

Employee Wellness Newsletter

**Volume III,
Issue IV**

February 2017

INSIDE THIS ISSUE:

| | |
|-----------------------|----------|
| Month of love | 2 |
| Giving back | 2 |
| Healthy Recipe | 3 |
| Calendar | 4 |
| | |
| | |
| | |



Heart of a Lion

By Rachelle Pierre

Along with Valentine's Day, February marks American Heart Month, a great time to commit to a healthy lifestyle and make small changes that can lead to a lifetime of heart health. Heart disease is the leading cause of death in both men and women in the United States. About 610,000 people die of heart disease in the U.S. every year—that's one in every four deaths. The heart plays a significant role in keeping the body alive. With its main functions being pumping blood throughout the body and pumping blood to the lungs to retrieve oxygen, it is very essential that we keep it in tip-top condition.

Engaging in healthy heart activities will provide you with many benefits. By doing at least 15 minutes of physical exercise every day you can greatly reduce your risk of heart disease and coronary heart attack.

Taking care of the heart also affects your circulation. Good circulation is needed to transport oxygen and nutrients throughout the body. Without proper circulation, tissues may begin to die, which can result in amputations or death depending on which tissues are not

getting enough oxygen.

The most impressive thing about the heart is that it has the ability to heal itself. If it has already been damaged by heart disease it can be repaired through the proper healing processes and activities.

A trained and healthy heart works more efficiently than one that is out of condition. This means that it beats at a lower rate when the body is resting. Over time this means the heart works less and does not wear out.

You reap what you sow, good decisions and bad. Take advantage of the benefits a healthy heart has to offer by training it to endure the challenges that it may face. You can start by scheduling yearly checkups, eating healthier, controlling your cholesterol, cutting down on salt, fitting in some daily physical activity daily, and staying positive.

There's a saying that goes, "If you don't use it you will lose it." You only have one heart. You might as well treat it right.

If you are interested in cardiopulmonary resuscitation on February 11 there's going to be a countywide hands only CPR seminar located at local fire stations.

Special points of interest:

- 2/11/17: Countrywide hands only CPR at local fire station.
- 2/18/17: Inlet Grove High School 2nd Annual Car Show
- 2/25/17: Annual Healthcare and Science Career Symposium at Inlet Grove High School.

The Secret Illness

By Nyoka Fowler

Eating disorder is a subject that is often overlooked or swept under the carpet because it is frequently categorized as an uncomfortable topic.

Eating disorders can be placed into three main groups which are:

- ◆ Anorexia Nervosa - self-starvation and excessive weight loss.
- ◆ Bulimia Nervosa - self-induced vomiting to

counteract for the effects of binge eating.

- ◆ Binge Eating Disorder – reoccurring event of eating large quantities of food in a short period time to the point of discomfort

According to National Eating Disorders.org (NEDA) eating disorders are serious illnesses that arise from a variety of biological, psychological and social factors and if left untreated could be life-threatening. There are many misconceptions that are associated with eating disorders; this can result in a stigma making it difficult for those affect to seek help.

Illness continues on pg. 3



A Month of Love

By Edwina Antoine

Woohoo! It's a month full of love, red and pink hearts, and lots of chocolate. Yep, that's right, it's February. February is Relationship Wellness Month. Any sign that your relationship isn't working out and you aren't happy? What are you waiting for? If it's not working out then it's time to release yourself from that unhealthy relationship and find a hobby to make peace with yourself.

Faculty, you may be stressed trying to keep up with students and keeping the school intact. Teachers, you may be stressed from staying up grading our tests and may not be giving your significant other (SO) the attention they may want. So this month why not take time out to cherish your SO and take a walk to the beach. Let them be your stress reliever after students give you a rough day.

Valentine's Day isn't only for the couples, it's more about love. If you're single show how much you appreciate your loved ones. Plan your day and evening with some fun, lighthearted or empowering activities. Enjoy positive friends. Surround yourself with people who appreciate you. For some it may be challenging to appreciate yourself and that's vital for personal happiness. Avoid toxic friends. Who wants to spend time with a person who complains about being single, instead of "turning up".

*Love yourself. It is important to stay positive because beauty comes from the inside out.
~Jenn Proske*

Giving Back to the Community

By Ruchama LaFontant

Black History Month began as "Negro History Week," which was created in 1926 by Carter G. Woodson, a noted African American historian, scholar, educator, and publisher. According to weareteachers.com, "Negro History Week," became a month-long celebration in 1976. The month of February was chosen to coincide with the birthdays of Frederick Douglass and Abraham Lincoln.

T. Leroy Jefferson Medical Society, named after the first African-American physician in Palm Beach County, is a professional organization that focuses on helping

Did You Know?

Did you know that there's growing evidence of the health benefits of dark chocolate, the reason being that the cocoa bean is rich in a class of plant nutrients called flavonoids. Flavonol is the main type of flavonoid found in cocoa; research shows that flavonol has potential on vascular influences, such as lowering blood pressure, improving blood flow to the brain and heart, and making blood platelets less sticky and able to clot.

According to Cleveland Clinic, you also gain nutrients from antioxidants. Antioxidants are believed to help the body's cells resist damage caused by free radicals that are formed by normal bodily processes. So while you're out looking for gifts to give your valentine remember the benefits of dark chocolate.

Other Beliefs

- ◆ Dark Chocolate May Improve Brain Function
- ◆ Dark Chocolate May Protect Your Skin Against The Sun
- ◆ Dark Chocolate Raises HDL cholesterol and Protects LDL cholesterol Against Oxidation

underserved populations in our community. The health team diligently works together to improve health and wellness for the communities, open a gateway to quality care, and academic and career opportunities.

The organization made up primarily of African-American health care professionals, although membership is open to other healthcare professionals from any ethnic and racial background.

T. Leroy Jefferson Medical Society and the Quantum Foundation will be presenting the 5th Annual Healthcare & Science Career Symposium at Inlet Grove Community High School on February 25, 2017.

SHINE FOR YOUR VALENTINE

Rocky Road Brownies

Ingredients:

- ◆ 1 cup less 1 tablespoon all-purpose flour
- ◆ ¼ teaspoon baking powder
- ◆ ¼ teaspoon salt
- ◆ 4½ tablespoons unsalted butter
- ◆ ½ cup plus 1 tablespoon unsweetened cocoa powder, preferably natural
- ◆ 1¼ cups sugar
- ◆ 1 large egg
- ◆ 2 large egg whites
- ◆ 2 teaspoons vanilla extract
- ◆ 8 regular-size marshmallows
- ◆ ⅔ cup coarsely chopped walnuts or pecans
- ◆ ⅓ cup chopped bittersweet or semisweet chocolate or large chocolate chips

Directions:

1. Line the bottom and sides of an 8-inch-square baking pan with parchment paper or foil coated with cooking spray. (Leave enough of an overhang to be able to lift the brownies out of the pan later with the liner.) If you don't plan to let the batter rest at the end of Step 3 before baking, position a rack in center of oven and preheat to 350°F.
2. Thoroughly whisk flour, baking powder and salt in a small bowl.
3. Melt butter in a medium saucepan until sizzling.
4. Remove from the heat and stir in cocoa, then sugar. (The mixture will look like a mass of very dark brown sugar.) Add egg, egg whites and vanilla. Stir briskly until smooth and glossy. Stir in the flour mixture until just incorporated. Then stir briskly for about 50 strokes. Scrape the batter into the prepared pan and spread it evenly. The batter will be very shallow in the pan. If you have time, cover the pan and refrigerate for a few hours or up to 12 hours. (This hydrates the cocoa powder and



From: EatingWell magazine

flour and brings all the flavors into sharper focus.) Remove from the refrigerator about 30 minutes before baking; preheat oven to 350°F.

5. Quarter marshmallows with an oiled knife. Distribute the pieces over the batter, pressing them in. Distribute nuts and chocolate (or chips) around the marshmallows.
6. Bake the brownies until the marshmallows are golden brown, 25 to 35 minutes. (If you can find a place to test for doneness where there is no melted chocolate or marshmallow, a toothpick should come out with some moist, gooey batter clinging to it. Brownies in a metal pan will bake faster than those in a glass pan; if you're unsure, bake a few minutes longer to make sure the brownies are done in the middle.) Let cool completely in the pan on a wire rack for about 2 hours. Lift the ends of the pan liner and transfer to a cutting board. Cut into 16 brownies.

Preparation:

Active: 20m
Ready in: 3hr

Illness

Continued from pg. 1

Myth: You can tell if someone has an eating disorder by just looking at their physical appearance.

Fact: Eating disorders come in various shapes, sizes, gender and age groups, so you cannot look at someone and tell if they have an eating disorder.

Myth: Someone can stop having an eating disorder because eating disorders are a lifestyle choice.

Fact: This myth doesn't mean that someone doesn't have a choice to recover from their eating disorder but the step to recovery requires a lot of hard work and determination.

The individual cannot just simply say they don't have an eating disorder and this will cause the disorder to vanish. Now that we have cleared up the air between some common myths and facts about eating disorders; here is how you can fight the problem. If you notice any unusual sign such as extreme emotion, attitude, and behaviors relating to weight and food issues in you or anyone, it's important to take action immediately.

For any question you may have contact the eating disorder hotline: 1-800-931-2237. The National Eating Disorders Association (NEDA) hotline is available between the hours of 9:00 a.m.- 9:00 p.m. (ET); Monday- Thursday and 9:00 a.m.- 5:00 p.m. Friday.

February 2017

Sun

Mon

Tue

Wed

Thu

Fri

Sat

| | | | | | | |
|----|-----------------|--|----|---|----|--|
| | | | 1 | 2 LTM  | 3 | 4 |
| 5 | 6 | 7 | 8 | 9  National Stop Bullying Day | 10 | 11 National CPR training  |
| 12 | 13 | 14  | 15 | 16 | 17 | 18 Car Show  |
| 19 | 20 NO SCHOOL | 21 | 22 | 23 | 24 | 25 Medical Symposium  |
| 26 | 27 | 28 | | | | |



Produced by the Health Newsletter Team
 Carnelie Guillaume, Editor
 Rachelle Pierre, Writer
 Nyoka Fowler, Writer
 Edwina Antoine, Writer
 Ruchama LaFontant, Writer and Calendar