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BHS A.S.S.I.S.T. OCTOBER NEWSLETTER

YOU ARE NOT ALONE | Find a Cancer Support Group

Support groups can be as important as cancer treatment itself.

Support groups provide a certain level of comfort and support, often times unmatched by family and friends. Cancer treatment centers all around the world emphasize the benefit of including a support group during the course of diagnosis and treatment.

While providing important emotional support, support groups are more than just a safety net for the patient. They can even improve the physical health and wellness of participants. For example, support groups have traditionally helped fill the void between the medical system and the daily grind of the everyday world. Support groups function to help patients cope, but clearly do more than make patients feel good. They serve as educators for new patients and the community, and help spread news of important advancements or therapies in cancer treatment.

The importance of support groups is well noted in the medical community. A study led by researchers at Stanford University evaluated 86 women with breast cancer that had metastasized. Fifty of the women attended weekly support group meetings for one year, in addition to receiving medical treatment, while 36 women only received medical treatment. The results indicated the women in the breast cancer support groups reported feeling "less anxious, less depressed and less bothered by pain" versus those who had not participated in a support group.

These same researchers later discovered the women in the support groups survived an average of 18 months longer than the others. Four years after the study began, one-third of the participants in the support groups were still alive, while all 36 of the women who did not participate in a support group had passed away.



How Do Support Groups Help?

They help enhance overall self-esteem, decrease anxiety, reduce depression and improve relationships with friends and family. While these are the primary areas of focus for most support groups, some also ensure that the overall well being of the cancer patient is addressed.

Support groups should not be limited only to cancer patients. It is equally important for family members and friends to also participate. Support groups help caregivers understand how to better care for the patient as they face the unique challenges of treatment and recovery. Just as for the patient, caregivers face unique challenges that are difficult for others to fully understand.

If you or someone you know has been diagnosed with cancer and you would like to join a support group, start by calling your BHS Care Coordinator today at 800-245-1150.



Health & Nutrition Monitor



Fruits & Veggies

When it comes to good nutrition, all forms of fruits and vegetables matter — fresh, frozen, canned, dried and 100% juice!

* Most frozen and canned foods are processed within hours of harvest, so their flavor and nutritional value are preserved.

* Studies show that recipes prepared with canned foods had similar nutritional values to those prepared with fresh or frozen ingredients.

* Canned foods are “cooked” prior to packaging, so they are recipe ready.

* Frozen foods also require little prep since the washing, slicing and dicing is already done.

With 200+ options and a variety of convenient packaging to make fruits and vegetables easy to store and serve, there's bound to be something to please everyone!

3 liters for men & 2.2 liters for women

According to the Mayo Clinic this should be your daily water intake!

TIME FOR NEW SHOES?



To prevent injuries you should replace your running shoes every 300-500 miles or every 6 months.

Running in worn-out shoes is one of the most common causes of running injuries.

Your running shoes lose shock absorption, cushioning & stability over time. Continuing to run in worn-out running shoes increases the stress & impact on your legs & joints, which can lead to overuse injuries.



MAKE IT HAPPEN!

Visit Active.com to view upcoming 5k races in your area or hometown.

Form a team, make it a family event, get your friends involved or just do it yourself! Either way the end result is the same — goal achieved!

Ten reasons to eat more vegetables

1. **Color & Texture.** Fruits & veggies add color & texture to your plate.
2. **Convenience.** Fruits & veggies are nutritious in any form – fresh, frozen, canned, dried or 100% juice.
3. **Fiber.** Fruits & veggies provide fiber that help fill you up.
4. **Low in Calories.** Fruits & veggies are naturally low in calories.
5. **May Reduce Disease Risk.** Eating fruits & veggies may help reduce your risk of many diseases.
6. **Vitamins & Minerals.** Fruits & veggies are rich in both vitamins & minerals.
7. **Variety.** There is lots of variety to chose from
8. **Quick, Natural Snack.** Fruits & veggies are a quick & easy snack.
9. **Fun to Eat!** Some crunch, some squirt, some you peel ...
10. **Fruits & Veggies are Nutritious AND Delicious!**

Stop the spread of germs with effective hand washing!

Remember to rub your hands together vigorously with soap & water for at least 20 seconds, including the backs of your hands, wrists, between your fingers & under your fingernails.

Stand Out at Work

Doing a good job isn't always enough to succeed at work. Being visible can make a real impact. Here are some tips on raising your profile in your workplace:

Talk to your boss. Make time to check in with your manager when you *don't* have a problem to report or a question to ask. Don't try to hog his or her time; just discuss what's going on, drop a suggestion or chat. This builds a routine of regular, informal communication that can enhance your boss's opinion of you.

Network to share your expertise. Get to know the most talented people in your organization, regardless of their job title or position. Help them out whenever you can, but don't bug them for advice or assistance. You'll establish positive relationships and gain a reputation as someone who puts the organization's objectives first.

Praise others. Sometimes the best way to gain credit is to give it. When you achieve something significant, make sure your boss knows who helped you (and let that person know you're sharing the information as well). Not only do you look like a generous colleague, but also you'll be seen as a good team player.

Volunteer. Participating in other activities will bring you into contact with colleagues outside your department and brighten your image throughout the organization.



What is a Moment Really Worth?

On the bulletin board of a California company, someone posted this sign to remind everyone that time is relative and its value is priceless:

- ⊕ To realize the value of **one year**: Ask the student who has failed his final exam.
- ⊕ To realize the value of one **month**: Ask the mother who has given birth to a premature baby.
- ⊕ To realize the value of **one week**: Ask the editor of a weekly newspaper.
- ⊕ To realize the value of **one day**: Ask the daily wage laborer who has six kids to feed.
- ⊕ To realize the value of **an hour**: Ask the lovers who are waiting to meet.
- ⊕ To realize the value of a **minute**: Ask the person who has missed the train, the bus or the plane.
- ⊕ To realize the value of a **second**: Ask the person who has survived an accident.
- ⊕ To realize the value of a **millisecond**: Ask the person who has won a silver medal in the Olympics.



**“ Continuous effort
— not strength or intelligence —
is the key to unlocking our potential.”**

~ *Winston Churchill*

Do you need help seeing your potential? Contact your EAP.

TIPS FOR STAYING SANE ON THE OVERNIGHT SHIFT

The world never stops turning and some organizations never stop working no matter what time it is. If you're working the night shift or are responsible for employees who are, you've got to take extra care to stay safe. Sleep deprivations, fatigue & depression are just some of the more obvious problems that workers on unconventional schedules can face.

To maintain health and sanity all night long, follow these guidelines:

For managers

- **Provide adequate staffing.** Employees working overnight need company to help them stay awake and to provide coverage during breaks. Don't schedule just one or two people for the night shift if they will need to go all-out for the full eight hours without rest.
- **Allow sufficient breaks.** Nighttime workers will need more frequent rest breaks, not just time for dinner and a snack. Give them adequate time to stretch and move around so their concentration stays sharp. If possible, consider working a short nap break into their routine. Studies show that brief naps can improve overall night shift performance.
- **Include night workers in everyday routine.** Keep employees on the night shift informed about what's going on just like day workers.



For employees

- **Tackle tough tasks first.** Anything that demands strength or high levels of concentration should be your first project, not your last. Perform these jobs when you're fresh and your response time is at its peak.
- **Stay active.** Move around as much as you can to keep your blood flowing and your body energized. If necessary, take a break and walk briskly for 100 yards or so. This can wake you up and refresh you. Keep the lights on. Don't work in darkness. Turn on the lights all around you so you can stay alert and see what you are doing.
- **Take breaks as necessary.** Give yourself ample time to rest. You won't do yourself or your organization any favors by working to exhaustion, no matter what shift you are on.

Chicken & White Bean Soup

Ingredients:

- ▶ 2 teaspoons extra-virgin olive oil
- ▶ 2 leeks, white and green parts only, cut into 1/4 inch rounds
- ▶ 1 tablespoon chopped fresh sage or 1/4 teaspoons dried
- ▶ 2 - 14 ounce cans reduced sodium chicken broth
- ▶ 2 cups of water
- ▶ 1 - 15 ounce can cannellini beans, rinsed
- ▶ 1 - 2 pound roasted chicken, skin discarded, meat removed from bones and shredded (4 cups)



Instructions:

- ▶ Heat oil in a Dutch over medium high heat
- ▶ Add leeks and cook stirring often until soft, about 3 minutes
- ▶ Stir in sage and continue cooking about 30 seconds
- ▶ Stir in broth and water, increase heat to high, cover and bring to a boil
- ▶ Add beans and chicken, cook uncovered, stirring occasionally until heated through, about 3 minutes

Nutritional Information Per Serving

172 cal, 4g fat, 24g protein, 10g carbs

Total Time: 25 minutes; **Cook Time:** 6 minutes

Servings: 6

Recipe source: eatingwell.com