NATIONAL HEALTH OBSERVANCE: DIABETES AWARENESS

Diabetes Awareness

There are 20.8 million people in the United States, or 7% of the population, who have diabetes. While an estimated 14.6 million have been diagnosed with diabetes, unfortunately, 6.2 million people (or nearly one-third) are unaware that they have the disease. Most Americans who are diagnosed with diabetes have type 2 diabetes.

Type 2 diabetes is preventable through a healthy diet and regular exercise program. However, there are people who are predisposed to this disease from other health risk factors.

Earn “WellBucks” by taking the online risk assessments through the American Diabetes Association to identify your risks for diabetes.

Also, attend this month’s Well-at-Work series to learn more about healthy eating during the holidays to help maintain blood sugar levels.

$5,000 Wellbucks
Diabetes PHD (personal health decisions) which helps you identify your health risk for diabetes. Visit: https://www.diabetes.org/phd/profile/start.jsp

$1,000 Wellbucks

Submit proof of completion to: lindenwell@lindenwood.edu

WELLNESS INCENTIVE PROGRAM

“Steppin’ Our Way to a Healthier May” is off to a great start! Many faculty and staff have registered on the 10,000 Steps website and have started earning their WellBucks. The goal is to log your daily physical activity and by May, increase your personal daily activity by 25%. You can join the incentive program at any time. Visit the lindenwell website for details. We look forward to your participation. Happy stepping!

“WellBuck” Incentives for November/December
- Well-at-Work Series: $5,000
- Register for on-line tracking (www.10000steps.org.au) $1,000
- Show support of Diabetes Awareness Month: up to $10,000 (Details on the website)
- Take the Online Diabetes Risk Assessments! $1,000 and $5,000 (Details above)

Throughout the incentive program, you may request to receive extra WellBucks for off-campus activities that promoted your personal well-being, please submit request to: lindenwell@lindenwood.edu

Thanksgiving foods to eat
What would you choose?
6 Ounces of White Meat or Dark Meat?
Answer on Page 4

LindenWell Employee Newsletter
Winter 2008
Do you remember the song, “Taking Care of Business” by George Thoroughgood? Diabetics need to ‘take care of business’ everyday. Having diabetes is a daily commitment for those with type 1 and type 2 diabetes.

The following tips come from the book, Death to Diabetes, written by DeWayne McCulley. Stay away from the following foods:

1) High fructose corn syrup, corn syrup or refined sugar, especially if they are listed in the top 4 items of the ingredients list,
2) Refined white flour which is found in cereal, pasta, pancakes and starchy foods,
3) Trans fats, not a good choice for anyone,
4) Saturated fats,
5) Drugs such as alcohol, tobacco, caffeine, and prescription and recreational drugs.

The good foods to eat are:

1) Fruits and vegetables,
2) Lean protein stressing fish, nuts, seeds, beans, and lentils,
3) Unsaturated fats including Omega 3- and 6-polyunsaturated, and mono-unsaturated fats, including extra virgin olive oil, and
4) Organic whole grains.

If you know anyone, either an employee or a student, who appears to be troubled or more emotional than normal, you may want to refer that person to the Lindenwood Student Counseling and Resource Center. It was established nearly two years ago for the purpose of helping troubled undergraduate students so they could succeed emotionally that would then lead to academic success. Over time we have had staff members come talk to our interns as well. It’s a confidential and free resource that may help an individual to keep from having a mental health crisis. With concern high nationwide about violent outbursts from college students or staff members, we want to be part of a multidisciplinary approach to defusing tensions that could lead to a crisis. Things to watch for among your co-workers and students include extreme changes in mood or appearance, giving away belongings, angry outbursts, erratic or bizarre behavior, and any other indication that the individual is upset. Sometimes a simple visit to SCRC can get a person back on track. If you feel comfortable to recommend to a troubled person to check out our services, have them call 636-949-4186 to make an appointment. If you are uncomfortable approaching the person to recommend the Center, you might contact Dr. John Oldani or Terry Russell, who may be able to influence the individual to seek help. Because staff and student interns cannot approach individuals who have not requested services, the SCRC staff can only approach individuals in an emergency situation. In that case, call 314-614-1952 and someone will intervene to deescalate any mental health crisis.

**SOCIAL HEALTH-Holiday Gatherings**

Holiday parties are always a place to enjoy extended family, socialize with old friends, and well, EAT!

Here are some tips on how to avoid splurging during the holidays:

1. If going to a party, eat a healthy snack before going. For example, a small salad, 1/2 a sandwich, soup, etc. You’ll be less likely to overeat.
2. Keep your hands occupied and you’re less likely to snack. For example, keep a glass of ice water in one hand and your cell phone in the other!
3. Drink lots of fluids... water, not eggnog! Keeping hydrated with 0 calorie drinks will make you feel full and less likely to snack.
4. Decide before attending the party, which holiday dessert item you would most enjoy: preplanning helps us “stick to the plan”
5. Be physically active! After a meal, plan a brisk walk with a friend. If you pre-plan this activity, you will be less likely to overeat: knowing you have a walk ahead of you!
6. Remember that everyday is a new day. If you have a moment of splurging at a party, it’s OK! The next day you can plan a physical activity and get back on track.

“Enjoy holiday foods in moderation, not abundance!”

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**MENTAL HEALTH? - Yes, Please.**


Being able to balance time at work and at home is not easy and cannot be done all of the time. Focus on the times that you are able to make that balance. We are looking for a “good enough” balance, not a perfect balance. Part of balancing is being able to accept the positive with the negative. As we get older, we become more aware of how life is like a double-edged sword. To increase conflict resolution in the family, it is helpful to look for win/win solutions. In family relationships where one person wins and the other loses, the relationship loses. Esteem-building in the family is building good or positive family feelings. Focus on personal strengths of each family; catch them doing something positive and validate that positive behavior. Flexibility is the motto of any family. With each member of the family developing at their appropriate pace and with family changes due to the family life cycle, families are in constant change. Networking is developing friendships with other families and/or volunteering, as a family, to help those who are less fortunate, i.e., serving Thanksgiving to homeless families. Togetherness suggests spending time together. This does not need to be huge blocks of time, maybe an hour or two. It can be developing a new family tradition and/or increasing the expression of affection towards each other. However, let’s remember that we also need time for ourselves. Back to balance.

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**READING YOUR PALM ...WHAT IS IN THE FUTURE**

This Spring employees will have the chance to form teams for some healthy competition! Details to follow in the Spring semester.

If you have ideas for a Well-at-Work Series, please email lindenwell@lindenwood.edu

For all the most up-to-date information on the current incentive program, including: the “WellBucks” program, monthly workshops, and weekly activities, visit the website:

www.lindenwood.edu/lindenwell

Thank you!
**WELL-AT-WORK SERIES**

“SEASON’S EATINGS”

December 2nd or 3rd

3:15PM-4:00PM

SPELLMANN CENTER ROOM 3115

Remember you get $5,000 “WellBucks” for attending!!

**HEALTHY RECIPE OF THE MONTH**

**Turkey and Bean Soup**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
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<tr>
<td>2 teaspoons olive oil</td>
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<tr>
<td>3 1/2 cup chopped leeks</td>
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<tr>
<td>1 clove garlic, minced</td>
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<tr>
<td>2 cups vegetables reserved from Herb-Roasted Turkey and Vegetables</td>
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<tr>
<td>2 14-ounce cans reduced-sodium chicken broth</td>
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<tr>
<td>1 3/4 cups water</td>
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<tr>
<td>1 15-ounce can cannellini beans, rinsed and drained</td>
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<tr>
<td>1 small green sweet pepper, seeded and chopped</td>
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<tr>
<td>10 ounces turkey reserved from Herb-Roasted Turkey and Vegetables</td>
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<tr>
<td>Fresh herb sprigs (optional)</td>
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1. In a large saucepan, heat olive oil over medium heat. Add leeks and garlic; cook for 3 to 5 minutes or until leeks are tender, stirring occasionally.
2. Meanwhile, cut carrots and any large potato pieces in the reserved vegetables in half. Add reserved vegetables, chicken broth, the water, cannellini beans, and sweet pepper to the leek mixture. Bring to boiling; reduce heat. Cover and simmer for 10 minutes.
3. Cut reserved turkey into cubes. Add turkey to soup; heat through. If desired, garnish individual servings with fresh herbs.