January-March 2015

DHSS Worksite Wellness Committee

W@W

Winning @ Wellness

This Issue:

Be Healthy @ Work
Employee Buzz
Eat Smart @ Work
An Ounce of Prevention
Worksite Wellness News

Be Healthy @ Work: Caregiving 101

Do you care for or know someone who is caring for a loved one who needs some type of assistance? Chances are that you will at some point during your life. According to the National Family Caregivers Association and the National Center on Caregiving, Family Caregiver Alliance, Missouri has approximately 572,000 informal caregivers. These are caregivers who are not paid for providing 24-hour care or partial assistance. They can be identified as either primary or secondary caregivers.

What is a caregiver?

A caregiver is a person who provides needed help to an aging or ill loved one whether it is a family member, friend or neighbor. Some people identify themselves as caregivers while many do not realize they are or may be reluctant to identify themselves as one. Below is a simple checklist that can help you identify if you are a caregiver:

- Are you sharing responsibility for someone's health, well-being and safety?
- Are you looking after someone who is unable to care for him/herself?
- Are you helping him/her with daily living activities like bathing, feeding, grooming and walking?
- Are you taking care of someone who is suffering from a physical/mental illness, disability or other condition?

If you have answered "yes" to any of these questions, you are a caregiver.

The many roles of being a caregiver.

Caregivers can have many roles in making sure their loved one is receiving the care they deserve. Those roles include:

- **Advocate.** Assists in asking the right medical, insurance or financial questions.
- **Nurse.** Helps with doctor appointments, daily medications and symptom monitoring.
- **Counselor.** Listens to problems and provides emotional support.
- **Helper.** Does the shopping, cleaning, housework and helps with daily living activities.
- **Chef.** Cooks meals or helps with special dietary restrictions.
- **Companion.** Spends time doing things with the loved one to combat loneliness.
- **Safety Guard.** Keeps an eye on ways to keep their loved ones safe.
- **Merrymaker.** Helps keep spirits high, offers hope and a grateful outlook.
- **Steward.** Serves as a strong foundation for their loved one to help keep them going.

Feelings experienced by caregivers.

Caregivers can experience a wide range of feelings. Although most of them willingly choose to play a role in the care of their loved one, it often comes with conflicting emotions.

Continued on page 2

Continued from page 1

Feelings experienced by caregivers include:

- **Sadness and grief.** Watching someone's health decline is difficult. Seeing them suffer is also traumatic.
- **Fear and worry.** Worrying about what the future holds for a loved one is hard. Worries over financial issues, workplace issues and care issues can add up quickly.
- **Anger.** Dealing with an ill loved one can be frustrating. Illness can affect people differently and may cause the loved one to lash out at their caregiver. Caregivers may also get angry at their loved one, family members or healthcare providers.
- **Guilt.** Guilty feelings can come in many forms. Caregivers may feel guilty about not doing enough to change the situation or make the loved one happier. They may feel guilty for feeling angry at the person, neglecting their own family and other responsibilities.

- **Fatigue.** Being pulled in many directions can be exhausting. Maintaining multiple households, work and day-to-day activities all contribute to the fatigue factor. Having sleep interrupted can also raise the fatigue level.
- **Isolation.** Caring for someone can make the caregiver feel tied down and isolated.

Even though caring for a loved one can be a stressful experience, it can also be rewarding. It can strengthen relationships and offers an opportunity to get to know someone better. It also allows the caregiver to show appreciation for the times when roles were reversed.

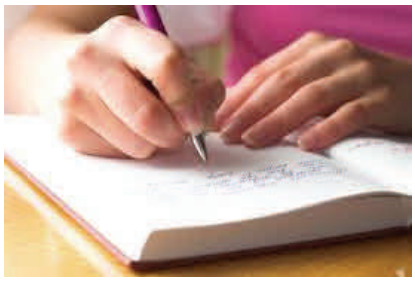
Taking care of the caregiver.
An important part of being a caregiver is taking care of yourself. In order to provide effective care, caregivers need to maintain their own health.

Do not try to do it all by yourself. Before asking for help, make a list of all of the caregiving tasks involved. Try to be as specific as possible. Then determine which of those tasks you are able to handle. Ask for help from friends, other family members, health care professionals or your church for the remaining tasks.

Take time to relax. Learn ways to regulate yourself and de-stress.

Keep a journal. Writing down your thoughts and feelings is a great release. Your words will give you some perspective on your situation.

Feed your spirit. Praying, meditation or Tai Chi can help you make some sense of your situation and your feelings.



Stay social. Make it a priority to visit regularly with others. Nurture those close relationships and do not isolate yourself.

Do things you enjoy. Laughter and joy can help you through those hard times.

Maintain some balance. Make sure you do not give up things that are important to you, such as your work or your hobbies.

Take a break. Take a regular break from caregiving and take an extended break at least once a week.

Be physically active. Try to be physically active most days of the week. Exercise can relieve stress and boost your energy levels.

Eat healthy. You are better prepared to cope with stress if you eat healthy, nutritious meals and snacks.

Get enough sleep. Aim for seven to nine hours of sleep per night. Otherwise, your energy level, productivity and ability to handle stress could suffer.

Take care of your healthcare needs. Keep on a regular schedule for your doctor and dentist appointments.

Value yourself. Recognize the fact that you are doing an important and good job. Do not let feelings of doubt or guilt keep you from seeing the value of your daily caregiving.

Continued on page 3

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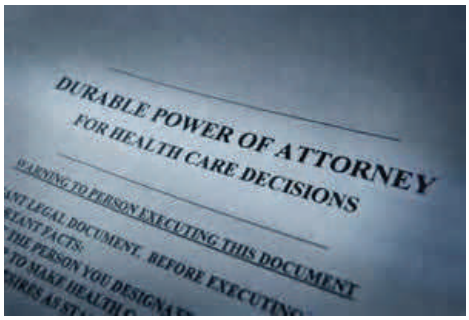
What are the legal issues of caregiving?
Start making legal preparations soon after your loved one becomes ill. Having an open discussion with everyone involved may be difficult, but it is important to know what to expect and how to make plans for the future. You may want to consult an attorney who can offer advice on what to do. If your loved one is over 65, you may want to choose someone who practices elder law—which focuses on issues that affect the elderly. Start by making a list of the loved one's assets. Keep it updated regularly and know where the document is located. Things to include on the inventory are:

- Income
- Bank accounts
- Property
- CDs
- Money market accounts
- Stocks and bonds
- Retiree or pension benefits
- Contents of safe deposit boxes
- Contracts
- Insurance policies

Some of the services an attorney can help you with are:
A will. A will is a document that names an executor (the person willing to manage the estate) and the beneficiaries (those who will receive the estate at the time of death).
Power of attorney. It gives the person (the principal) an opportunity to authorize an agent to make legal decisions should they become incompetent.

Durable power of attorney for health care. This document appoints an agent to make all decisions regarding health care. It can include detailed specifics about treatment options and life-sustaining supports.
Advance Directive. Also known as a living will. This allows the person to state what kind of medical care they desire if they are unable to express their wishes.



Legal forms can be accessed through the internet, books or can be purchased. You can also discuss legal issues with a social worker or a clergy member.

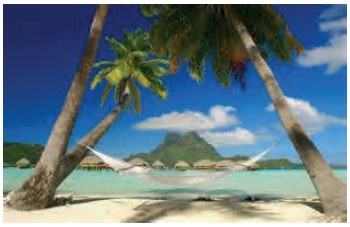
Although it is not always easy to think about, having a plan in place can help ease some of the worries you may have as a caregiver or a future caregiver.

Resources:
http://www.caregiverslibrary.org
http://mayoclinic.org
http://webmd.com
https://caregiver.org
http://www.caregiverstress.com/stress-management/family-caregiver-stress
http://health.mo.gov/seniors/hcbs
http://health.mo.gov/safety/homecare/directory.php

"Ability is what you are capable of doing. Motivation determines what you do. Attitude determines how well you do it."

Lou Holtz

An Ounce of Prevention:
When traveling to the Caribbean -



Planning a trip to the Caribbean or south of our border this winter? Prior to travel take some time to familiarize yourself with a mosquito-borne virus called chikungunya (pronunciation: \chik-en-gun-ye) that has been circulating in the Caribbean since December 2013. The Centers for Disease Control and Prevention (CDC) recommends that travelers to the Caribbean protect themselves from mosquito bites.

What is chikungunya?
The most common symptoms of chikungunya are fever and joint pain. Other symptoms can include headache, muscle pain, joint swelling or rash. Chikungunya disease rarely results in death, but symptoms can be severe and disabling. Most people who get sick feel better within a week. In some people, joint pain may last for months or years. No vaccine exists to prevent chikungunya virus infection or disease.

Who is at risk?
Travelers who go to islands in the Caribbean and some Central and South American countries are at risk. Over 650,000 suspected and confirmed cases have been detected in these regions since December 2013. In addition, in October 2014, Tahiti reported locally transmitted chikungunya cases for the first time. Local transmission means that mosquitoes in the area have been infected with chikungunya and are spreading it to people. The virus is also found in other parts of the world where it causes sporadic cases and periodic outbreaks of disease. For updates on where outbreaks are occurring, go to CDC's Travel Health Notices webpage. The mosquito that carries chikungunya virus bites primarily during the daytime. CDC advises travelers in high-risk groups (such as people who are older than 65, have arthritis, underlying medical conditions or plans to spend a lot of time outdoors) to discuss their travel plans with their health care provider. Women who are late in their pregnancies should consider postponing their trip due to risk to babies born at the time their mother is sick.

What can travelers do to prevent chikungunya?

- Avoid mosquito bites. Preventing bites can be difficult, but it is important as you can get sick after just one bite.
- Pack insect repellent for your trip.

Prevent mosquito bites.

- Cover exposed skin by wearing long-sleeved shirts, long pants and hats.
- Use an appropriate insect repellent. Always follow product directions and reapply as directed.

- Use products with the following active ingredients:
  - DEET (found in Off! And Cutter)
  - Picaridin (found in Cutter Advanced, Skin-So-Soft and Bug Guard Plus)
  - Oil of lemon eucalyptus (found in Repel and Off! Botanicals)
  - IR3535 (found in Skin-So-Soft, Bug Guard Plus Expedition and SkinSmart)
- If you are also using sunscreen, apply sunscreen first and insect repellent second.
- Use permethrin-treated clothing and gear (such as boots, pants, socks and tents). You can buy pre-treated clothing and gear or treat these items yourself.
- Stay and sleep in screened or air conditioned rooms.
- Use a bed net if the area where you are sleeping is exposed to the outdoors.

If you think you may have chikungunya:

- Talk to your doctor or nurse if you feel seriously ill, especially if you have a fever.
- Tell them about your travel.
- Avoid the use of aspirin, aspirin containing drugs and other nonsteroidal anti-inflammatory medications until laboratory testing has ruled out dengue infection. Outbreaks of dengue virus and chikungunya virus can occur in the same location, and people can be infected with both viruses.
- Get lots of rest, and drink plenty of liquids.
- Avoid spreading the disease by preventing more mosquito bites.

For more information about medical care abroad, go to **http://wwwnc.cdc.gov/travel/page/getting-health-care-abroad**. or the Office of Veterinary Public Health at (573) 526-4780.

Eat Smart @ Work: Gingery Chicken Noodle Soup

Ingredients:

- 3 ounces dried soba noodles
- 1 tablespoon olive oil
- 1 large yellow onion, chopped
- 1 tablespoon peeled and minced fresh ginger
- 1 carrot, peeled and finely chopped
- 1 clove garlic, minced
- 4 cups chicken stock or broth
- 2 tablespoons reduced-sodium soy sauce
- 1 pound skinless, boneless chicken breasts, chopped
- 1 cup shelled edamame
- 1 cup plain soy milk (soya milk)
- ¼ cup chopped fresh cilantro (fresh coriander)

Preparation:

1. Bring a saucepan ¾ full of water to a boil, add the noodles and cook until just tender, about 5 minutes. Drain and set aside until needed.

2. In a large saucepan, heat the olive oil over medium heat. Add the onion and sauté until soft and translucent, about 4 minutes. Add the ginger and carrot and sauté for 1 minute. Add the garlic and sauté for 30 seconds; don't let the garlic brown. Add the stock and soy sauce and bring to a boil. Add the chicken and edamame and return to a boil. Reduce the heat to medium-low and simmer until the chicken is cooked and the edamame are tender, about 4 minutes. Add the soba noodles and soy milk and cook until heated through; don't let boil.

3. Remove pan from the heat and stir in the cilantro. Ladle soup into warmed individual bowls and serve immediately.

Nutritional Information
Amount per Serving

Calories: 184
Fat:5g
Cholesterol: 33mg
Sodium: 267mg
Carbohydrate: 11g
Dietary fiber: 2g
Protein: 22g

Yield:
8 servings

Source: http://www.mayoclinic.org/healthy-living/recipes/gingery-chicken-noodle-soup/rcp-20049893

Move More @ Work: Fitness Tracking tools to keep you on track….

Fitness tracking tools can assist you with successful movement and weight loss. There are online tracking tools such as myfitnesspal.com, fitday.com or myfooddiary.com. These tools can help you track caloric intake, exercise and water consumption to help you stay on track and maintain a healthy lifestyle. Walking, jogging, running, swimming or biking can be tracked with tools such as the popular Fitbit – which calculates the number of steps you take and how active you are. Regular pedometers and printable food journals can also assist you with tracking your fitness activities.

DHSS Wellness Superstar

Tom Boyd has worked in the State Public Health Laboratory for over a year. Hyper-active as a youngster, Tom started playing organized sports early and has always led an active lifestyle. With swimming, biking and running being high on his list of favorite activities, it was natural for Tom to start doing triathlons which incorporates all three elements. Tom completed the 2011 Louisville, Kentucky Iron Man Triathlon which included a 2.4 mile swim, a 112 mile bike ride and a 26.2 mile run.

An inspiration to others
Tom has inspired his supervisor, Brian Inman, to exercise and the two of them have been running together. Brian started with a "couch to 5K" app and has run in several 5Ks. Brian credits Tom for getting him started.

Staying active through DHSS
Tom started the 100 Missouri Miles Challenge late in the challenge last year. He has led DHSS employees in the number of miles logged with 2,489 miles as of October 23rd. Even though he hasn't changed his exercise routine, tracking his progress in the 100 Missouri Miles Challenge has been fun. Tom uses the Katy Trail and Jefferson City Greenways to rack up miles.

Tom has participated in other worksite wellness activities such as Walking Wednesdays and National Employee Health and Fitness Day. Tom notes that getting outside and exercising is a benefit to your health and mood.

A family affair
Tom enjoys exercising with his wife, Lindsay, (who has also been active all her life). The couple likes to ride bikes, swim, play soccer and hike with their three rescue dogs. They like to hike at Painted Rock near Westphalia which overlooks the Osage River and is pet friendly. They hiked the trail at Ha Ha Tonka State Park here in Missouri and on the Appalachian Trail at Gatlinburg, Tennessee. The couple has also participated in a Tough Mudder obstacle course race. The race was a 10-12 mile course designed to test all-around strength, stamina, teamwork and mental stamina.

A healthy eater, Tom does not consume sodas or candy but does occasionally have something less healthy. Tom's advice to start exercising is "put one foot in front of the other and get started no matter the distance!"

"Self esteem is as important to our well-being as legs are to a table. It is essential for physical and mental health and for happiness."

Louise Hart

Worksite Wellness News

Strive For Wellness Ambassador Update

The Strive for Wellness Program archives past campaign materials on their website at http://www.mchcp.org/stateMembers/striveForWellness/index.asp. Find toolkits, worksheets and videos on many wellness topics including stress, weight loss, healthy eating and creating a healthy relationship with your health care provider.

For more information about the *Strive for Wellness* Health Center please visit http://www.mchcp.org/stateMembers/striveForWellness/FAQs_2014.asp.

Sincerely,
Pat Simmons & Meredith Curry
DHSS Wellness Ambassadors

Upcoming Wellness Events

Walking Wednesdays
The **1st and 3rd Wednesdays** of every month are **Walking Wednesdays**. But don't forget that if there is a ***5th*** Wednesday in a month, that too is a Walking Wednesday! Approved t-shirts to be worn are: Worksite Wellness, Tackle the Flu and 100 Missouri Miles Challenge. **REMINDER: T-shirts are not approved to be worn on Friday Jeans Days.**

National Employee Health and Fitness Day
Mark your calendar for Wednesday, May 20, 2015 for National Employee Health and Fitness Day! Watch in the Wellness Messages for more information.

"What *is your favorite tip for saving money?"*

"I have a budget that I follow each month. Included in that budget is an amount for "Emergency Fund" savings account. I also have a separate Christmas savings account. These funds are taken directly from my checking account right after each payday." **Linda Clutter, Health Program Representative III, Office of Emergency Coordination**

"I use coupons or coupon codes from such sites as DealNews.com, PromotionalCodes.com, RetailMeNot.com and Savings.com." **Tina M. Swoger, DSDS**

"My money-saving tip would be to monitor your spending and set a budget for regular expenses. Mint.com has a free app and website where you can keep an eye on your bank accounts, see spending trends, set specific budgets, and set goals for paying off debts. It's a great way to see all your financial information in one place." **Brenna Davidson, Administrative Analyst, Division of Community and Public Health Director's Office**

We want to hear from you for the next Employee Buzz! ***"What is your favorite way to de-stress?"*** For example, **"A good, hard workout usually relieves my stress!"** Email your response to **worksitewellness@health.mo.gov**. Please tell us if you do not want your name included with your quote.