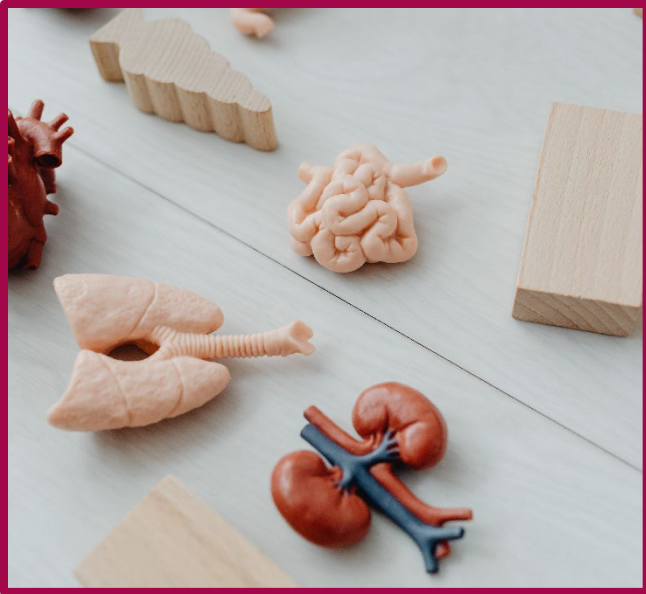


# WELLNESS NEWSLETTER

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November 2022

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## HEALTH OBSERVANCE

### COPD Awareness

*Dawn Koch - Wellworks for You*

Chronic Obstructive Pulmonary Disease (COPD) is a term used to describe chronic lung diseases, including emphysema and chronic bronchitis. In the United States, COPD affects more than 15 million adults. More than half of those diagnosed are women. COPD is a significant cause of disability, and it is the fourth leading cause of death in the United States, according to the Centers for Disease Control and Prevention (CDC).

Symptoms of COPD can be different for each person, but common symptoms are:

- Increased shortness of breath
- Frequent coughing (with and without mucus)
- Wheezing
- Tightness in the chest
- Unusual tiredness

COPD is (currently) an incurable disease, but with the proper diagnosis and treatment, there are many things you can do to breathe better and enjoy life and live for many years. Being active will help you feel better, move better, and sleep better. You may also need oxygen therapy, pulmonary rehabilitation, or medicines to treat complications.

The good news is that COPD can be prevented by not smoking. Cigarette smoking is the leading cause of COPD. Most people who have COPD smoke or used to be a smoker. However, a genetic condition called alpha-1 antitrypsin (AAT) deficiency can also cause the disease.

Experts now say that any physical activity, even a few minutes at a time, counts toward better health. Regular exercise will improve your stamina and strength and help you with daily and recreational activities. You will also strengthen your bones and muscles, increase your self-confidence, and breathe easier with less effort. It is essential to stay physically active to keep feeling these benefits. Although there is no cure, there are treatments and lifestyle changes that can help you feel better, stay more active, and slow the progress of the disease.

**Source:**

[What is COPD? - Chronic Obstructive Pulmonary Disease - COPD Foundation](#)  
[COPD - What Is COPD? | NHLBI, NIH](#)  
[EIM Rx-for-Health COPD.pdf \(exerciseismedicine.org\)](#)



### WellBalance Health Corner

#### Activities to Keep Your Mind Sharp

It is important to remain open to new experiences and ideas to keep your mind sharp.

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### National Alzheimer’s Disease Awareness

Learn about the warning signs and intervention options for Alzheimer’s Disease.

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# WelBalance

## HEALTH TIP CORNER

### Intellectual Wellbeing

Keeping Your Mind Flexible,  
Informed and Engaged

## Activities to Keep Your Mind Sharp

Kim Farrell – Wellworks For You

Memory loss and other cognitive changes can be frustrating. Everyone has the occasional "senior moment." However, did you know that aging alone does not cause cognitive decline? You can improve your memory, focus, and general brain function no matter how old you are. The first step we are all taught is to make healthy lifestyle changes. In addition to these lifestyle choices, there are strategies you can practice to help maintain cognitive fitness.

*Here are several you might try:*

#### 1. Keep learning something new

Education is critical for better mental functioning in old age. Studies have shown that advanced education keeps memory strong by naturally creating the habit of remaining mentally active. Challenging your brain with cognitive exercises, such as sudoku and crossword puzzles, activates the processes that help maintain individual brain cells and stimulate communication.

#### 2. Use all your senses while creating a memory

Your primary senses go hand-in-hand with brain function. The more senses you use while learning something, the more of your brain is used to retain new memory. Challenge all your senses as you venture into the unfamiliar.

#### 3. Believe in yourself

There are many falsehoods and misconceptions when it comes to failing memory. When exposed to negative stereotypes about aging and memory, middle-aged and older learners struggle with memory tasks. People who have convinced themselves that they are no longer in control of their memory are less likely to work at maintaining or improving their memory skills. Therefore, they are more likely to experience cognitive decline. Coupling the personal belief that you can improve your memory with practice gives you a better chance of keeping your mind sharp.

#### 4. Prioritize your brain activity

Take advantage of smartphone reminders, calendars, maps, shopping lists, file folders, and address books to keep routine information accessible. Designate a place at home for your glasses, purse, keys, and other items you use often. By creating a routine and daily habits to maintain the memory of small things, like where you left your car keys, you are conserving mental energy to keep your mind fresh and open to new thoughts and ideas.

#### Sources:

[Open Your Mind to New Experiences and Possibilities - Home \(familywellbeingcoach.com\)](#)

[Keeping an Open Mind: How to Embrace New Ideas | by Steve Spring | Live Your Life On Purpose | Medium](#)

[10 Ways to Open Your Mind to New Possibilities - Everyday Inspiration \(beliefnet.com\)](#)

#### 5. Say it. Repeat it

Memorizing something you've just heard, read, or thought about can be tricky. Repeat it out loud or write it down to reinforce the connection. One of the most common difficulties is remembering names. If you are meeting people for the first time, try using their names more often while speaking to them. For instance, "So, John, where did you meet Camille?"

#### 6. Space things out

It's best not to repeat something many times in a short period, such as cramming for an exam. Spacing out study periods helps improve memory and is particularly valuable when trying to master complicated information and pay attention to details.



Try out some of the following activities to support your brain health, keep your mind sharp, and have a little fun along the way!

- Complete a jigsaw puzzle
- Learn a new language
- Dance
- Learn a new instrument
- Read a book
- Meditate
- Listen to music
- Draw, paint, or color
- Play brain games
- Learn a new skill
- Teach a skill to someone else

# National Alzheimer's

## Disease Awareness

*Dawn Koch – Wellworks for You*

November is Alzheimer's Awareness Month, a time to heighten awareness about Alzheimer's disease and support the more than 6.2 million Americans living with it. It is a brain disorder that slowly destroys memory and thinking skills and, eventually, the ability to carry out the simplest tasks.

According to the National Institutes of Health (NIH), Memory problems are typically one of the first signs of Alzheimer's, though initial symptoms may vary from person to person. A decline in other aspects of thinking, such as finding the right words, vision/spatial issues, and impaired reasoning or judgment, may also signal the early stages of Alzheimer's disease.

Some older adults have more memory or thinking problems than adults their age. This condition is called mild cognitive impairment (MCI) and can be an early sign of Alzheimer's, but not everyone with MCI will develop the disease.

Researchers are studying many approaches to prevent or delay Alzheimer's. Some focus on drugs, some on lifestyle or other changes.

*There is evidence for three types of interventions:*

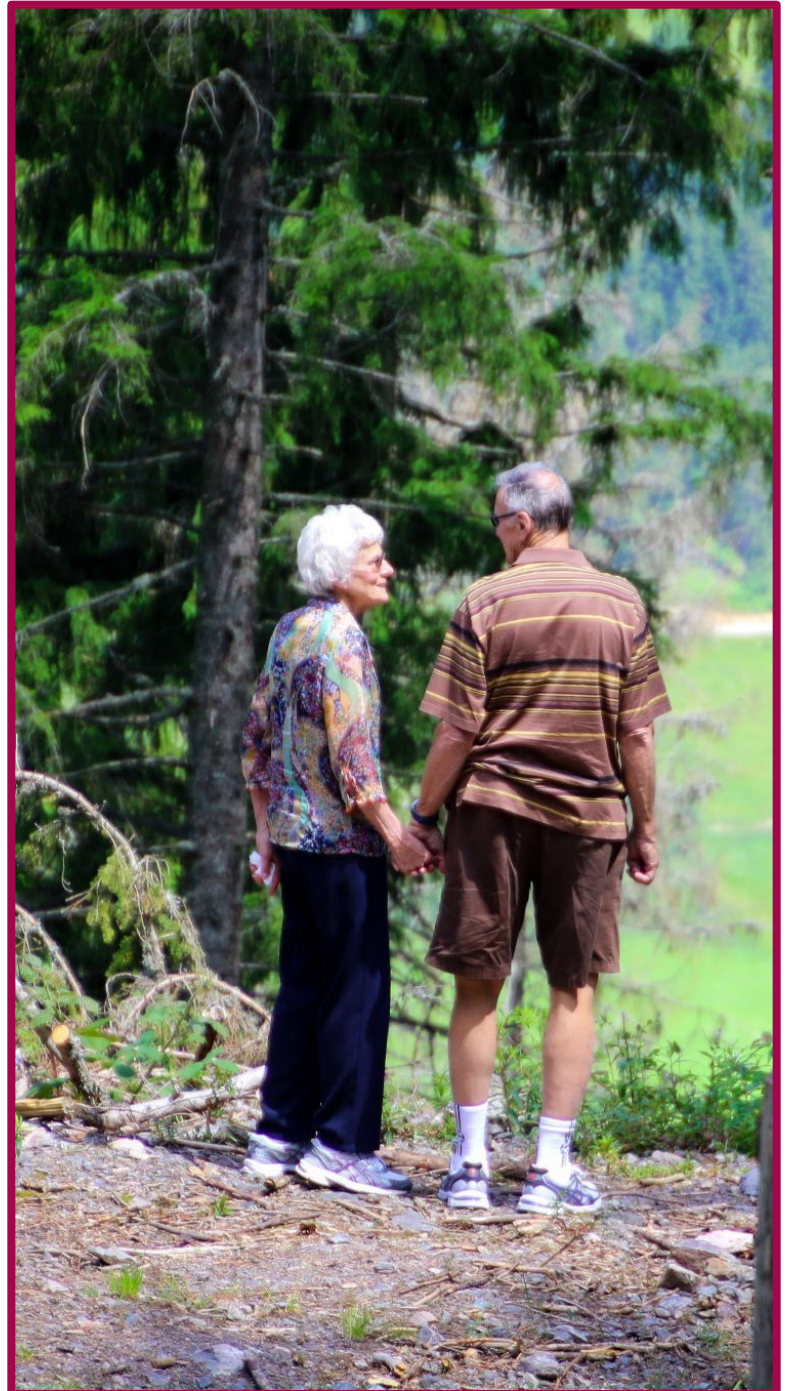
- Increased physical activity
- Blood pressure control for people with high blood pressure
- Cognitive training

No specific evidence recommends a diet to prevent cognitive decline or Alzheimer's. However, certain diets and healthy eating patterns have been associated with mental benefits. Such as the Mediterranean diet and the MIND—a combination of the Mediterranean and Dietary Approaches to Stop Hypertension (DASH) diets. The MIND diet focuses on plant-based foods linked to dementia prevention.

Currently, there is no cure for Alzheimer's, though there has been significant progress in recent years in developing and testing new treatments. Several medicines have been approved by the U.S. Food and Drug Administration to treat people with Alzheimer's.

**Source:**

[Alzheimer's Foundation of America | November Awareness \(alzfdn.org\)](https://www.alzfdn.org)  
[What Is Alzheimer's Disease? | National Institute on Aging \(nih.gov\)](https://www.nia.nih.gov)  
[Preventing Alzheimer's Disease: What Do We Know? | National Institute on Aging \(nih.gov\)](https://www.nia.nih.gov)



## FEATURED RECIPE

### Slow Cooker Curried Butternut Squash Soup

4 Servings

Vegan, Gluten-Free, Dairy Free, Nut Free, Egg Free, Low Carb



#### INGREDIENTS

- 2 tablespoons cider vinegar
- 1 tablespoon canola oil
- 1 medium butternut squash (2 - 2 ½ pounds), peeled, seeded, and cubed (about 5 cups)
- 3 cups "no-chicken" broth or vegetable broth
- 1 medium onion, chopped
- 4 teaspoons curry powder
- ½ teaspoon garlic powder
- ¾ teaspoon salt
- 1 14 ounce can of coconut milk
- 1-2 tablespoons lime juice, plus wedges for serving
- Chopped fresh cilantro for garnish

#### DIRECTIONS

1. Stir squash, broth, onion, curry powder, garlic powder, and salt together in a 5-quart slow cooker.
2. Cover and cook until the vegetables are very tender, either 7 hours on Low or 3 ½ hours on High.
3. Turn off the heat and stir in coconut milk and lime juice to taste. Puree with an immersion blender until smooth. Garnish with cilantro.

#### NUTRITION

**Serving Size:** 1 cup

**Per Serving:**

<b>Calories:</b> 153	<b>Protein:</b> 2.2g
<b>Carbohydrates:</b> 14.5g	<b>Dietary Fiber:</b> 3.1g
<b>Fat:</b> 10.8g	<b>Saturated Fat:</b> 9.4g
<b>Calcium:</b> 59.9mg	<b>Magnesium:</b> 56.8mg
<b>Potassium:</b> 453.5mg	<b>Sodium:</b> 424.2mg

*Source:* [Slow-Cooker Curried Butternut Squash Soup Recipe | EatingWell](#)

## MONTHLY DRAWING

Post your response on our Facebook page's November Giveaway post to be placed in a drawing to possibly win a \$25.00 Wellworks For You Visa Reward Card.



If you wish to be placed in the drawing, your answer must be submitted to Wellworks For You by the last day of the month. You can also email your response to [info@wellworksforyou.com](mailto:info@wellworksforyou.com) if you do not use Facebook.

Like our page on Facebook: [facebook.com/wellworks4you](https://facebook.com/wellworks4you)

Describe how you express gratitude.

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