Your Heart – Back to the Basics presented by Stuart Barr, MD

We're getting back to the basics about strategies to prevent a cardiac incident. Stay one beat ahead as we also discuss common diseases of the heart.

Link for video: <https://vimeo.com/796774057/b54a766ada>

Link for survey: <https://forms.office.com/r/78nGLKh63E>



Hit the Trails for Health! presented by NY/ NJ Trail Conference

Join us for tips on finding and safely preparing for great, local hikes. You'll also learn how to build strength, balance, agility, and stamina as you enjoy the trails!

Link for video: <https://vimeo.com/806496797/e935924aae>

Link for survey: <https://forms.office.com/r/OfrKtWbPPy>

On Demand Wellness Webinars



Signs You Might Have an Undiagnosed Heart Condition presented by Paul Burns, MD

How do you know if you have an underlying heart condition in advance? The good news is there are often early signs that something with your heart isn't right.

Link for video: <https://vimeo.com/810276013/f02e4fa03d>

Link for survey: <https://forms.office.com/r/51QB2HewhH>



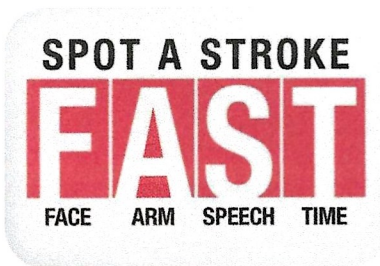
Oral, Head, and Neck
Cancer Awareness

Oral, Head & Neck Cancer Awareness presented by Kevin Wood, MD

This webinar will review known risk factors, potential signs and symptoms, and treatment options for head and neck cancers.

Link for video: <https://vimeo.com/816249630/29a072db2f>

Link for survey: <https://forms.office.com/r/5r6JvPY3ZW>



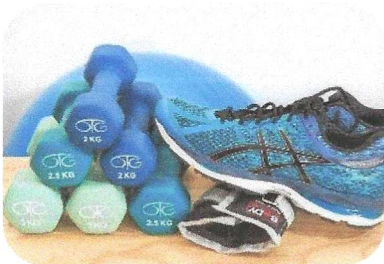
First Aid/ Stroke Awareness presented by Jim Warin, Valley Hospital Emergency Services

By knowing the signs and symptoms of stroke, you can take quick action and perhaps save a life—maybe even your own.

Link for video:

<https://vimeo.com/819234134/b331bd1faa?share=copy>

Link for survey: <https://forms.office.com/r/ahCMWz4aSS>



Strength Training: Anytime is a Good Time to Start!
presented by Jen Reynolds, LifeStyles Exercise Specialist
Strength training to the rescue! Strength training is a key component of overall health and fitness for everyone.

Link for video:

<https://vimeo.com/825587071/82b4f5a824?share=copy>

Link for survey: <https://forms.office.com/r/bf2Tg0Wf48>



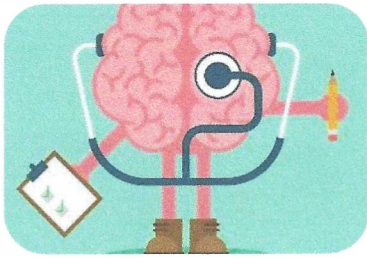
Steady on Your Feet presented by Mina Hanna, DPM

Join us to hear about some of the issues related to our feet and what we can do to manage them.

Link for video: <https://vimeo.com/829541274/85b83e328b>

Link for survey: <https://forms.office.com/r/kw9P3XXLT1>

On Demand Wellness Webinars



Mental Health First Aid presented by West Bergen Mental Health

It's important to know that mental health issues do not need to be "serious" in order for you to reach out for support. Whatever you're going through, your feelings and experiences are valid and you deserve support.

Link for video: <https://vimeo.com/835926457/43e780bf6c>

Link for survey: <https://forms.office.com/r/wudLgjpws1>



Water Safety & The Benefits of Swimming presented by Michael Lupo, LifeStyles Aquatic Manager

Learning about and practicing water competency – which includes swimming skills, water smarts and helping others – can help water activities to be safer...and just as much fun.

Link for video: <https://vimeo.com/838738007/4495046b3f>

Link for survey: <https://forms.office.com/r/inXPz3NLCS>

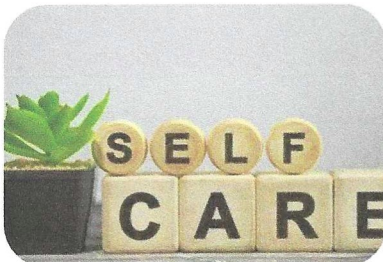


The Top Summer Injuries & How to Avoid Them presented by Masood Ranginwala, DO

To help keep you and your family well and soaking up the summer, an Emergency Room Physician, shares some of the top summer health and safety concerns.

Link for video: <https://vimeo.com/845059699/8730e33de2>

Link for survey: <https://forms.office.com/r/nBF3RaEgSH>



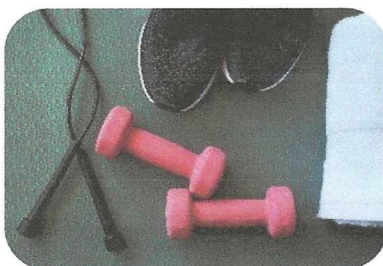
Self-Care for Caregivers presented by

Jessica Cording, MS, RD, CDN

Topics covered will include stress management, nutrition for busy and overwhelmed caregivers, movement, sleep hygiene, and tips for time and energy management.

Link for video: <https://vimeo.com/853467426/e721cce4c1>

Link for survey: <https://forms.office.com/r/cSAX6mJARS>



Got 10 Minutes? Try a Mini Workout presented by

Erin Sanseverino, LifeStyles Exercise Specialist

When done right and with appropriate intensity, a 10 minute workout can be an incredibly effective way to work up a sweat, get your heart pumping, and get your muscles working

Link for video: <https://vimeo.com/854707682/242e50f1b0>

Link for Q&A : <https://vimeo.com/855117875/6fa23040cf>

Link for survey: <https://forms.office.com/r/fU6CqcGrijx>

The Newest Techniques to Treat Your Varicose and Spider Veins

SEPTEMBER 7TH, 2023 @ 12:00 PM



Join us **Thursday, September 7th, 2023** for an informative webinar presentation and discussion on **The Newest Techniques to Treat Your Varicose and Spider Veins**

Now is your chance to learn the newest techniques and options to finally treat your varicose and spider veins. This presentation is led by **Daniel Char, MD, FACS, Director, Vascular Intervention**. A moderated Q&A will follow the presentation.

Register for the presentation on <https://www.valleyhealth.com/events/corporatewellness> or **Click on the link below for The Newest Techniques to Treat Your Varicose and Spider Veins:**

https://teams.microsoft.com/l/meetup-join/19%3ameeting_ZTYwY2JjYWUtNjRkMi00YjY3LWE1NGUtMmM1NmY5MjZkMjVl%40t_hread.v2/0?context=%7B%22Tid%22%3A%2295bedc6a-bf88-45a8-8131-afc1f7f8b9fe%22%2C%22Oid%22%3A%22ef31e47e-d0b1-4c6a-ba1d-bfbe1af4d6e0%22%2C%22IsBroadcastMeeting%22%3Atrue%2C%22role%22%3A%22a%22%7D&btype=a&role=a

*Not available to join a live session? Watch later! Broadcasts are recorded and available within 24 hours *Wellness topics & dates are selected based on health professional availability and are subject to change.*

Pancreatic & Liver Cancer

SEPTEMBER 20TH, 2023 @ 12:00 PM



Join us **Wednesday, September 20th, 2023** for an informative webinar presentation and discussion on **Pancreatic & Liver Cancer**

Pancreatic cancer has made headlines in recent years with celebrities such as Alex Trebek and Steve Jobs. Pancreatic cancer is often called the silent killer, and with good reason: most patients don't experience symptoms until the cancer is big enough to impact the surrounding organs. Even then, the symptoms are often vague, which is why this testing is so important. **Dr. Winkler, Surgical Oncologist**, will discuss symptoms and treatment options and provide answers to frequently asked questions about liver and pancreatic cancer. A moderated Q&A will follow the presentation.

Register for the presentation on <https://www.valleyhealth.com/events/corporatewellness> or **Click on the link below for Pancreatic & Liver Cancer:**

https://teams.microsoft.com/l/meetup-join/19%3ameeting_MmlyNDVhOTAtNDkzZi00MzNILWlzMmltZidiNDIINTlwMWUw%40t_hread.v2/0?context=%7B%22Tid%22%3A%2295bedc6a-bf88-45a8-8131-afc1f7f8b9fe%22%2C%22Oid%22%3A%22ef31e47e-d0b1-4c6a-ba1d-bfbe1af4d6e0%22%2C%22IsBroadcastMeeting%22%3Atrue%2C%22role%22%3A%22a%22%7D&btype=a&role=a

*Not available to join a live session? Watch later! Broadcasts are recorded and available within 24 hours *Wellness topics & dates are selected based on health professional availability and are subject to change.*



Sponsor Trail-A-Thon 2023

Where will your challenge take you?

Trails give us so much: from respite to adventure to a pathway towards physical, mental, and emotional health. By sponsoring Trail-A-Thon, your company can support safe and sustainable trails and healthy parks. Support trails and healthy lifestyles. Help your employees explore a new park or trail, walk their neighborhoods, or even hit the treadmill!

Registration Opens: September 18

Walk, run, hike, bike:
October 1 - October 31st

Where: Anywhere, any place, with anyone!

Corporate Challenge Sponsorship Levels

Service Partner Level \$600: Register as many interested employees to participate in the Trail-A-Thon.

Land Steward Level \$800: Register as many interested employees to participate in the Trail-A-Thon, plus receive a region-specific Trail Conference digital download map set (paper copies of maps are available upon request). Participants will also receive a finishers medal.

Trail Angel Level \$1,000: Register as many interested employees to participate in the Trail-A-Thon, plus receive a region-specific Trail Conference digital download map set (paper copies of maps are available upon request) and a Trail-A-Thon logo apparel shirt.

To register, contact Jennifer Zack at jennifer@nynjtc.org or 973.600.5642. Instructions will be sent on how employees can register on RunSignUp at no charge and join your corporate team!



Achieve Your Health and Wellness Program Challenge Goals through participation in the 2023 Trail-A-Thon hosted by the New York-New Jersey Trail Conference

Trails give us so much: from respite to adventure to a pathway towards physical, mental, and emotional health. Through a partnership with the Trail Conference, the Township of _____ is encouraging their employees to get up, get out, get moving and connect with nature over the course of four weeks to walk, hike, run or bike while logging miles. Your Township will sponsor the entrance fee for employees to participate in the Trail Conference's annual Trail-A-Thon. **All employees who participate will receive 3 credits towards their NJMEBF program incentive eligibility requirement.**



What is the Trail-A-Thon?

- The Trail Conference's Trail-A-Thon is a chance to support safe and sustainable trails and healthy parks, many which are in the borders of your Township! An organized event that encourages daily personal movement, exploration of nature and healthy personal goal setting through friendly competition and fellowship with other participants.

How long does the Trail-A-Thon last?

- The event runs between **October 1 – October 31, 2023**



What do I have to do to participate in the Trail-A-Thon? Is it just about hiking?

- Registration is easy – see the attached instructions
- The goal of each participant is to move daily to, set their own mileage goal.
- **Steps can be earned by movement in general** – walking, hiking, biking (conversion 3:1) or running and can be done anywhere, at home, the office, outside/inside, at the gym, in your basement, on a trail, treadmill, mountain, beach or a sidewalk. You get the idea...anywhere with anyone.
- Step calculation is self-monitored and logged using whatever device is available to you – watch, FitBit, phone app, etc. Daily entries are logged by participants into the Trail Conference's tracker page.
- Milestone prizes given to those who first hit the 25, 50, 75 and 100 mile goals.
- Daily logging in is.

What are the benefits of participating in this event?

- Comradery within your organization and across the spectrum of other participants
- Awareness of the benefits of moving our body daily
- Celebrating being active, feeling vibrant and achieving goals
- Merely walking daily can prevent and/or help to manage many preventable diseases and reduce stress

Who is the New York-New Jersey Trail Conference?

The New York-New Jersey Trail Conference is a volunteer-powered organization that builds, maintains, and protects public trails. Together with our partners, we strive to ensure that the trails and natural areas we share are sustainable and accessible for all to enjoy for generations to come.



Connecting People with Nature since 1920

600 Ramapo Valley Road • Mahwah, NJ 07430 • T 201.512.9348 • F 201.512.9012 • www.nynjtc.org

Trail-A-Thon Agreement

Contact Person:

Company/Township Name:

Daytime Phone Number:

Email:

Trail-A-Thon Level: *(Please select one)*

- Service Partner Level \$600:** Register as many interested employees to participate in the Trail-A-Thon.
- Land Steward Level \$800:** Register as many interested employees to participate in the Trail-A-Thon, plus receive a region-specific Trail Conference digital download map set (paper copies of maps are available upon request). Participants will also receive a finishers medal.
- Trail Angel Level \$1,000:** Register as many interested employees to participate in the Trail-A-Thon, plus receive a region-specific Trail Conference digital download map set (paper copies of maps are available upon request) and a Trail-A-Thon logo apparel shirt.

*Registration information and event details will be provided promptly after received payment.
Employee's may extend registration code to spouse/one other household member.*

Payment Information:

Please make checks payable to the New York-New Jersey Trail Conference and write "Trail-A-Thon Sponsor" in the pay memo.

Mail to: New York-New Jersey Trail Conference
Attn: Jennifer Zack
600 Ramapo Valley Road, Mahwah, NJ 07430

- Check enclosed
Check # _____

Jennifer Zack
Charitable Gifts and Events Manager
New York-New Jersey Trail Conference
Connecting People with Nature Since 1920

600 Ramapo Valley Road | Mahwah, NJ 07430
T 201.512.9348 x 824 | F 201.512.9012 | M 973.600.5642



Protect Your Medical Identity

Did you know? Your health information is worth 50 times more than your credit card number to data thieves. Health records contain sensitive personal and financial data, making them valuable to cybercriminals, who use the data to pay for prescriptions, medical equipment and treatment or file fake medical claims. These crimes cause chaos and stress for the hackers' victims, especially when debt collectors call.



When it comes to your medical care and personal health information, take steps to protect your privacy against hackers. Medical apps, patient portals and telehealth services are widespread, and while convenient for coordinating your care, they give hackers more opportunities to steal your sensitive data. Avoid using obvious passwords (e.g., your birthdate) and always log out when you're done. Never use electronic health services in a public place and make sure security on all of your devices is current.

You may not think you need to worry because the Health Insurance Portability and Accountability Act (HIPAA) governs how health insurance companies, health care providers, clinics, pharmacies, hospitals and other medical services manage and protect patient medical data.

While HIPAA does provide some protection, you need to stay vigilant. Watch for unexpected charges on your health care bills, another possible sign of hacking. Data breaches do happen, so pay attention to alerts from your care provider if their records are hacked. Carefully review all medical bills and explanation of benefits statements (EOBs) from your health insurance company to spot abnormalities, and report anything suspicious without delay.

And if you use your credit or debit card for copays and other out-of-pocket charges, check records regularly. Call your bank or credit bureau to freeze your account if you see transactions you don't recall.

The **Smart Moves Toolkit**, including this issue's printable download, **Checkup Time**, is at personalbest.com/extras/23V8tools.

BMED FUND notes

Be proactive about your health

It's always better to prevent than cure. The best way to lower your risk for many conditions and diseases — from cancer to type 2 diabetes, cardiovascular disease to musculoskeletal conditions — is to create a balanced approach to health and wellness. This includes keeping active, maintaining a healthy weight, eating a nutritious varied diet, looking after your mental well-being, attending health checks and having recommended screening tests.

When your doctor diagnoses a health condition early, you may be able to delay or even prevent its problems. Getting early treatment can make your condition easier to manage and put you in control of your health.

Your doctor plays a key role in your care

They may suggest:

- **Screening tests**, which find health problems before symptoms appear
- **Diagnostic tests**, physicals and self-exams which find health problems early in their course

Your doctor may also use guidelines to recommend screenings based on your age, health, gender, lifestyle habits, family history and, if you're a woman, on whether you are preparing for pregnancy.

If you're thinking about getting a screening test, it's a good idea to talk with your doctor about what the test is, what it costs and what happens if you need further testing. Together, decide what's right for you.

Adult screenings are intended to find health issues as you age. And many are part of your annual preventive exam.* Talk with your doctor about which screenings are right for you.

>>Continued on page 4.

What Your Gut is Telling You

The gut is your entire gastrointestinal tract. It starts at the mouth, travels through your esophagus, stomach, small intestine, large intestine (colon) and ends at the anal canal (rectum).

Your gut health is partially determined by the bacteria in your gastrointestinal tract. The gut has trillions of microbes that help with digestion, manufacture certain nutrients and release substances that have wide-ranging health effects.

Harvard Health describes the gut as the second brain, since it produces many of the same neurotransmitters — chemicals that are released by nerves needed for communication with your other nerves and tissues. Your gut and brain also share biochemical signals between your gastrointestinal tract and central nervous system: a good reason to pay attention to your digestive symptoms. And did you know? Seventy percent to 80% of the immune system is in the gut.

Poor gut health can result from ongoing:

- High stress levels.
- Lack of sleep.
- Consumption of a diet high in processed and high-sugar foods.
- Unnecessary use of antibiotics.
- Heavy alcohol intake.

Gut health can impact these health concerns:

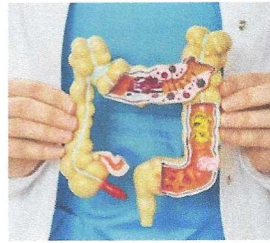
- Immunity.
- Hormone levels.
- Weight.
- Fatigue.
- Heart disease, cancer and respiratory illness.

In time, poor gut health can contribute to mental health problems (emotional and social well-being) and autoimmune diseases as well as endocrine and gastrointestinal disorders.

Signs of a troubled gut: Frequent discomfort, bloating, gas, constipation, diarrhea and heartburn likely indicate that your gut is having a hard time processing food and eliminating waste. You feel tired more often than not. If you are experiencing these signs, see your health care provider.

To improve your gut microbiome:

1. Choose a plant-based diet that includes fermented foods (yogurt, sauerkraut, kimchi) and fiber from fruits and vegetables of all colors.
2. Get seven to nine hours of sleep daily.
3. Manage your stress levels. Exercise regularly, relax whenever you can and try to avoid overscheduling.



These are important ways to support a healthy gut. If you want to adopt a healthier lifestyle, start easy with small dietary changes and build from there.

August is Breastfeeding Month.



Breastfeeding Guidelines Update

The American Academy of Pediatrics (AAP) now recommends breastfeeding exclusively for the first six months after a baby's birth. Research reinforces that breastfeeding and human milk should be the standards for infant feeding and nutrition. After six months, continue breastfeeding along with nutritious, complementary foods.

The AAP also supports breastfeeding for as long as mutually desired by mother and child for two years or beyond. Continuing to provide human milk in the second year of life helps growing toddlers increase immunity and provides a significant source of macronutrients.

Here's how breast milk and breastfeeding benefit mom and baby:

- Breast milk has all the nutrients, calories and fluids your baby needs.
- Breastfeeding can reduce the risks of Sudden Infant Death Syndrome (SIDS) by up to 64% and overall infant death risks by as much as 40%.
- Breast milk is free and there's no preparation.
- Breast milk is easy for babies to digest.
- Breast milk improves the child's immunity.
- Long-term breastfeeding can help return the mother's uterus to its pre-pregnancy size more quickly and can protect the mother against diabetes and high blood pressure as well as breast and ovarian cancers.



QuikRisk™ Assessment: Productivity Checkup

Being productive on the job is about identifying and meeting your priority obligations — as well as planning and protecting your work time. When analyzing ways to improve your job productivity, consider measuring it by these positive traits:

- You **know what's important** and avoid being bogged down with trivial tasks. Productivity is about getting the *right* things done.
- You **identify your job priorities** to determine specific goals and timeline.
- You **plan your day** the day before you report to work, feeling ready to take charge.
- You **get back on track quickly** when your work is interrupted.
- You **resolve problems** by identifying what's needed in a positive manner.
- You **stay well-organized** to quickly locate information you need, saving time.
- You **simplify tasks** by breaking larger projects into smaller, practical tasks.
- You **know your supervisor's expectations** even as they change.
- You **keep learning**, and when you don't have answers, you work to find them.
- You are a **team player** and enlist feedback from your coworkers.
- You maintain a **clean, organized workspace**.
- And most important, **you enjoy your work** — at least most of the time.

How did you do? If you checked most of the boxes, you're likely doing well at work. Focus on the traits you didn't mark to get more out of your workday.

How's your workspace? Hopefully, it's tidy, comfortable and mostly free from frequent distractions. During work time, it can be helpful to take short breaks, move around, stretch, maybe turn on some music and eat lunch with your coworkers.

Horticulture at work? A study by the American Society for Horticultural Science found that workers who maintained plants in their workspaces reported feeling less stressed and more productive.

Research shows why massage is a stress buster. Massage, an ancient form of hands-on healing, lowers stress hormones. That calms blood pressure and slows your heart rate, according to University of Miami research. Studies show stress-relieving massage lessens pain, muscle tightness and increases relaxation, too. The Mayo Clinic and other medical centers are increasingly prescribing massage therapy to help people cope with stress and pain from cancer, stomach problems, heart disease and fibromyalgia. If you have a health condition, ask your health care provider if massage is right for you. Before making a massage appointment, ask about the therapist's training, experience, credentials and fees.



TIP of the MONTH Intermittent Fasting

Intermittent fasting is a popular weight loss diet, but a new study shows that simply reducing overall calories and eating fewer large meals may be just as effective for reducing weight. The study assessed the diets of 550 adults for six years. Participants logged their food choices and meal timing with an app. Researchers found that the time interval from the first to last meal was not associated with weight change. They did find that consistently eating meals with more than 1,000 calories was associated with weight gain during the six-year study.

Stay Well Menu

By Cara Rosenbloom, RD

From apples to salmon to zucchini, it turns out that choosing the right diet can help you live well for longer. Research shows an eating pattern that includes a good variety of vegetables, fruits, whole grains, legumes, nuts and protein sources, such as fish, can reduce your risk of an early death by almost 20%.

This dietary pattern provides all of the nutrients your body needs for disease prevention — including generous amounts of fiber, omega-3 fats, vitamins and minerals. When combined, the foods that comprise this eating style help reduce the risk of the main causes of death in North America, including cancer and heart disease.

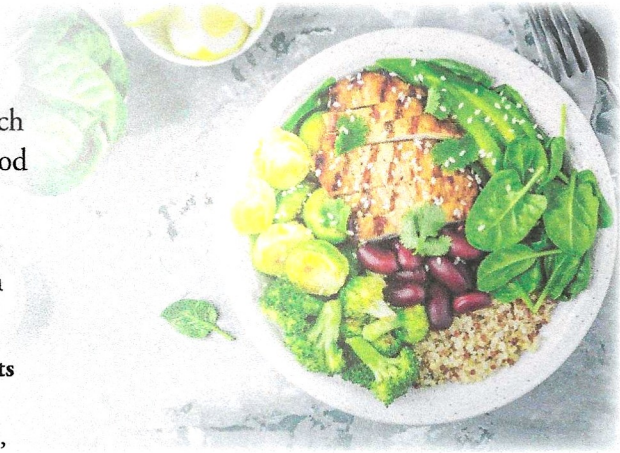
Brain health is also vitally important as we age, and this dietary pattern helps protect cognition and reduce the risk of dementia and Alzheimer's disease.

How can you follow an eating pattern to stay well for longer? There's no need to count calories. The easiest way to follow this plan is to:

- Fill half your plate with vegetables and some fruit. They can be fresh, frozen, raw or cooked — they are all great.
- Fill a quarter of your plate with whole grains. Try oats, whole wheat, brown rice and quinoa.
- Fill the remaining quarter of your plate with protein-rich foods, such as fish, poultry, tofu, nuts, eggs, dairy, beans and lentils.

This dietary pattern aligns with USDA's My Plate, the Mediterranean diet, the DASH (Dietary Approaches to Stop Hypertension) diet and other healthy eating patterns.

In addition to which foods to choose, there's also some advice about foods to cut back on. Eat fewer ultra-processed foods that are high in salt, sugar and additives, as they are linked with a greater risk of heart disease, cancer and dementia. This includes fast food, salty snacks, pastries, candy and soft drinks. Also minimize alcohol: If you don't drink, don't start.



Lime-Cilantro Chicken Thighs

EASY recipe

- | | |
|--------------------------------|--|
| ½ cup freshly chopped cilantro | 1 jalapeño pepper, seeded and diced |
| Lime zest + 1 tbsp lime juice | ½ tsp salt |
| ¼ cup plain 3% Greek yogurt | 1½ lbs (680g) boneless, skinless, chicken thighs |
| 1 tbsp extra-virgin olive oil | |
| 1 clove garlic, minced | |



Add cilantro, lime zest, lime juice, yogurt, oil, garlic, jalapeño and salt to a blender or food processor, and process until smooth. **Add** chicken to a large bowl and coat with cilantro-lime marinade. **Stir** to combine, then cover and refrigerate for an hour. **Preheat** grill to 400°F. **Grill** chicken about 5-6 minutes per side or until internal temperature is 165°F. **Serve** with lime wedges.

Makes 4 servings. Per serving: 245 calories | 35g protein | 10g total fat | 2g saturated fat | 4g mono fat | 4g poly fat | 1g carb | 0g sugar (0 added sugar) | 0g fiber | 443mg sodium

Stay in Touch

Keep those questions and suggestions coming!

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BMED FUND notes >>Continued from page 1.

August Educational Spotlight – Care Tips for Caregivers – the Unsung Heroes

August 10, 2023 @ 12:00 noon (live webinar) - Self-Care for Caregivers presented by Jessica Cording, MS, RD, CDN

Webinar topics will cover stress management, nutrition for busy and overwhelmed caregivers, movement, sleep hygiene and tips for time and energy. The recording of this webinar will become available for on-demand viewing shortly after its live airing.

Stay safe, hydrated, inspired and healthy this month.

Marianne Eskilson, *Gateway-BMED Health & Wellness Program Coordinator*
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EXPERT advice — Elizabeth Smoots, MD

Q: What are migraine auras?

A: Auras consist of flashing lights, shimmering stars, floating zigzag lines, blind spots or other visual changes that commonly occur before the onset of migraine headaches. Occasionally, the symptoms may include tingling in a hand or face or difficulty speaking. The aura is usually followed by a severe, throbbing headache on one side of the head.

Seek medical care immediately if you have new symptoms of an aura, such as vision loss, trouble speaking or understanding language, or muscle weakness on one side of the body. These symptoms could indicate another condition, such as a stroke.

Treatment for migraine with aura is usually the same for migraine headaches without aura. Pain medications work best when taken soon after the aura begins. Consult your health care provider about other drug options, including triptans, dihydroergotamine and anti-nausea medications. Treatments are also available to prevent frequent migraines with or without aura. Stress management and relaxation techniques can also help treat and prevent migraines.



August is Children's Eye Health & Safety Month.



Kids and Sunglasses

Children receive more annual sun exposure than adults and that means they are at an increased risk of eye damage from UV light. Wearing sunglasses can help protect their still-maturing eyes, even for children under one year old. Here are some guidelines on selecting sunglasses and getting your kids to wear them:

Choose large, wraparound sunglasses that block 99% to 100% of UVA and UVB rays.

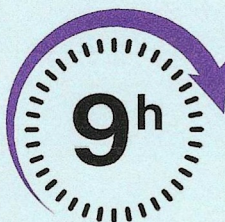
Ensure sunglasses have unbreakable frames and impact-resistant polycarbonate, scratch-proof lenses.

Let the kids pick the frames from a selection of safe sunglasses.

Keep the sunglasses when children aren't using them to make sure they are properly stored and not lost.

Consider your children's activities when selecting sunglasses. Amber or green lenses can increase contrast, which may be useful for sports.

Set a good example by always wearing sunglasses outdoors. Remember, even cloudy days in the winter can expose your family's eyes to harmful rays.



Wake-up call: Oversleeping can impact your health. A good night's sleep is important for your health; however, it's possible too much sleep can harm your health. A recent study found that excessive sleep can increase risk for developing an infection. Long-term effects from oversleeping may be linked to medical problems, such as a higher risk of developing type 2 diabetes, obesity, heart disease, headaches and depression. Sometimes medication, alcohol use or an underlying health condition can cause oversleeping. See your health care provider if you feel the need to sleep more than nine hours a night. Adults should get seven to nine hours of sleep daily.