

Employee Newsletter & Resources

January Is Thyroid Awareness Month

More than 12% of the U.S. population will develop a thyroid condition during their lifetime, according to the American Thyroid Association. Your thyroid has an important job within your body. It’s in charge of releasing and controlling hormones that regulate your metabolism, growth and many other vital bodily functions.

January is Thyroid Awareness Month. Due to its prevalence, it’s important to learn about the prevention and treatments of thyroid-related diseases and thyroid cancer.

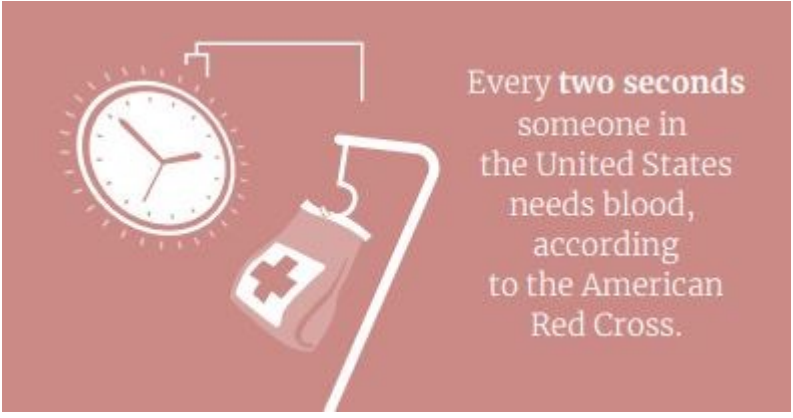


Don’t Forget; It’s January is also National Blood Donor Month

Winter is one of the most challenging times of the year to collect enough blood products and donations to meet patient needs. That’s why National Blood Donor Month is celebrated every January.

This year’s national health observance comes as the nation’s blood supply has dropped to concerning levels and could delay essential blood and platelet transfusions. Blood donors of all blood types—particularly type O blood—are needed to give blood or platelets to help meet daily hospital demands.

It’s vital to have plenty of blood banked to meet the demand. Blood is needed for surgeries, traumatic injuries, cancer treatment and chronic illnesses. On a daily basis, roughly 29,000 units of red blood cells, 5,000 units of platelets and 6,500 units of plasma are required. Blood and platelets cannot be made synthetically, making voluntary donations necessary.



The Benefits of Being a Blood Donor

This month, resolve to be a blood donor and consider the following health benefits of donating blood regularly:

- **Health problems detection**—Donated blood is tested to determine if any irregularities were found. You’re also required to undergo a quick health screening before giving blood.
- **Reduced heart disease risks**—Donating can help eliminate any excess buildup of iron in the blood, lowering your risk for a heart attack.
- **Caloric burn**—The blood donation process can burn up to 650 calories.
- **Mental health boost**—Not only are there physical benefits of donating but volunteering to help others can release dopamine and help combat depression and increase your confidence.

Types of Exercise

There are so many ways to move your body, so knowing where to start may be overwhelming. Here are some common types of exercise:



Aerobic
Any type of cardiovascular conditioning or “cardio” (e.g., running, jump roping and biking)



Bootcamp
High-intensity circuits combining aerobic and strength exercises



Flexibility
Stretching to aid in muscle recovery, your range of motion and injury prevention



High-intensity interval training (HIIT)
Repetitions of short bursts of high- and low-intensity exercises



Strength training
Weightlifting or resistance training to increase muscular strength and endurance

Starting a Realistic Exercise Routine


Regular exercise is a great way to take care of your body. The U.S. Department of Health and Human Services recommends that adults engage in moderate-intensity aerobic activity for at least 150 minutes each week and muscle-strengthening activities two times per week.

Many adults cite busy schedules as a reason regular exercise isn’t feasible. However, getting enough exercise often comes down to prioritizing movement and getting creative with planning. Consider these tips to start a realistic routine:


- **Start sensibly.** Begin with short sessions and increase the time and difficulty. If you overdo it, you may experience muscle soreness and quit.
- **Choose a fun workout.** Find an activity you enjoy—or are good at—and incorporate it into your routine. You’re more likely to stick with the workouts if you’re having fun.
- **Move when your energy is the highest.** You may see the best results when working out during your peak hours. Some people also like to work out in the morning before other things come up during the day.
- **Schedule workouts.** Putting workouts on your calendar can help you commit to a routine. If you need to change the scheduled workout, reschedule it on your calendar immediately.

Take Charge of Your Health


Protect Your Skin During Winter




Adjust your shower routine.
The length and temperature of your showers can make a big difference in the dryness of your skin. Long and hot showers during the cold months can strip the natural oils in your skin, drying it out. Try short and cold showers instead.



Use moisturizer.
Applying moisturizer, especially after showering, can help keep your skin hydrated and prevent dryness.



Avoiding products with fragrances.
Oftentimes, the better a product smells, the more irritating it can be for your skin. As such, consider choosing fragrance-free skin products and laundry detergents.



Use a humidifier.
Humidifiers can return moisture into the air within your home, which can help prevent and relieve environmental dryness.

Slow Cooker Beef Stew

January 2023 Recipe

Makes: 6 servings

Ingredients

- 2 pounds of stew meat (cut into 1-inch cubes)
- ¼ cup all-purpose flour
- Salt and black pepper (optional, to taste)
- 2 cups water
- 2 tsp. beef bouillon
- 1 garlic clove (finely chopped)
- 3 carrots (sliced)
- 3 potatoes (diced)
- 1 onion (chopped)
- 1 celery stalk (sliced)
- Herbs (e.g., bay leaf, basil and oregano) as desired

Directions

1. Place meat in a slow cooker.
2. Mix the flour, salt and black pepper in a medium bowl, and pour over the meat. Stir to coat.
3. Add the remaining ingredients and stir to mix.
4. Cover and cook on low for 8 to 10 hours or high for 4 to 6 hours.
5. Stir the stew thoroughly before serving. If using a bay leaf, discard before serving.

Nutritional information for 1 serving

Calories	282
Total fat	5 g
Saturated fat	2 g
Cholesterol	68 mg
Sodium	216 mg
Carbohydrate	29 g
Dietary fiber	4 g
Total sugars	4 g
Added sugars included	0 g
Protein	30 g

EMPOWERING EMPLOYERS
STRENGTHENING EMPLOYEES