

Be Well !



Volume 1, Issue 8

October 2007

The Buzz

IN the Workplace...

Be Well has been busy as a bee at worksites this fall. We still have various programs running throughout the fall—most are free and available to all employees!

Here is an update on programs (current and proposed):

Yoga: EOS, Vinton & Southeast have programs in progress, while Goodwin and the Town Hall are exploring possibilities for on-site programs.

Chair Massage: On-going at various sites. You must complete The Health Risk Assessment to

qualify for this free program!

Meditation time: EOS is offering this for their employees and students one afternoon a week

Take and Bake Dinner Club:

We've had three successful and full weeks of dinners for employees and their families (almost 450 entrée servings in three weeks!)

The club will not meet for a few weeks as we evaluate how to better serve town & school employees.

For more information on any of these programs, contact Be Well!

Closing in on 200!

Help Be Well reach the 200 mark for HRA participation by October 15th

- ⇒ Encourage your co-workers to log on!
- ⇒ Take it once every 12 months
- ⇒ If you have not taken it, what are you waiting for?

The Health Risk Assessment is a FREE tool for all employees to better recognize areas in your life that impact your health and well-being.
>>Log on today at << wellcall.com

Or contact Be Well for assistance.

October: Breast Cancer Awareness

With recent publicity, promotions and campaigns, most people know something (or think they know something) about breast cancer, and can either name a few risk factors or ways for early detection. October is a good time for a refresher on risk factors for breast cancer.

Researchers have identified two types of risk factors for developing breast cancer: non-modifiable and modifiable.

Two non-modifiable risk factors for developing breast cancer are also the top two determinates for developing breast cancer:

- ⇒ Being female
- ⇒ Getting older

Although men and younger women can and do develop breast cancer, it is more common in women and rates begin to increase past the age of 40.

Modifiable risk factors are those that can be controlled or modified by lifestyle changes. Consider these risk factors that can be addressed:

- **Overweight:** studies have linked being overweight to breast (and other) cancer risk
- **Alcohol intake:** one drink a day can increase the risk of developing breast cancer
- **Physical inactivity:** women who are not physically active on a regular basis are more likely to develop breast cancer
- **Breastfeeding:** women who breast feed their children have some protection from breast cancer

From the National Cancer Institute

Health Tip!

Tap into natural ways to relax & reduce daily stress. Not everyone has the same response to interventions—try some of these to see what works best:

Hot bath
Aromatherapy oils*
Calm music
Deep breathing
Herbal tea

*Oils are available to employees at no cost from Be Well

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An EHHD Wellness
Program

Be Well is on the world wide
web!
www.ehhd.org
Look under Health
Promotion for Be Well!



DEPRESSION TAKES ITS TOLL WITH SICK DAYS

According to a recent report, depression accounts for almost four million sick days a year in the United States. The Mayo Clinic notes that physical symptoms such as headache, chronic pain and digestive disorders can be attributed to depression. If depression is getting you down, take action or tell someone who can help you take that first step!

A great resource for Mansfield employees is the
Employee Assistance Program

Counseling is available to employees and can be extended to spouses, significant others, and children. EAP can help with many issues including: family/parenting, depression, alcohol & stress. For confidential help, contact Kathy Cucchiara at (860)228-4480 or (860)564-6100

Be Well is an employee wellness program provided through the Eastern Highlands Health District. It was developed in cooperation with and supported by the Town of Mansfield, Region 19 School District, Mansfield School Board, and the Mansfield Safety and Wellness Committee. The goal of this program is to improve the overall health and wellness of employees through wellness initiatives that target risk factors and wellness issues that influence health.

Broccoli-Potato Soup

8 servings

2 pounds fresh or frozen broccoli, cut up
4 medium potatoes, washed and sliced
2 large onions, sliced
8 cups water
3 cloves garlic, quartered

Place all ingredients in a large pot and bring to a boil. Simmer until vegetables are tender. Cool for 20 minutes. Mash or blend mixture lightly, so vegetables are partly chunky. Season with salt and pepper as desired. Top individual servings with grated cheese if desired.

Serve with whole grain bread, corn bread, or whole grain crackers and fresh fruit

Home made soups can be a healthy & quick meal, and a simple way to add vegetables to your diet.

Nutrition Facts per serving:

Calories: 102
Total fat: 0 g
Saturated fat: 0 g
Cholesterol: 0 mg
Sodium: 36 mg
Fiber: 6 g
Protein: 6 g
Carbohydrate: 32 g



Active Living Tip:

When walking or jogging on the treadmill, it is a good idea to elevate the deck to about 3.0.

This elevation more closely simulates the natural wind and ground resistance one may experience running or walking outdoors.