

Living Whole

Employee Wellness Program

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SPIRITUAL HEALTH

For everything there is a season... Ecclesiastes 3:1

Each fall, we welcome brisk evenings and shorter days as we look forward to the holidays. The rhythm of seasons brings welcome change into our lives. Most of us have a favorite season. Many relish summer with long days and fresh garden produce while others prefer spring with its new life. Some love autumn with the smell of apples in the air while others look forward to winter and the chance to snuggle by the fire.

We experience seasons in our lives as well; some we welcome more than others. There are seasons where the warmth of friendship fills us with courage. There are other times when the cold winds of loneliness and adversity blow hard, leaving us feeling barren and discouraged. But as in nature, God promises renewal and rebirth to bring hope and joy back into our lives. It is a gift that a season doesn't last forever.

In her song, *Every Season*, Nicole Nordeman concludes with a verse of hope, explaining how spring follows each harsh winter.

*And everything that's new has bravely surfaced
Teaching us to breathe.
What was frozen through is newly purposed
Turning all things green.
So it is with You
And how You make me new
With every season's change.
And so it will be
As You are re-creating me
Summer, autumn, winter, spring.*

May you experience His new creation in your life as the seasons change.

Kathy McMillan, MA
Director, Employee Spiritual Care

EMOTIONAL HEALTH

One contributing factor to wholeness and personal happiness which is often overlooked is meaning. Meaning – the big picture we paint about our life, our story, and our place in the world - directs us in our daily lives and orients us when times get tough. Big pictures have the power to motivate and inspire. Some big pictures have power to keep people going in the face of seemingly insurmountable odds. Whatever big picture an individual paints is a personal choice.

This is dramatically illustrated in the story of Louis Zamperini, a former Olympic champion, who found himself adrift in a tiny raft in the Pacific Ocean in 1943. On a search and rescue mission with other members of a B-24 bomber, Louis' plane crashed, killing all but Louis and two other crew members. Incredibly Louis survived this incredible ordeal partly due to a belief that there was a reason to survive and that he could make meaningful efforts toward his own survival. In the book, *Unbroken*, which recounts Zamperini's story, the author, Laura Hillenbrand,

PHYSICAL HEALTH

I am frequently asked "how much physical activity is recommended for someone like me?" The most authoritative resource to answer this question is the "Physical Activity Guidelines" published by the Federal Government, in conjunction with the American College of Sports Medicine and other professional organizations.

These guidelines follow a "good, better" format, and are summarized in table 1:

Table 1 – Exercise Guidelines

	Good Goal	Better Goal
Moderate Intensity Exercise	2 ½ hours/week	5 hours/week
Vigorous Intensity Exercise	1 ¼ hours/week	2 ½ hours/week
Strength Training	2 sessions/week	2 sessions/week

In achieving these goals the following concepts are recommended:

1. Spread the time out over the full week as much as possible
2. Each exercise session should be at least 10 minutes in length

These guidelines are for adults aged 18-64. Modified versions are available for children, adolescents and older adults. Guidelines specifically for those who are pregnant and for individuals with disabilities also exist.

Proven benefits of exercise are listed in table 2.

Table 2 – Benefits of Exercise

- Lowered risk of:
 - Early death
 - Heart disease
 - Stroke
 - Type 2 diabetes
 - High blood pressure
 - Adverse blood lipid profile
 - Metabolic syndrome
 - Colon and breast cancers
- Prevention of weight gain
- Weight loss when combined with diet
- Improved cardiorespiratory and muscular fitness
- Prevention of falls
- Reduced depression
- Better cognitive function (older adults)

Obviously the value of exercise is extremely significant. So, whether you go for good or for better, for everyone some activity is better than none. So let's stay active!

Wayne Dysinger, MD, MPH
Chair, Preventive Medicine Dept.

describes how the survivors' fates were shaped by their perceptions – the big pictures they painted, the personal meanings they created – of their situation and the impact this had on their hope and the efforts they made to stay alive.

How do we paint a big picture that gives meaning and builds hope? First, by taking responsibility for our own perceptions. All too often we may be guilty of passively permitting others to determine our perspectives and perceptions - to paint our big picture for us. Second, by intentionally painting a big picture, which gives meaning and an orienting purpose to direct and guide our daily lives. Finally, by finding others whose perceptions are consistent with the picture we want to create. The old adage might be adapted to "Bad shared perceptions corrupt good big pictures". Family, friends, and community are invaluable resources when it comes to challenging, inspiring, and supporting efforts to develop and maintain meaning.

Randall Walker, MS, MFT
Director, LLU Marriage and Family Clinic

MEXICAN CORN AND POTATO SOUP



Ingredients:

- 1 cup chopped onion
- 2 garlic cloves, minced
- 1 red hot chili pepper, seeded and minced
- ¼ tsp. salt
- 3 cup low sodium vegetable broth
- 2 tsp. cumin
- 4 cups water
- 1 sweet potato, medium, diced
- ½ red bell pepper, small, finely chopped
- 3 cup white corn
- 1/8 tsp. salt (pinch)
- 1 medium lime, cut into wedges
- 1 pinch fresh cilantro, finely chopped

Nutrition Facts

Serving Size 1 cup (227g)	
Servings Per Container 7	
Amount Per Serving	
Calories 100	Calories from Fat 5
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 320mg	13%
Total Carbohydrate 24g	8%
Dietary Fiber 4g	16%
Sugars 3g	
Protein 3g	
Vitamin A 20%	• Vitamin C 45%
Calcium 2%	• Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Directions:

1. In a covered soup pot, simmer the onions, garlic, chile and salt in the vegetable broth for about 10 minutes, or until the onions are soft.
2. In a small bowl, make a paste with the cumin and a table-spoonful of the broth, stir into the pot and simmer for another 1-2 minutes.
3. Add the sweet potato and the remaining broth and simmer for about 10 minutes, until the sweet potatoes are softened.
4. Add the bell pepper and corn and simmer, covered for another 10 minutes, or until all of the vegetables are tender.
5. Puree about half of the soup in a food processor and return to the pot. The soup will be creamy and thick. Add salt and gently reheat on low. Garnish with lime wedges.

NUTRITIONAL HEALTH

Have you ever had more month than you had money? You are not alone. The price of food is definitely an issue for all of us, especially when household budgets are being stretched. The U.S. Department of Agriculture's Economic Research Services tackled this issue in a report that was published this year.

The report looked at grocery store foods using 3 measures: price per calorie, price per edible gram and price per average portion. They also calculated the daily cost of meeting the food group recommendations on the ChooseMyPlate.gov website. Grains, vegetables, fruit and dairy foods were found to be less expensive than most protein foods and foods high in saturated fat, added sugars, and/or sodium when measuring edible weight or average portion size. The conclusion is if you swap packaged foods and meats for healthy foods on your grocery list your grocery bills would stay the same or even decrease.

According to The NPD group, a major market research firm, Americans meet the federal dietary guidelines only 7 days per year! Quite literally, for the price of a cup of coffee from a coffee shop we could make a healthy lunch and bring it to work. Therefore, in an era when pre-made foods are being sold at an alarming rate, we need to evaluate what these foods are actually costing us. Especially, if the price we are paying is not only monetary. We may be paying the price with our own health. Let's make the decision together that we will start placing value and spending more time on our health because our health is actually priceless.

Healthy Foods for less than \$1 per serving

Apples
Bananas
Bagged Baby carrots
Canned Beans
Canned Tomatoes
Pears
Oranges
Dry Lentils
Pearl Barley
Brown Rice
Oats

Olivia Moses, DrPH
Administrator, Wellness Program



Living Whole Announcements

- 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 14007.
- Celebrate the Great American Smokeout on Nov. 5 and quit smoking. Call the Living Whole Employee Wellness Program at extension 14007 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!
- Please visit "Wellness Way" located on the 2nd floor (between Radiology and the Pediatric Dialysis Unit) in the Loma Linda University Medical Center. The hallway displays our executive leadership and employees who have been awarded a Living Whole Honor.

Living Whole is a quarterly newsletter produced by the EMPLOYEE WELLNESS PROGRAM, part of the DEPARTMENT OF RISK MANAGEMENT, Loma Linda University Health System. It serves as a communication tool for the EMPLOYEE WELLNESS PROGRAM office to provide information and advice promoting a healthy lifestyle among the employees of Loma Linda University Health System corporate entities, as well as publicize past and upcoming events and activities. ©2012 Loma Linda University Health System. All rights reserved.

For more information on all Living Whole Employee Wellness Programs call (909) 651-4007 or email livingwhole@llu.edu