

Wellness Council

January 2019 Newsletter



Need a little help with your New Year's resolution? The 30 day challenge is back! Our next district challenge starts January 14th and will run through February 12th.

1. Choose a habit you would like to change. It can deal with anything wellness. For example, exercise, nutrition, self-care, or gratitude just to name a few.
2. Set a goal. "I want to do one self care act every day, I will exercise 30 minutes every day."
3. Each day you meet that goal, record it on a chart in your staff room (or designated area), just a check mark or a star will work.
4. Every person who successfully meets their goal by marking off 25 of the 30 squares will equal one entry for your site to win a catered meal.



January Recipe:

After a season of merriment we sometimes need to reset our bodies. Here is an easy soup to reduce inflammation and boost immunity!

- 2 cups shredded cooked chicken or turkey
- 3 medium zucchini, spiralizer
- 1 Tbsp olive oil
- 1 yellow onion, diced
- 4 ribs celery, sliced
- 1 red bell pepper, diced
- 1 clove fresh garlic, minced
- 2" nob fresh ginger, peeled and grated
- 1 tsp dried thyme
- 1/2 tsp dried rosemary
- 1 bay leaf
- 8 cups turkey, chicken, or vegetable broth/stock
- 2 Tbsps fresh chopped parsley leaves
- sea salt and fresh ground pepper, to taste
- 1/2 fresh lemon, juiced



Instructions:

1. Heat oil in a large stockpot over medium heat.
2. Saute the onion, celery, pepper, ginger, and garlic for about 4 minutes, stirring occasionally.
3. Add the broth/stock, thyme, rosemary, bay leaf, and shredded chicken into the pot and simmer on low for about 10 minutes.
4. Stir in the zoodles and cook for 2-3 minutes more, until just begins to soften.
5. Add fresh squeezed lemon juice of 1/2 a small lemon, then give everything a gentle stir.
6. Garnish with fresh chopped parsley, serve hot and enjoy!



Just because it's cold outside does not mean you have to skip your run, walk or even your ride. Cold weather workouts can have some great benefits. According to Dr. Adam Tenforde, an assistant professor of sports medicine and rehabilitation at Harvard-affiliated Spaulding Rehabilitation Network, winter workouts offer many benefits that summer workouts just can't match. For example, "In colder temperatures your heart doesn't have to work as hard, you sweat less, and expend less energy, all of which means you can exercise more efficiently." In addition, studies have shown that cold weather can transform white belly and thigh fat into calorie burning brown fat. Also, getting outside in the winter helps get you exposure to sunlight, which can help keep seasonal affective disorder at bay. However, while cold weather exercise is safe for most people, if you have conditions such as asthma or heart issues you should check with your doctor to see if you need to take any special precautions.

Just like you need to be properly prepared for summer heat and humidity you also need to be prepared for the cold. Below you will see some things you should definitely consider:

Wear layers

Your base layer should be thin moisture wicking fabric; the next layer should be a fleece or wool layer for insulation. Avoid cotton because it will absorb sweat and make you colder. Top all of this with a waterproof breathable outer layer.

Protect your heat: hands and feet

We all know that when it's cold your blood flow concentrates on your core to help keep you warm. This leaves your hands and feet vulnerable to the cold. You should wear wool or fleece lined gloves or add a moisture wicking fabric under heavier gloves. You should also wear heavy socks; a wool cap and eye wear to protect you from glare.

Wear sunscreen

It might not be hot but you can still get sunburned in the winter. Your risk is increased if you are exercising in or around snow. Always wear a sunscreen that blocks both UVA and UVB rays with a minimum 30 SPF. Make sure not to neglect your lips as well.

Stay hydrated

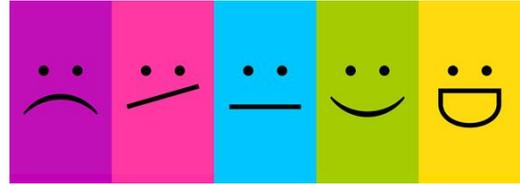
You are more likely to get dehydrated in cold weather because cold air tamps down your thirst. The amount of water may not be the same as when you are exercising in warmer weather but you should still drink water before, during and after your workout.

Choose a safe area

Make sure your route is safe; you can get good footing and is clear and safe to navigate

So even though we sometimes like to hibernate in the winter you can use these tips to keep yourself healthy in the winter months.

Does food affect your mood?



A person's gut bacteria are unique to them and typically formed over the first 1,000 days of life. However, researchers also agree that there are things you do that can change that environment throughout your life.

The foods we eat, especially foods that contain chemical additives and ultra-processed foods, affect our gut environment and increase our risk of disease. Ultra processed foods contain substances extracted from them (such as starch and sugar). They also have things like hydrogenated fats added to them or they are made in a lab (flavor enhancers, food coloring). One very important thing to remember is that ultra-processed foods are manufactured to be extra tasty by the use of such ingredients or additives; they are also typically inexpensive. These foods are very common in the Western diet, some examples are soda, sugary or savory packaged snack foods, instant noodles and packaged buns pastries and chicken nuggets.

Many researchers suggest fixing your food first before trying gut modifying therapies such as probiotics or prebiotics to improve how you feel. They suggest eating whole foods and avoiding processed and ultra-processed foods that we know cause inflammation and disease like the ones listed above.

So what does your gut have to do with your mood? As we consider the connection between the brain and the gut, it's important to know that 90% of serotonin receptors are located in the gut. The relatively new field of nutritional psychiatry helps patients understand how gut health and diet can positively or negatively affect their mood. There is an anatomical and physiologic two-way communication between the gut and brain via the vagus nerve. This connection offers us a greater understanding of the connection between diet and disease, including depression and anxiety.

A few suggestions for a healthier gut and improved mood

- *Eat whole foods and avoid packaged or processed foods, which are high in unwanted food additives and preservatives that disrupt the healthy bacteria in the gut.
- *Instead of vegetable or fruit juice, consider increasing your intake of fresh fruits and vegetables. *Frozen fruits without added sugars/additives are a good choice
- *Eat enough fiber and include whole grains and legumes in your diet.
- *Include probiotic-rich foods such as plain yogurt without added sugars.
- *To reduce sugar intake at breakfast, add cinnamon to plain yogurt with berries, or to oatmeal.
- *Adding fermented foods such as kefir (unsweetened), sauerkraut, or kimchi.
- *Eat a balance of seafoods and lean poultry, and less red meat each week.
- *Add a range of colorful fresh fruits and vegetables to your diet, and consider choosing certain organic produce.

A better diet can help but remember it is only a part of treatment. When we talk about using it as a way to avoid or relieve feelings of depression or anxiety we are talking about a mild or moderate form of each. Simply changing your diet will not impact serious forms of depression and thoughts of suicide, it is important to seek treatment in an emergency room or contact your doctor.

[For more information click here](#)



Sharing a Wellness Success and A Cheer for Your Success

From: Christy Luzader, MECP's Community IA

November 2017 I decided I wanted to lose some weight after gaining thirty pounds (starting weight 185) due to life and stress. I also noticed that I always felt bloated and uncomfortable and couldn't figure out why that was. After looking in to different diets I decided to try a low carb diet. I began by cutting out carbs. With in the first month I noticed that my body felt so much better. One evening my husband and I went out for a date night and I decided I was going to have a cheat day and eat some pasta and boy that was a mistake. Within thirty minutes after eating I felt very crappy and bloated like I did before I started my low carb diet. It took me a few days to recover! Over the course of the next few months I tried small amount of carbs and noticed the same results of feeling crappy and bloated.

After four month into my diet I had lost a whopping twenty seven pounds, I had gone from a size 12 to a size 6 and I had already hit my weight goal. But I didn't stop there, I kept with my low carb diet. After another four months I was down another twenty pounds (end weight 140) and now in a size 4-6. This is well past my goal and I'm feeling really good. I was noticing I had my energy back and for once I felt good in my skin.

When I stated this diet journey I never thought I would learn as much as did about myself and body. I learned that I'm gluten free kind of lady and that my healthy eating choices were no longer a diet for me. It became a lifestyle change that I've grown to love. I was proud of taking the time to listen to my body and it's needs. Never in a million years did I think I would be a gluten free person but I'm happy to have learned what my body doesn't like and now I'm even more proud to say I know what keeps me and my body healthy and that is fresh healthy food. So for me I have completely stayed away from: fast food, man-made carbs, and anything that I can't harvest on my own (if I had the time). However, I don't think for one minute my food choices are boring, because I still get pizza, pasta and those yummy treats as long as it gluten free.

I'm sharing my story with you in hopes it will inspire you that you can do anything you put your mind to. It's not always easy, but just remember I'm here rooting for you.

Now that I have made a lifestyle change that has set me up for success I'm off on a new adventure in this coming year. My new challenge is to become more fit. I plan to tone all my areas. I'm going to start off with an hour of fitness a week and build on that. Hey, you never know this just might be another life style change that works for me.

More pictures with recipes to come.
~Christy Luzader MECP



App of the month!

Pacifica is the app can help you start 2019 off in a healthy state of mind. Stress, anxiety, and depression can get in the way of you living your life. Pacifica gives you psychologist-designed tools to address them based on Cognitive Behavioral Therapy, mindfulness meditation, relaxation, and mood/health tracking.

RELAXATION & MINDFULNESS MEDITATION AUDIO TOOLS

Calm down in moments of stress or anxiety using one of Pacifica's 30+ audio exercises set to relaxing soundscapes, including deep breathing, muscle relaxation, and mindfulness meditations.

GUIDED SELF-HELP PATHS

Our psychologist-designed Paths include audio lessons and helpful activities to help you with stress, anxiety, or depression. These include an introductory Path, two Paths focused on CBT, and a mindfulness Path.

MOOD TRACKER

Rate your mood and feelings throughout the day, and add specific notes (the situation, the trigger, etc.) so you can notice patterns and see improvement over time.

THOUGHT RECORDING, JOURNALING & ANALYSIS

Use Pacifica's psychologist-designed thought analysis tools to learn how distorted thinking patterns contribute to your anxiety. Pacifica uses CBT techniques to help you to think in a more balanced way, which helps break the negative thought cycle.

DAILY CHALLENGES & GOAL TRACKING

Pacifica uses CBT techniques to help you to face your anxiety, one day at a time, and gradually work toward your long term goals via daily challenges.

HEALTH TRACKER

Set and track daily health goals for habits that affect anxiety (exercise, sleep, caffeine, alcohol, etc.). Learn which of these trigger your anxiety based on patterns in your mood. Exercise, sleep and caffeine can also be populated using the Apple Health app.

COMMUNITIES & GROUPS

You aren't alone in this. Share stories, advice and more with Pacifica's peer-support community.





3 ways to up your fitness game

You know exercise is good for you. But when your to-do list is a mile long, it can be easy to write off your workouts. To get back on track, focus on simple ways you can move more, more often.

Find your fit

Staying active is easier when your workouts don't feel like work. Maybe treadmills and barbells aren't your thing. But what about dancing? Shooting hoops? Walking on a sunny day? (Pssst! That's exercise!)

Divide and conquer

Exercise adds up. So if you don't have a solid 30 minutes to spare, break it up into 10-minute bursts of activity, 3 times a day instead. The health benefits are the same – your body can't tell the difference.

Make commuting your cardio

Walk or bike to your job for a workout that's built into your workday. If that's not an option, park farther away – or get off the bus or train a few stops early – and walk the rest of the way.

Ready to get moving?



Visit kp.org/fitness and follow us @kpthrive.

Services covered under a Kaiser Permanente health plan are provided and/or arranged by Kaiser Permanente health plans: Kaiser Foundation Health Plan, Inc., in Northern and Southern California and Hawaii • Kaiser Foundation Health Plan of Colorado • Kaiser Foundation Health Plan of Georgia, Inc., Nine Piedmont Center, 3495 Piedmont Road NE, Atlanta, GA 30305, 404-364-7000 • Kaiser Foundation Health Plan of the Mid-Atlantic States, Inc., in Maryland, Virginia, and Washington, D.C., 2101 E. Jefferson St., Rockville, MD 20852 • Kaiser Foundation Health Plan of the Northwest, 500 NE Multnomah St., Suite 100, Portland, OR 97232 • Kaiser Foundation Health Plan of Washington or Kaiser Foundation Health Plan of Washington Options, Inc., 601 Union St., Suite 3100, Seattle, WA 98101 • Self-insured plans are administered by Kaiser Permanente Insurance Company, One Kaiser Plaza, Oakland, CA 94612

Calendar of Events:

DATE	EVENT	INFO	LINK
Jan. 3rd	Free Art Museum	Visit the Portland Art Museum for free the first Thursday of every month.	Free Days
Jan. 5th	Comedy Improv	Fun fast paced comedy for the whole family	ComedySportz
Jan.6th	Discounted days at OMSI	OMSI offers entry for \$2 the first Sunday of every month and \$5 submarine tours	Discount days
Jan. 9th	Oregon Boat Show	See the latest in sailboats, fishing boats and sport boats at the Expo Center	Boat Show
Jan. 12th	Reptile Show	See frogs, snakes, geckos and other exotic creatures at the Holiday inn on Columbia Blvd.	Reptile Expo
Jan. 17th	Japanese New Year Celebration	This event includes sushi, dessert, libatons and traditional music. Held at Montgomery Park	Celebration
Jan. 19th	Bull Riding	Professional bull riders take on the fiercest bucking bulls at the Moda Center	Velocity Tour
Jan. 21st	MLK Breakfast	The Skanner Foundation is hosting its 33rd Annual MLK Breakfast. A Portland tradition featuring statewide and local business leaders coming together with the community to honor the life and legacy of Dr. Martin Luther King, Jr.	Annual MLK breakfast
Jan. 31st-March 3	Jesus Christ Superstar	J.C. Superstar is Andrew Lloyd Webber's epic rock musical with unforgettable songs, high-energy dancing, and powerful storytelling at Brunish Theatre.	Jesus Christ Superstar