



Did You Know?

Turkey can be a lean protein, high in the healthy omega 3 fats, and loaded with most of the essential vitamins and minerals if done right.

Work Hard, Play Harder

It goes without saying that for a heart healthy bird, you need to stay away from deep frying. Unless turkey skin is something you can't live without, it is best to skip it. Turkey skin is loaded with calories and saturated fat. Additionally, for a leaner meat, stick with the white meat rather than the dark meat, which has more saturated fat. Finally, if you can afford it, an organic turkey can minimize the risk of contaminated feed, hormones, and antibiotics. Pasture raised birds can enhance the nutritional profile with more heart healthy omega 3 fats.

9 Tips for a Healthy Thanksgiving

Thanksgiving only comes around once a year, so why not go ahead and splurge? Because gaining weight during the holiday season is a national pastime. But Thanksgiving does not have to sabotage your weight. With a little know-how, you can satisfy your desire for traditional favorites and still enjoy a guilt-free feast.

Here are some helpful tips:

1. **Get active.** Take a walk early in the day and then again after dinner.
2. **Eat breakfast.** Eating a small meal in the morning can give you more control over your appetite.
3. **Lighten up.** Make recipes healthier with less fat, sugar, and calories.
4. **Police your portions.** Don't waste your calories on food you can have all year long. Fill your plate with small portions of holiday favorites.
5. **Skip the seconds.** Leftovers are much better the next day, and if you limit yourself to one plate you are less likely to overeat.
6. **Slowly savor.** Eat slowly, and put your fork down between bites.
7. **Go easy on the alcohol.** Alcohol calories can add up quickly.
8. **Be realistic.** The holiday season is a good time to strive for weight maintenance instead of weight loss.
9. **Focus on family and friends.** The main event should be socializing and spending quality time together, not just what is on the buffet.

Source: www.medicalwesthospital.org

November is Alzheimer's Awareness Month

November is Alzheimer's Awareness Month, a time to heighten awareness about the disease and show support for the more than 6.2 million Americans living with it.

Alzheimer's disease is a progressive brain disorder that impacts memory, thinking and language skills, and the ability to carry out the simplest tasks. It is also the most common cause of dementia. Dementia itself is not a disease, but a term used to describe symptoms such as loss of memory, loss of judgement, and other intellectual functions. Alzheimer's disease can cause dementia.

Although each individual is unique, experts have identified common warning signs of Alzheimer's disease:

- Memory loss, especially of recent events, names, places, and other new information
- Confusion about time and place
- Struggling to complete familiar tasks such as brushing teeth
- Trouble finding appropriate words
- Difficulties in judging situations
- Changes in mood and personality

The National Institutes of Health's National Institute on Aging describes Alzheimer's disease in three stages. In early or mild stages, people may forget words or misplace objects; forget something they just read; ask the same question over and over; have increased trouble making plans or organizing; not remember names when meeting new people.

In the middle or moderate stage, people may have increased memory loss or confusion; problems recognizing family and friends; continuously repeating stories; decreased ability to perform complex tasks; lack of concern for hygiene and appearance; requiring assistance in picking out clothes.

Finally, in the late or severe stage of Alzheimer's disease, there is almost total memory loss. People may also experience delusions and lose basic abilities such as eating, walking, or sitting up. It is important to note that Alzheimer's disease is not a normal part of aging, and it is important to look for signs like these to share them with your doctor.

Source: www.alzfdn.org



Questions?

Visit Cigna's website at www.mycigna.com for more personalized information. For other questions, contact a Cigna representative at

1-800-244-6224.

Fifteen Days of Fitness Wellness Challenge Begins November 7th

Our second wellness challenge of this school year, Fifteen Days of Fitness, will run from November 7, 2022, until November 21, 2022, ending just in time for Thanksgiving break. This progressive challenge is the ultimate combination challenge in which participants must complete a different health-related activity each day for 15 days. The activities will be revealed each day and can include fitness, nutrition, stress, social, and strength activities. Registration is open now:

<https://www.employeehealthshub.com/acps/>. If you need to update your team/building, please let Mia Cross know.

Employee Health and Vendor Fair Raffle Winners Announced

The 6th Annual Employee Health and Vendor Fair was held on Friday, October 28, 2022, at Mountain Ridge High School, and a total of 220 employees attended. The lucky winners of this year's raffle prizes are as follows: Keri Harvey, Black and Decker tool set; Brian Davis, Ninja blender; Heather Peters, Solo Stove; Brittany Wilson, Shaklee gift bag; Shelby Hutcheson, massage gun; Kristine Jackson, \$50 gift card from NVA; Mandy Schall, Tidy Board; Julie Hott, Air Pods; Jennifer Rice, YMCA gift bag; Timothy Harrison, Yeti cooler; Kasandra Kegg, Shaklee gift bag; Chase Crislip, \$50 gift card from NVA; Melissa Krukowsky, Nintendo Switch; Stewart Monroe, Blackstone griddle; Janie Bucy, electric toothbrush; Mary Moffett, hiking backpack; Crystal Crites, air purifier; and Brenda Engle, Ninja Foodie.

Food for Thought

If you're trying to eat healthy, the holidays can be tricky. You don't want to deprive yourself of your favorite foods, but you also don't want to eat excessively. Here are a few tips from Omada for Cigna to help you stay sane during the season of eating:

1. **Slow down and chew.** Food satisfaction comes from being hungry because it makes food taste better. But when you're really hungry, you might eat too quickly. Make sure to slow down, chew around 32 times per bite, and enjoy your food!
2. **Food isn't everything.** Food may be a great thing, but it isn't the only thing when it comes to your health around the holidays. Make sure you also manage your stress levels, get enough sleep, and stay active as much as you can.
3. **It's the little things.** Mindless eating is often triggered by visual food cues, which can lead to overeating or unsatisfying food choices. Try serving dinner from the kitchen so that food isn't sitting on the dining table in plain sight, where everyone can see it.

Recipe Source: www.eatingwell.com

Butternut Squash Queso Fundido

This cheesy dip recipe is lightened up by subbing mashed butternut squash for some of the melted cheese. It is also loaded with chili-spiced caramelized onions. Serve it with tortilla chips or sliced jicama for dipping.



Ingredients

- 1 medium butternut squash, halved and seeded
- ½ tsp. salt
- 1 tbsp. extra virgin olive oil
- 1 large sweet onion, sliced
- 1 tbsp. chili powder
- ¼ tsp. chipotle chili powder or cayenne pepper
- 8 oz. sharp cheddar cheese, shredded
- 8 oz. Monterey Jack cheese, shredded
- 2/3 cup Pico de Gallo or fresh salsa, drained
- 2 tbsps. chopped fresh cilantro
- 2 tbsps. toasted pepitas

Instructions

1. Preheat oven to 400°. Line a baking sheet with parchment paper.
2. Place squash cut-side down on prepared pan. Bake until tender, 50-60 minutes. Turn over and let cool slightly. Scoop the flesh into a food processor and add salt. Puree until smooth. Measure out 2 cups of puree. Set aside. Reserve the rest for another use.
3. Combine oil and onion in medium saucepan. Cover and cook over medium heat, stirring often, for 10 minutes. Uncover and continue cooking until onion is very soft and browned, 8-10 more minutes, reducing the heat and adding 1 tbsp. of water at a time, as needed, if onion begins browning too quickly. Stir in chili powder and chipotle. Remove from heat, cover, and let stand 10 minutes.
4. When squash is done, reduce oven temperature to 350°. Coat a medium cast-iron skillet with cooking spray.
5. Toss cheeses in large bowl. Stir 1 cup of cheeses into reserved squash puree. Spread half remaining cheese in prepared pan. Top with squash. Spread half caramelized onions over squash. Top with remaining cheese and onions.
6. Bake until cheese is melted and bubbling, about 20 minutes. Let cool 10 minutes. Top with Pico, cilantro, and pepitas.

Nutrition Information

- Calories 107
- Carbs 6.5g
- Protein 5.2g
- Fat 7.1g
- Saturated Fat 3.8g
- Cholesterol 17.8mg
- Sodium 211.6mg
- Dietary Fiber 1g
- Sugars 2g
- Calcium 159.2mg

Tips

To make ahead, refrigerate the dip (steps 1-5) for up to 6 hours. Bake for 25-30 minutes in step 6.