

City Of Mission's



Live Well, Work Well

February 2018

Welcome to this month's edition of *Live Well, Work Well*. In this issue, we will be focusing on the importance of a Healthy Heart.

Give Your Heart a Workout

Get physical to lower your risk of heart disease. Heart disease is a killer. In fact, it is the number one killer of Americans. And physical inactivity is one of several risk factors leading to heart disease. So let's get moving. Here are five tips to get you started:

- ♥ Guess what. You don't have to spend hours a day at the gym. Target two and a half hours of moderate aerobic activity each week – at least 10 minutes at a time.
- ♥ No excuses. Get active throughout the day by taking walks at work and just by doing things you like – biking, dancing, gardening or any other activity you enjoy.
- ♥ A complete program. Include an aerobic activity – walking, jogging or biking – to get your heart rate up; resistance training like pushups to firm, strengthen and tone muscles; and flexibility exercises to stretch and lengthen muscles.
- ♥ It's all about your style. Choose whatever works for you. Exercise alone or in a group – indoors or out.
- ♥ Get active; stay active. If you get bored, find something else you like. Set goals and plan ahead by scheduling activities into your day.

Following these tips may reduce your risk of developing heart disease. You'll also feel energized, reduce stress and build confidence.

Source: Blue Cross Blue Shield of Texas

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Next Month's Issue:

Traumatic Brain Injury – Prevent an Accident, save a brain.

Traumatic Brain Injuries (TBI)

General: TBI occurs as the result of a rapid acceleration, deceleration or deformation of the brain. The size, number and location of lesions depend on the extent of damage to the brain tissue and organ system. TBI can be classified as mild, moderate or severe based on the extent of damage to the brain.

TBI Facts: In 2010, there were 1.7 million TBI cases in the U.S.

\$2,000	Average cost of a mild TBI
\$75,000	Average cost of a moderate TBI
\$14 million	Estimated cost of long-term care for severe TBI
1.7 million	Estimated number of TBI cases in the U.S.
29%	Of the population

Common causes: According to the CDC, the most common causes of TBI are:

Falls: 30%
Car accidents: 19%
Collisions: 17%
Assaults: 10%

Common symptoms of the system of organs that control thinking, feeling and acting:

- Loss of consciousness
- Change in mental status
- Seizures
- Headaches
- Blurred vision
- Slurred speech
- Personality changes
- Memory loss
- Loss of motor control
- Loss of bladder or bowel control

Long-term side effects: TBI can have long-term side effects. Some of the most common are cognitive impairment, which affects the ability to think, learn, and remember. It can also affect the ability to control emotions and behavior. TBI can also affect the ability to control movement and coordination. TBI can also affect the ability to control speech and language. TBI can also affect the ability to control vision and hearing. TBI can also affect the ability to control taste and smell. TBI can also affect the ability to control touch and pain. TBI can also affect the ability to control temperature and sweating. TBI can also affect the ability to control breathing and heart rate. TBI can also affect the ability to control blood pressure and blood sugar. TBI can also affect the ability to control the immune system. TBI can also affect the ability to control the reproductive system. TBI can also affect the ability to control the endocrine system. TBI can also affect the ability to control the nervous system. TBI can also affect the ability to control the circulatory system. TBI can also affect the ability to control the respiratory system. TBI can also affect the ability to control the digestive system. TBI can also affect the ability to control the urinary system. TBI can also affect the ability to control the excretory system. TBI can also affect the ability to control the integumentary system. TBI can also affect the ability to control the musculoskeletal system. TBI can also affect the ability to control the skeletal system. TBI can also affect the ability to control the reproductive system. TBI can also affect the ability to control the endocrine system. TBI can also affect the ability to control the nervous system. TBI can also affect the ability to control the circulatory system. TBI can also affect the ability to control the respiratory system. TBI can also affect the ability to control the digestive system. TBI can also affect the ability to control the urinary system. TBI can also affect the ability to control the excretory system. TBI can also affect the ability to control the integumentary system. TBI can also affect the ability to control the musculoskeletal system. TBI can also affect the ability to control the skeletal system.

Call d'Almeida & Associates
1-800-952-6878 for a free consult

Reducing Risk Makes the Heart Grow Stronger

Are you in a risky relationship with your heart? It may be tempting to believe that doing just one healthy thing will take care of your heart disease risk. For example, you may hope that if you exercise regularly, you can still eat a lot of fatty foods and stay fairly healthy. Not true. To protect your heart, make the changes that address each and every risk factor you have, such as high blood pressure, diabetes, being overweight, smoking or high cholesterol.

Make an appointment with your doctor for a thorough checkup and work together to help achieve your heart healthy goal. Remember to ask questions about your chances of developing heart disease and ways to lower your risk.

Source: U.S. Department of Health and Human Services

Top 10 Healthy Heart Tips

A healthy lifestyle will make your heart healthier. Here are 10 things you can do to look after your heart.

- ♥ Give up Smoking. If you're a smoker, quit. It's the single best thing you can do for your health. Smoking is one of the main causes of coronary heart disease. A year after giving up, your risk of a heart attack falls to about half that of a smoker.
- ♥ Get Active. Getting – and staying – active can reduce your risk of developing heart disease. It can also be a great mood booster and stress buster.
- ♥ Manage Your Weight. Being overweight can increase your risk of heart disease. Stick to a healthy, balanced diet low in fat and sugar, with plenty of fruit and vegetables, combined with regular physical activity.
- ♥ Eat More Fiber. Eat plenty of fiber to help lower your risk of heart disease – aim for at least 30g a day.
- ♥ Cut Down on Saturated Fat. Eating too many foods that are high in saturated fat can raise the level of cholesterol in your blood. This increases your risk of heart disease. Choose leaner cuts of meat and lower-fat dairy products like 1% fat milk.
- ♥ Get Your 5 A Day. Eat at least five portions of a variety of fruit and vegetables a day. They're a good source of fiber, vitamins and minerals.
- ♥ Cut Down on Salt. To maintain healthy blood pressure, avoid using salt at the table and try adding less to your cooking.
- ♥ Eat Fish. Eat fish at least twice a week, including a portion of oily fish. Pregnant or breastfeeding women shouldn't have more than two portions of oily fish a week.
- ♥ Drink Less Alcohol. Don't forget alcohol contains calories.
- ♥ Read the Food Label. When shopping, it's a good idea to look at the label on food and drink packaging to see how many calories and how much fat, salt and sugar the product contains.

Source: Blue Cross Blue Shield of Texas

10 Tips To Live By

10 Tips to live by, for Heart-Healthy Families

1. Keep portions small, to have less wasted food, and avoid obesity.

2. Watch calories to maintain a healthy weight.



3. Provide kids nutritious snack choices, ready to grab on the go.

4. Use soft spread margarine labeled zero trans fats in place of butter to help reduce intake of saturated fat, trans fat and cholesterol.

5. Don't let anyone skip breakfast; a healthy breakfast is essential for a productive day.



6. Choose beverages wisely. Include nonfat or low fat milk and drink plenty of water and other non-sweetened beverages like tea.

7. Make the dinner occasion a family get-together occasion, and turn the TV off while eating.

8. Offer your family plenty of fruits and vegetables every day.



9. Prepare low-fat versions of your family's favorite meats and poultry, use low fat cheeses and milk and eat at least 2 servings of fish per week in place of fatty meats.

10. Choose whole grain foods as a good source of fiber.



Source: www.FamilyatHeart.com

Puzzle



Chef Solus Food Safety Crossword Puzzle

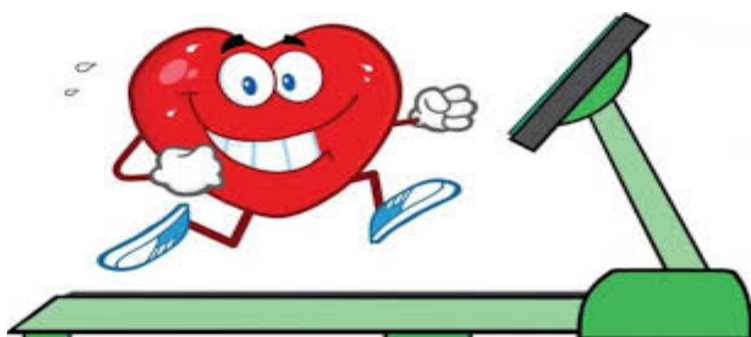
Across

- Keep cold food cold and hot food _____
- An ice _____ will keep your lunch cold
- Wash your hands before you _____
- Bacteria grow rapidly in the danger _____ (rhymes with cone)
- Milk, eggs and yogurt should be stored in the _____
- Slice veggies on a clean cutting _____
- Keep food _____ in the refrigerator
- Bacteria begins to grow on perishable food within _____ hours if not refrigerated.
- Don't leave food out for more than two _____

Down

- Warm water and _____
- Raw meat should _____ touch fruit
- Germ is another word for _____
- Use a meat _____ to check the temperature
- You can see bacteria: True or False
- Wash both of these for 20 seconds to kill germs.

Let's Get Moving! Move Of the Month:



quick morning workout

- 15 squats
- 5 pushups
- 20 jumping jacks
- 20 crunches
- 5 pushups stretch

@workouts_daily

How to Prevent Heart Disease at Any Age

You're never too young— or too old — to take care of your heart. Preventing heart disease (and all cardiovascular diseases) means making smart choices now that will pay off the rest of your life. Lack of exercise, a poor diet and other unhealthy habits can take their toll over the years. Anyone at any age can benefit from simple steps to keep their heart healthy during each decade of life. Here's how:

No matter what your age, everyone can benefit from a healthy diet and adequate physical activity.

- **Choose a healthy eating plan.** The food you eat can decrease your risk of heart disease and stroke. Choose foods low in saturated fat, *trans* fat, and sodium. As part of a healthy diet, eat plenty of fruits and vegetables, fiber-rich whole grains, fish (preferably oily fish-at least twice per week), nuts, legumes and seeds and try eating some meals without meat. Select lower fat dairy products and poultry (skinless). Limit sugar-sweetened beverages and red meat. If you choose to eat meat, select the leanest cuts available.
- **Be physically active.** You can slowly work up to at least 2½ hours (150 minutes) of moderate-intensity aerobic physical activity (e.g., brisk walking) every week or 1 hour and 15 minutes (75 minutes) of vigorous intensity aerobic physical activity (e.g., jogging, running) or a combination of both every week. Learn the American Heart Association's Guidelines for Physical Activity in Adults and in Kids. Additionally, on 2 or more days a week you need muscle-strengthening activities that work all major muscle groups (legs, hips, back, abdomen, chest shoulders, and arms). Children should get at least 60 minutes of activity every day.
- It's never too early or too late to **learn the warning signs of a heart attack and stroke.** Not everyone experiences sudden numbness with a stroke or severe chest pain with a heart attack. And heart attack symptoms in women can be different than men.

Source: American Heart Association

Heart Disease

The steady beat of a healthy heart. It's a sign of good health we often take for granted. But keeping it pumping 24/7 for a lifetime doesn't happen automatically.

Heart Disease is a number one cause of death in the U.S. each year. The main cause? Plaque that builds up in your arteries, narrowing them and reducing blood flow to the heart.

Smoking, an unhealthy diet and not getting enough exercise promote the production of plaque. Having high cholesterol, high blood pressure or diabetes also increases the risk.

February is American Heart Month. It's a great time to take stock of your heart health. A healthy heart – what better Valentine to give those you love?



Source: Blue Cross Blue Shield of Texas/Centers for Disease Control and American Heart Association.

How Does Your Heart Rate?

Find out by assessing your lifestyle. Healthy lifestyles play a big part in reducing your risk of heart disease. Ask yourself these questions to evaluate your lifestyle:

- ♥ Do I smoke, and if so, how do I stop?
- ♥ What eating habits do I need to change?
- ♥ Am I including physical activity in my daily routine?
- ♥ How can I be more relaxed?
- ♥ Do I need medication to reduce my heart attack risk?

With the right answers, a healthier lifestyle is only a heartbeat away.



Source: BlueCross BlueShield / American Heart Association

Healthy Recipe

Golden Beet Veggie Balls with Almond Sage

Boost the delicious and the health potential of your holiday meals with more plant foods! Try making a plant-based entrée like these veggie “meatballs”, filled with the goodness of beans, grains, vegetables, and herbs. These crispy veggie balls are filled with the earthy, holiday flavors of golden beets, white beans, sage, and hazelnuts. Serve them alongside this easy almond crema dip for the perfect party appetizer, holiday entrée, or comforting side dish.

Makes 8 Servings
Per serving: **280 calories,**
15 g total fat, 28 g
carbohydrate, 12 g
protein, 58 g fiber,
220mg sodium



Ingredients:

- 1 bunch fresh golden beets (about 5)
- 1 (15-oz) can cannellini beans, rinsed drained (about 1 3/4 cups)
- 2 green onions, diced
- 2 cloves garlic, minced
- 1 cup mushrooms, finely chopped
- 1/2 cup fresh chopped parsley
- 1/2 cup finely chopped hazelnuts
- 1/4 cup ground flax seeds
- 1/2 cup whole wheat breadcrumbs (may use gluten-free)
- 1 tsp sage
- 1 tsp tarragon
- 1 tsp thyme
- 1/2 tsp smoked paprika
- 1/4 tsp black pepper
- 2 Tbsp reduced-sodium soy sauce
- 2 Tbsp tahini
- 1 lemon, juiced

Directions:

1. Trim beets and scrub outside surface, leaving peels on. Shred beets with food processor or box grater.
2. Place beans in a mixing bowl and mash slightly with a potato masher to achieve a thick mixture with some lumps.
3. Add beets, onions, garlic, mushrooms, parsley, hazelnuts, flax seeds, breadcrumbs, sage, tarragon, thyme, smoked paprika, and black pepper. Toss together well.
4. Mix in soy sauce, tahini, and lemon juice—using hands to combine well.
5. Cover and refrigerate for 1 hour (or overnight).
6. Preheat oven to 375 degrees F and spray a baking sheet with non-stick cooking spray.
7. Form 24 golf ball-sized balls out of the mixture and place evenly on baking sheet.
8. Bake veggie balls in top rack of oven for about 40 minutes, until golden brown.

Last Month's Events

1/26 – Slim Wars Challenge



Upcoming Events:

STHS Lunch & Learn
Topic: Healthy Heart
February 15, 2018
Register with Human Resources by
Tuesday, February 13, 2018.