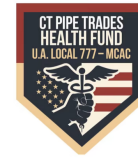


Healthy Workplace

Your monthly Anthem wellness newsletter

November 2021 Edition

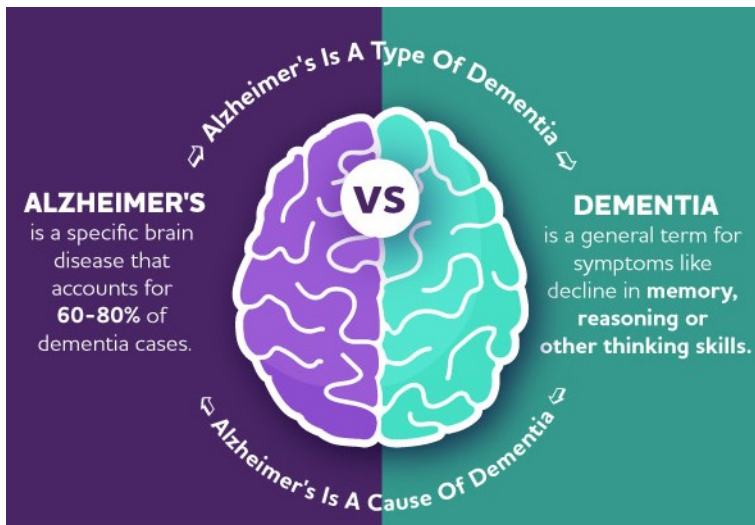


November is National Alzheimer's Disease Awareness Month

Dementia vs. Alzheimer's Disease: What is the Difference?

Dementia is a general term for a decline in mental ability severe enough to interfere with daily life. Alzheimer's is the most common cause of dementia. Alzheimer's is a specific disease. Dementia is not.

Learning about the two terms and the difference between them is important and can empower individuals living with Alzheimer's or another dementia, their families and their caregivers with necessary knowledge.



Dementia overview

Dementia describes a group of symptoms associated with a decline in memory, reasoning or other thinking skills. Many different types of dementia exist, and many conditions cause it. Mixed dementia is a condition in which brain changes of more than one type of dementia occur simultaneously. Alzheimer's disease is the most common cause of dementia, accounting for 60-80% of dementia

Dementia is not a normal part of aging. It is caused by damage to brain cells that affects their ability to communicate, which can affect thinking, behavior and feelings.

Alzheimer's overview

Alzheimer's is a degenerative brain disease that is caused by complex brain changes following cell damage. It leads to dementia symptoms that gradually worsen over time. The most common early symptom of Alzheimer's is trouble remembering new information because the disease typically impacts the part of the brain associated with learning first.



As Alzheimer's advances, symptoms get more severe and include disorientation, confusion and behavior changes. Eventually, speaking, swallowing and walking become difficult.

Though the greatest known risk factor for Alzheimer's is increasing age, the disease is not a normal part of aging. And though most people with Alzheimer's are 65 and older, approximately 200,000 Americans under 65 are living with younger-onset Alzheimer's disease.

Help and support are available

If you or a loved one has been diagnosed with Alzheimer's or another dementia, you are not alone. The Alzheimer's Association is the trusted resource for reliable information, education, referral and support to millions of people affected by the disease.

- ◆ Call the 24/7 Helpline: 800.272.3900
- ◆ Locate your local Alzheimer's Association
- ◆ Explore the Virtual Library
- ◆ Create an action plan using the Alzheimer's Navigator tool

Source: alz.org/alzheimers-dementia/difference-between-dementia-and-alzheimer-s

TRADITIONAL THANKSGIVING SIDE DISHES

GREEN BEAN CASSAROLE

Ingredients

- ◆ 1 lb. green beans, trimmed
- ◆ 6 tbsp. butter, divided
- ◆ 1 onion, sliced into half moons
- ◆ 8 oz. sliced mushrooms
- ◆ Kosher salt
- ◆ Freshly ground black pepper
- ◆ 2 cloves garlic, minced
- ◆ 1/4 c. all-purpose flour
- ◆ 3 c. whole milk
- ◆ 1 1/2 c. French's fried onions



Directions

1. Preheat oven to 350°. Prepare an ice bath: In a large pot of boiling water, add green beans and cook until bright green, about 6 minutes. With a slotted spoon or tongs, quickly transfer green beans to ice bath to cool, then drain and transfer to a large bowl.
2. In a large ovenproof skillet over medium heat, melt 2 tablespoons butter. Add onion and cook, stirring occasionally, until tender, about 5 minutes. Add mushrooms and season with salt and pepper. Cook, stirring often, until mushrooms are golden, about 5 minutes more. Stir in garlic and cook until fragrant, 1 minute, then transfer mixture to green bean bowl.
3. In same skillet over medium heat, melt remaining 4 tablespoons butter. Whisk in flour and cook until golden, about 2 minutes. Gradually whisk in milk and season with salt and pepper. Bring to a simmer and cook until thickened, about 4 minutes. Remove from heat, then add green bean mixture and toss until even combined.
4. Bake until warmed through and bubbling, about 30 minutes.
5. Top with fried onions and bake 5 minutes more. Enjoy!



CREAMY DREAMY MASHED POTATOES

Ingredients

- ◆ 3 lb. mixed potatoes, such as russets & Yukon Golds
- ◆ Kosher salt
- ◆ 1/2 c. (1 stick) butter, plus 2 tbsp for garnish
- ◆ 1/2 c. milk
- ◆ 1/2 c. sour cream
- ◆ Freshly ground black pepper



Directions

1. In a large pot, cover potatoes with water and add a generous pinch of salt. Bring to a boil and cook until totally soft, 16 to 18 minutes. Drain and return potatoes to pot.
2. Use a potato masher to mash potatoes until smooth.
3. Meanwhile, in a small saucepan, melt butter and milk until warm.
4. Pour over warm milk-butter mixture and stir until completely combined and creamy. Add sour cream and stir until combined.
5. Season mashed potatoes generously with salt and pepper.
6. Transfer potatoes to a serving bowl and top with remaining two tablespoons butter. Season with more pepper before serving.



Giving Thanks Can Make You Happier

November kicks off the holiday season with high expectations for a cozy and festive time of year. However, for many this time of year is tinged with sadness, anxiety, or depression. Certainly, major depression or a severe anxiety disorder benefits most from professional help. But what about those who just feel lost or overwhelmed or down at this time of year? Research (and common sense) suggests that one aspect of the Thanksgiving season can actually lift the spirits, and it's built right into the holiday — expressing gratitude.



The word gratitude is derived from the Latin word *gratia*, which means grace, graciousness, or gratefulness (depending on the context). In some ways gratitude encompasses all of these meanings. Gratitude is a thankful appreciation for what an individual receives, whether tangible or intangible. With gratitude, people acknowledge the goodness in their lives. In the process, people usually recognize that the source of that goodness lies at least partially outside themselves. As a result, gratitude also helps people connect to something larger than themselves as individuals — whether to other people, nature, or a higher power.

In positive psychology research, gratitude is strongly and consistently associated with greater happiness. Gratitude helps people feel more positive emotions, relish good experiences, improve their health, deal with adversity, and build strong relationships.

A leading researcher in this field, Dr. Martin E. P. Seligman tested the impact of various positive psychology interventions on 411 people, each compared with a control assignment of writing about early memories. When their week's assignment was to write and personally deliver a letter of gratitude to someone who had never been properly thanked for his or her kindness, participants immediately exhibited a huge increase in happiness scores. This impact was greater than that from any other intervention, with benefits lasting for a month.

Of course, studies such as this one cannot prove cause and effect. But most of the studies published on this topic support an association between gratitude and an individual's well-being.

Other studies have looked at how gratitude can improve relationships. For example, a study of couples found that individuals who took time to express gratitude for their partner not only felt more positive toward the other person but also felt more comfortable expressing concerns about their relationship.

Ways To Cultivate Gratitude

Gratitude is a way for people to appreciate what they have instead of always reaching for something new in the hopes it will make them happier, or thinking they can't feel satisfied until every physical and material need is met. Gratitude helps people re-focus on what they have instead of what they lack. And, although it may feel contrived at first, this mental state grows stronger with use and practice. Here are some ways to cultivate gratitude on a regular basis.



Write a thank-you note. You can make yourself happier and nurture your relationship with another person by writing a thank-you letter expressing your enjoyment and appreciation of that person's impact on your life. Send it, or better yet, deliver and read it in person if possible. Make a habit of sending at least one gratitude letter a month. Once in a while, write one to yourself.

Thank someone mentally. No time to write? It may help just to think about someone who has done something nice for you, and mentally thank the individual.

Keep a gratitude journal. Make it a habit to write down or share with a loved one thoughts about the gifts you've received each day.

Count your blessings. Pick a time every week to sit down and write about your blessings — reflecting on what went right or what you are grateful for. Sometimes it helps to pick a number — such as three to five things — that you will identify each week. As you write, be specific and think about the sensations you felt when something good happened to you.

Pray. People who are religious can use prayer to cultivate gratitude.

Meditate. Mindfulness meditation involves focusing on the present moment without judgment. Although people often focus on a word or phrase (such as "peace"), it is also possible to focus on what you're grateful for (the warmth of the sun, a pleasant sound, etc.).

10 Tips for Going Zero Waste

*Looking for ways to slash your trash?
Get started with these pointers*

Hello! Marlise from Maine here. You want to slash the trash in your life, but you don't know where to begin. I mean, how are we supposed to navigate the labyrinth of trash that enters our lives on a daily basis?

While it may seem difficult, just know that you don't need to slash all your trash in one fell swoop. Making any life change takes time, and the same goes for reducing your waste – including what goes in your recycling bin. That's why we've put together this list to help you get started.



And, while we can all do our parts individually, it's also important to remember that our trash problem is not your fault. Your actions alone will not solve our trash crisis. Long-term solutions can only be accomplished by changing how products are designed and packaged, as well as how our waste is managed overall – and you have a role to play in these efforts, too. Check out our bonus tip for more details!

Slash Trash at Home, in the Office, and in Your Community

1. **Buy package-free** food and body-care products to cut the amount of packaging that winds up in landfills or incinerators. You can find package-free items at grocery stores, personal and homecare shops, and buy-in-bulk retailers.
2. Instead of using single-use take-out utensils for lunch, **bring your own reusable set** to the office (and pack them with your kids' lunches, too!).
3. **Swap out plastic** body-care items like toothbrushes, cotton swabs, and shower loofahs for ones that are more sustainable and plastic-free. Your local grocery store and personal-care shops likely carry some of these alternatives. You can also check out options online.

4. When ordering coffee from your favorite shop, **bring a reusable mug or thermos** for the barista to refill instead of getting a single-use to-go cup. You may even get a discount on your morning pick-me-up!
5. **Redesign your space** with fewer surfaces for junk to go on – minimal surfaces mean less clutter, and less clutter lowers waste.
6. **Make school and office supplies last longer.** Swap out staples for paper clips. Replace the ink when your pen runs out. Use a laptop or smart tablet for taking notes.
7. **Trade plastic wrap** for reusable beeswax wraps. Usually made from organic cotton, beeswax wraps are even compostable. You can find beeswax wraps at your local grocery or kitchen supply store.
8. Rather than using disposable k-cups for your morning coffee, **brew an entire pot for your family or your colleagues.** This helps cut back on plastic waste, and you can even compost the coffee grounds and filters.
9. Instead of using paper towels – which aren't recyclable – **turn your old clothes, cloth towels, and linens into reusable rags.**
10. **Build a zero-waste kit** to keep in your car, backpack, or briefcase so you're always prepared to go zero waste on the run!

Bonus Tip

Making these changes in your life is a great step towards slashing your personal waste, **but a zero-waste lifestyle alone is not a long-term solution to our trash crisis.** We need systemic changes – meaning modernizing recycling, introducing reuse services, and setting up composting programs – and we have the tools in place right now to make that happen.



While our trash problem is not your fault, you are the solution. Together, we need to call on our legislators to shut down old, outdated incinerators and landfills that are poisoning our communities. We need to urge them to take action against single-use products that are polluting our environment. Our collective voices can create change and move us towards clean, sustainable, zero-waste systems.

Our bonus tip is this: **use your voice to advocate for change.** It's not enough to slash trash in your own life. We need to change the conversation around trash, and that starts by advocating for zero-waste systems.

Source: https://www.cfl.org/blog/10-tips-to-slash-trash/?gclid=EAlaIqBChMI9XTz07E8wIVGMzICh3ieQA9EAAYAAAEgK9hvD_BwE