

Wellness news and events

Live Well. Be Well. Do Well.



Fall 2015
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Fall is a great time to start a new fitness routine. Stuck in a rut? Try a class you never have done before or get outside to enjoy the beautiful fall colors. We often lose our sense of excitement for exercise when we are not doing something we enjoy! Today we go everywhere by car and sit for hours in front of the TV or computer. This sedentary lifestyle has been tied to obesity and many other health-related problems. Family exercise can, be fun, improve the health of your loves one, and at the same time develop stronger connections among all of you. The goal is to get youth active with 60 minutes of moderate to vigorous exercise every day; adults need 30-45 mins minutes every day. So, how do you find a way to make it work for everyone? Combine exercise and household chores by having the entire family walk the dog, rake the lawn, or weed the garden. Engaging the entire family in household chores/activities makes the workload lighter for everyone and builds a sense of teamwork. Designate one evening as family fitness night and take turns deciding what the family will all do together. Eventually, all family members get to do their preferred workout activities and all will benefit from a workout that will never be dull. In the process, you'll teach your children not only about health, but also family connection. Most importantly, make it fun for everyone! A great Family Activity to do this year is the Doug Opel Run for Kids on Nov. 26th, 2015 at the Sheboygan YMCA. Check out more information at www.sheboygancountyymca.org

Have a healthy and happy holiday season!

Yours in Health,
Brooke Steffensmeier





Influenza Immunizations

Flu season is almost upon us again! As Employee Health gears up for another season – here is what you need to know as a provider or caregiver:

1. All providers and caregivers will receive the Quadrivalent vaccine – which means you will have protection against 4 different strands of the flu.
2. Providers and caregivers will have from **Thursday, Oct. 1st to Wed., Oct. 28th** to get immunized.
3. As in past years, there are flu champions throughout the hospital and clinic settings, as well as flu clinics by Employee Health to help you accomplish this. This information can be found in the Caregiver Connect under the Flu Resource Center.
4. Available types of flu vaccine:
 - a. Inactivated – injectable flu vaccine.
 - b. Inactivated – Preservative Free injectable **for those with an allergy to Thimerosal** (the preservative used.)
 - c. Live – Intranasal Flu Mist – age limit is 2-49 with no history of lung problems.
 - d. Flu Blok for those with an allergy to eggs.

If you have any questions please call:

- Pat Nowick, RN Employee Health at Sheboygan Memorial – 451-5593
- Cari Anger, RN Employee Health at the Sheboygan Clinic – 459-1403

Healthy Plates at Aurora Sheboygan Memorial Medical Center

October 9

Chicken BLT Avocado Salad

Tender diced chicken breast served on a bed of crisp romaine with a layer of roma tomato mayonnaise topped with chopped avocado & crisp bacon.

October 23

Wheat Pasta & Vegetables

Wheat Penne Pasta sauteed in garlic olive oil, zucchini, yellow squash & tossed with grape tomatoes. Topped with fresh basil chiffonade & a dusting of romano cheese.

November 6

Wheat Penne Pasta

Wheat Penne Pasta sauteed in garlic & olive oil along with white wine, strips of chicken, zucchini, red onion, yellow squash, tomato, mushrooms & chix peas. Topped with fresh basil chiffonade & a dusting of parmesan cheese.

November 20

Naked Mediterranean Turkey Burger

Mediterranean inspired Turkey Burger Patty that is grilled and served on a bed of chopped romaine topped with cucumber, yellow pepper, red onion, and feta cheese. Laced with a lemon juice & olive oil.



A Few Fall Produce Favorites

Cooler weather and shorter days let us know that fall is almost here. Farmer's markets and home gardens are starting to produce some favorite fall varieties. As we try to fill half our plate with fruits and/or vegetables, fall produce can make some economical, hearty, and delicious meals. Some top produce picks for this time of year include squash, pumpkin, kale, apples, pears, cranberries, and many others. Let's take a closer look at a few favorites.



Squash: Numerous varieties picked during the fall are winter squash. Some of the most common include acorn, butternut, and spaghetti. Winter squash mature on the vine and have a thick, inedible skin. Choose squash that is heavy for its size. It can be stored for up to 3-6 months in a cool, dark place depending on the variety. Most varieties are good to excellent sources of vitamin C and vitamin A, fiber, potassium, and magnesium. Due to its thick skin, squash can be baked or steamed after cutting in half, then scoop the flesh when cooked. It can also be stuffed, peeled and diced, roasted, pureed into soups, and used in both savory and sweet dishes. The seeds of squash can be roasted just like pumpkin seeds.

Kale: Gaining in popularity in recent years, kale is a hearty grower in colder weather. Kale is a member of the cabbage family and is packed with nutrients including fiber, vitamins A, C, and K, folate, calcium, potassium, phosphorus, and various antioxidants. Choose dark colored branches with small to medium leaves. It can be stored in a plastic bag in the coldest part of the refrigerator for 3-5 days. When ready to

cook, remove the thick stalk from the center. It can be eaten raw in salads, sautéed, added to pasta dishes, braised with meats, steamed with spices, stir fried, added to soups, and baked into crispy chips.

Cranberries: According to the Wisconsin Cranberry Growers Association, Wisconsin is the number one cranberry producer in the country supplying more than 60% of the nation's cranberries. They grow on low running vines. When ready for harvest, the marshes are flooded with water, making the berries float which aids in harvesting. They are high in antioxidants, vitamin C, and fiber. Fresh berries can be stored in the refrigerator up to 2 months, or they can be frozen for future use. They can be added to baked goods, smoothies, baked with apples into sauces, and used in various savory dishes as well.

For more information on seasonal fruits and vegetables, recipes, shopping and cooking tips, and fun information for kids, check out www.fruitsandveggiesmorematters.org

Spaghetti Squash with Tomatoes and Herbs

Serves: 4
Calories 120 • Carbohydrates 20g • Total Fat 3.5g
Cholesterol 0mg • Saturated Fat 1g Dietary Fiber 4g
Sodium 90 mg • Protein 3g

Ingredients:

- 1 medium spaghetti squash
- 2 cloves garlic, minced
- 2 teaspoons olive oil
- 1 can low sodium, diced tomatoes, drained
- 1 Tablespoon fresh basil, chopped
- 1/8 teaspoon dried oregano
- 2-3 Tablespoons grated Parmesan cheese

Directions:

Pierce a few holes in the squash with a large knife. Place in the microwave on high for 7 to 10 minutes or until the skin gives easily under pressure and the inside is tender. Let cool for 10 minutes, then halve length-wise or crosswise. Scoop out seeds and fibers and discard. Use a fork to scrape out the squash flesh. It will naturally separate into noodle-like strands. While waiting for the squash to cool, sauté minced garlic in the olive oil until it's softened and fragrant. Add the tomatoes, basil, and oregano to the garlic and simmer for 10-15 minutes. Spoon the garlic-tomato mixture on top of the squash strands. Top with grated Parmesan and serve.

<http://www.fruitsandveggiesmorematters.org/main-recipes?com=2&recid=1201>

Maintain Don't Gain Challenge

IT'S BACK TO KEEP YOU ON TRACK! The average person gains 5 lbs. during the holiday season, *that's 17,500 extra calories we are eating!* To help you maintain your weight this holiday season join the challenge. Weigh in before November 23 and weigh out by January 11. A simple and easy challenge for you during this holiday Season! Each week you will get an email that has great tips and recipes to keep your holidays light and less stressful. **For more information contact Brooke Steffensmeier before Monday November 23.**



Treating Soreness with Activities Changes



As the seasons change, so do many of the activities we enjoy. Many may hang up their bike or store away their baseball glove and dust off their snowshoes or wax their downhill skis. Whatever activities you enjoy, chances are they change with the seasons.

Unfortunately, the start of any new activity often brings aches and pains. It is very common to experience muscle soreness when using muscle groups that are not used to the new

activity. This muscle soreness is often referred to as delayed onset muscle soreness, or DOMS. It typically is noticed 24-48 hours after activity.

Treatment for DOMS:

- Ice for 20 minutes. Remember to put a towel between the ice and skin if using a chemical ice pack.
- Stretch the sore or tight muscles and all major muscle groups if able.

- Take an over-the-counter pain reliever as needed according to the directions on the bottle.
- **Keep moving!** Don't give up on your workout or activity. Typically soreness from DOMS will fade as the body is active. If pain persists or increases with activity, you may need to treat it as an injury.

How to tell if the soreness is an actual injury:

- Pain does not subside, or lasts for more than 5-7 days.
- Pain was present immediately following activity, or there was one specific instance when you felt pain.
- You notice swelling or bruising.

Injury treatment options:

- Rest. If pain gets worse with activity, it is your body's way of telling you to take a break.
- Ice. Icing can help reduce pain and swelling.
- Compression. Using an elastic wrap around an injured joint can help prevent or reduce swelling.
- Elevation. Raising the injured body part above the level of the heart can help reduce swelling.
- Schedule a free injury evaluation with the Aurora Sports Medicine Institute athletic trainers. The athletic trainers located in the rehab department at ASMMC offer free injury evaluations year-round. Call 920-451-5559 to schedule an appointment.

Just because animals hibernate during the colder months doesn't mean you have to! Stay active and have fun exploring new activities!