

Wellness Works Coordinators' Bulletin

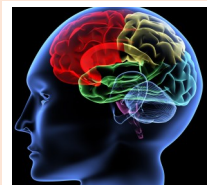
Providing your wellness committee with updates and relevant health information!

November 2017

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Do What You Love and Love What You Do

What motivates you to get up in the morning? What fulfills you? Do you wake up dreading going to work or does the idea invigorate you?

People who have a purpose to get up every morning tend to live seven years longer than those who do not. People who have a purpose are happier and live a healthier, more healing life, adding longevity.

If you feel you could be doing more with your life, figure out what your gifts, passions and values are and from there you will find your purpose.

To schedule Danielle's **NEW** class,
"The Importance of Purpose – What's Yours?"
contact Danielle at dyale@memun.org



In Case I Die

By Abby DiPasquale

Note: This article first appeared in the 2016 Winter Wellness Works Newsletter, but was the spring board to Abby's new class, so we thought it was appropriate to reprint it here as an introduction to her new class!

That probably sounds like a very morbid title for an article in a wellness newsletter, but it is something I have heard myself say on many occasions... "The password to the bank account is #####, in case I die and you need to know it." "The key to the safe is in the drawer, in case I die and you need to find anything important." The list could go on and on.

I think many of you are probably in this same situation. The fear of writing anything down and potentially forgetting something or making a wrong choice paralyzes us. But we have to start somewhere, so I set up the "In Case I Die" folder in my desk drawer. Honestly it didn't take me much time to pull all the documents and paperwork together, probably a couple hours each day over the course of a week—but after wasting nine years thinking about this, it didn't seem like long! Now I know that my family members will know where important paperwork is, where key passwords are, and all the essential paperwork that they will need if I am not there to tell them where to find it!

While my folder is just in my desk drawer, I don't recommend that you keep most of these documents just loosely filed and unprotected in a simple file drawer. My folder contains information needed for people to find and access our fire proof safe that contains most of these important documents. Many of the items in the safe are things that you would want to protect in the event of a fire or break-in. While there are a lot of opinions about what you should include in a folder for your loved ones after your passing, there are some key documents that you want to be sure to include. These are:

- Full legal name
- Social Security number
- Legal residence
- Date and place of birth
- Location of birth and death certificates and certificates of marriage, divorce, citizenship, and adoption
- Employers and dates of employment
- Education and military records
- Names and phone numbers of close friends, relatives, doctors, lawyers, and financial advisors
- Location of living will and other legal documents
- Sources of income and assets (pension from your employer, IRAs, 401(k)s, interest, etc.)
- Social Security and Medicare/Medicaid information
- Insurance information (life, health, long-term care, home, car) with policy numbers and agents' names and phone numbers

(In Case I Die, continued on pg 4)

Strategies To Keep Your Mind Sharp



We all have those moments when we forget where we put our glasses, blank on a friend's name, or discover at the supermarket that we've left the shopping list at home. Such occasional lapses are common, especially once we hit our forties. And while it may be alarming to have a "senior moment" now and then, the good news is that we are not destined to increased memory gaps as we age. Research shows that by keeping your brain healthy with the right diet, and exercising it to keep cognitive function strong, you can boost memory and brainpower. To keep your mind sharp try some of these strategies:

- ◆ **Eat fish once a week** - People who eat fish once a week have a 60% lower risk of developing Alzheimer's disease, according to research by Martha Clare Morris, ScD, an epidemiologist and associate professor of internal medicine at Rush University Medical Center in Chicago. The reason is DHA, a type of omega-3 fatty acid found in large quantities in the brain and in cold water species of fish, such as salmon, tuna, and cod. Morris recently found that a weekly seafood-based meal may slow cognitive decline by 10% per year—the equivalent of turning back the clock 3 to 4 years.
- ◆ **Play some brain games** - When it comes to the brain, the one factor we often neglect is mental stimulation. We are creatures of habit and tend to engage in the same activities and behavior patterns. In fact, the brain "prefers" novelty and unexpected events. When we mentally challenge ourselves on a regular basis, we can maintain good intellectual potential as well as reduce our risk for age-related memory loss. Challenge yourself with brain games, scientifically developed to give your mind a workout.
- ◆ **Socialize** - If you doubt the power of staying connected, consider this: Experts now believe that socializing, like other forms of mental exercise (such as crossword puzzles), may build cognitive reserve, a reservoir of brain function you draw from if and when other areas of your brain begin to decline. Regular socializing also keeps your brain sharp by reducing cortisol, the destructive stress hormone.
- ◆ **Maximize your workouts** - Aside from eating a healthy diet, one of the most important ways to preserve your brain health is through regular exercise. Cardiovascular activity pumps more oxygen-rich blood to the brain. Cardio exercise strengthens blood vessels and helps prevent illnesses that impair cognitive function, like stroke.
- ◆ **Stay positive** - Positive emotions have a beneficial effect on your ability to process information and are linked to better brain health over the long term. Think about a time in your life when you were extremely happy. Rehearse the scene as though you were reliving it, complete with the dialogue, sights, smells, and feelings. The memory itself will spark brain changes that can help turn your mood and your long term health around.
- ◆ **Don't fret what you forget** - A daily overload of information often makes us think our memory is declining and we have memory loss when in fact it's simply overloaded with too much useless data. Most of the information that comes at us every day is, frankly, not worth remembering. A fit brain will efficiently screen out and discard worthless or meaningless data so it can remember what's important.
- ◆ **Take a nap** - Napping for as little as 6 minutes can improve your memory. Napping gives the brain time to relax and reboot.

There are a lot of strategies out there to improve your memory. Try some of the ones listed above or try some of the brain games located on the internet.

Reference: Prevention Magazine

To learn more about memory and various strategies, contact Danielle at dyale@memun.org to schedule "Am I Losing My Mind."

Cookies and fruit snacks may be lunchbox favorites, but they're not so sweet for teeth. These strawberry energy bites are unique treats that deliver a dose of vitamin C, which helps the body repair bones and teeth and offers your mouth a healthy treat!

Strawberry Energy Bites

Ingredients:

- 1 cup frozen strawberries
- 1 cup oats
- 1/2 cup sunflower seeds
- 1/2 cup coconut flour
- 1-2 tablespoons coconut oil
- Unsweetened, shredded coconut



Directions:

- Blend strawberries, oats, sunflower seeds, coconut flour and 1 tablespoon of the coconut oil in a food processor.
- When the mixture becomes a fine paste, form into balls. You may need to add another tablespoon of coconut oil if the mixture seems too dry.
- Roll the balls in the shredded coconut, then refrigerate for at least 2 hours before enjoying.
- Store them in the fridge for up to 3 days, or put them in the freezer for future use.

The foods we eat greatly impact our oral health, consider booking "Oral Health and Overall Health" with Abby to find out more ways to improve your smile! She can be reached at adipasquale@memun.org.

Source: Grin Magazine, Delta Dental, 2017

(In Case I Die, continued from pg 2)

- Names of your banks and account numbers (checking, savings, credit union)
- Investment income (stocks, bonds, property) and stockbrokers' names and phone numbers
- Copy of most recent income tax return
- Location of most up-to-date will with an original signature
- Liabilities, including property tax—what is owed, to whom, and when payments are due
- Mortgages and debts—how and when they are paid
- Location of original deed of trust for home
- Car title and registration
- Credit and debit card names and numbers
- Location of safe deposit box and key

Winter will soon be upon us and you will find yourself locked up in your house...this is a great time to tackle this assignment and make your own "In Case I Die" folder...or you could even call it something more appealing, like the "I Love You" folder or the "Leaving a Legacy" folder.

Not sure where to start? Abby can help! She has a new class called (appropriately) "In Case I Die" and is scheduling now for 2018, you can contact her at adipasquale@memun.org.



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