

NEWSLETTER

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Please Note: The content in this newsletter is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.



JANUARY 2021

HEALTH OBSERVANCE

National Blood Donor Month

By Gabrielle Lombardo, Wellness Coordinator - Wellworks For You

Donating blood is a life-saving act of service, and an impactful way to give back to the community. If you're healthy and eligible to donate, one single donation of yours could save up to three lives! You may wonder how that could be, and it's because our blood can be broken down into platelets, plasma, and red blood cells and given to different types of patients in need.

Common Blood Types:

A+	A-	B+	B-
AB+	AB-	O+	O-

The most flexible type of blood donation is a Whole Blood Donation, where all parts of the blood are collected and separated as needed, and any blood type is wanted. However, depending on your blood type, you may want to consider a different type of donation. A Power Red Donation looks for O+, O-, A-, and B- donors. Power Red Donations take a concentrated amount of red blood cells, and return plasma and platelets to the donor using saline. Comparatively, a Platelet Donation looks for all blood types (except O-), collects platelets, and returns most red blood cells and plasma back to the donor. A Plasma Donation collects a donor's plasma, and returns red blood cells and platelets. However, only AB+ and AB- donors are wanted for Plasma Donations, which is one of the reasons why it's so important to consider your blood type, and the most valuable donation type for you!



Every two seconds, someone in the United States needs blood – and there's no single reason why. Cancer patients may need to receive platelets because their treatments prevent them from making their own, or trauma patients may need red blood cells to help carry oxygen throughout their body. Burn patients may need AB elite blood (from a plasma donation) to help maintain blood pressure and other vital functions, while autoimmune and chronic disease patients rely on whole blood. There is no alternative or substitute for blood. Choosing to become a voluntary blood donor can help so many patients in need, in more ways than you may have ever considered!

The United States is in constant need of blood – especially in the winter months because of holiday schedules, inclement weather, and winter illnesses. Celebrate National Blood Donor Month by considering donating if you are healthy and eligible!

SOURCES:

<https://www.redcrossblood.org/donate-blood/how-to-donate/types-of-blood-donations.html>

<https://www.redcross.org/about-us/news-and-events/news/2018/Celebrate-National-Blood-Donor-Month-this-January-and-Help-Save-a-Life.html>

<https://www.redcrossblood.org/donate-blood/how-to-donate/how-blood-donations-help.html>



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No Off-Season for Skin Care

Megan Tomlinson, Preferred Partner Manager - Wellworks For You

The winter season is finally here! As the weather becomes more frigid with each passing day, it's important to remember that just because it's not necessarily sunny each day, does not mean we can forego our skin care routines. Having a winter skin care routine will help to fight the dry, cracked skin that comes out during this time of year, and can decrease your risk of developing skin cancer. 1 in 5 Americans will develop skin cancer by the age of 70, and having 5 or more sunburns doubles your risk for melanoma. In the U.S., more than 9,500 people are diagnosed with skin cancer every day. To help reduce your risk and protect your skin, we have some tips and tricks below.

Our skin will naturally become drier in the winter. This is because when the temperatures and humidity begin to drop, your skin has to work harder to maintain a hydrated state. When you experience the loss of hydration, you are also likely to experience dryness, cracks in the skin, inflammation and flakiness. When your skin becomes this dry, it will produce less sebum. Sebum is your skin's natural lubricant; without sebum your skin is left feeling parched.

How can you combat dry, cracked skin in the winter?

1. *Protect your skin when you go outdoors with a coat, gloves, hat, dry socks, and appropriate shoes/boots. Make sure to rotate gloves/socks out as needed to avoid wearing wet clothes.*
2. *While showering, limit the use of extremely hot water. Pat your skin dry as opposed to wiping after a shower, and pick a moisturizing cream to apply directly after your shower.*
3. *Use a humidifier in your home when possible to increase moisture in the air and limit dryness.*

Do I need sunscreen in the winter?

Absolutely! UVB rays, which are the main cause of sunburn, can burn and damage your skin year-round especially at high altitudes and on reflective surfaces like snow or ice. Snow reflects up to 80% of the sun's UV light, meaning the rays hit you twice, which can increase your risk of skin cancer and premature aging. UVA rays also remain throughout the year, and UVA rays can penetrate through clouds, fog, or even glass. That means it's still possible to damage your skin while spending a bright winter day indoors.

How can you combat dry, cracked skin in the winter?

1. *Apply a broad-spectrum sunscreen with an SPF 15 or above.*
2. *Consider purchasing a moisturizing sun screen to leave your skin feeling hydrated. You can even couple your moisturizer with your sun screen of choice. This will leave you with less product to purchase and apply along with additional coverage!*
3. *Try to avoid peak hours in the sun from 10am-4pm, and if you are outside dress appropriately. Ensure you are covered head to toe to avoid skin damage.*

Protecting your skin during the colder and cloudier months of the year can reduce your risk of developing the most common of cancers, skin cancer. There were nearly 300,000 new cases of Melanoma in 2018 alone. Make sure you are doing your best to protect your skin this winter, and throughout the new year!

SOURCE:

<https://www.michderm.com/blog/winter-skin-care-how-to-protect-yourself-in-cold-weather>
<https://www.skincancer.org/press/2018-winter-sun-safety/>

<https://www.wcrf.org/dietandcancer/cancer-trends/skin-cancer-statistics>
<https://www.skincancer.org/skin-cancer-information/skin-cancer-facts/>



HEALTH TIP CORNER

Stay active – inside and outside

Going to the gym may be challenging or impossible due to COVID-19 risk. But outdoor workouts are still possible in the winter! Snowshoeing, cross-country skiing, or even a short winter walk outside can help you relax and reduce your stress load.



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FINANCIAL WELLNESS TIPS

Importance of Updating Beneficiary Information

By Emily Ahern, Wellness Coordinator - Wellworks For You

Planning for our financial future has always been a fluid concept. Whether we are planning for retirement or just finding different ways to save money, there are inevitable curveballs that are thrown our way. Life changes such as birth, marriage, and death are expected and getting ahead of these events are small, but critical to our financial wellbeing.

When changes occur, your current beneficiary choices — who will inherit your life insurance, pension, IRAs, etc. — may need to be updated. Take time to review who you plan to select as both primary and contingent beneficiaries. Naming your spouse as a beneficiary can have some crucial advantages. For example, if you name your spouse as beneficiary, you can avoid income and estate taxes. Additionally, your spouse can roll over your retirement account to his or her own IRA. Your contingent beneficiaries will inherit only if the primary beneficiaries precede you in death.

Without living beneficiaries, your assets may be transferred to your estate and state law determines who receives it. The presumption is that the heirs named in your will should receive the proceeds, but this could be challenged as beneficiary designations may supersede your will. For example, if you name your best friend as beneficiary, forget to change the designation when your friend dies, and you later die, your friend's spouse or children could claim the asset. While you are updating your beneficiary forms, be sure to also look at other critical but often forgotten documents such as power of attorney, health care proxy, and safe deposit box co-signer form.

SOURCE:

<https://www.agfinancial.org/resources/article/the-importance-of-updating-your-beneficiaries>

Did You Know?

45% of employees perform caregiving duties for a family member, a number significantly underestimated by employers. Caregivers report missing an average of 12 hours of work per month due to caregiving responsibilities.

While 88% of employers offer some type of caregiving resources, 71% of employees are unaware of these offerings, and just 34% of caregiver employees have taken advantage of employer resources. If you or someone you know is caring for a loved one, be sure to check with your employer to see if your company provides assistance services.

Source:

<https://www.forbes.com/sites/johnwasik/2019/10/11/why-you-need-financial-wellness/?sh=5a05ab555d6a>

Featured Recipe

Sautéed Shrimp with Mango Salsa & Coconut Cauliflower Rice

4 Servings

INGREDIENTS

- 1 large mango, chopped
- 1 avocado, chopped
- ½ cup chopped red bell pepper
- 1 medium jalapeño, finely chopped
- 1 scallion, sliced
- 3 tbsp chopped cilantro
- 3 tbsp liquid coconut oil, divided
- 1 ½ tbsp lime juice, plus wedges for serving
- ½ tsp salt, divided
- 4 cups cauliflower florets
- 6 tbsp reduced-fat coconut milk
- 2 tbsp toasted unsweetened coconut flakes
- 1 lb raw shrimp (16-20 count), peeled and deveined
- ½ tsp chili powder
- ½ tsp ground cumin

DIRECTIONS

1. Combine mango, avocado, bell pepper, jalapeño, scallion, cilantro, 1 tablespoon oil, lime juice and ¼ tsp salt in a medium bowl.
2. Place cauliflower in a food processor. Pulse until chopped into rice-size pieces.
3. Heat 1 tbsp oil, coconut milk and the remaining ¼ teaspoon salt in a large nonstick skillet over medium-high heat. Add the cauliflower and cook, stirring occasionally, until softened, about 5 minutes. Transfer to a large bowl and stir in coconut flakes. Wipe out the pan.
4. Toss shrimp with chili powder and cumin. Add the remaining 1 tbsp oil and the shrimp to the pan. Cook over medium heat, stirring occasionally, until just cooked through, 3 to 4 minutes. Serve the shrimp and cauliflower rice with the salsa.

NUTRITION

Per serving: Each serving contains about 387 Calories, 27.5g Protein, 25.8g Carbohydrate, 21.6g Total Fat, 182.6mg Cholesterol, 8g Fiber, 485mg Sodium



Source: <http://www.eatingwell.com/recipe/261687/sauteed-shrimp-with-mango-salsa-coconut-cauliflower-rice/>