



The Wellness Chronicle

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**The part can never
be well unless the whole
is well.**

— Plato —

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Letterkenny Army Depot is FIT FRIENDLY!

The American Heart Association has recognized Letterkenny Army Depot as a 'gold-level' Fit Friendly worksite for 2013.

Letterkenny is one of 1,785 worksites nationwide that were recognized, representing almost 4.5 million employees.

The **Fit-Friendly Worksites** program is a catalyst for positive change. Worksites throughout the nation can be part of the initiative by making the health and wellness of their employees a priority. Letterkenny was recognized as a Gold Level **Fit-Friendly Worksite** by the American Heart Association's *My Heart. My Life.* initiative for:

- Offering employees physical activity support.
- Providing/increasing healthy eating options at the worksite.
- Promoting a wellness culture.
- Implementing at least nine criteria as outlined by the American Heart Association in the areas of physical activity, nutrition and culture.

"We are extremely honored and excited to be recognized by the American Heart Association's *My Heart. My Life.* initiative as a Gold Level **Fit-Friendly Worksite**," said Melinda Torres, Letterkenny Army Depot's Wellness Program Chairperson. "Physical activity and employee wellness are very important priorities here at the depot, and we encourage all of our employees to take part in our pedometer challenge, to utilize the walking trails or just walk on their own!"

The Wellness Committee at Letterkenny offers lunch-n-learns, wellness informational tables, exercise programs/assistance, health screenings and a monthly newsletter as part of the committee's ongoing efforts to keep Letterkenny employees fit for life!

From Melinda Torres, Chairperson, Letterkenny Wellness Program:

My sincere appreciation to all the wellness volunteers! Thank you! Thank you!
Without their dedication and hard work, this achievement would not have been possible.



This workplace has been recognized by the American Heart Association for meeting criteria for employee wellness.

Upcoming 2014 Wellness Events!!!

Feb 6 (Thursday)

Lunch-N-Learn: Smoking Cessation
Building 350, Conference Room 1
1200-1230

Feb. 18 (Tuesday)

Prevention of Heart Attack/Stroke
On-site blood pressure screenings
Building 10, 1200-1230

Volunteers needed and always welcome. Contact any of the program managers listed above!

FOCUS ON YOUR HEALTH— What Are the Symptoms of a Heart Attack?

Not all heart attacks begin with the sudden, crushing chest pain that often is shown on TV or in the movies. In one study, for example, one-third of the patients who had heart attacks had no chest pain. These patients were more likely to be older, female, or diabetic.

The symptoms of a heart attack can vary from person to person. Some people can have few symptoms and are surprised to learn they've had a heart attack. If you've already had a heart attack, your symptoms may not be the same for another one. It is important for you to know the most common symptoms of a heart attack and also remember these facts:

- Heart attacks can start slowly and cause only mild pain or discomfort. Symptoms can be mild or more intense and sudden. Symptoms also may come and go over several hours.
- People who have high blood sugar (diabetes) may have no symptoms or very mild ones.
- The most common symptom, in both men and women, is chest pain or discomfort.
- Women are somewhat more likely to have shortness of breath, nausea and vomiting, unusual tiredness (sometimes for days), and pain in the back, shoulders, and jaw.

Some people don't have symptoms at all. Heart attacks that occur without any symptoms or with very mild symptoms are called silent heart attacks.

Pedometer Challenge Update by Jennifer Frey

We are one month into this quarter's Pedometer Challenge. And winter is upon us with snow, ice and sub-arctic temperatures. Many of us are having trouble finding the motivation to get out and get moving.

The American Heart Association's *Start Walking Now* website (www.startwalkingnow.org) provides great motivational tools for making the most of winter weather and to have fun while you do so! They provide tips for staying safe and warm during frigid weather workouts and a list of exercises you can do inside, for example, my favorite, brisk walking at an indoor mall.

Don't forget, the 2014 Olympics start this month. Watching the Winter Games can be a great inspiration to add some variety to your workout, have fun and add those steps onto your pedometer. Maybe this is the year you'll finally try out cross-country skiing, re-kindle your childhood love of figure skating, or even indulge in something as simple as taking the kids (and the young at heart) snow tubing.

No matter how you plan to beat the cold weather, remember to stay safe, stay warm and **keep walking!**



Learn What a Heart Attack Feels Like— It Could Save Your Life.

This fact sheet tells you about heart attack signs. It also tells you what to do if you are having any of these signs.

Take these steps. They could save your life.

1. Know the signs of a heart attack.
2. Understand that heart attacks are not all the same.
3. Act fast.
4. Call 9-1-1.

Know the heart attack warning signs.



Your chest hurts or feels squeezed.



One or both arms, your back, shoulders, neck, or jaw may hurt.



You may feel like you can't breathe.



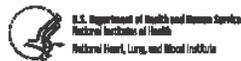
You may feel light-headed or break out in a cold sweat.



You may feel sick to your stomach, or your stomach may hurt.



You may feel really, really tired.



Quick Action Can Save Your Life: Call 9-1-1

The signs and symptoms of a heart attack can develop suddenly. However, they also can develop slowly—sometimes within hours, days, or weeks of a heart attack.

Any time you think you might be having heart attack symptoms or a heart attack, don't ignore it or feel embarrassed to call for help. Call 9-1-1 for emergency medical care, even if you are not sure whether you're having a heart attack. Here's why:

- Acting fast can save your life.
- An ambulance is the best and safest way to get to the hospital. Emergency medical services (EMS) personnel can check how you are doing and start life-saving medicines and other treatments right away. People who arrive by ambulance often receive faster treatment at the hospital.
- The 9-1-1 operator or EMS technician can give you advice. You might be told to crush or chew an aspirin if you're not allergic, unless there is a medical reason for you not to take one. Aspirin taken during a heart attack can limit the damage to your heart and save your life.

Every minute matters. Never delay calling 9-1-1 to take aspirin or do anything else you think might help.

Valentine's Day Treats

Best Option: Dark Chocolate-Covered Strawberries

It's easy to get hopped up on sugar this Valentine's Day, and before you know it, you're craving an afternoon snooze. A great way to combat that terrible bloated feeling is to indulge in something naturally good for you. Strawberries are nature's candy, with approximately 50 calories per cup and no added sugar. Dip them in some delicious melted dark chocolate and let them cool (or refrigerate for up to an hour), and you'll be in for a delicious and nutritious treat this Valentine's Day!



Worst Option: A Box of Chocolates

Don't be fooled by the nostalgia of these candy boxes -- they may not be as sweet as you remember. Chocolate lovers have spoken: In 2012, Consumer Reports ranked Russell Stover assorted chocolates at the bottom of their list of tastiest Valentine's Day sweets. And if you're going to indulge, don't you want something that is sinfully delicious? Though each chocolate is approximately 75 calories per serving, when you have a box of 12-15, those calories can add up quickly. Stick to healthier, more portion controlled items.



Is that box of chocolates worth it?

During the week of Valentine's Day, Americans will buy about 56 million pounds of chocolate totaling \$345 million in sales. A 12 ounce box of assorted chocolates contains about 22 or so pieces. At 150 calories per serving (2 chocolates), this means there are about 1650 calories in the box -- almost an entire day's worth of food if you polished off the whole thing!

For a 155-pound person, you would need to do the following to burn off that box of chocolates:

- 2 hours and 30 minutes on the elliptical at a fast pace
- 5 hours and 30 minutes of walking at 3.5 mph
- 3 hours and 40 minutes of swimming
- 2 hours and 45 minutes running at 5 mph

Source: <http://www.inspiredwellnessolutions.com/1/post/2012/02/4-tips-for-a-healthier-valentines-day.html>

Focus
On

Chicken Sausage with Potatoes and Sauerkraut



Ingredients:

- 1 tablespoon extra-virgin olive oil
- 12 ounces (4 links) cooked chicken sausage, halved lengthwise and cut into 2- to 3-inch pieces
- 1 medium onion, thinly sliced
- 3 medium Yukon Gold potatoes, halved and cut into 1/4-inch slices
- 1 1/2 cups sauerkraut, rinsed
- 1 1/2 cups dry white wine
- 1/2 teaspoon freshly ground pepper
- 1/4 teaspoon caraway seeds
- 1 bay leaf

Cooking Instructions:

Heat oil in a large skillet over medium heat. Add sausage and onion and cook, stirring frequently, until beginning to brown, about 4 minutes. Add potatoes, sauerkraut, wine, pepper, caraway seeds and bay leaf; bring to a simmer. Cover and cook, stirring occasionally, until the potatoes are tender and most of the liquid has evaporated, 10 to 15 minutes. Remove the bay leaf before serving.

Prep Time: 30 minutes .

Serves: 4 servings,
about 1 1/2 cups each

Source: http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/Recipes/Chicken-Sausage-with-Potatoes-Sauerkraut_UCM_442443_Recipe.jsp

Calories per serving 295
Total Fat 9 g
Saturated Fat 1 g
Monounsaturated Fat 3 g
Cholesterol 60 mg
Sodium 554 mg
Carbohydrates 24 g
Fiber 4 g
Protein 14 g
Potassium 545 mg

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Wellness volunteers needed and always welcome. Contact any of the program managers listed on the front page!

FOCUS ON YOUR SAFETY: Driving in Snow and Ice

by *Weather.com*

The best advice for driving in bad winter weather is not to drive at all, if you can avoid it. Don't go out until the snow plows and sanding trucks have had a chance to do their work, and allow yourself extra time to reach your destination.

If you must drive in snowy conditions, make sure your car is prepared, and that you know how to handle road conditions.

It's helpful to practice winter driving techniques in a snowy, open parking lot, so you're familiar with how your car handles. Consult your owner's manual for tips specific to your vehicle.

Driving safely on icy roads...

Decrease your speed and leave yourself plenty of room to stop. You should allow at least three times more space than usual between you and the car in front of you.

Brake gently to avoid skidding. If your wheels start to lock up, ease off the brake.

Turn on your lights to increase your visibility to other motorists.

Keep your lights and windshield clean.

Use low gears to keep traction, especially on hills.

Don't use cruise control or over-drive on icy roads.

Be especially careful on bridges, overpasses and infrequently traveled roads because they will freeze first. Even at temperatures above freezing, if the conditions are wet, you might encounter ice in shady areas or on exposed roadways like bridges.

Don't pass snow plows and sanding trucks. The drivers have limited visibility, and you are likely to find the road in front of them worse than the road behind.

Don't assume your vehicle can handle all conditions. Even four-wheel and front-wheel drive vehicles can encounter trouble on winter roads.

If your rear wheels skid...

Take your foot off the accelerator.

Steer in the direction you want the front wheels to go. If your rear wheels are sliding left, steer left. If they're sliding right, steer right.

If your rear wheels start sliding the other way as you recover, ease the steering wheel toward that side. You might have to steer left and right a few times to get your vehicle completely under control.

If you have standard brakes, pump them gently.

If you have anti-lock brakes (ABS), do not pump the brakes. Apply steady pressure to the brakes. You will feel the brakes pulse — this is normal.

If you get stuck...

Do not spin your wheels; you will only dig your vehicle in deeper.

Turn your wheels from side to side a few times to push snow out of the way.

Use a light touch on the gas to ease your car out.

Use a shovel to clear snow away from the wheels and the underside of the car.

Pour sand, kitty litter, gravel or salt in the path of the wheels, to help get traction.

Try rocking the vehicle. (Check your owner's manual first — it can damage the transmission on some vehicles.) Shift from forward to reverse, and back again. Each time you're in gear, give a light touch on the gas until the vehicle gets going.

If your front wheels skid...

Take your foot off the gas and shift to neutral, but don't try to steer immediately.

As the wheels skid sideways, they will slow the vehicle and traction will return. As it does, steer in the direction you want to go. Then put the transmission in "drive" or release the clutch, and accelerate gently.

Wintertime at the Stone Bridge

(Big Cove Tannery in Fulton County, January 2014)

Photographer: William W. Smith, Directorate of Industrial Operations



Spring arrives Thursday, March 20, 2014!!

Wellness volunteers needed and always welcome. Contact any of the program managers listed on the front page!

FOCUS ON YOUR MENTAL HEALTH: 5 ways to say goodbye to the winter blues

The holidays are over, spring is months away, and all you feel like doing is sitting around in your pj's, watching TV, and eating leftover peppermint bark. Welcome to the winter blues. We can't make the days go faster, but we can offer some ways to fight the seasonal sag in your spirits.

Reset your body clock

Winter means fewer hours of daylight, which can upset your body clock and disrupt sleep (which, in turn, can contribute to depression). If you're feeling tired during times of the day when you're usually alert, you're probably being affected. To help get your clock back on track, make sure to get at least 20 minutes of sunlight a day or buy a light box that simulates daylight. On days when you don't need to set an alarm, allow yourself to wake naturally. Being better rested will boost your mood and help prevent you from nodding off behind the wheel.

Stay social

It's tempting to stay home and hibernate through the winter, but you're missing out on a key component of cheer. Social interaction (the face-to-face kind) is one of the best ways to fight depression. Put a couple of social activities on your calendar each week and make sure to stick to your plans.

Get moving

Winter is filled with built-in reasons not to exercise: it's dark, it's cold, it might be raining or snowing. Resist these excuses. Research has shown a very strong connection between exercise and mood, and you could start to feel the benefits in as little as 5 minutes. Make regular exercise a habit, and when you're tempted to blow it off, remind yourself how good it makes you feel. If you can switch to an activity that takes advantage of the winter weather like skiing or snowshoeing, all the better, but even a brisk walk or a workout DVD at home will do the trick.

Treat yourself right

A bit of pampering can make you feel better by raising levels of mood-lifting hormones like serotonin and dopamine. According to a recent study, coffee can lower the risk of depression, so go ahead and indulge in a second cup. A nibble of dark chocolate will release your endorphins (natural feel-good chemicals). Adding a cinnamon stick to your tea can increase your alertness. Or treat yourself to a massage, which boosts serotonin while decreasing levels of the stress-inducing hormone cortisol. And if you've been waiting to buy a new car, now's the time to go for it — low showroom

traffic during the winter means you can often get a great deal, and that's bound to make you happy.

Think spring

It may be January outside, but you can make it May inside your head. Start thinking about your springtime gardening plans — maybe this is the year to plant that heirloom vegetable or put in a deck. Check out a garden show to get the ideas blossoming (late winter is prime time for these events). If you don't have a garden, or a green thumb, buy a bouquet of colorful flowers for your desk (studies show fresh flowers reduce anxiety). And why not start making plans for your spring or summer vacation? It's hard to be depressed by winter when you're looking at pictures of seaside resorts or scenic campsites.

Source: <http://blog.esurance.com/5-ways-to-fight-the-winter-blues/>



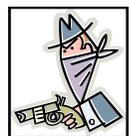
FOCUS ON YOUR WELL BEING: Numbers to Know and Places to go— Consumer Resources from the Federal Trade Commission

The Federal Trade Commission (FTC) has free information to help you fight fraud and detect deception.

To help weather tough economic times, visit ftc.gov/MoneyMatters. You will find short practical tips, videos, and learn more about: avoiding scams; choosing and using credit cards; budgeting, saving and spending; dealing with debt and debt collectors; and managing your mortgage.

Other useful FTC resources are listed below:

- Report a rip-off? www.FTCcomplaintassistant.gov or call 877-FTC-HELP;
- Sign up for the National Do Not Call Registry: www.DoNotCall.gov or call 888-382-1222;
- Learn more about credit, loans and mortgages: www.ftc.gov/credit;
- Get a free copy of your credit report: www.annualcreditreport.com or call 877-322-8228;
- Report ID theft: www.ftc.gov/idtheft or call 877-ID-THEFT;
- Stay safe online: www.OnGuardOnline.gov;
- Hang up on phone fraud: www.ftc.gov/phonefraud;
- Read up on saving energy: www.ftc.gov/energysavings;
- Get the skinny on health and fitness: www.ftc.gov/health;
- Get consumer tips before you buy: www.ftc.gov/consumer.



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