

WALK THE TALK

EMPLOYEE WELLNESS NEWSLETTER

October 2018



October is Child Health Month!

And fall, when allergies kick in!

Your child's allergy treatment should start with your pediatrician. Here are 7 tips on how to treat your child's allergies:

1. Allergies feel like the cold, and can include headaches, runny noses, fatigue and other symptoms that can get in the way of school, fun and family time. Ask your pediatrician about medications to manage allergies.
2. Knowing what your child is allergic to can be an important step in finding the right treatment. Allergy testing may be performed to determine whether your child is allergic to any environmental allergens. Nasal allergy symptoms can be caused by a variety of environmental allergens including indoor allergens such as dust mites, pets, and pests as well as outdoor allergens such as pollens. Molds, which can be found indoors and outdoors, can also trigger nasal allergy symptoms.
3. An important step in managing allergy symptoms is avoidance of the allergens that trigger the symptoms. If your child has allergy symptoms and is allergic to a pet that lives in your home, you will want to keep the pet out of your child's bedroom and minimize contact as much as possible. You may also want to consider consultation with an allergist to consider allergy immunotherapy (i.e. "allergy shots") to help desensitize your allergic child to the pet allergen.
4. If your child is allergic to pests in the home, professional extermination, sealing holes and cracks that serve as entry points for pests, storing foods in plastic containers with lids and meticulous cleanup of food remains can help to eliminate pests and reduce allergen levels.
5. Dust mites congregate where moisture is retained, and food for them (human skin scales) is plentiful. They are especially numerous in bedding, upholstered furniture, and rugs. Padded furnishings such as mattresses, box springs, and pillows should be encased in allergen-proof, zip-up covers, which are available through catalogs and specialized retailers. Wash linens weekly and other bedding, such as blankets, every 1 to 2 weeks in hot water. (The minimum temperature to kill mites is 130 degrees Fahrenheit. If you set your water heater higher than 120 degrees, the recommended temperature to avoid accidental scald burns, take care if young children are present in the home.)
6. If your child is allergic to outdoor allergens, it can be helpful to use air conditioners when possible. Showering or bathing at the end of the day to remove allergens from body surfaces and hair can also be helpful. For patients with grass pollen allergy, remaining indoors when grass is mowed and avoiding playing in fields of tall grass may be helpful during grass pollen season. Children with allergies to molds should avoid playing in piles of dead leaves in the fall. Pets tracking in and out of the house can also bring pollen and mold indoors.

Ask your pediatrician about allergy immunotherapy. Immunotherapy, or allergy shots, may be recommended to reduce your child's allergy symptoms. Allergy shots are prescribed only for patients with confirmed allergy. If allergen avoidance and medications are not successful, allergy shots for treatment of respiratory allergies to pollens, dust mites, cat and dog dander, and molds can help decrease the need for daily medication.



Source:

<https://www.aap.org/en-us/about-the-aap/aap-press-room/news-features-and-safety-tips/Pages/7-Tips-for-Kids-Allergies.aspx>

RECIPE OF THE MONTH

Easy Salmon Cakes

www.eatingwell.com



If you are trying to boost your intake of omega-3s, try this simple favorite. It is a great way to use convenient canned (or leftover) salmon.

Ready in: 45 minutes

Makes: 4 servings

Ingredients:

- 3 teaspoons extra-virgin olive oil, divided
- 1 small onion, finely chopped
- 1 stalk celery, finely diced
- 2 tablespoons chopped fresh parsley
- 15 ounces canned salmon, drained, or 1½ cups cooked salmon
- 1 large egg, lightly beaten
- 1½ teaspoons Dijon mustard
- 1¾ cups fresh whole-wheat breadcrumbs
- ½ teaspoon freshly ground pepper

Directions:

1. Preheat oven to 450 degrees. Coat baking sheet with cooking spray.
2. Heat 1 ½ tsp. oil in large non-stick skillet over medium-high heat. Add onion and celery; cook, stirring, until softened, about 3 minutes. Stir in parsley. Remove from the heat.
3. Place salmon in a medium bowl. Flake apart with a fork; remove any skin and bones. Add egg and mustard. Add onion mixture, breadcrumbs and pepper, mix well. Shape mixture into 8 patties about 2 ½ in. wide.
4. Heat remaining oil in pan over medium heat. Add four patties and cook until undersides are golden, about 2-3 minutes. Using a wide spatula, turn over onto the prepared baking sheet. Repeat with the remaining patties.
5. Bake the salmon cakes until golden on top and heated through, about 15-20 minutes.

Fall into Kitchen Fun!



The temperature is dropping. Fall veggies are making an appearance in gardens, at farmer's markets and down grocery store aisles. We are covering our grills and getting out our slow cookers. And what better way to start the slower cooker season than throwing together a delicious soup!

So many pros for soups! They are easy. They are a great way to use up ingredients in your refrigerator or pantry. They are packed with nutrients. They are bursting with flavor. And bonus? They are an affordable way to feed a crowd.

Check out this easy guide for building your own veggie soup!

Build Your Own Veggie Soup

Start with 1 qt. of a low sodium base:

<input type="checkbox"/> Veggie stock	<input type="checkbox"/> Beef stock	<input type="checkbox"/> Chicken stock
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Pick a protein (16 oz.):

<input type="checkbox"/> Beans	<input type="checkbox"/> Shrimp	<input type="checkbox"/> Ham
<input type="checkbox"/> Chicken	<input type="checkbox"/> Lentils	<input type="checkbox"/> Shredded Turkey
<input type="checkbox"/> Shredded Beef	<input type="checkbox"/> Tofu	<input type="checkbox"/> Steak

Add 3+ veggies:

<input type="checkbox"/> Carrots	<input type="checkbox"/> Spinach	<input type="checkbox"/> Mushrooms
<input type="checkbox"/> Celery	<input type="checkbox"/> Kale	<input type="checkbox"/> Corn
<input type="checkbox"/> Zucchini	<input type="checkbox"/> Broccoli	<input type="checkbox"/> Cauliflower
<input type="checkbox"/> Onions	<input type="checkbox"/> Peppers	<input type="checkbox"/> Peas
<input type="checkbox"/> Tomatoes	<input type="checkbox"/> Potatoes	<input type="checkbox"/> Squash

Add a whole grain (2 cups):

<input type="checkbox"/> Brown Rice	<input type="checkbox"/> Egg Noodles	<input type="checkbox"/> Bulgur Wheat
<input type="checkbox"/> Wheat Pasta	<input type="checkbox"/> Quinoa	<input type="checkbox"/> Barley

Add some flavor, to taste:

<input type="checkbox"/> Garlic	<input type="checkbox"/> Parsley	<input type="checkbox"/> Pepper
<input type="checkbox"/> Basil	<input type="checkbox"/> Italian Seasoning	<input type="checkbox"/> Chives
<input type="checkbox"/> Lemon Juice	<input type="checkbox"/> Cilantro	<input type="checkbox"/> Thyme

Place all ingredients in slow cooker & cook on low 8 hours.



Exercise and Your Mood

When are we most likely to exercise?



We're most likely to exercise when we're in a neutral mood, not when we're feeling particularly happy or sad.

But exercise has the most powerful effect on our mental states when we're in a **bad mood**.

WHAT THE SCIENCE SAYS



The mood benefits of just **20 minutes** of exercise can last **12 hours**, according to researchers at the University of Vermont.



Physically active people are happier and more satisfied with their lives.

BUT THERE'S MORE TO IT THAN THAT:



Exercise increases endorphins and other feel-good brain chemicals.



It reduces levels of the stress hormones cortisol and adrenaline in the body.



It's a proven remedy for both depression and anxiety.

OPTIMIZING YOUR WORKOUT FOR MAXIMUM HAPPINESS

HOW MUCH IS ENOUGH?

People who exercise for 30 to 60 minutes three to five days a week get mental health benefits, according to the U.S. Department of Health and Human Services, but even less may help you feel good. Research shows that even a short stroll can improve mood.



BUT...

IN A CANADIAN STUDY OF WALKERS,



A single 30-minute daily bout of exercise

HAD A BIGGER EFFECT ON MOOD THAN



Splitting it up into three 10-minute sessions



DON'T JUST FOCUS ON CARDIO

Strength training makes us feel good, too! It's been shown to reduce depression and anxiety and improve self-esteem.

Yoga and tai chi relax the mind and body and relieve stress.

THE HAPPINESS SWEET SPOT

Moderate intensity strength training made people feel happier than low-and-high-intensity weight lifting in a Rutgers University study.



EXERCISE OUTSIDE FOR A BIGGER BOOST

Compared to indoor workouts, outdoor fitness makes us feel:



- More revitalized, energetic and engaged
- Less tense, angry and depressed



DID YOU KNOW?

Group walks in natural settings de-stress us more than strolls in urban environments.



Source: www.happify.com

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