

Employee Wellness Newsletter

Inlet Grove Community High School

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Upcoming Events:

- 11/12: Diabetes Screenings @ Palm Beach Outlets
- 11/24: Thanksgiving Day

Save that Date!

On Saturday Nov. 12 the Diabetes Coalition will be aiming to raise awareness about diabetes in Palm Beach County, in detail at the Palm Beach Outlets. All students and staffs to come out and get tested. Know your numbers!

Diabetes Prevention: You Have Control over Your Fate

By Baron Brown

Diabetes can strike anyone, from any walk of life. According to the Center for Disease Control; in the last decade, the cases of people living with diabetes jumped almost 50 percent – to more than 29 million Americans. Worldwide, it afflicts more than 380 million people

Today, diabetes claims the life of 1 American every 3 minutes. It is a leading cause of blindness, kidney failure, amputations, heart failure and stroke.

Type 1 and type 2 diabetes are the most common forms of the disease, but there are also other kinds, such as gestational diabetes, which occurs during pregnancy, as well as other forms.

Type 1 diabetes: A chronic condition in which the pancreas produces little or no insulin.

Type 2 diabetes: A chronic condition that affects the way the body processes blood sugar (glucose).

Gestational diabetes: A form of high blood sugar affecting pregnant women.

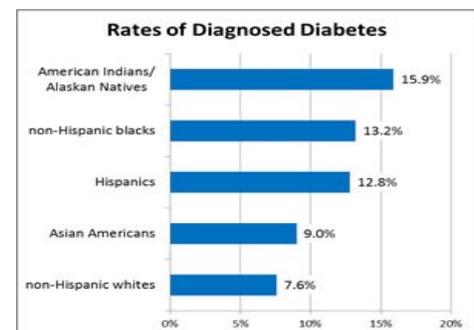
Individuals can experience different signs and symptoms of diabetes, and sometimes there may be no signs.

Some of the signs commonly experienced include:

- Frequent urination
- Excessive thirst
- Increased hunger
- Weight loss
- Tiredness
- Lack of interest and concentration
- A tingling sensation or numbness in the hands and feet
- Blurred vision
- Frequent infections
- Slow-healing wounds
- Vomiting and stomach pain (often mistaken as the flu)

The development of type 1 diabetes is usually sudden and dramatic while the symptoms can often be mild or absent in people with type 2 diabetes, making this type of diabetes hard to detect.

If you show these signs and symptoms, consult with a health professional.





National Healthy Skin Month

By Taylor Douglas

The skin is our body's largest organ, so it's important to take good care of it. November is National Healthy Skin Month. The American Academy of Dermatology (AAD) first implemented November as healthy skin month in order to raise awareness about the importance of keeping skin fresh, hydrated and healthy all year round. Skin Cancer is the most common cancer attacking society; therefore it is very important to protect the skin.

Here are tips to keep a healthy vibrant skin:

- ◆ Wear sunscreen: Reduces damage from the sun
- ◆ Eat a healthy: Whole grains and B Vitamins are essential to maintaining skin's youthful glow. Be sure to incorporate plenty of fruits, vegetables and lean proteins in your diet.
- ◆ Don't forget your lips: Carry lip balm with SPF. Particularly in the dry winter months lips can become very chapped and soar.
- ◆ Keep yourself cool: Stress is a huge contributor to skin problems like acne and wrinkles. Making time to relax during can greatly improve the condition of your skin.
- ◆ Moisturize your skin: Your skin needs to stay hydrated to stay healthy.
- ◆ Wear protective clothing: Cover your skin with tightly. This will protect your skin from sun rays.
- ◆ Avoid strong soaps: Strong soaps and detergents can strip oil from your skin.

By Carnelie Guillaume

Falling into fall

Long nights, colorful leaves and peaceful breezes All beautiful features of fall. Step into fall healthier than ever with just a few health-friendly tips. Think of it as a new season new healthy lifestyle. Start by getting your flu shot. Who would want to spend the season home all day, miserable and suffering from a fever, while you could be out and about enjoying the weather? According to the U.S. Centers for Disease Control and Prevention, "The single best way to prevent the flu is to get a flu vaccine each season." Fall can be a perfect time to be active. Drop your phone, shut off that television and step outside and enjoy the crisp air. Go on a run, take a hike or ride a bike! Want a workout

that's a little less intense? For a 150-pound person, 30 minutes of raking leaves, 30 minutes of planting and weeding and 30 minutes of playing with the little ones each burn roughly 150 calories. Top off autumn with buying in-season veggies, such as, broccoli, cabbage, carrots, eggplant, cauliflower, kale, squash and Brussels sprouts. Eating these in-season vegetables can lead up to forming a plant-based diet. The benefits include diabetes prevention, hypertension control, heart health and plenty more.

If you want to live to see 100 why not be 100 and healthy!

Alzheimer's disease

By Rachelle Pierre

Alzheimer's disease is a type of dementia that damages and kills brain cells and destroys memory and other key mental functions. Although there is no known cause for Alzheimer's, plaques and tangles seem to be two abnormalities that are considered hallmarks of the disease.

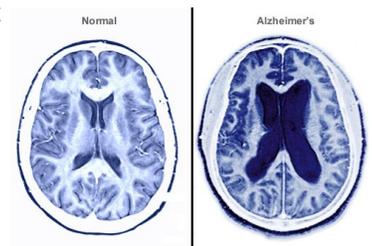
Plaques are irregular clumps of sticky proteins called beta-amyloids that build-up between the nerve cells. When plaques are in groups they block cell-to-cell signaling at synapses and may initiate the immune system cells which triggers inflammation and devours disabled cells.

Tangles primarily consist of a protein called tau. The fibers get so twisted that the transport system fails and the essential nutrients are not brought to the cells in time so they eventually die. If you compare two brains

you could see that the brain affected by Alzheimer's has fewer connections and brain cells than the healthy brain. Overtime, as more and more brain cells die, Alzheimer's can cause brain shrinkage. Alzheimer's may also alter one's memory, thinking and reasoning, performance and tasks and can cause changes in their personalities or behaviors.

Here are some tips to keep your brain healthy to prevent Alzheimer's from being a part of your future:

- Regular exercise
- Stress management
- Quality sleep
- Mental stimulation
- An active social life
- Healthy diet



Thanksgiving Healthy Dish: Herb-Roasted Turkey Breast



Ingredients:

- 1 whole bone-in turkey breast, 6 1/2 to 7 pounds
- 1 tablespoon minced garlic (3 cloves)
- 2 teaspoons dry mustard
- 1 tablespoon chopped fresh rosemary leaves
- 1 tablespoon chopped fresh sage leaves
- 1 teaspoon chopped fresh thyme leaves
- 2 teaspoons kosher salt
- 1 teaspoon freshly ground black pepper
- 2 tablespoons good olive oil
- 2 tablespoons freshly squeezed lemon juice
- 1 cup dry white wine

Preparation Time: 25min

Total time: 2hrs 40 min

Cook time: 2hrs

Directions:

Preheat the oven to 325 degrees F. Place the turkey breast, skin side up, on a rack in a roasting pan. In a small bowl, combine the garlic, mustard, herbs, salt, pepper, olive oil, and lemon juice to make a paste. Loosen the skin from the meat gently with your fingers and smear half of the paste directly on the meat. Spread the remaining paste evenly on the skin. Pour the wine into the bottom of the roasting pan. Roast the turkey for 1 3/4 to 2 hours, until the skin is golden brown and an instant-read thermometer registers 165 degrees F when inserted into the thickest and meatiest areas of the breast. If the skin is over-browning, cover the breast loosely with aluminum foil. When the turkey is done, cover with foil and allow it to rest at room temperature for 15 minutes. Slice and serve with the pan juices spooned over the turkey.

Riddle me this!

1. Why did the police arrest the turkey?
2. What happened when the turkey got into a fight?
3. What's the most musical part of a turkey?

BE THANKFUL

By Baron Brown

- Be thankful for home
- Be thankful for food
- Be thankful for birds that fly

- Be thankful for sleep
- Be thankful for flowers
- Be thankful for clouds in the sky.

- Be thankful for friends
- Be thankful for rain
- and the rainbows that follow close by.

HAPPY THANKSGIVING!

- APPLE PIE
- BEANS
- BREAD
- CORN
- CRANBERRY SAUCE
- GRAVY
- HAM
- MASHED POTATOES
- MILK
- PUMPKIN PIE
- ROLLS
- SQUASH
- STUFFING
- SWEET POTATOES
- TURKEY



Chicken Scratch NY

N S T U F F I N G I R L U N Y
 F G K D A E R B V G C A D Q E
 A B E A N S I L S O R Q G S K
 O G K E I P E L P P A P A E R
 N R O C M L W U Q D N G O O U
 U E J L X E S M S Y B Z O T T
 Z P U M P K I N P I E V N A Z
 H B O J I L C F A G R Y F T V
 N E M Y K U S L L O R Q K O X
 K S A B Y Q T Z H W Y P S P K
 T G H S A U Q S O R S J L T A
 G M A S H E D P O T A T O E S
 Z D L U C W F Z L M U K S E K
 C A K C G T H T T I C R N W B
 G J X S G R A V Y I E Q I S T



Answers: 1. They suspected it of fowl play! 2. He got the stuffing knocked out of him! 3. The drumstick!

November 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3 LTM/PDD	4	5
6 Daylight Saving Time Ends 	7	8 Election Day	9	10	11 Veterans' Day 	12
13	14 World Diabetes Day	15	16	17	18	19
20	21	22	23 NO SCHOOL	24 	25 	26
27 	28	29	30	1 December	2	3



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