



January - February 2013

EMORY | all about health

FACULTY STAFF ASSISTANCE PROGRAM - www.fsap.emory.edu

Celebrating the New You

At the stroke of midnight on New Year's Eve, did you hear the familiar tune and lyrics "Should old acquaintance be forgot ..." and wonder to yourself, "What, exactly, does Auld Lang Syne mean anyhow?" Often translated as "times gone by," the song is sung across the globe, not only to acknowledge the closing of the past year, but also to celebrate the beginning of a new one. Many individuals believe that the New Year arrives at our doorstep packed with hopeful possibilities—all sorts of magnificent opportunities just around the corner! But how can you make sure 2013 lives up to all its hype and promise? One way is to recognize that the true opportunity for greatness is not found merely on the pages of a fresh new calendar. The potential lies within, and you must take action to ensure 2013 is an exceptional year in your life.

Challenge yourself first by looking inward. Which aspects of your physical and emotional wellness do you want to improve? Are there any new skills or experiences you want for yourself? Identify goals you have always wanted to pursue. At this stage, set the sky as the limit.

Once you have identified your objective—growing as a person, refreshing or reinventing your look, developing or evolving your connections with other people, starting a completely new behavior or activity—set specific goals and timelines. For example, if you want to be more actively involved in your community, you could set an amount of volunteer hours you will contribute each week. Or perhaps you want to reinvent your professional image. Explore the fashions or colors that work best for your presentation style (professional "dressing for success" coaches can assist). If your goal takes a good deal of preparation and persistence to achieve, such as losing weight or quitting smoking, be sure to be realistic and give yourself plenty of time to make it happen, one step at a time. You may have set the sky as the limit, but at this stage it is important to focus on building a sturdy ladder to get there.



Successful execution of your personal reinvention relies on your ability to anticipate and manage road blocks. What if you must spend money on car repair instead of paying for the cooking class you had hoped to take? How will you exercise more if you injure your ankle? How will you connect with your coworkers more if your job is changed to a new location? Preparing for and coping with barriers allows you to stay strong, enhance flexibility and maintain your balance as you climb the ladder towards your lofty goals. If you stumble, pick yourself up and start climbing again. If you realize you have set your original goal a bit too high, reset it so the climb is more achievable.

Staying the same is not a viable option in a world that is constantly changing, and the New Year is the perfect time to build and maintain a positive outlook and attitude. The year 2013 can and will live up to its potential, but not on its own. You must actively take charge to enhance, promote and facilitate positive healthy changes in your life. Happy New Year, and more importantly ... Happy New You!

Diane N. Weaver, MS, RD, LD, Wellness Specialist

Time to Check Under Your Hood

If we want our vehicles to run at their best, we know it is important to perform occasional checks of the car, even before we suspect there is anything wrong or it breaks down. We check things like the air pressure in the tires, amounts of oil, brake and transmission fluid, and the cleanliness of the air filter. If we wait and fail to engage in preventive maintenance with our cars, extensive damage can occur and our vehicles may break down at the wrong place or time, resulting in extreme frustration and possibly putting our lives at risk.

Just as it is important to do preventive checks for our vehicle, the same goes for our bodies. If we want to be in good health and at our personal best, it is important to do preventive checks for ourselves. While some preventive tests require a doctor's supervision, there are several screenings you can do that are quick and easy and can be done outside of the doctor's office. In January and February, Emory will offer free employee health screenings to help ensure that you are running at your personal best. The screening will measure your blood pressure, cholesterol, glucose, and height and weight in just fifteen minutes. You'll get your results on the spot, speak to a health professional, and receive resources to help you decide what action you would like to take based on your results. While these screenings are not diagnostic or substitutes for annual visits to your physician's office, they are an opportunity to "check under the hood" in an easy, convenient way—right here at work!

Earn an Incentive with a Free Health Screening

Emory is offering free health screenings at over 50 locations across campus beginning on January 15. These screenings will provide you with the opportunity to "know your numbers" (blood pressure, cholesterol, glucose and height and weight) AND earn an incentive on your medical plan when combined with the completion of a health assessment.



Sign up at www.hr.emory.edu/screenings.

Another easy, quick way to check up on your personal health is by completing an online health assessment. This tool provides you with an evaluation of any health risks you may have for the future, so that you can take action and make behavior changes. The online health assessment has three key elements: a health-related questionnaire, a risk calculation or score, and personalized feedback about your health-related risks and habits. Make your health a priority and learn your risks now so that you can take action if needed.

Melissa Morgan, MS, Manager of Wellness Programs



"Miss Shirley" Encourages You to Participate

In 2008, Shirley Steele, a pharmacy technician at Emory University Hospital, visited an onsite health fair, where it was discovered that her blood glucose level was very high; she immediately went to the EUH emergency room. That day Shirley discovered she had Type II Diabetes. Had she not visited the health screening, her health could have become worse very quickly.

Nearly five years later, Shirley continues to take action to manage her diabetes, including taking her medicine consistently, walking for physical activity, and focusing on proper nutrition. She now reads her food labels, eats smaller portion sizes, and has a greater awareness of everything that she eats and drinks. Not only does Shirley take care of herself, she also tries to educate others—co-workers, family, and friends—about the importance of making small changes that can lead to big results. Shirley's advice to others: "The onsite screenings were a lifesaver. Don't wait, the time to get checked is now."

A Stocked Pantry Equals Quick & Easy Meals!

One way to start off your year with a healthy focus is to cook and eat more meals at home. This makes it much easier to control the fat, salt, and sugar content of your meals and puts you in the driver's seat when it comes to your nutrition. A resolution to develop a healthy diet is a great starting point for achieving many other wellness goals this year. One of the most frequently cited reasons for not cooking at home is that "cooking is too complicated!" One way to eliminate that excuse is to keep your pantry stocked with healthy ingredients that will allow you to prepare a nutritious and delicious meal in 30 minutes or less. Having ingredients on hand also means you're less likely to run to the nearest fast food chain for dinner. Use the lists below to make sure your pantry is stocked, so you can start the new year cooking at home!

Refrigerated Items

Low-fat milk, yogurt and sour cream, eggs, unsalted butter, low fat cheeses (parmesan, mozzarella), orange juice

Grains

Whole-wheat flour, all-purpose flour, whole-wheat pasta, brown rice, oats, cornmeal, whole wheat tortillas

Oils, Vinegars and Condiments

Extra-virgin olive oil, canola oil, reduced-fat mayonnaise, balsamic vinegar, Dijon mustard, barbecue sauce

Flavorings

Salt, pepper, onions, fresh garlic, dried herbs (bay leaves, dill, sage, thyme, oregano, tarragon), spices (allspice, caraway seeds, chili powder, cinnamon, coriander, cumin, curry powder, ginger, dry mustard, nutmeg, cayenne pepper, crushed red pepper, turmeric), granulated sugar, brown sugar, honey

Canned Goods

Reduced sodium tomatoes, tomato paste, reduced-sodium chicken, beef or vegetable broth, beans (cannellini, great northern, chickpeas, black, kidney), chunk light tuna, salmon

Nuts and Dried Fruit

Walnuts, pecans, almonds, apricots, dates, cranberries, raisins, peanut butter (natural)

For easy recipes using items from a stocked pantry:

www.foodnetwork.com/30-minute-meals/recipes/index.html

Dawn McMillian, MS, RD, Wellness Specialist

Dark Chocolate Biscotti

Ingredients:

2 cups whole wheat flour
2 tbsp flaxseed
1/2 tsp baking soda
1/4 tsp salt
1/3 cup granulated sugar
1/3 cup packed dark brown sugar
2 large egg whites
1 large egg
1 1/2 tsp vanilla extract
2/3 cup dark chocolate chips
3/4 cup unsalted almonds



Directions:

Preheat oven to 350°F. Lightly spoon flour into dry measuring cups and level with a knife. Combine flour, flaxseed, baking soda and salt in a bowl, stirring with a whisk. Combine sugars, egg whites and egg in another bowl. Beat with an electric mixer at high speed for 2 minutes. Add vanilla; mix well. Add dry ingredients to egg mixture, stirring until combined. Fold in chocolate chips and almonds. Divide dough into 3 equal portions. Roll each portion into a 6-inch long roll. Arrange the rolls 3 inches apart on a baking sheet lined with parchment paper. Pat rolls down to a 1-inch thickness. Bake at 350° for 25-30 minutes or until firm.

Remove rolls from baking sheet, placing on wire rack to cool for 10 minutes. Cut rolls diagonally into 1/2 inch slices. Place the slices (cut side down) on baking sheet. Reduce oven temperature to 325°; bake 7 minutes. Turn slices over; bake another 7 minutes (biscotti will be slightly soft in center but will harden as they cool). Remove from baking sheet and cool on wire rack.

Yield: 30 biscotti

Nutrition Information Per Serving: 94 Calories; 3.5 gms Fat; 49 mg Sodium; 14 gms Carbohydrate; 2 gms Fiber, 2.7 gms Protein

Source: Cooking Light Magazine

Reviewed by: Dawn McMillian, MS, RD, Wellness Specialist



WEIGHT WATCHERS AT WORK

Hoping to lose weight in the New Year?

Visit one of the upcoming Weight Watchers information sessions to learn more about this program.

The Emory Clinic-A, 1365 Clifton Road
Tunnel Level: Brown Auditorium

Monday January 14, 2013

11 a.m. -12 p.m.

Weekly meeting for current members to follow as scheduled at 12:30 p.m.

1599 Clifton Road Building, Room 4A

Wednesday, January 23, 2013

12:30 p.m. - 1:30 p.m.

EMORY CAREGIVER SUPPORT PROGRAM

Emory University is launching a new program to support employees who are responsible for the care of an aging, sick or chronically ill adult family member. To learn more about the program and to register for Introducing the Emory Caregiver Support Program, visit www.worklife.emory.edu/EmoryCaregiverSupportProgram.

January 17, 2013

12 p.m. – 1:30 p.m.

Nell Hodgson Woodruff School of Nursing, Room 101

All About Health is Changing!

Later this spring, All About Health will be taking on a new online format. All About Health will be transitioning to a blog format which will provide health and wellness information at your fingertips. With the new blog format you will be able to subscribe to the publication and receive updates by email each time a new article is posted. This format will also allow you to provide feedback and comments about articles, as well as search for archived stories and recipes quickly and easily. Look for more information coming soon!

BE A QUITTER!

Freedom From Smoking

This American Lung Association program is a group class that includes eight sessions and features a step-by-step plan for quitting smoking. Quit Day is not until the fourth meeting, which allows for appropriate preparation for and maintenance of a tobacco-free lifestyle. Registration is open to Emory faculty and staff and their spouse/SSDP, free of charge. Pre-registration is required and is on a first come, first serve basis. For more details, contact Diane Weaver, Wellness Specialist: 404-727-WELL or diane.n.weaver@emory.edu.



OTHER TOBACCO CESSATION RESOURCES:

The following programs are free for Emory employees and spouses/SSDPs only:

Quit for Life Program:

Personalized 12-month program including scheduled telephonic counseling sessions, an 8-week supply of Nicotine Replacement Therapy (NRT; the patch or gum), unlimited online support, coaching support for Tier Zero medications. Enroll at www.quitnow.net or 1.866.QUIT.4.LIFE.

GetQuit Plan:

A step-by-step plan to assist you — online and over the phone — in becoming a non-smoker with the use of the prescription drug Chantix. Participants are eligible with their prescription for Chantix. Enroll at www.getquit.com or 1-877-242-6849.

Tier Zero Medications:

Tobacco cessation medications are covered free of charge to employees covered under one of Emory's medical plans. Tier Zero tobacco cessation medications include: Nicotine NS (nasal spray), Nicotrol inhaler, Zyban, Chantix. Contact The Pharmacy at Emory, your doctor, the Emory EVIP line (404-778-EVIP) or FSAP.

Individual Counseling:

Meet with an FSAP clinician to help you manage the emotional effects of quitting tobacco. FSAP services are free and confidential for benefits-eligible employees of Emory University and Emory University Hospitals, and spouses/SSDPs.



Please forward comments to:
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