



Healthy Workplace

Your monthly Anthem wellness newsletter

August is National Immunization month

Keeping up to date with vaccinations is one of the best things you can do to keep your child healthy from the womb to leaving the nest. Establishing good habits throughout childhood, including vaccination and annual doctor's visits, will also help your child stay healthy as an adult.

And while you are busy keeping your child's vaccines up to date, don't forget about yourself! All adults need a flu vaccine every year, before the end of October, as well as a Td vaccine every ten years. Healthy adults 50 years and older should get shingles vaccine. Adults 65 years or older need one dose of pneumococcal conjugate vaccine (PCV13) followed by one dose of pneumococcal polysaccharide vaccine (PPSV23). Adults younger than 65 years who have certain health conditions like heart disease, diabetes, cancer, or HIV may also need one or both of these vaccines. Adults may need other vaccines based on health conditions, job, lifestyle, or travel habits. [Take a quick quiz](#) to learn more about adult vaccines you may need.



10 Reasons to get vaccinated

- 1. Vaccine-preventable diseases have not gone away.** The viruses and bacteria that cause illness and death still exist and can be passed on to those who are not protected by vaccines. While many diseases are not common in the US, global travel makes it easy for diseases to spread.
- 2. Vaccines will help keep you healthy.** The Centers for Disease Control and Prevention (CDC) recommends vaccinations throughout your life to protect against many infections. When you skip vaccines, you leave yourself vulnerable to illnesses such as shingles, pneumococcal disease, flu, and HPV and hepatitis B, both leading causes of cancer.
- 3. Vaccines are as important to your overall health as diet and exercise.** Like eating healthy foods, exercising, and getting regular check-ups, vaccines play a vital role in keeping you healthy. Vaccines are one of the most convenient and safest preventive care measures available.
- 4. Vaccination can mean the difference between life and death.** Vaccine-preventable infections can be deadly. Every year in the US, prior to the COVID-19 pandemic, approximately 50,000 adults died from vaccine-preventable diseases.

- 5. Vaccines are safe.** The U.S. has a robust approval process to ensure that all licensed vaccines are safe. Potential side effects associated with vaccines are uncommon and much less severe than the diseases they prevent.
- 6. Vaccines will not cause the diseases they are designed to prevent.** Vaccines contain either killed or weakened viruses, making it impossible to get the disease from the vaccine.
- 7. Young and healthy people can get very sick, too.** Infants and older adults are at increased risk for serious infections and complications, but vaccine-preventable diseases can strike anyone. If you are young and healthy, getting vaccinated can help you stay that way.
- 8. Vaccine-preventable diseases are expensive.** Diseases not only have a direct impact on individuals and their families, but also carry a high price tag for society as a whole, exceeding \$10 billion per year. An average flu illness can last up to 15 days, typically with five or six missed work or school days. Adults who get hepatitis A lose an average of one month of work.
- 9. When you get sick, your children, grandchildren, and parents may be at risk, too.** Adults are the most common source of pertussis (whooping cough) infection in infants which can be deadly for babies. When you get vaccinated, you are protecting yourself and your family as well as those in your community who may not be able to be vaccinated.
- 10. Your family and co-workers need you.** In the U.S. each year, millions of adults get sick from vaccine-preventable diseases, causing them to miss work and leaving them unable to care for those who depend on them, including their children and/or aging parents.



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Italian Chicken Wraps



Most grocery store delis use unleavened lavash flatbread for their wraps, but the lavash is hard to find for us regular folk. Instead, I use an extra large tortilla for these wraps for the best success at rolling without tearing your wrap.

Ingredients

- 1 extra large tortilla flatbread or lavash bread
- 2 tablespoons DeLallo Roasted Pepper Bruschetta
- 5-6 slices cooked chicken breast— about 3 ounces
- Handful of arugula or spinach
- 2 slices provolone cheese
- 3-4 thin slices of tomato
- 2 tablespoons DeLallo Artichoke Bruschetta
- 10 sliced kalamata or black olives
- Sliced red onion
- DeLallo Balsamic glaze

Directions

Lay the tortilla or flatbread on a flat surface. Starting on the edge closest to you, layer a stripe of red pepper bruschetta about 1/2 inch inside the outer edge. Place the chicken slightly overlapping the bruschetta, add a strip of arugula and then the provolone cheese and tomato. Top with the artichoke bruschetta, the olives, sliced red onion and drizzle lightly with the balsamic glaze.

Starting from the edge closest to you, fold the portion of the tortilla with the red pepper and chicken into itself, and fold the outer edges of the sides inward. Continue to tightly roll and wrap the sandwich. Slice the wrap in half and serve or cut the halves into even portions to serve as pinwheels.

Nutrition Facts

Serving Size: One 1 3/4-By-2 1/2-Inch Piece

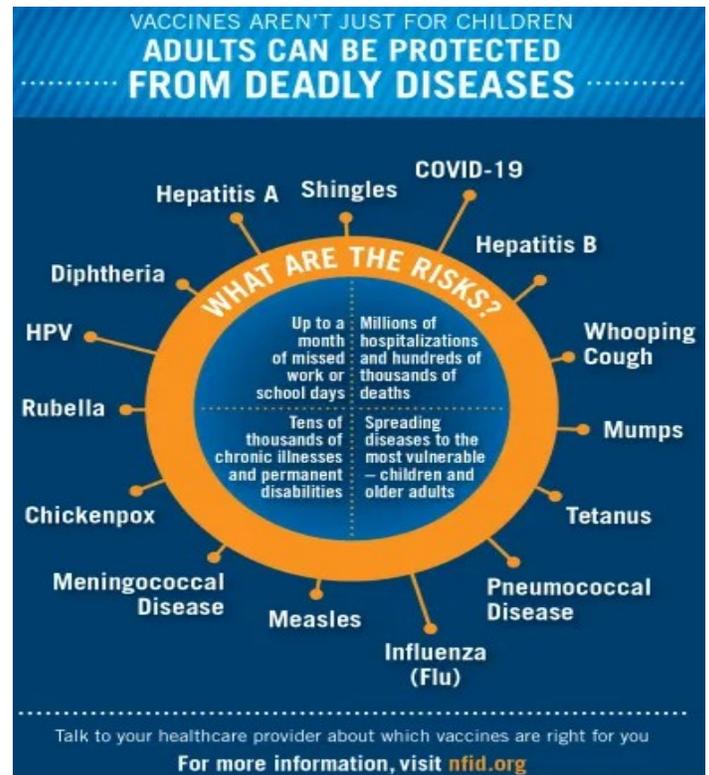
Per Serving: 34 calories; protein 2g; carbohydrates 4g; dietary fiber 0.2g; sugars 3.5g; fat 1.3g; saturated fat 0.8g; cholesterol 2.8mg; sodium 7.6mg; added sugar 2g.

Recipe Source: <https://www.foodcrush.com/italian-chicken-wraps/>
<https://www.nfid.org/infectious-diseases/frequently-asked-questions-about-novel-coronavirus-2019-ncov/>

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Recommended vaccines by age (infographics).

Talk to a healthcare professional about recommended vaccines for you and your family.



Did You Know August is Happiness Happens Month?

Once upon a time, a real group called the Secret Society of Happy People decided to dedicate a day to the pursuit of happiness. Members of the society wanted to let happy feelings linger inside them every day. In 2000, the Secret Society of Happy People expanded the celebration to Happiness Happens Month in August. Happiness is a choice. Remembering happiness does not mean you are problem free. That kind of life doesn't exist. As the Stoics of Ancient Greece observed, happiness is all about the quality of your thoughts. Happiness is not a destination, but rather a life-long pursuit. Joy can be anywhere at any time. Don't limit yourself to searching for pleasure. Enjoy everything and anything that makes you happy. Oprah Winfrey said it wasn't until she learned to be happy that good things started happening to her.

Source: <https://nationaldaycalendar.com/happiness-happens-month-august/>



THE HAPPINESS
OF YOUR LIFE
DEPENDS UPON
THE QUALITY OF
YOUR THOUGHTS

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Health Challenges As You Age

You exercise. You eat right. You're in pretty good shape for someone your age. Still, getting older can bring on health problems as our bodies change.

Weight Gain

Getting older can be a triple whammy. You lose muscle as you age. That makes it harder to keep the pounds from creeping up. You also become less active. At the same time, your body burns fewer calories for the same physical activities as when you were younger.



You probably know that being overweight or obese raises your chances for many conditions, like heart disease, high blood pressure, diabetes, and stroke. But the extra pounds can pose an even bigger burden for older people. Everyday movements like walking and getting out of chairs get harder. Obesity and arthritis often go together.

So whether you're 50 or 80, ask your doctor about smart ways to fight weight gain. One way is with exercise. Guidelines that call for working out 30-60 minutes a day are fine for younger adults. But that may not be realistic for many older folks. It's best to work with your doctor to come up with an exercise plan matched to your health and fitness level. Just remember that it's never too late to start! Even simple muscle-toning exercises can help you stay limber and mobile.

Sleep Problems

Kids and adolescents need to sleep longer than young adults do. But as we age, we need to go back to the 7 to 9 hours of daily shut-eye as in our teens.

Studies show that most sleep problems are not related to aging. Instead, they can stem from medical or emotional conditions that come on as we get older. Aging also affects our sleep-wake pattern. It makes us sleepier earlier in the evening and wakes us up earlier in the morning. That's true even if you were a night owl before. If you don't get enough sleep after age 50, it can make you more likely to have memory problems, pain, depression, and nighttime falls.



Nutrition Problems

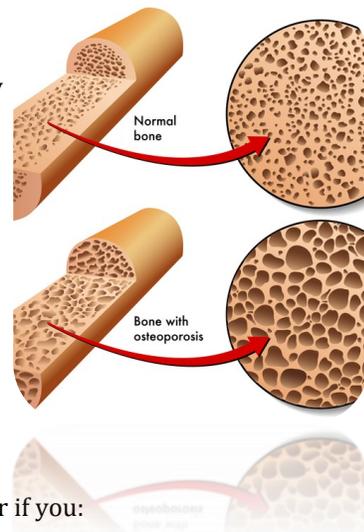
Our nutritional needs change as we age. Many of us don't eat as well. Plus, older bodies can more easily lack certain vitamins and nutrients. These include vitamin B12 (we don't absorb it from foods as well); calcium (we need more as we age); vitamin D (our skin doesn't soak it up as well from the sun); and vitamin B6 (we need it to keep red blood cells healthy and strong).



Usually, all you need is any multivitamin that offers the minimum daily requirement. You also don't need huge doses. In fact, they can be harmful. If you're taking any prescription medications, let your doctor know which supplements you take so you can avoid any bad interactions.

Fragile Bones

Advancing years can affect your balance and make you less steady and sure on your feet. Falls can be especially dangerous if you have osteoporosis, when your bones become less dense and more prone to breaks and fractures. Almost everyone gets it to some degree if they live long enough, but women ages 50 and older are twice more likely than their male peers to break a bone because of this "brittle bone disease."



You can keep your bones stronger if you:

- Eat lots of fruits, veggies, and foods high in calcium.
- Ask your doctor if you need a vitamin D supplement. Older bodies absorb less of it from the sun.
- Lift weights or do exercises that use your own body weight (walking, pushups, squats).
- Quit smoking and avoid too much alcohol (more than two or three drinks a day).

Cancer

Did you know that age is the single biggest predictor of your chances of getting cancer? It jumps up after you hit age 50. Half of all cancers happen in people over age 65. For lung cancer, the median age is 70.

Scientists don't know exactly why older people are more susceptible to cancer. It could simply be that you've been exposed to cancer-causing agents for longer. Or maybe your body is less able to make repairs when cells go haywire.

Still, getting older doesn't mean you're destined to get cancer. You can adopt healthy habits proven to help you lower the odds.

- Slim down. Obesity is linked to 13 different types of cancer, including breast, colon, and pancreatic cancers.
- Cut down on red and processed meat.
- Exercise regularly. It helps to not only prevent some cancers, but keep them from coming back.

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You should also ask your doctor about these screening exams:

Men over 50:

- Colorectal cancer
- Prostate cancer
- Skin cancer

Women over 50:

- Breast cancer
- Colon cancer
- Cervical cancer
- Skin cancer



Depression

About 1 in 20 Americans ages 60 and older have depression, the lowest rate of any age group. But many depressed seniors don't get diagnosed. Older Americans themselves and their doctors may dismiss any symptoms as a natural reaction to illnesses and life's setbacks.

Many more older Americans may have something called subsyndromal depression. You may feel less pleasure or interest in activities and people as you did before, but you don't have full-blown symptoms for major depression.

You're more likely to be depressed if you have long-term health issues like heart disease or arthritis that put limits on your life. People who need home health care are more likely to have the condition compared with other older adults.

If you feel this way for a few weeks or months, talk to your doctor. Simple lifestyle or diet changes -- and sometimes medication -- may be all you need to regain your enthusiasm for life.

Medication and psychotherapy, also called talk therapy, can also treat it. Loneliness can lead to depression. So seek ways to connect with others. Talk to friends and family. Join a class or a group. Do volunteer work. Find whatever ways to enrich your body and spirit.

Memory Loss

Some memory loss happens as we age. The aging brain stores information in a slightly different way, so it's harder for you to recall recent events. So no need to worry if you find yourself stumped for a name or forget where you put the car keys.

But what's not normal is if you can't remember simple things like how to follow directions or recipes or forget the way to your home. That could be a sign of a more serious memory loss caused by a medical condition like dementia or Alzheimer's disease. If so, your memory likely will get worse over time.



Alcohol Tolerance Changes

Everyone has a different limit for booze. Some can have one or two drinks daily without problems, while others can't sip a single glass without harm.

Still, alcohol tolerance usually moves in the opposite direction of your age. That means you'll feel the effects like slower reaction time sooner and with fewer sips than when you were younger.

If you have more than one drink every day, it's a good idea to let your doctor know. It's an important part of your health record and could affect any medical treatments.

August is Children's Vision and Learning Month!

Along with buying pencils, notebooks and calculators, your child's back-to-school checklist should include one more vital thing: getting an eye exam. Since August is devoted to children's vision and learning, there's no better time to schedule an eye exam for your child.



Undetected vision problems can lead to difficulty learning in the classroom; 80% of kids' learning ability relies on vision. While an optometrist or ophthalmologist can diagnose these vision-related issues, they often go unnoticed by children because the child assumes everyone sees the same way they do. Common signs of hyperopia, or farsightedness, can range from difficulty concentrating to aching and burning eyes, eye strain and headaches. While similar symptoms can be found in students with myopia, or nearsightedness, they may also blink and rub their eyes excessively, squint persistently at distant objects and show unawareness of distant surroundings. Eye alignment and eye health issues can also affect a child's ability to learn and succeed in school.

"As children grow and develop, their vision can change," said Wichita optometrist, Dr. Toon. "Because of this, it's important that children have a comprehensive eye exam before starting school and regularly thereafter."

Parents and guardians of children of any age are urged to keep a watchful eye on their children's vision and are encouraged to take them in for regular exams from an optometrist or ophthalmologist.

Sources: <https://kanas.aca.org/news/advocacy/august-is-childrens-vision-and-learning-month-v28056>