

TAKE CHARGE!



November 2022

Boost Brain Health

Thinking about your mental fitness? Many everyday habits and conditions can impact our brain power — up or down. Memory lapses can occur at any age, and aging alone is generally not a cause of mental decline.

When significant memory loss occurs as we age, it is likely due to physical disorders, brain injury or neurological illness. Many studies indicate we can help protect our brain health and reduce dementia risk with basic good health habits. Do your best to:

- **Stay physically active.** People who regularly exercise throughout life are less likely to experience a decline in mental function as they age and have a lower risk of developing dementia, including Alzheimer’s disease.
- **Get adequate sleep.** For body and brain health, we need seven to nine consecutive hours of sleep every 24 hours.
- **Manage stress and guard brain health and recall.** Your brain is similar to a muscle; use it or lose it. Choose enjoyable mental activities that may boost brain power, such as doing crossword puzzles, reading for learning or taking classes.
- **Socialize.** Regular interaction with family, friends, coworkers and others helps us manage stress or depression; both may contribute to memory loss.
- **Choose a Mediterranean-style diet.** Studies suggest those who do may be less likely to develop cognitive decline compared to people who follow a typical Western diet. Foods in the Mediterranean eating pattern include vegetables, fruit, whole grains, legumes, fish, olive oil, dairy, chicken, eggs and herbs, while reducing highly processed foods, sweets and red meat.

Habits to avoid: If you drink, limit alcohol use to no more than one drink a day for women or two drinks for men. Don’t smoke. And avoid long periods of sitting. Get up and move frequently.



“It’s better to look ahead and prepare, than to look back and regret.”

— Jackie Joyner-Kersey

The Smart Moves Toolkit, including this issue’s printable download, **Conquer That Cough**, is at personalbest.com/extras/22V11tools.

Note: Due to production lead time, this issue may not reflect the current COVID-19 situation in some or all regions of the U.S. For the most up-to-date pandemic information visit coronavirus.gov.

city events

HRA VEBA Eligible - Retirement Readiness

Wednesday, November 2
12:00 pm – 1:00 pm Register [here](#)

How to Access Care

Wednesday, November 2
12:30 pm – 1:00 pm Register [here](#)

Resiliency Part 1

Thursday, November 3
12:00 pm – 1:00 pm Register [here](#)

Deferred Compensation Webinars

Estate Planning & Beneficiary Considerations

Thursday, November 3
12:00 pm – 1:00 pm Register [here](#)

Managing Taxes

Thursday, November 10
12:00 pm – 1:00 pm Register [here](#)

Social Security

Thursday, November 17
12:00 pm – 1:00 pm Register [here](#)

Peer Support Webinars

Women & Burnout

Tuesday, November 8
1:00 pm – 2:00 pm Register [here](#)

Employees & Burnout

Thursday, November 10
10:00 am – 11:00 am Register [here](#)

BIPOC & Burnout

Wednesday, November 16
11:00 am – 12:00 pm Register [here](#)

A Holiday Planning Guide

Friday, November 4
11:30 am – 12:00 pm Register [here](#)

Social Security 101: Everything You Wanted to Know

Tuesday, November 8
12:00 pm – 1:30 pm Join [here](#)

Parenting and Relationships

Wednesday, November 16
12:00 pm – 1:00 pm Register [here](#)

Resiliency Part 2

Tuesday, November 15
12:00 pm – 1:00 pm Register [here](#)

Type 2 Diabetes: Are You at Risk?

November
is Diabetes
Month.



Diabetes is a complex disease that affects your body's primary source of energy — glucose (sugar). Most people with diabetes have type 2, in which the body doesn't use the hormone **insulin** properly.

When this happens, glucose accumulates in your bloodstream, leading to serious health complications. *Eventually, high blood sugar levels can create disorders of your circulatory, nervous and immune systems.* The longer you've had type 2, the higher your risk for medical side effects. Once diabetes is treated with medication, blood sugar levels can drop to dangerously low levels, too, so it's important to keep track.

How common is type 2 diabetes? More than 37 million Americans have diabetes (about one in ten), and more than 90% of them have type 2 diabetes. Type 2 most often affects people in middle age, but increasing numbers of children, teens and young adults are also diagnosed.

What are your chances of developing type 2 diabetes? It depends on multiple factors, including your genes and lifestyle. While you can't change your family history, age or ethnicity, you can control lifestyle risk factors. You are more likely to develop type 2 if you are physically inactive, eat mostly ultra-processed foods and are overweight or obese. Other risks include:

- Age 45 or older.
- A family history of diabetes.
- High blood pressure.
- Low HDL (good) cholesterol or high LDL (bad) cholesterol.
- A history of gestational diabetes or giving birth to a baby weighing nine pounds or more.

To learn more, search for **risk** at diabetes.org.

What are symptoms of type 2 diabetes? Common symptoms include increased thirst, frequent urination and unintended weight loss. Overall, symptoms can be mild and develop slowly for several years; many people will have no symptoms. You may not be aware of the disease until you have related health problems, including blurred vision, heart trouble or circulation problems.

Managing diabetes requires healthy eating, weight control and being physically active. Your health care provider may prescribe insulin, other injectable medications or oral diabetes medicines. You'll need to eat healthy, exercise regularly and keep your blood pressure and cholesterol close to your provider-recommended targets, and get regular screening for related health problems.

Tobacco: Quit to Win

The Great American Smokeout
is November 17.



No Tobacco '22 is this year's national program sponsored by the American Lung Association, helping people to stop using all tobacco products. You'll find quit tips and resources on social media and at lung.org.

Cigarette smoking is a leading cause of death in the U.S., taking nearly a half million lives every year, including deaths from secondhand smoking. That's about one in five deaths due to preventable diseases caused by smoking. It is also linked to nearly half of the deaths from 12 types of cancer combined.

Fortunately, the number of cigarette smokers continues to decline. The number of smokers has dropped from nearly 21 of every 100 adults, or 20.9% (age 18 and older) in 2005 to about 13 of every 100 adults (12.5%) in 2020. Among youth (12 to 17 years old) who smoked, 44% have quit smoking cigarettes since 2013.

Most smokers want to kick cigarettes and there is help for saying goodbye to tobacco and vaping for good. One common approach is a combination of medicine, emotional support and changing lifestyle habits. Here are three great sources to help motivate you:

- See your health care provider for guidance.
- Get quitting advice and tools at smokefree.gov.
- Visit cancer.org for phone and app quitline counseling services that show a high rate of quitting success.

Quitters share one thing in common: They have a strong desire to be tobacco-free.

Prediabetes Research Update

There's good news from a 21-year follow-up of more than 3,200 adults with prediabetes who participated in the original Diabetes Prevention Program trial. The trial period confirmed that lifestyle interventions or the medication metformin were effective long-term in preventing or delaying type 2 diabetes among adults with prediabetes compared to participants who received standard care. Participants in the lifestyle change program lowered their chances of developing type 2 diabetes by 58% while those who took metformin lowered their diabetes risk by 31%.

Celebrate Healthy Eating

By Cara Rosenbloom, RD



Play is essential for children's mental health. Unfortunately, free play time has decreased in modern life. This has taken a toll on some youngsters' emotional well-being, according to the American Academy of Pediatrics. The good news? A University of Exeter study revealed that youngsters who were able to play more, even during the COVID-19 lockdown, were happier and experienced less anxiety and depression. Researchers suggest supporting children's mental health by encouraging adventurous activities (with appropriate supervision), such as camping, exploring a forest and trying out new skills on a skateboard or bike.

TIP of the MONTH



Think Before You Drink

Alcohol is common during holiday meals, and it's easy to drink too much. As part of your healthy eating regimen, remember to be moderate with alcohol. If you don't drink alcohol, don't start. If you enjoy alcohol, remember that moderate drinking is considered one drink a day for women, or two drinks a day for men (one drink is 5 ounces of wine, 12 ounces of beer or 1.5 ounces of other alcohol). Alternate alcoholic drinks with water, tea or seltzer. And never drink and drive.

Holiday season is a time to celebrate with family and friends, and many events revolve around food. Sometimes this can be challenging for people who have special dietary needs or follow a rigid eating pattern. The influx of treats, sweets and celebrations focused on eating can be overwhelming.

Here are five tips on how to manage the festive season:

- 1. Remember moderation.** You may be invited to many holiday events, and it's nice to enjoy a decadent treat at each party. Moderation allows you to enjoy small portions without overdoing it. Plan ahead, pick your favorites and savor them.
- 2. Slow down.** When conversation (and alcohol) is flowing, it's easy to become distracted, ignore fullness cues and eat too much too quickly. Practice portion control with your first plate of food. Take your time with every bite.
- 3. Give yourself permission to indulge.** While accommodating any food intolerances, make sure to enjoy some holiday favorites, too. Mix nutrient-dense foods, such as turkey and vegetables, with side dishes, such as candied yams and stuffing, so you can enjoy a bit of everything.
- 4. Don't skip meals.** You may think you should save up your calories for a festive dinner by passing on breakfast or lunch, but this often backfires. It can make you ravenous and grumpy by dinnertime, forcing you to overeat. Instead, eat sensibly all day long, and enjoy your meal.
- 5. Bring a dish.** If you are concerned about meal choices to accommodate your needs, ask your host about making your own additions to the meal. Hosts are usually happy to have an extra vegetable dish, salad or protein option. Remember to make enough for everyone.



Parmesan-Roasted Broccoli

EASY recipe

- | | |
|-------------------------------|---------------------------------------|
| 6 cups broccoli florets | 1 tbsp balsamic glaze (thick vinegar) |
| 2 tbsp extra-virgin olive oil | Freshly ground pepper to taste |
| ¼ tsp salt or more to taste | ¼ cup fresh chopped basil |
| ⅓ cup grated Parmesan cheese | |



Preheat oven to 400°F. **Line** baking sheet with parchment paper. **On** baking sheet, toss broccoli with olive oil and salt. **Bake** 15 minutes; then remove from oven. **Add** Parmesan, stir to coat, and bake 10–15 minutes more. **Pour** broccoli onto serving platter and top with glaze, pepper and basil. **Toss** and serve.

Makes 4 servings. Per serving: 142 calories | 7g protein | 10g total fat | 2g saturated fat | 5g mono fat | 2g poly fat | 10g carbohydrate | 2g sugar | 4g fiber | 316mg sodium

Stay in Touch

Keep those questions and suggestions coming!

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EXPERT advice — Eric Endlich, PhD

Q: Tips to overcome fear of missing out (FOMO)?

A: Since we can't be everywhere at once, we're always missing out on something and that's normal. While

many people turn to social media when feeling dissatisfied, it can actually worsen FOMO. Instead, choose to pay attention to the things that make you feel *better* rather than worse. In addition:



- Know what situations trigger your FOMO and limit your exposure to them.
- Prioritize quality over quantity of experiences. Choose your commitments thoughtfully.
- Limit multitasking. Trying to do multiple things simultaneously is inefficient, stressful and unsatisfying.
- Let go of having it all. It's not realistic or necessary for a fulfilling life.
- Take time to be thankful. What do you appreciate in your life?
- Focus on enjoying what you already have in the here and now. Savor your experiences.

News & Notes

- **Building Healthy Habits — Diabetes Support:** There's a lot more to diabetes than just blood sugar, but sometimes, information overload can leave folks feeling overwhelmed. That's why Weight Watchers has created a diabetes-tailored plan — backed by nutritional and behavioral science. All employees and covered adult dependents, regardless of diabetes status, receive savings off the retail price of all plans. Sign up at WW.com/us/CityofSeattle. Join by December 31 and get a free Everyday Cooking cookbook. New members will need to submit an online form at WW.com/cookbookoffer by 1/14/23 to redeem the offer.
- **Check Your 2022 Flexible Spending Account (FSA) balances** All health and daycare expenses must be incurred by December 31, 2022. For a list of eligible expenses, log into your account at NaviaBenefits.com and select the "Tools and Resources" dropdown menu. Navia Benefit Solutions will carry over up to \$550 of unused 2022 Health Care FSA account balances to 2023 accounts by the end of January 2023. If you don't elect a 2023 Health Care FSA, 2022 account balances under \$120 will be forfeited. Daycare FSAs don't have a carryover feature.
- **Update Your Address** in ess.seattle.gov to receive important documents and benefits information.
- **Looking for Childcare?** Kinside can help City of Seattle parents find open spots at daycares, preschools, camps, after-school programs, and more. See the [video](#) for an overview; sign up online at Kinside.com.

Nighttime Commuting

It's late, you've worked a long day and you have a long commute home. How do you reduce the dangers of drowsy driving? Here are some ways:

- Get adequate sleep every night. Sleep experts recommend seven to nine hours.
- Avoid taking medications that can make you sleepy or tired before driving. **Examples:** antihistamines, muscle relaxants, opioid pain relievers and antidepressants.
- Consider carpooling or taking public transportation if you work a long day and are tired.
- Never drink alcohol before driving.
- Don't drive if you've been awake for 16 hours or more.
- Maintain your vehicle to avoid breaking down at night.
- Make sure your headlights are clean and adjusted correctly.
- Make sure your windshield is clean.
- Slow down to compensate for limited visibility.
- Watch for wildlife.



Drowsy Driving Prevention Week is November 6 to 12.



DR. ZORBA'S corner

— Zorba Paster, MD



Coconut oil is more hype than truth. There are lots of claims that it's good for the heart, but they're not backed up by rigorous, peer-reviewed scientific research published in reputable medical journals. When reputable journals review these studies as a whole (what's known as a meta-analysis), they find that coconut oil may raise LDL cholesterol levels, which is detrimental to heart health. As such, coconut oil is not recommended as the primary oil in a heart-healthy diet. My suggestion: Stick with heart-friendly oils. Extra-virgin olive oil is clearly the best one hands down. It's high in unsaturated fats and lower in saturated fats. Canola, avocado, peanut and flax oils are also healthful.