

WELLNESS WORKS

Newsletter

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Get Some Sleep

You may think of sleep as the time when your mind and body shut down but it's actually a very active time. One of the vital roles of sleep is to help us solidify and consolidate memories. During the day, our brains take in huge amounts of information. As you sleep, bits and pieces of information are transferred from short-term memory to stronger, longer-term memory, a process called consolidation. Research shows that after people sleep, they tend to retain information and perform better on memory tasks. Our bodies require long periods of sleep in order to restore and rejuvenate, to grow muscles, repair tissues, and synthesize hormones. There is also a strong connection between sleep and being overweight. On average, the less people sleep, the more they weight, and the more likely they are to put on excess pounds over time.

[Click here to see how much sleep you need.](#)



October is National Breast Cancer Awareness Month

Heart of Florida is proud to participate in National Breast Cancer Awareness Month. Breast cancer is the most common kind of cancer in women after skin cancer. About 1 in 8 women born today in the United States will get breast cancer at some point.

The good news is that most women can survive breast cancer if it's found and treated early. What can we do?

Talk to women about the importance of getting screened for breast cancer and their best screening option.

Encourage women ages 50 to 74, at average risk for breast cancer, to [have a mammogram](#) every two years.

Once again we're having a friendly **contest** to determine which site has the best decorated resource center of breast health information for patients. Judging will be mid-October.

Show your support and **wear** a work appropriate **pink** item **every Friday** in October!



Making Strides Against Breast Cancer Walk

Saturday, October 13, 2018
Veterans Memorial Park
2601 SE Ft. King Street

[Registration](#)

Contact Jodi Sanders, OcalaFL-Strides@cancer.org

Relationships with Carbs: It's Complicated!

Atkins, ketogenic and carnivore (yes, it's a thing), these diets all have one thing in common, limited carbohydrates. Why [are carbs the bad guy](#) of dietland fads? First, it's important to understand carbs and what the body does with them. Basically, carbs are micronutrients that are digested by the body into glucose, or sugar, for energy. Carbs are your body's main source of fuel. Foods like bread, rice, pasta, vegetables, fruit, and potatoes are usually the main source of carbs in most people's diet. [The type of carb you eat](#) is as important as the amount. Refined or simple carbs, found in candy, sodas, donuts, and many processed foods, are broken down and processed quickly. Fiber-rich foods, such as whole grains, beans, and green and yellow vegetables, slows the process down because they take longer to digest. Most dietitians and nutrition experts believe it's not a good idea to completely stop eating a particular food whether it's fat, protein or carbs. Choose your carbs wisely by eating fiber-rich fruits, vegetables and whole grains while limiting the added sugars and processed food. This will boost your intake of healthy nutrients without weight gain.

Look for more about carbs in upcoming issues of Wellness Works.

Step 3: Drink More Water

Water is required by every cell in the body to function properly, and is vital to the elimination of toxins.

We know we need to drink water but how much is the real question. According to Mayo Clinic, there is no simple formula that fits everyone. [How much water you need](#) depends on your activity level, the climate you live in, the amount of fresh fruits and vegetables you eat and your health. The Institute of Medicine (IOM) recommends that men should have a total daily fluid intake of 125 ounces (about 15+ cups) and women's daily total fluid intake should be 91 ounces (that's 11+ cups). However, this includes fluids from all sources, not just water. About 15% of our [daily fluid intake comes from fruits and vegetables](#), like spinach, cucumbers and watermelon.

You're drinking enough fluid if:

- You rarely feel thirsty
- Your urine is colorless or light yellow

If you have a headache, are in a bad mood, are constantly hungry or having trouble concentrating, then you may suffer from mild dehydration. Drinking more water may help fix this.



Make Work More Enjoyable

People who have a good friend in the workplace are more likely to be satisfied and engaged in their job, according to a slew of polls and studies. This [list of characteristics](#) that make up a good, healthy working relationship won't surprise you—they are the same qualities we look for in all our friends. Here are a few vital traits.

- **Trust.** This is the foundation of every good relationship. Be open, honest and consistent.
- **Mutual Respect.** We show respect by placing value on the ideas and input of others.
- **Mindfulness.** This means taking responsibility for our words and actions. We pay attention to what we say and don't let our own negative emotions impact the people around us.
- **Welcome Diversity.** When friends and colleagues have differing ideas, take the time to consider what they have to say.

Free Scale and Fitbit to Prevent Diabetes

One of the benefits of our HFHC Florida Blue health insurance is access to the LARK, Health prediabetes program. Sign up for [this app](#) and, if you qualify, you will receive a free scale. Participate in the program by logging your activity and food intake and you will receive a free FitBit. Qualification is based on your risk for developing Type 2 diabetes.



Autumn is Here! Or so the calendar claims. Nothing says fall like pumpkins and warm spices like cinnamon, clove, nutmeg and allspice. And football. We can't change the temps or help your team win but we can bring you a healthier version of this seasonal favorite beverage.

Healthy Pumpkin Spice Latte

- 1 cup water
- 1/4 cup granulated sugar
- 2 tablespoons dark brown sugar
- 1/2 cup canned pumpkin puree
- 2 teaspoons pumpkin pie spice
- 1/4 teaspoon kosher salt
- 2 teaspoons vanilla extract
- 6 cups strongly brewed coffee
- 3 cups 1% low-fat milk

Step 1

In a medium saucepan over low heat, add water, sugars, pumpkin, pumpkin pie spice, and salt. Add additional pumpkin for stronger pumpkin flavor. Whisk and let simmer for 20 minutes to make syrup.

Step 2

Remove from heat and add vanilla extract.

Step 3

Brew coffee. Pour milk into a medium saucepan. Over medium heat, whisk vigorously until warm and foamy.

For each individual latte, mix 1 cup coffee with 4 tablespoons of syrup until syrup dissolves. Top with 1/2 cup of whisked milk.

Keep remaining syrup in a sealed container.

1 serving: Calories 110, Fat 1.5g, Sat Fat 1g, Carbohydrate 21g, Sodium 140mg, Protein 5g, calcium 167.9mg

[Healthy Pumpkin Spice Latte from Cooking Light](#)

October Events



Birthdays

George Gilbert	October 4
Kaitlynn Stradling	October 7
Jennifer Lopez	October 8
Carmen Ocasio	October 9
Cheryl Seefeldt	October 11
Laterica Smith	October 11
Marianne D'Angelo	October 12
Angela Herrera	October 15
Tammy Campbell	October 17
Jackie Zayas	October 17
Teeawana Carter	October 19
Liza Easley	October 22
Cathy Rogers	October 26
Diana Ancona	October 28
Laura Thompson	October 30

Observances

Breast Cancer Awareness Month	
Dental Hygiene Month	
Disability Awareness and Appreciation Month	
Domestic Violence Awareness Month	
Health Literacy Month	
Patient-Centered Care Awareness Month	
Pharmacists Month	
"Talk about Your Medicines" Month	
Midwifery Week	Oct 1-7
Depression Screening Day	Oct 4
Physician Assistants Week	Oct 6-12
Mental Illness Awareness Week	Oct 7-13
Accounts Payable Week	Oct 8-12
Infection Prevention Week	Oct 14-20
Boss's Day	Oct 16
Medical Assistants Recognition Week	Oct 15-19
Red Ribbon Week	Oct 23-31
Full Moon	October 24
Halloween	October 31



You Can Win....

The site that web enables the most patients AND increases the # of patients that actual use the portal wins a pizza party!

The location that has the greatest increase in pediatric immunization compliance and/or the greatest increase in HPV compliance wins....a pizza party!



Stronger Together



Heart of Florida's United Way Campaign is On!

Our Goal: 90% Participation

United Way funds Heart of Florida for pediatric dental care so more children can have healthy smiles.

- * Give at least \$5 to United Way and wear work-appropriate **JEANS** for 5 Fridays! Yes—5 for \$5! Pledge must be made by October 26.
- * Make a pledge and your name will be entered into a drawing for a **PTO day!** Drawings for other prizes will be held each week. The earlier you pledge, the more chances to win!
- * **More** events and prizes to be announced! Watch your email!