



LOMA LINDA UNIVERSITY  
HEALTH

# Living Whole

Employee Wellness Program  
FALL NEWSLETTER 2014 | VOLUME 85

## SPIRITUAL HEALTH

Have you felt the “nip of coolness” in the air lately? The seasons are changing! It’s that special time of year when we watch deep green tree leaves change color to bright yellows and reds filling our eyes with wonder and contemplation.

In many cultures this time of year coincides with the final harvest of the year. In Southern California we now see fields filled with crops ready to be picked. Even in nearby mountains squirrels are busy harvesting and burying acorns for the winter. It reminds me of the words of Solomon in Ecclesiastes 3:1,2 “There are things I’ve learned about life; There is a time to plant and a time to harvest what was planted.”

For many, harvest events fill our senses not only with colors but flavors. Who can resist the aroma of mashed potatoes and gravy or baked stuffing fresh from the oven...and then there are those special sweet treats. What is your favorite? It reminds us of God sharing, it’s okay to take time to be thankful for what we have.

For many the holiday season is a time of sounds...the sounds of laughter from familiar faces. To hear your name flow in deep affection from the lips of a child, spouse, grandparent or friend is a “harvest of heart things.” We all need this.

However meaningful these reflections are, they cannot compare to that final harvest in which the Bible says in Revelation 14:15 “Thrust in the sickle for the harvest is ripe.” In this harvest we are the harvest and as I understand it, the sounds, colors and flavors are out of this world! May God bless this holiday season.

*Jim Greek, DMin, Board Certified  
Director, Chaplain Services, Medical Center*

## EMOTIONAL HEALTH

As the leaves begin to fall and we look forward to the holiday season life can feel overwhelming. It is very common to have conflicting emotions at this time of year. We are bombarded by the media’s constant messages about what the holidays “should” be like. These raised and often unrealistic expectations can cause us to feel inadequate

and lose site of the good things that are present in our lives.

Self-care is always important but never more vital than during the holidays. Increased demands on time and added financial stressors can lead to higher levels of stress. Self-care in a nutshell is to do something to replenish yourself. Self-care does not have to be time consuming or expensive. It is most effective when it is consistent and easily accomplished. Something as simple as getting a good night’s sleep, or eating a healthy breakfast can impact our emotional state. Take a few minutes each day to reflect on yourself and how you feel. Prayer and meditation are wonderful ways to ground yourself. Caring for others is rewarding but giving yourself permission to care for yourself is equally important!

Self-care can also be applied to relationships. Setting healthy boundaries is difficult at times but the more you practice the easier it gets. Being a careful steward of your time and commitments can lead to fuller more satisfying relationships. The old saying holds true, “quality rather than quantity”!

*Shelby J. Roemer, LMFT  
Director, Employee & Student Assistance Program*

## PHYSICAL HEALTH

Exercise is not something one thinks about during the holidays. However, it is during this time of year that focusing on exercise may save us from making some unhealthy choices. When we think of exercise, usually the picture that comes to mind is walking, jogging, bicycling, or some other form of aerobic or cardiovascular exercise. The American College of Sports Medicine (ACSM), however, makes it clear that it’s just as important to plan for strength or muscle toning exercises. Specifically, ACSM recommends that resistance training exercise occurs as follows:

1. At least TWO non-consecutive days each week.
2. 8-10 separate muscle groups (ie, chest, shoulders, upper arms, legs, etc.)
3. 1-3 sets for each muscle group
4. 8-12 repetitions in each set

*Continued on next page*

Although we typically think of body building being an activity for younger people, strength or resistance training is even more important the older you get. I push it more for my older patients than I do for my younger patients.

And not only is it the right thing to do, it actually also helps you to lose weight. The more muscle you build, the higher your resting metabolic rate. Said in another way, increased muscles lead to increased calories burned, even while you are resting. You do need to make sure you get enough protein as you're building muscle, but this can easily be found in natural foods such as lentils, peas, garbanzos, or any type of bean.

Here's to more muscles and less weight during this holiday season!

*Wayne Dysinger, MD  
Chair, Preventive Medicine*

## NUTRITIONAL HEALTH

The holidays are a joyful time to celebrate family, friendships and food. It is also a tough time to navigate if you're trying to eat healthy foods.

It is important to remember that sticking to a schedule of balanced eating, exercising and resting can keep energy up and disposition joyful during this busy time of the year.

Here are 5 tips for surviving holiday eating.

- **Manage hunger.** Rather than skipping breakfast, having a small lunch and eating too much in the evening, have balanced meals throughout the day.
- **Avoid stress.** Physical activity is an excellent stress buster. A daily walk or similar activity will relieve stress and help guard against overeating.
- **Eat slower.** During busy times people tend to hurry through the day and speed things up. Slow down, eat slowly and think about what you are eating. This will help you enjoy your food and eat smaller portions.
- **Beware of liquid calories.** Liquid calories count and many beverages are high in sugar and fat. Excessive calories often come in liquid form from juice, sweetened drinks and shakes. Drink water instead.

- **At parties and buffets, choose foods carefully.** To avoid overeating at parties, a great idea is to scout the buffet to know what is available. Choose foods you like and those you know are both healthy and delicious. Eat fruits instead of desserts. If you must have a treat, select the one you enjoy most and eat a small portion.

Holidays can be a time of joy and celebration while staying on track with your health goals.

*Ella Haddad, DrPH, MS, RD  
MPH Program Director, Nutrition, School of Public Health*

## CRANBERRY SALSA



### Nutrition Facts

Serving Size: ½ squash (424g)

360 calories, 10g fat, 1.5g sat. fat  
0g trans fat, 0mg cholesterol  
140mg sodium, 67g carbohydrate  
11g fiber, 24g sugar, 6g protein



### INGREDIENTS:

- 1 onion, chopped
- 2 garlic, minced
- 1 tbsp. extra virgin olive oil
- 2 cups brown rice, cooked
- ⅓ cup dried cranberries
- ⅓ cup carrots, chopped
- 1 apples, peeled and grated
- ½ cup walnuts, chopped
- 2 tbsp. parsley, chopped
- ¼ oz. dried sage
- ¼ tsp. salt
- 3 acorn squash
- ½ cup dried cherries
- 1 cup low sodium vegetable broth

### DIRECTIONS:

In a small pan, sauté onion and garlic in oil over medium heat until soft but not browned. Place in a large bowl and add cooked rice, cranberries, chopped carrot, peeled and grated apple, chopped walnuts, parsley, and sage. Season with salt and pepper and set aside. Preheat oven to 375°F. Slice acorn squashes in half, and scrape out seeds and strings. Place face down in large casserole or

roasting pan and fill with ½ inch of vegetable stock, and bake for 15 to 20 minutes. Remove, reserve any remaining stock, and place face side up in pan. Fill each cavity with about ½ to ⅓ cup stuffing. Drizzle with remaining stock, and cover tightly with foil. Bake until squashes are cooked and slightly soft to the touch, about 30 minutes. Remove the foil for the last 5 minutes of baking.

Living Whole is a quarterly newsletter produced by the EMPLOYEE WELLNESS PROGRAM, part of the DEPARTMENT OF RISK MANAGEMENT, Loma Linda University Health. It serves as a communication tool for the WELLNESS PROGRAM office, to provide information promoting a healthy lifestyle among the employees of Loma Linda University Health corporate entities, as well as publicize past and upcoming events and activities. ©2014 Loma Linda University Health. All rights reserved.

FOR MORE INFORMATION ON ALL LIVING WHOLE WELLNESS PROGRAMS, CALL 909-651-4007 OR EMAIL [LIVINGWHOLE@LLU.EDU](mailto:LIVINGWHOLE@LLU.EDU)

Editor: Olivia Moses, DrPH  
Employee wellness administrator, Risk Management

Layout/design: Brittany Fox  
Graphic Designer | Marketing

<sup>1</sup>Siegel, D. J. (2012). Pocket guide to interpersonal neurobiology: An integrative handbook of the mind (Norton Series on Interpersonal Neurobiology) (p. 456). Norton. Kindle Edition.

<sup>2</sup>Siegel, D. J. (2012). (p. 453).