

Living Whole

Employee Wellness Newsletter

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LOMA LINDA
UNIVERSITY
ADVENTIST HEALTH
SCIENCES CENTER

Spiritual health

Holidays ... does the mention of the word quicken your pulse and raise your blood pressure?

Does the thought of another season send your mind racing about extra obligations, finding the perfect gift, and squeezing in those concerts and parties?

We often find that the positive side of the holidays becomes overshadowed by the extra stress that tags along.

We may look forward to spending extra time with family, only to discover that we worked for an entire day in the kitchen.

This year, what would happen if we reframed the season as “holidays?” What if we looked at each new day as an opportunity to experience the wonder of God?

Mental health

The end of another year is quickly approaching, and what a year it has been!

Although some financial forecasters are beginning to suggest an end to the recession and an economy on the mend, too many families are still experiencing something quite different.

Unemployment and financial hardships make the “holidays” a very stressful time of year. It’s hard to entertain and give when there isn’t enough in the bank to buy groceries and gifts.

As a therapist, I am struck by the power that people’s thoughts—their attitudes—have on how they deal with life’s challenges.

I meet people who stay positive no matter what by telling themselves something different.

They seem to look more honestly at their situations and tell themselves thoughts that balance the positive with the realistic.

No matter how stressful life becomes,

What if we determined to regularly name the blessings we’ve been given? What would happen if we committed to spending a few minutes each morning praying for the day ahead?

Then, before bedtime, we might reflect back on where we saw God during the day. This simple discipline can bring new discoveries and restore hope.

Each day is holy because God has blessed it. He calls us to be His light in a world that is hurting.

What can be more holy than being the hands, feet, and voice of God to those we meet?

As we enter this season of joy, may we daily experience happy “holidays!”

*Kathy McMillan, MA, director
Employee spiritual care & wholeness, LLUMC*

they seem to remain confident in their ability to successfully face whatever comes along.

Thornton Wilder, the great American playwright, said, “We can only be said to be alive in those moments when our hearts are conscious of our treasures.”

In trying times like these, I wonder how the holidays might be different if we really spent some serious time becoming “conscious of our treasures”—those valued relationships, those present opportunities, and even those daily challenges that often hold so much potential.

How would my experience of my circumstances change if I cultivated a grateful attitude this holiday season?

How would my experience of family change if I was grateful for everyone I’m related to?

I wish you and all those you love hearts conscious of treasures now and always.

*Randall Walker, MS, MFT, director
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Nutritional health

Food, food, food! That’s what many of us think about when it comes to the holidays.

There is food everywhere! Even after the parties or potlucks are all over—we still have food in the form of leftovers. It seems that we try to make the food last and keep foods in the refrigerator for long periods of time. This makes us consume high-calorie food for longer and may place us at risk for a food-borne illness.

Food safety is something that everyone should keep in mind this holiday season. We should all live by the saying: “When in doubt, throw it out!”

Catching a food-borne illness is no fun, and it is no way to spend your holidays! Therefore, make sure that food is refrigerated and thrown out at appropriate times. You also want to be aware of eating “high-risk” goodies. The holidays can be a time of baking and cookie decorating. However, another risk factor for food-borne illnesses is consuming raw cookie dough. Whether bought or made from scratch, traditional recipes that use eggs also place you at risk for food-borne illnesses.

On the next page, you will find some food safety tips that will help you have a

Continued on the back

Physical health

During the holiday seasons, we frequently find ourselves trying to do more and more.

Not only do we have to perform our regular work and home tasks, but we add extra doses of decorating, communicating, gift exchanging, and celebrating—all good things, but nevertheless activities that take time.

As we add activities, we may find ourselves staying up a little later or getting up a bit earlier. What suffers is our sleep.

What happens next physiologically is for a chemical called adenosine to build up in our blood. When this occurs, one may not be noticeably sleepy during the day, but his or her ability to think properly and respond quickly does become compromised.

It can also negatively affect one's cardiovascular health, energy balance, and ability to fight infections.

Nutritional health

safe and happy holiday.

Health tips for the holidays ...

- * Your refrigerator temperature should be kept at 40° F or below.
- * Be sure you refrigerate cooked leftovers within two hours.
- * Bacteria can multiply quickly in moist desserts that contain bacteria. Keep

Ten ways to improve your sleep ...

- › Stick to a routine sleep schedule.
- › Have a good sleeping environment.
- › Avoid caffeine less than eight hours before bedtime.
- › Avoid nicotine.
- › Avoid large meals and beverages late at night.
- › If possible, avoid medicines that delay or disrupt your sleep.
- › Exercise, but not within five hours of bedtime.
- › Nap, but not after 3:00 p.m.
- › Relax before bed. Don't over schedule your day.¹

When other stressors and pressures are removed, most adults choose to sleep



eight to eight and a half hours per night.

Older people may sleep less deeply, but they still need the same amount of sleep. If it becomes difficult to reach eight hours of pillow time at night, adding a nap helps keep those adenosine levels down.

Ironically, one of the best ways to do more is to actually be awake less.

Let's try sleeping more as a foundation for doing more this holiday season.

Continued

eggnog, cheesecake, cream pies, and cakes with whipped-cream or cream-cheese frostings in the refrigerator.

- * Divide leftovers into small portions in shallow containers.

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¹"Your Guide to Healthy Sleep," U.S. Department of Health and Human Services, NIH Publication No. 06-5271, November 2005.

Food	Refrigerator (40° F)	Freezer (0° F)
Fresh eggs	3 to 5 weeks	Do not freeze
Soups and stews (vegetable or meat added)	3 to 4 days	2 to 3 months
Vegetable or meat casseroles	3 to 4 days	2 to 3 months

Cranberry stuffed squash

Calories 180; total fat 0 g; saturated fat 0 g; trans fat 0 g; cholesterol 0 mg; sodium 10 mg; total carbohydrates 45 g; dietary fiber 6 g; sugars 21 g; protein 2g; serves 4

- 2 medium acorn squash
- 1 cup chopped pear
- ½ cup cranberries
- 3 tablespoons orange juice concentrate
- 3 tablespoons maple syrup
- 1½ teaspoons ground cinnamon
- ½ teaspoon allspice

Preheat oven to 400° F; slice squash lengthwise and place cut side up on foil-lined baking pan; in medium bowl, combine pears, cranberries, orange juice concentrate, syrup, cinnamon, and allspice; spoon mixture into squash cavities; brush cut edges with any remaining liquid; bake 45 minutes or until squash is tender.

Wellness bulletin

- If you would like to join the Living Whole "Paging My Health" program and receive short health messages (up to once a week) to your 2-way pager, please call extension 49721.
- Would you like to stop smoking? Call the Living Whole Employee Wellness Program at extension 49721 to find out about the BREATHE program. It is a confidential 4-week one-on-one tobacco dependency treatment program that is FREE to all benefit-eligible employees. Quitting may be one of the most important things you do for your health—and we would like to help!



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