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Stop the spread of illness

Colder temperatures and extra time indoors lead to many common cold and flu winter illnesses. You can protect yourself from disease using these four habits.

**Wash your hands often**

Bacteria and viruses are ever present on your hands from touching everyday objects. Every time you rub your eyes or scratch your nose you are allowing these particles to enter your body.

Wash your hands before eating and after being out in public places.

**Get a flu shot**

Vaccines are the surest way to prevent serious cases of the flu. The shot is updated every year to match the changes to the virus. Take a healthy step to build your immunity.

**7-9 hours of sleep**

Your body’s ability to fight infections is lowered the less sleep you get. Sleeping just six hours a night makes you four times more likely to catch a cold.

Create a healthy bedtime routine and turn off technology an hour before rest time.

**Eat immune building foods**

Vitamin A, found in orange and dark green vegetables or eggs, keeps the respiratory system and tissues in the body healthy.

Foods that contain live bacteria, or probiotics, like yogurt or fermented foods supply healthy bacteria that live in the gut and stimulate the immune system.

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**Book Club**

*Moonwalking with Einstein: The Art and Science of Remembering Everything*

by Joshua Foer

Join journalist Joshua Foer on his discovery of memory. After learning how much time we spend compensating for things we have forgotten, Foer sets out to meet the smartest people from around the world with some of the most incredible memories and talents. He meets an interesting cast of “mental athletes” along the way while learning techniques and the history of memory.

Written as an account of the author’s journey to the United States memory competition, it also includes cutting edge research about memory and learning. At its conclusion, you’ll have a new perspective on training your memory and be inspired to use new memory techniques in everyday life.

**Discussion questions**

1. How is the current state of your memory?
2. Which of the memory techniques discussed in the book are you planning to research further?
3. What conclusions have you made about memory and learning after reading this book?
Give it a try…

Caring for caregivers

Those that take care of others already operate at a high stress level because of their responsibilities. The holidays can leave caregivers vulnerable and lead to unhealthy choices. Help the caregivers in your life with the following tips.

- Cater in food, volunteer your own time or hire assistance for those they care for to provide some relief.
- Simplify holiday activities and define expectations for the holiday celebrations. This might include making a simple meal, focusing on only favorite foods, a change in location to meet the needs of the caregiver and those they care for, or smaller, less frequent celebrations.
- Provide caregivers with healthy stress relievers like a walk outside, positive conversation, or healthy foods during gatherings. Encourage sleep, relaxation and regular routines.

Sharpen your memory

There are many tips and tricks we can implement into our daily routine to help keep our memory sharp and our brain performing at the highest level. Just like exercising and eating nutritious food to keep our muscles strong and healthy, our brain needs to be ‘exercised’ too. The human brain can form new neural pathways and adapt to challenges and changes with the right stimulation. You can improve your memory at any age, enhance your ability to learn and remember new information, and increase cognitive abilities by tapping into some of these techniques and ideas.

Activities

1. Brush your teeth with your non-dominant hand.
2. Practice mindfulness.
3. Repeat names or things you want to remember.
4. Drive a new route to work or home.
5. Do crossword puzzles or play a game.

Lifestyle

1. Sleep for 7-9 hours each night.
2. Practice regular physical activity.
3. Increase omega-3 fatty acids from salmon, flax and walnuts.
4. Stop multitasking, focus on one thing at a time.
5. Connect with others and have regular interactions.

Target heart rate

To improve overall health, the American College of Sports Medicine (ACSM) recommends exercise at moderate intensity for at least 150 minutes per week, or vigorous intensity for a total of 75 minutes per week. Using your target heart rate and the ACSM guidelines, you can understand if you are doing too little or too much when you exercise. This can also help you determine if the activity counts towards your minutes of moderate activity recommended per week.

To calculate your target heart rate, first find your maximum heart rate by subtracting your age from 220. Moderate intensity is 50-70 percent of your max heart rate and vigorous intensity exercise is 70-85 percent of your max heart rate.

Example target heart rate calculation

| Max heart rate: 220 - 40 years old = 180 max heart rate |
| Moderate intensity exercise 180 x 50% = 90 heart rate |
| 180 x 70% = 126 heart rate |
| Vigorous intensity exercise 180 x 85% = 153 heart rate |

If your heart rate during exercise is higher than the target, you are straining during exercise and need to slow down your pace. If your heart rate is on the lower end and the exercise feels easy, then it is time to increase your efforts. Over time, you can work up to vigorous exercise and the goal of 85 percent of your maximum heart rate.
Activate

Assess your risk for diabetes

November is a time to think about diabetes as we observe American Diabetes Month, National Diabetes Month and World Diabetes Day. In the United States in 2015, an estimated 30.3 million people had diabetes, and 7.2 million people were unaware. A diabetes diagnosis is difficult, but with early action, diabetes can be controlled for a healthy and happy life. So, where do you start? If you are not sure if you have diabetes, take the risk test at diabetes.org/are-you-at-risk.

For those with diabetes—new technology, treatments and techniques can make diabetes easier to manage. Below is a list of a few resources available to help you control your condition.

- Check-in with your primary care provider to discuss your treatment options.
- Check out the qualified diabetes education programs at diabetesnd.org.
- Sanford Health Plan offers a free Diabetes Health Management Program to members. Contact us at (888) 315-0884 with questions and to sign up.
- Sanford Health Plan members can also contact a nurse case manager with health questions and concerns at (877) 652-1847.
- NDPERS members with active health plan coverage may be eligible to receive reimbursement for co-payments on diabetic medications and supplies. Go to aboutthepatient.net/ndpers for more information.

Homemade bone broth

Serves: 12  Serving Size: 1 cup  
Total Time: 40 min  Prep: 10 min  Cook: 8-24 hours

Making your own broth is a great way to utilize leftover bones from a meal. The bones provide an abundance of nutrients including amino acids and minerals, the body’s building blocks.

**Ingredients:**
- 4 pounds bones from turkey, chicken or other animal
- 12 cups filtered water
- 2 tablespoons apple cider vinegar
- Chopped onions, celery, carrots, garlic, herbs or pepper corns for additional flavor

**Directions:**
Place leftover bones in a stockpot or crockpot. Cover bones with water. Add apple cider vinegar to help pull out nutrients. Bring to a boil and reduce heat to low and allow to simmer, up to 24 hours. Cool and refrigerate broth. Use within 3 days or freeze for later use in ice cube trays or freezer container. Add to soups, gravy, or even sip if feeling a little under the weather.

**Note:**
Roasting bones in the oven may enhance flavor. Roast bones, vegetables and desired seasonings in oven for 40 minutes before boiling.

Monthly Observances

- Diabetes
- Lung Cancer
- Alzheimer’s Disease
- Epilepsy
- Family Caregivers
- Healthy Skin
- Pancreatic Cancer
- Prematurity
- 13—Random Acts of Kindness
- 14—World Diabetes
- 15—Philanthropy
- 16—Great American Smoke Out
- 23—Family Health History

Find a complete list of observances at healthfinder.gov/NHO

Contact us at

QUICK LINKS
sanfordhealthplan.com/ndpers/dakotawellnessprogram

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Information contained in this newsletter does not substitute as medical advice.