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 Franciscan
WORKING Well

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How to Turn Small Steps Into Big Accomplishments

How often have we thought, 'I need to start saving for my new car' or 'I really need to lose weight,' but we don't know where or how to begin? When we look at the cost of a new car or look at the scale, do we become overwhelmed by the sheer size of what we're trying to accomplish? How do we get started?

- Take one small step today
- Set rewards
- Take pride in each step
- Set small goals
- Have an accountability partner
- Try new things slowly
- Be consistent
- Have a plan
- Small steps are not overwhelming
- Track your Progress
- Small steps will create momentum
- Modify as necessary
- Know yourself
- Be specific



*For more information, join our webinar on
How to Turn Small Steps Into Big Accomplishments and The Keys to Motivation
on September 21st, 2022 at 11:30AM CST.*

Northern & Western Indiana Region, Illinois Region CALL 1-800-747-7262



Healthy Aging

Architect Frank Lloyd Wright once said, “The longer I live, the more beautiful life becomes.” The beauty of life and the gifts of growing older — deeper wisdom, greater knowledge, and a more complete sense of self — are enjoyed when we also maintain as much good health as possible. Healthy aging is about maximizing physical and mental health and living with energy and enthusiasm as we age. Here are some recommendations to help with healthy aging.

Eating and Drinking - Eat a diet of whole foods, avoiding processed foods as much as possible. Whole foods are foods that are as close to their natural state as possible: for example, a whole piece of fruit, fresh/frozen vegetables, whole grain bread or pasta. Processed foods are those that are farther away from their natural state. Some examples include boxed crackers and cookies, boxed mac and cheese, white flour, and added sauces in frozen vegetables. We tend to eat less as we age, and each bite we take should be as nutritious as possible. Whole foods are rich in needed nutrients for a healthy digestive system. When considering what to drink, avoid excess caffeine and alcohol, which are dehydrating. Choose water and tea when possible.

Physical Activity - Moving regularly is one of the best ways you can stay healthy and independent. Walk every day, and add some form of resistance exercise if possible. Light hand weights, resistance bands, or full body

weight exercises (like wall push-ups) will help build muscle, which will improve your metabolism and reduce the risk of injury. If you have been sedentary, be sure to check with your doctor before beginning any exercise program.

Screenings and Wellness Visits - Keep your regularly scheduled appointments with your doctor, and discuss all recommended screenings. Screenings are meant to detect any medical issues early so treatment is more effective. Your doctor can also help you if you are looking to curb a bad habit (stop smoking) or wish to add supplements to your diet (vitamins or other over the counter supplements).

Social Connections - Staying connected to family and friends is important for healthy aging. Feeling alone and isolated is associated with increased risk of dementia, heart disease, and depression. Get or stay involved in groups and organizations that matter to you, connecting you with like-minded people. Feeling connected to and supported by others is associated with better physical and mental health.

Brain Training - Not only do we need to stay physically active as we age, we need to stay mentally active. Reading, playing games, playing an instrument, or learning a new hobby — all are ways to keep the brain active. Challenging your brain may help to reduce the risk of some types of dementia.

Importance of Story

We experience stories every day. Whether it is a TV show we watch, a news report about the closing of a local business, or a co-worker's tale of her success at an important meeting, so much of what we hear and see is told as narrative. A narrative is a story that includes people (characters), conflict (problem), and a series of events (what happened). Story is the way we understand what it means to be human and share that understanding with others. Stories help to provide meaning and structure to the experiences we have. But story can also help us to understand our needs and even can help improve our health.

Think of it this way. When something important happens, we feel the need to share the story. The telling expresses how we feel and helps the listener to understand why we feel the way we do. This sharing creates empathy in a relationship and strengthens the bond between people. But the stories we tell can also reveal important information to us. Consider why you share a particular story with someone. How do you feel about the experience? Are there patterns to the stories you tell most often? By reflecting on the stories we tell, we can gain more clarity about what we need and how we feel. A story about a lingering issue with a co-worker or family member may reveal what needs to be addressed. A story about a wonderful visit with a sister may demonstrate the need for more time with extended family. And while not all stories will contain deeper meaning, just staying aware can help us identify when a story has more to communicate than what's at the surface.

Storytelling has even found its way into healthcare, as a field known as narrative medicine. At its most basic level, it is the understanding that a story can communicate much more to a doctor than a list of symptoms can, and the relationship between the doctor and patient can be strengthened through the storytelling. As a growing discipline, narrative medicine and narrative health are finding their way into universities and medical schools as either required studies, optional concentrations and electives, and even as a graduate degree, currently available at Columbia University in New York. Storytelling is also considered healthy for doctors and nurses, providing them with opportunities to share the difficulties of their jobs and even help to prevent burnout.

As humans, we have the ability to reflect on the past and consider the future. It is our understanding that our lives are made up of a series of days, with good times and hard times, that moves us to explore our greater purpose. And it's the stories we tell that reveal to ourselves and others who we are, what we've gone through, and what we hope for. Stories allow our imagination to join with our experience, and if we pay attention, stories can move us to greater understanding of ourselves and others.





Eating Changes as We Age

Nutrition refers to the way in which food meets the body's physiological needs. For example, the body needs protein, carbohydrates, and fats – all which are provided by food. It's important to know, though, that nutrition needs change as we get older.

As we get older, we generally need fewer calories. This is because we lose muscle mass, which burns more calories, and are less active. With less muscle and less activity, our metabolic rate goes down. Taking in fewer calories means that every calorie we consume should be a nutritious one!

There are some nutrients that are especially important as we age. These include:

Protein – Eating enough lean protein is important, especially as we lose muscle mass. Eggs, fish, poultry, and dairy products contain protein. Combine plant proteins such as grains, beans, nuts and seeds with other vegetables and proteins to make them more effective. Eating protein can help slow down muscle loss and is critical if we are attempting to build muscle through any weight bearing exercises.

Calcium – This is essential for bone health. Calcium can be found in dairy as well as in leafy green vegetables, broccoli, oats, tofu, and fortified foods such as fortified orange juice.

Vitamin D – Vitamin D works with calcium for bone health. Also, Vitamin D is linked to a decreased risk of some cancers. Vitamin D can be found in salmon, mushrooms, eggs, tuna, and fortified milk and cereals.

Vitamin B12 – Vitamin B12 is important for the nervous system and the immune system. While meat and fish are a good source of B12, fortified foods can help vegetarians get the needed vitamin.

Also crucial at any age-drinking enough water is critical to avoid dehydration.

Our nutritional needs change over time. Pay attention to how you feel and any changes in your weight not caused by other known reasons. Good nutrition as we age can help create better health and increase energy. Discuss your specific nutritional needs with your health professional.

The Importance of Flexibility

You already know that aerobic exercise is important for your heart and strength training is good for your muscles, but did you know that flexibility training is just as important for your overall wellness? As we age, our range of motion decreases and we may become unable to move as easily as when we were younger. Working on flexibility as part of your daily exercise can help you maintain range of movement, reduce pain and strain and help to prevent injury.

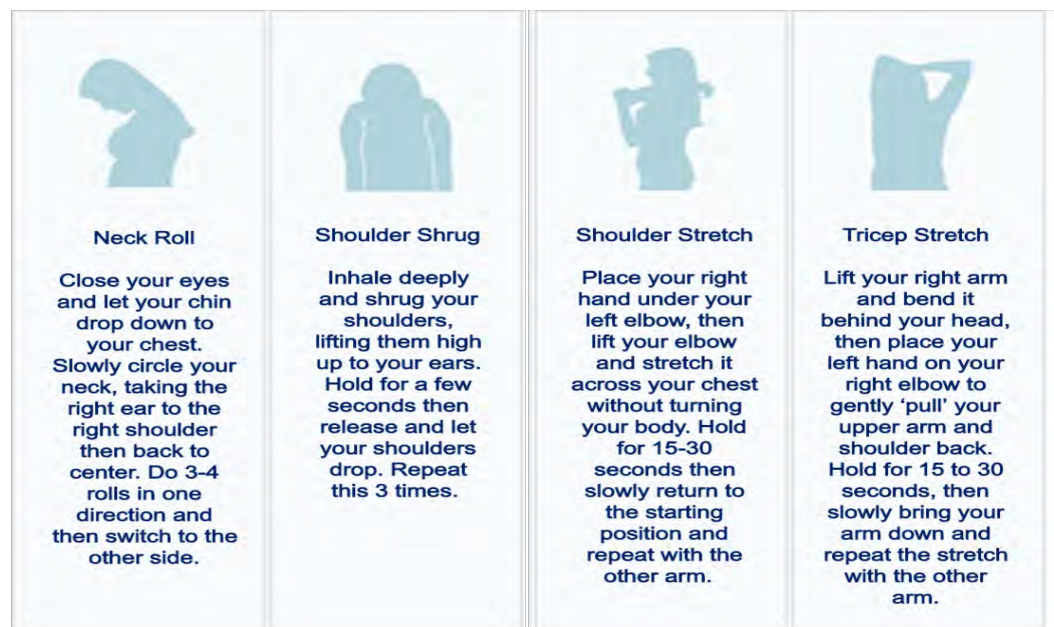
Regular flexibility training helps to reduce the risk of injury by improving range of movement, reduces muscle stiffness and discomfort, improves posture and balance and increases blood flow to joints.

Add flexibility exercises to your workout, making sure that you stretch muscles after they are warm and don't stretch to the point of pain. Think about stretching arms, shoulders, sides, hips, quadriceps, hamstrings, calves and feet.

With regular stretching, you will find that moving through your everyday activities will be easier and some of the stiffness that seems to come with age will improve!

Flexibility training includes the following:
Yoga, Pilates, Tai Chi, and stretching exercises.

Try these simple stretching exercises at any time during your day to help loosen your tight neck or shoulders.



988 Mental Health Crisis Hotline

On July 16, the nation's first nationwide mental health emergency number went live. Designed to be as accessible as 911, the new 988 mental health crisis hotline will connect callers with trained mental health counselors.

The 988 Mental Health Crisis Hotline went live on July 16. This mental health hotline is intended to have an easy-to-remember access number similar to 911, and will connect users to the National Suicide Prevention Lifeline. **Call, Text, or chat 988 to find help for a mental health crisis.**



Produce of the month: **Apples**

It's apple season, and soon grocery stores will be full of the many varieties of apples that grow in the United States. Many apple orchards will also be open for apple picking! In the United States, there are over 2500 varieties of apples grown, with 100 varieties grown commercially. Apples are a super fruit, one liked by many! They are an excellent source of fiber which helps to lower cholesterol. They are also beneficial for heart and lung health and are associated with reduced cancer risk.

The Basics: Any apple - red, green or yellow - will provide you with health benefits, so choose for taste and texture. Taste can vary from sweet to tart, and some apples retain their texture better in baking than others. Red Delicious may be the most common and is good for snacking. Granny Smith is a favorite for baking. Gala, Braeburn, Jonathan, Golden Delicious and Honeycrisp are all excellent apple varieties available at different times in most grocery stores. You may also want to consider organic apples, since this is a fruit that we eat with the peel. Whichever type of apple you choose, look for good color and a lack of blemishes. Store in the refrigerator. Before eating or

preparing, rinse apples under water or use a produce wash and rinse. If you are slicing an apple for a recipe and want to prevent browning, place the sliced apples into a bowl of cold water with a tablespoon of lemon juice. Both dessert and savory recipes use apples. For a snack, eat the apple whole or slice, adding some peanut butter or slice of cheese for some protein.

Try This: Add chopped apple to your favorite stuffing recipe, or create a healthy after school treat by placing thinly sliced apples on a whole grain bagel with cream cheese or peanut butter. Thinly sliced apples are a surprising but delicious addition to a turkey or ham sandwich! Use them instead of lettuce for a yummy crunch!

The Facts: The average medium size apple has 82 calories, is high in fiber and is a good source of vitamin C. Apples have been reported to be one of the fruits with a higher level of pesticides. Consider choosing organic apples for a pesticide free choice.

Want to know more?

Connect with Working Well for more information on wellness programs and how they can help you reduce healthcare costs and improve employee well-being.



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