



World Blood Donor Day 2021

June 14

CCG Wellness Well-News June 2021 Edition

Monday, June 14th—WBDD 2021

Every year, **June 14th is celebrated as World Blood Donor Day.** Their slogan is “give blood and make the world a healthier place”. This life-saving event started June 14, 2004 by Karl Landsteiner and has been celebrated on this date every year hence. Below are facts about donating blood:

- ⇒ **You can donate blood if you’ve had a Covid vaccination.** There is **no wait time for the Moderna or Pfizer vaccine for blood, platelet or plasma donors.** The Johnson & Johnson, AstroZeneca, and Janessen require a 14-day wait period.
- ⇒ Covid-19 Convalescent Plasma Donors are urgently needed. Potential candidates must
 - have had a positive Covid-19 swab or antibody test on record & be able to produce a written copy,
 - fully recovered and symptom-free of Covid-19 for at least 14 days
 - meet all regular blood donor criteria & some specific laboratory criteria.
 - Call 239-624-6507 for additional questions.
- ⇒ You need to wait a minimum interval of 56 days between two whole blood donations to protect yourself from developing iron deficiency and anemia.

All blood collected stays in our community. The NCH Community Blood Center’s Naples Branch office is located at 11190 Health Park Blvd and is located on the NCH North Naples Hospital campus off Immokalee Road. Operational Hours are Mon, Thurs., & Fri. from 8am to 4pm, Tues. 11am-7pm. They are closed Wed., Sat., Sun., & Holidays. **No appointment is necessary to give whole blood at the Naples branch location.** The Mobile Blood Donation Bus also comes to the CCG Main Campus and other sites for blood donations. Call 239-624-4120 for platelet donations or other inquiries.



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WARNING:
DEADLINE

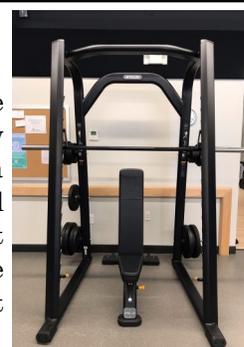
APPROACHING

Qualifying Spouses and Employee Upgrades

Time is running out for qualifying Spouses and employee Upgrades to have your Qualifying Health Advocate or Wellness 1:1 appointment before the June 30th deadline. Call the Health Advocate Office today if you have questions, 239-252-5588. New Employees hired on or after Jan. 1, 2021 have until Sept. 30th to have their appointments.

New Smith Machine

The Main Campus Employee Wellness Center has a new piece of exercise equipment, a Smith Machine. It’s used specifically for weight training. Come by the Fitness Center and check it out!



Paradise Coast Sports Complex—Great Outdoors HB Event

Allison Wroblewski, our Employee Fitness Center Program Leader, hosted this \$75 Healthy Bucks event. Members enjoyed walking the scenic 1-mile track while using the *MoveStrong* Fitness Stations surrounding the track. The walking track and strength/agility fitness stations are open to the public. We encourage everyone to visit this wonderful sports complex.



Increasing Your Joy Quotient: a 4-part series on joy and its role in our health and wellbeing

Part Three

Welcome back to our 4 part series on joy! So far we have defined what joy is and talked about the health benefits of being joyful including lower blood pressure, better sleep, better eating habits, weight control, and decreased cardiovascular disease risk. With all these benefits, who wouldn't want a little more joy in their everyday life, right?!

This month we want to challenge you to think of times in your life when you have met someone who seems joyful. Can you remember how being around them made you feel? Did your mood improve? Did you feel more calm, at peace, and at ease around this person? Were you curious why they seemed so upbeat? Did you want to know what their secret was and how they managed to seem so happy no matter what was going on? If you can, make a list of 3 people who you have encountered who always seem joyful. For each of these 3 people, we want you to identify what actions or traits these people had or have that make them a joyful person. Hang onto this list and next month we will use it to help you identify your own joyful traits and just how much joy you have in your own life which is the next key step in upping your "Joy Quotient"! Check back next month and stay joyful!

Get Fit One Step at a Time

It may be small in size, but a pedometer offers big benefits in the form of motivation for people wanting to get in shape with walking. **Here are several tips:**

- Call Wellness at 252-6092 for a **pedometer**.
- Use the many like *Pacer* to track your daily your step tracker ment you wake time to count weekly step count and set goals to add more steps (+2-500 steps per week).
- Walk with friends or join a local walking club to keep you motivated to walk.
- Join one of the many Blue Zone walking moais in our community.



WELCOME

Tina Collins, RN Health Advocate

Community Health Partners has a new Health Advocate, Tina Collins. Please make her feel welcome when you see her. She will be assisting all members with their health lifestyle needs.

Garbanzo Banana Muffins

Makes 12

These no sugar added garbanzo banana muffins are an excellent breakfast or snack option for children, hungry teenagers and adults wanting a “sweet tooth” fix.



Ingredients:

- 1 ½ cups garbanzo bean flour
- 1 tsp baking soda
- 1-2 tsp cinnamon
- 3 medium very ripe bananas
- 2 tbsp applesauce
- ¼ cup avocado oil or other cooking oil
- 1½ teaspoons vanilla extract
- 3 tbsp milk or non-dairy milk
- 1½ tbsp apple cider vinegar
- 2 large flax eggs (or regular eggs) 1 flax egg = 1 tbsp ground flax seed with 2 ½ tbsp water

Instructions:

1. Preheat oven to 350° F. Spray muffin tin with cooking spray or add muffin liners.
2. Mix 2 tbsp flax and 5 tbsp water to set in a small ramekin.
3. In a medium bowl, whisk together chickpea flour, baking soda, and cinnamon.
4. In a large bowl, mash bananas, then mix with applesauce, oil, vanilla extract, flax eggs, milk and apple cider vinegar until well combined and creamy. Add dry ingredients to wet ingredients and mix until just combined.
5. Gently fold in any optional add-ins such as blueberries or nuts (be sure to leave nuts out if feeding to kids under 4).
6. Bake for 13-14 minutes, or until tester inserted into center comes out clean. If making mini-muffins, bake 9-10 minutes. Remove from oven and place on wire rack to cool for 10 minutes, then carefully invert, remove and place back on wire rack to cool completely.
7. Store in a sealed container in the fridge up to one week or freezer up to three months.

Nutrient Analysis: (one muffin):

136 Calories, 16gm Carbohydrate, 7gm Fat, 4.3gm Protein, 87mg Sodium



Invitation to Join These June Blue Zones Project Events

Did you know that Collier County Government—BCC is a Blue Zones Worksite?

As a BZ worksite, several programs are offered to you. Below are a few offered the month of June:

- | | |
|---------------------------------|--|
| Thursday, June 17th from 4-5pm | Live Longer, Better Presentation—On Live Event
<i>Learn what the Blue Zones Project is all about.</i>
RSVP: BlueZonesProjectSWFLEventBrite.com |
| Thurs. June 24th from 10am-12pm | Purpose Workshop—Online Event
<i>Learn how your unique gifts and talents can benefit your personal and professional life.</i>
RSVP: BlueZonesProjectSWFLEventBrite.com |

Many BZ exercise programs are offered on line. See what Blue Zones programs you can do in the comfort of your own home. These programs can be found on BlueZonesProjectSWFLEventBrite.com

Carrot Fritters

Serves 4

Ingredients:

- 16 oz (1 lb.) shredded carrots
- 1 (0.75 oz) pkg chives
- ½ cup salted cashews
- 3 large eggs
- ½ cup flour
- 6 Tablespoons olive oil



Directions:

1. If carrots are not shredded, use a shredder attachment on a food processor or a box grater to shred the carrots. Set the shredded carrots in a large bowl. Mince the chives and add to the bowl. Finely chop the cashews or grind in the food processor, then mix with the carrot and chives.
2. In a large bowl, whisk together eggs and flour. Fold into the shredded carrots. Season with a pinch of salt and pepper. Using a ¼-cup measuring spoon, scoop carrot mixture, form into 3-inch patties, and lay patties on parchment paper.
3. Heat the oil in a skillet over medium heat. Arrange as many patties as will fit without crowding the pan. Sear for 3 minutes on one side, flip, and cook for an additional 3 minutes until golden brown. Set aside on a plate lined with paper towels and tented with foil. Repeat with remaining fritters.

Nutrient Analysis (1 serving):

451 Calories, 27.8g Carbohydrates, 2g Protein, 33.6g Fat, 6.0g Saturated Fat, 253mg Sodium

CSPI's RECOMMENDED SEAFOOD CHOICES for Women Who Are or Might Become Pregnant, Breast-feeding Mothers and Young Children

CHOOSE THESE

(Eat 2 or more 4-oz servings per week)

- Lowest mercury choices
- Other low-mercury choices

* GOOD or ** EXCELLENT source of omega-3s

Seafood listed from **less to more** mercury

- Scallops
- Shrimp *
- Tilapia
- Oysters **
- Mussels **
- Catfish
- Sardines **
- Clams
- Salmon **
- Freshwater Trout **
- Crayfish
- Pollock **
- Atlantic Mackerel **
- Anchovies **
- Herring **
- Shad **
- Butterfish **
- Crabs *

DON'T CHOOSE THESE

(Do not eat at all)

- Highest-Mercury
- Moderately High Mercury

Seafood listed from **more to less** mercury

- Gulf of Mexico Tilefish
- Swordfish
- Shark
- King Mackerel
- Orange Roughy
- Marlin
- Grouper
- Fresh/Frozen Tuna
- Spanish Mackerel
- Sablefish
- Bluefish
- Canned Albacore (White) Tuna
- Freshwater Bass
- Pacific Croaker
- Lingcod & Scorpionfish
- Saltwater Trout
- Sea Bass
- Halibut

WHAT IF A FISH IS NOT ON EITHER LIST?

Fish not listed here (such as canned light tuna, cod, flounder, haddock, squid, perch or lobster) have **too much mercury to be recommended**, but not so much that you should never eat them. We suggest you eat those fish no more often than once a month.

Source of mercury and omega-3 data: FDA (2014) at <https://www.fda.gov/media/88491/download> (Tables V-8, C-3).

The A-B-Cs on Stress Reducers with Eating Vegetables & Fruits

Our mental health is an important focus for our overall health. It's important to notice our stress and mood and implement an action to reduce stress or improve mood. Actions to take include physical activity, breathing exercises, meditation, mindfulness, or a change in dietary habits. To have some fun, we will use the alphabet to learn more about plants and how what we eat can elevate our mood.



Produce can be a superstar for helping to ward off stress and anxiety. If food plays a part in mood, then what are the ABCs of food rooted in a better mood to help us feel our best? Reach for one of these ABC picks when a stress-induced craving hits and include plenty of fruits and vegetables daily to benefit your mood.

A= Arugula

Dark green leafy vegetables such as arugula, spinach, swiss chard, or kale are rich in stress-busting magnesium to help balance the body's stress hormone, cortisol, and it also plays a role in regulating blood pressure. In addition, chronic stress may reduce the body's magnesium stores making this mineral even more important during times of stress. Add dark green leafy vegetables to an omelet, salad, soup, sandwich, pesto sauce, or a smoothie.

Asparagus

Asparagus is a good source of folate, which is part of the calming B-complex vitamin known for reducing the feelings of stress and anxiety. If repleting a folate deficiency, it can reinstate the happy hormone levels. Folate helps increase levels of serotonin and dopamine in the brain, so we can turn that frown upside down. Just 1/2 cup of cooked or raw asparagus provides 134 mcg of folate which is 34% of an adult's folate needs. In addition, asparagus, along with many other fruits and vegetables, is a good source of antioxidants to promote overall good health. Load up on folate and other nutrients in this delicious roasted asparagus with tomatoes.

B= Broccoli

Just a 1/2 cup of broccoli provides 11 micrograms chromium, which is almost 50% of the recommended daily intake. This trace element works to regulate mood and reduce anxiety. Broccoli is delicious with a little olive oil and garlic, then roasted, grilled, stir-fried or added to a creamy casserole. For a unique creamy side loaded with nutrients, try a broccoli potato mash.

Berries

These brightly colored fruits contain high levels of polyphenols, which helps protect the body against inflammation and may help manage depression and anxiety. Berries also contain anthocyanins which may reduce symptoms of depression up to 39%. Try berries on a fruit kabob, in a smoothie or use sliced berries to top a peanut butter sandwich, waffle, oatmeal, yogurt, or ice cream.

C= Cabbage

Cabbage is a natural prebiotic food meaning the fiber in it provides fuel for the good bacteria in our large intestine. Once the cabbage is fermented in lactic acid bacteria to make sauerkraut or kimchi, you now have a good source of probiotics which supports gut health. Since most of the body's serotonin level is produced in the gut, making gut health a priority may correspond to a good mood. Probiotics may play a role in boosting mood, improving cognitive function, and relieving symptoms of stress. Probiotics can support immune health. Any way that cabbage is enjoyed, whether fermented, raw, or cooked, our gut will be happy we chose to eat it.

Carrots

Carrots get most of their orange color from the antioxidant beta-carotene. This antioxidant when combined with other antioxidants such as vitamins C and E, may help people that are suffering from depression or anxiety feel better. Also, the act of munching on a crunchy food such as carrots or celery, can help beat the feeling of stress without providing too many calories. Dip carrots in hummus, add to stir-fry meals, stews, soups, or shred carrots into baked goods.



Mediterranean Swiss Chard Frittata

Serves: 8

Ingredients:

- 8 large eggs or 2 cups egg substitute
- ¼ cup whole milk
- A pinch of sea salt
- ½ teaspoon fresh cracked pepper
- ½ cup grated 75% less fat Cabot white cheddar cheese or Daiya cheese (vegan cheese)
- 2 tablespoons extra virgin olive oil
- ½ large sweet onion, diced
- 2 cups shredded Swiss chard, stems removed and diced
- 2 cloves peeled garlic, minced

Instructions:

1. Preheat oven to 350°. In a medium bowl, whisk together eggs, milk, sea salt and pepper. Add shredded cheese and mix. Set aside.
2. Heat oven-proof non-stick skillet or cast-iron pan on medium-high. Add olive oil to warm and add diced onion. Sauté onions for 3 minutes while adding diced Swiss chard stems to soften. Add shredded Swiss chard leaves and sauté for 2 minutes to wilt. Add minced garlic and cook for an additional minute.
3. Reduce heat to medium-low and add egg mixture to sautéed onions and wilted greens. Using tongs, arrange greens evenly throughout the pan. Cook eggs in pan about 3-4 minutes until they are set before placing the pan in the oven to bake for 5 minutes.
4. For a browned, crispy top, place the frittata under the broiler for a minute or two at the end of cooking.
5. Cool in the pan for 5 minutes, then slice into wedges and serve.

Nutrient Analysis: (per slice)

146 Calories, 2gm Carbohydrates, 11gm Fat, 11gm Protein, 197 mg Sodium



Schedule your
APPOINTMENT
TODAY

**Qualifying Labs ONLY for New Hire
Employees (as of Jan. 1, 2021) and
their Spouses**

**SCHEDULE MIDLAND HEALTH LAB APPOINTMENT
ON WWW.CHPHA.COM**

**Qualifying Spouse & Employee
Upgrades Health Advocate &
Wellness
Appointment Deadline is
June 30, 2021**

The Health Advocate Office and Wellness Health Educators are offering the qualifying one-on-one sessions, in-person, and telephonically. For one-on-one sessions, members are required to wear a mask and all areas will follow disinfectant protocols to keep everyone safe. Face-to-face interventions are always more meaningful and capture the best advocacy encounter. All Spouses, New Hires, and Employee Upgrades who have completed their **lab work must schedule a Health Advocate appointment by June 30th**. All appointments are scheduled on-line or you can call the Health Advocate Office if you need assistance. Failure to meet the deadline will result in being placed in the Basic Group Health plan.

Schedule your Health Advocate appointment on the www.chpha.com website; Step 2.

Call the Health Advocate office if you need assistance, 239-252-5588.