Positive thinking is one of the secrets to living well as we age. Studies have shown that state of mind can have a big effect on how old you feel and how long you live. Ways to stay positive through each day: Review what and whom you appreciate; identify three things that go well each day; do activities you love; compliment others; and have regular contact with good friends. Start today by celebrating Healthy Aging Month in September with a fresh attitude and favorite hobby.

September is Traumatic Brain Injury Awareness Month. Traumatic brain injury occurs with a sudden trauma to the brain that impairs normal brain function. Common causes: falls, sports injuries, vehicle collisions and combat injuries. Brain injury symptoms include headache, losing consciousness, nausea, vomiting, drowsiness, paralysis, and loss of vision, speech, balance, memory or concentration.

Get your flu vaccination to protect you and your family. The flu vaccine is safe and takes about two weeks to be effective after you get it. Learn more at cdc.gov.

Note: Due to production lead time, this issue may not reflect the current COVID-19 situation in some or all regions of the U.S. For the most up-to-date information visit coronavirus.gov.
September is National Childhood Obesity Month.

About one in five school-age children is obese, increasing their eventual risk for type 2 diabetes, heart disease, hypertension and osteoarthritis.

The CDC and NIH urge parents to learn about preventing childhood obesity and how to help already overweight kids slow down their weight gain. Children who are overweight should not be put on restrictive diets. Instead, work with your child’s pediatrician or a dietitian on a healthy nutrition and exercise plan, and get the whole family on board with healthy habits.

It’s important for parents to set a good example. Practice regular physical activity and healthy eating. Cut back on fast food and serve family meals and snacks with lots of vegetables, fruit, whole grains and protein. Emphasize drinking water instead of sugary drinks and limit high-calorie juices.

Encourage children to play sports, walk a dog, and do other physical activities for at least 60 minutes spread throughout a day. Make sure your child gets at least eight hours of sleep every night, too. Insufficient sleep raises the risk of obesity later in life.

Learn more at cdc.gov/healthyweight/children/index.html.
Virtual Financial Planning
By Jamie Lynn Byram, MBA, AFC, MS

In the past, financial planning focused on sitting with clients in person, discussing strategies for personal financial goals and challenges. However, technology now offers virtual financial planning. Planners use web-based technology to serve clients regardless of where the client or planner is. The only change from traditional planning to virtual planning is that you video conference with your planner instead of in person. This new format allows planners to reach clientele who can’t meet with them otherwise.

TIP of the MONTH
Soup-er Tips

Autumn is a great season for making soup. Try tasty combinations such as squash + pear; pumpkin + apple; carrot + parsnip; or a hearty beet soup with a dollop of Greek yogurt. Try to make a big pot of soup once a week, and add a serving to any daily meal. It’s a tasty way to boost your vegetable intake.

Fall for These Autumn Favorites
By Cara Rosenbloom, RD

Autumn is the perfect time to bite into a fresh-picked pear or savor a new type of squash. Here are our top favorite crops to try this season:

• Pears: Whether you favor Bosc, Bartlett or Anjou, a ripe pear is delicious in salads (pair it with goat cheese), added to soup, or poached for dessert. Pears are ripe when the neck gently yields to pressure from your thumb.

• Cranberries: Scarlet red, tart and succulent, cranberries are high in antioxidants including vitamin C. Add these fresh, bright jewels to oatmeal, fruit salad, smoothies and seasonal compotes and relishes.

• Brussels sprouts: If you don’t love Brussels sprouts, it means you’re not making them right. Slice them in half, combine with olive oil, balsamic vinegar and maple syrup, and roast cut-side down at 425°F for 25 minutes.

• Squash: From pumpkin to acorn squash, autumn isn’t complete until you’ve enjoyed seasonal squash and their boost of vitamin A. Don’t forget to bake the delicious squash seeds for a crunchy snack.

• Carrots: These bright orange staples are hardy and sweet. They’re in peak season in the fall, and they store well for months. Eat them raw as snacks, bake them into carrot muffins, add to stir-fries and shred into spaghetti sauce.

• Beets: Boiled or roasted, beets are delicious, but did you know you can also eat them raw? Shred or thinly slice raw beets for salads, sandwiches and wraps to add a sweet, earthy crunch. Look for beautiful candy cane beets, which have red and white stripes.

Roasted Autumn Vegetables

3 cups butternut squash, cut into ¾-inch chunks
3 cups Brussels sprouts, sliced in half lengthwise
2 tbsp extra-virgin olive oil
½ tsp salt
Pinch black pepper
¼ cup dried cranberries
¼ cup roasted pecan halves

Dressing:
2 tsp Dijon mustard
1 tbsp apple cider vinegar
2 tbsp extra-virgin olive oil
Salt and pepper to taste

Preheat the oven to 450°F. Line large (or two small) baking sheet with foil. In large bowl, toss together squash, Brussels sprouts, oil, salt and pepper. Spread them on baking sheet, making sure Brussels sprouts are cut-side down for initial roasting. Roast 15 minutes, then toss and roast 10-15 minutes more or until tender. Add to serving platter, and top with cranberries and pecans. In a small bowl, whisk dressing and pour over vegetables, tossing to coat before serving.

Serves 6. Per serving:
189 calories | 3g protein | 12g total fat | 1g saturated fat | 9g mono fat | 2g poly fat | 19g carbohydrate | 6g sugar | 5g fiber | 249mg sodium
Here’s a lesson in food packaging dates. They are printed on food labels and include best if used by, use by* and sell by, indicating when foods are the freshest or best quality, but not when they are unsafe to consume. Expiration dates should be clearly labeled, indicating when food products should be tossed, according to the FDA.

*Exception: Baby formula labels display a use by date that should be adhered to.

Here’s how to keep store-bought food safe for consumption:

Purchase foods before their expiration dates.

Separate raw foods from other foods in your shopping cart, bag and refrigerator.

Bring home and refrigerate perishable foods immediately after purchasing. (Use an insulated bag or cooler on the way home to keep it safe in hot weather.)

Follow safe handling recommendations, such as keep refrigerated after use or thaw in refrigerator.

Wash your hands before and after handling foods, and after leaving the grocery store.

Learn more at heart.org and fda.gov; search for food expiration dates.

Prostate Cancer Awareness Month is an opportunity to learn about this common cancer. The majority of prostate cancers are found in routine screenings before symptoms appear. Risk factors include family history and age; men between 55 and 69 may benefit most from prostate cancer screening. Learn more at cdc.gov/cancer/prostate/index.htm, and talk to your health care provider to see if screening is right for you.
El mes de septiembre es el Mes de la preparación.

10 MANERAS de prepararse para las emergencias

Como los eventos recientes nos demuestran, nunca está de más prepararse para una emergencia, ya sea que se trate de una emergencia personal o nacional, como en el caso de un evento climático o una pandemia. A continuación mencionamos algunas maneras que FEMA sugiere que uno se prepare:

1. **Desarrolle un plan de emergencia** hablando sobre cómo recibirá alertas y avisos de emergencia, dónde estará su refugio, cómo se comunicará con su familia. *Importante:* Tenga presente los requerimientos específicos de su familia, como por ejemplo las edades de los niños, las mascotas, los medicamentos de venta con receta u otros factores específicos. Obtenga más información en ready.gov/plan.

2. **Recolete información de contacto para todos los integrantes de su familia,** así como otros números importantes, como por ejemplo parientes, proveedores de servicios, contactos fuera de la ciudad, escuelas e instalaciones médicas. Entregue una copia impresa a todos en caso de que haya interrupciones del servicio o problemas con las baterías.

3. **Cree un kit de emergencia** con un botiquín de primeros auxilios, que incluya suficiente agua (dos cuartos de galón por persona), medicamentos de venta sin receta y alimentos no perecederos suficientes para tres días por miembro de la familia. Tenga algo de efectivo a la mano en caso de que los cajeros automáticos no puedan usarse.

4. **Obtenga copias** de los expedientes médicos de su familia y mantenga versiones electrónicas. Obtenga ayuda con expedientes médicos en línea en healthit.gov.

5. **Decida los lugares de reunión en casos de emergencia** donde su familia pueda reunirse. Elija uno en su vecindario y uno fuera de su ciudad por si necesita evacuar. *Sugerencia:* Piense en lugares que acepten mascotas, si tiene una mascota.

6. **Practique la comunicación y la evacuación.** ¿Qué dio buen resultado? ¿Qué necesita mejorar? ¿Qué necesita actualizarse?

7. **Observe todas las directrices** para la evacuación y la salud, como distanciamiento físico y usar mascarillas.

8. **Proteja sus documentos importantes** en una caja fuerte resistente al agua y al fuego.

9. **Haga que su hogar sea más seguro** asegurándose de que las salidas y los caminos estén despejados y las ventanas no hayan quedado selladas por pintura.

10. **Documente y asegure su propiedad.** Haga un video de los contenidos de su hogar.

Limpie y desinfecte como los profesionales

Muchos de nosotros hemos estado limpiando y desinfectando nuestros hogares más de lo habitual estos días. Y, como resultado, una estadística alarmante ha aparecido en los titulares: la cantidad de llamadas de exposición a limpiadores y desinfectantes a los centros de envenenamiento de EE. UU. ha aumentado en un 20.4% y 16.4%, respectivamente, durante los meses de enero a marzo de 2020 en comparación a esos mismos meses en 2019 y 2018, según el informe de los CDC.

El estudio, publicado en abril, muestra una asociación entre el uso más frecuente de productos de limpieza y el aumento de la exposición a sustancias químicas. *Nota:* Los blanqueadores, desinfectantes sin alcohol y desinfectantes para manos constituyeron el mayor aumento porcentual en exposiciones a sustancias químicas.

Para evitar la exposición a sustancias químicas y el envenenamiento accidental, ponga atención a estos consejos de los CDC:

- Siga todas las instrucciones en las etiquetas de los productos.
- Use equipo de protección, como guantes de goma desechables o gruesos, cuando llimpie.
- No mezcle productos químicos. Pueden tener reacciones tóxicas cuando se mezclan. Ejemplo: nunca mezcle blanqueador con amoníaco, ácidos u otros productos de limpieza.
- Guarde los productos químicos fuera del alcance de los niños. Es más seguro guardarlos bajo llave.
- Use productos de limpieza solamente en áreas adecuadamente ventiladas.

Nota: Debido al tiempo de entrega de producción, es posible que este número no refleje la situación actual de la COVID-19 en algunas o todas las regiones de los Estados Unidos. Para obtener la información más actualizada, visite coronavirus.gov.
Fechas de seguridad de los alimentos explicadas

Éstos son los detalles sobre las fechas relacionadas con los alimentos: Las fechas impresas en los alimentos —mejor si se consume antes de, consumir hasta el día— y vender hasta el día —se refieren a cuándo los alimentos están más frescos o tienen la mejor calidad, no a cuándo no es seguro consumirlos. Sin embargo, las fechas de vencimiento o caducidad son fechas en las que los alimentos deben echarse a la basura, según la Administración de Alimentos y Medicamentos (FDA por sus siglas en inglés).

**Excepción:** La fórmula para infantes tiene una fecha de “Consumir hasta el día “**, con la que debe cumplirse.

**Ésta es la manera de mantener sus alimentos seguros:**

- **Compre** sus alimentos antes de la fecha de vencimiento o caducidad.
- **Mantenga** los alimentos crudos lejos de los demás alimentos en su carrrito, bolsa y refrigerador.
- **Llévelos** a la casa y refrigeréelos inmediatamente después de comprarlos. (Use una bolsa con aislamiento o una nevera portátil de camino a casa para mantenerlos seguros cuando haga calor.)
- **Siga** las instrucciones y las recomendaciones para la manipulación segura de los alimentos, como por ejemplo **mantener refrigerado después del uso o descongelar en el refrigerador.**
- **Lávese** las manos antes y después de manipular los alimentos.

**Informése** sobre las fechas de vencimiento o caducidad en [heart.org](http://heart.org) y [fda.gov](http://fda.gov).

**La mejor manera de evaluar si sus alimentos son seguros para comer es mirarlos y olerlos.** Si un alimento huele mal, si parece viscoso o hay moho creciendo, échelo a la basura.

**Del 22 al 28 de septiembre se celebra la Semana de concientización sobre la prevención de las caídas.**

**En el tejado**

Las caídas son la principal causa de muerte en la construcción (aparte de las colisiones en carreteras); las caídas de los techos son la fuente principal, según la OSHA. Además, las caídas contra caídas continúa siendo las 10 normas más citadas por la OSHA. Estas normas tienen requisitos específicos según el ámbito del trabajo y la altura. Obtenga más información en [osha.gov](http://osha.gov).

**Obtenga la capacitación adecuada** para trabajar en altura y evitar caídas de los tejados observando estas pautas:

- **INSPECCIONE** el equipo de protección contra caídas para detectar desgaste y daños antes de usarlo. Nunca use equipo defectuoso.
- **USE** un arnés que le quede bien.
- **USE** una línea de vida o una barandilla.
- **MANTÉNGASE** conectado a la línea de vida mientras esté usando su arnés.
- **RESGUARDE** o cubra de manera segura todos los orificios, aberturas y claraboyas. No trabaje cerca de aberturas desprotegidas.

**Siga un camino libre de ESTAFAS**

¿Está considerando comprar un vehículo en línea? Asegúrese de que el vehículo que le interesa no sea falso. Según la FTC, los estafadores a veces publican anuncios en sitios web de subastas y ventas en línea fiables. Envían fotos, responden a preguntas e incluso le dicen que la venta pasará por un conocido programa de protección del comprador del distribuidor, enviarán facturas falsas y exigirán el pago. Para asegurarse de no estar lidiando con un estafador, busque estas señales de peligro:

**Malas críticas:** La FTC recomienda buscar en línea los nombres, el número de teléfono o la dirección de correo electrónico de la persona utilizando palabras, como comentarios, estafas o quejas.

**Ventas apresuradas o de alta presión:** Los estafadores a menudo usan tácticas agresivas como decirle que otros están interesados.

**No le deja ver el vehículo:** Esta es una gran señal de peligro y los estafadores a menudo usan excusas viables, como la transferencia militar o las transferencias por razones de trabajo. **Sugerencia:** Siempre haga que un mecánico independiente examine un automóvil usado antes de comprarlo.

**Solicitud de pago por transferencia bancaria o pago con tarjeta de regalo:** Los estafadores le pedirán que pague mediante tarjeta de regalo o transferencia bancaria.

**Solicitud de más dinero:** Los estafadores a menudo citan los costos de envío o transporte como una razón para el pago adicional.

**El número de identificación del vehículo no corresponde:** El número de identificación del vehículo (VIN) es diferente del VIN del vehículo que desea comprar. **Obtenga más información en vehiclehistory.bja.ojp.gov.**
September is Preparedness Month.

10 WAYS to Prepare for Emergencies

As recent history shows us, it never hurts to prepare for an emergency, whether it’s a personal or national emergency, such as a weather event or pandemic. Here are some ways FEMA suggests you prepare:

1. **Develop an emergency plan** by discussing how you will receive emergency alerts and warnings, where your shelter will be, what your evacuation route will be and how you will communicate with your family. **Important:** Keep in mind your specific family needs, such as children’s ages, pets, prescriptions or other special factors. Learn more at ready.gov/plan.

2. **Collect contact information for everyone in your family** as well as other important numbers, such as relatives, service providers, out-of-town contacts, schools and medical facilities. Give a paper copy to everyone in case there are service disruptions or battery problems.

3. **Create an emergency kit** with a first aid kit, including enough water (two quarts per person), nonprescription drugs and nonperishable food supplies for three days per family member. Keep some cash on hand in case ATMs aren’t usable.

4. **Secure copies** of your family’s medical records and maintain electronic versions. Get help with online health records at healthit.gov.

5. **Decide on emergency meeting places** where your family can gather. Choose one in your neighborhood, one outside your neighborhood and one outside your town if you need to evacuate. **Tip:** Think about pet-friendly places if you have a pet.

6. **Practice communication and evacuating.** What worked well? What needs improvement? What needs updating?

7. **Follow all evacuation and health directives** such as physical distancing and wearing masks.

8. **Safeguard your important documents** in a fire- and waterproof safe.

9. **Make your home safer** by ensuring exits and pathways are clear and windows aren’t painted shut.

10. **Document and insure your property.** Make a video of your home’s contents.

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National Farm Safety and Health Week is September 20 to 26.

Keep a farm-specific first aid kit handy. Learn more at nasdonline.org.

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Clean and Disinfect Like the Pros

Many of us have been cleaning and disinfecting our homes more than usual these days. And, as a result, an alarming statistic has made its way into the headlines — the number of cleaner and disinfectant exposure calls to U.S. poison centers has increased by 20.4% and 16.4%, respectively, during the months of January to March 2020 as compared to those same months in 2019 and 2018, according a CDC report.

The study, released in April, shows an association between the more frequent use of cleaning products and the rise in chemical exposure. **Note:** Bleaches, non-alcohol disinfectants and hand sanitizers made up the largest percentage increase in chemical exposures.

**To prevent chemical exposure and accidental poisoning, heed this advice from the CDC:**

- Follow all directions on product labels.
- Wear protective gear, such as disposable or heavy rubber gloves, when cleaning.
- Don’t mix chemicals. They can have toxic reactions when they are mixed. Example: Never mix bleach with ammonia, acids or other cleaning products.
- Store chemicals out of reach of children. It’s safest to lock them away.
- Use cleaning supplies in a well-ventilated area.

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CAR SEAT Musts

Car seat regulations have become stricter through the years, and most parents know how to keep their infants and toddlers safe. But how do you protect older children in a vehicle?

Many kids move on to a booster seat after outgrowing their forward-facing car seats. However, most states only require using them until age eight. In reality, using them should depend on height and weight, not age. The nonprofit SafetyBeltSafe USA recommends that children remain in a booster seat until they are 4’9” tall and 80 pounds. Otherwise, the seat belt will not fit or restrain them properly. Use the 5-Step Test at carseat.org to find out if your child needs a booster.

Take the Scam-Free Road

Considering buying a vehicle online? Make sure the vehicle you’re interested in isn’t a fake. According to the FTC, scammers sometimes post ads on credible online auction and sale websites. They send photos, answer questions and even tell you the sale will go through a well-known retailer’s buyer protection program, send fake invoices and demand payment. To ensure you aren’t dealing with a scammer, look for these red flags:

Bad reviews: The FTC advises searching online for the person’s name, phone or email address using words such as reviews, scams or complaints.

Rushed or high-pressure sales: Scammers often use aggressive tactics such as telling you others are interested.

Won’t let you see the vehicle: This is a big red flag, and scammers often use viable excuses, such as military deployment or job transfers.

Tip: Always have an independent mechanic check a used car before buying it.

Asks for a wire transfer or gift card payment: Scammers will ask you to pay via gift card or wire transfer.

Asks for more money: Scammers often cite shipping or transportation costs as a reason for additional payment.

Not a match: The Vehicle Identification Number (VIN) is different from the VIN for the vehicle you want to buy. Learn more at vehiclehistory.bja.ojp.gov.

Food Safety Dates Explained

Here’s the lowdown on food dates: The dates printed on foods — best if used by, use by* and sell by — are when these foods are the freshest or best quality, not when they are unsafe to consume. Expiration dates, however, are dates when the food should be tossed, according to the FDA.

Exception: Baby formula has a use by* date that should be adhered to.

Here’s how to keep your food safe:

Purchase your food before the expiration date.

Keep raw foods away from other foods in your cart, bag and refrigerator.

Bring home and refrigerate perishable foods immediately after purchasing. (Use an insulated bag or cooler on the way home to keep them safe in hot weather.)

Follow safe handling directions and recommendations, such as keep refrigerated after use or thaw in refrigerator.

Wash your hands before and after handling foods.

Learn more about expiration dates at heart.org and fda.gov.

The best way to judge if your food is safe to eat is by look and smell. If a food smells off, if it appears slimy or has mold growth, throw it away.

Fall Prevention Awareness Week is September 22 to 28.

Up on the Rooftop

Falls are the leading cause of death in construction (other than highway collisions); falls from roofs are the main source, according to OSHA. Also, fall protection continues to be the Top 10 most frequently cited standards by OSHA. These standards have specific requirements depending on scope of work and height. Learn more at osha.gov.

Get proper training to work at heights and prevent falls from roofs by following these guidelines:

• INSPECT fall protection equipment for wear and damage before use. Never use defective equipment.

• WEAR a good-fitting harness.

• USE a lifeline or guardrail.

• STAY connected to the lifeline while wearing your harness.

• GUARD or securely cover all holes, openings or skylights. Don’t work around unprotected openings.
Mantenga su ingenio
Ejercite su mente.

¿Cómo está su energía mental? ¿A menudo pierde la concentración en el trabajo o durante conversaciones? ¿Quiere reducir la dificultad para pensar o “neblina cerebral” para mejorar su capacidad de pensar y aprender? Ante la sobrecarga de información y los horarios agitados, muchas personas encuentran que su enfoque se va a la deriva, alejándose de la tarea en cuestión.

Puede entrenar su cerebro para procesar y recordar información de manera eficaz. Practique usar estas ayudas cerebrales de la vida diaria:

Reduzca las distracciones. Identifique una tarea en la cual concentrarse y, cuando sea posible, ignore todo lo demás, inclusive su teléfono, mensajes de correo electrónico e interrupciones. Enfrente tareas complejas cuando esté más alerta.

Mantenga su mente aguda. Disfrute de desafiantes rompecabezas y crucigramas todos los días. Desarrolle pasatiempos o estudie nuevos temas de manera que esté constantemente aprendiendo algo distinto. En el trabajo, tal vez podría explorar oportunidades de capacitación avanzadas.

Cultive relaciones saludables. La interacción regular con otras personas puede brindar el mejor tipo de ejercicio mental.

Alivie habitualmente la tensión mental. Hay estudios que han asociado el estrés crónico con la pérdida de la memoria.

Elige una dieta que estimule el cerebro. Esto incluye pescado y otros alimentos que contengan proteínas magras, además de mucha fruta y vegetales a diario. Evite el alcohol y las grasas saturadas; el consumo constante puede incrementar el riesgo que uno tiene de desarrollar demencia y afectar negativamente la concentración y la memoria.

Duerna de 7 a 9 horas todos los días. La privación del sueño pone en peligro su memoria, creatividad, capacidad de resolver problemas y habilidades críticas de razonamiento.

Elige ejercicio cardíaco que haga al corazón bombear más sangre. Lo que es bueno para el corazón es bueno para el cerebro. Las pausas para hacer ejercicio pueden ayudar a que uno supere la fatiga mental y el desplome de energía que ocurren por la tarde.

El otoño es la estación de estos favoritos
Por Cara Rosenbloom, RD

El otoño es el momento perfecto para morder una pera recién cosechada o saborear un nuevo tipo de calabaza. A continuación mencionamos nuestros principales cultivos favoritos para probar en esta estación:

- **Peras**: Ya sea que prefiere las peras tipo Bosc, Bartlett o Anjou, una pera madura es deliciosa en ensaladas (acompañelas con queso de cabra), agregada a una sopa o escaldada para el postre. Las peras están maduras cuando el cuello cede suavemente a la presión ejercida por el pulgar.

- **Arándanos agrios**: De color rojo escarlata, ácidos y suculentos, los arándanos agrios tienen un alto contenido de antioxidantes, los que incluyen la vitamina C. Agregue estas joyas frescas y brillantes a la avena, las ensaladas de frutas, los batidos y a las salsas de la estación.

- **Coles de bruselas**: Si no le gustan las coles de bruselas, esto significa que no las está preparando bien. Côrtelas por la mitad, combínelas con aceite de oliva, vinagre balsámico y jarabe de arce, y áséalas con el corte hacia abajo a una temperatura de 425°F por 25 minutos.

- **Calabacines**: De la calabaza a la calabaza bellota, el otoño no está completo hasta que uno haya disfrutado de los calabacines de la estación y su gran contribución de vitamina A. No se olvide de asar las deliciosas semillas de calabaza para un bocadillo crujiente.

- **Zanahorias**: Estos alimentos básicos de color naranja brillante son robustos y dulces. Están en su período de punta en el otoño y se pueden almacenar bien por meses. Cómálas crudas como bocadillos, hornéelas en bizcochitos de zanahoria, agreguelas a los sofritos y ráflicas para incorporarlas a la salsa para fideos.

- **Remolachas (betarragas)**: Las remolachas, hervidas o asadas, son deliciosas, pero ¿sabía que también pueden comerse crudas? Corte las betarragas crudas en tiras o en tajadas finas para usarlas en ensaladas, sándwiches y enrolladas para agregar una textura crujiente y un sabor dulce y natural. Busque remolachas Chioggia que tienen anillos rojos y blancos en su interior.

Así como su cuerpo necesita ejercicio para mantenerse en buena forma física, el cerebro necesita actividad enfocada para mantenerse en buena forma mental.

El mes de septiembre es el Mes de la importancia de comer más frutas y verduras.
El mes de septiembre es el Mes nacional de la obesidad infantil.

**Obesidad infantil**

Aproximadamente uno de cada cinco niños en edad escolar es obeso, lo que aumenta su eventual riesgo de desarrollar diabetes tipo 2, enfermedades cardíacas, hipertensión y osteoartritis. Los niños y jóvenes con sobrepeso también son objeto de intimidación y acoso.

Los Centros para el Control y la Prevención de Enfermedades (CDC) y los Institutos Nacionales de Salud (NIH) recomiendan a los padres que se informen sobre cómo prevenir la obesidad infantil y cómo ayudar a los niños que ya son obesos a que aminoren su aumento de peso. No se debe poner a los niños con sobrepeso en dietas restrictivas. En cambio, trabaje con el pediatra de su niño o con un dietista en un plan de nutrición y ejercicio saludable, y haga que toda la familia participe con hábitos saludables.

**Es importante que los padres den un buen ejemplo.** Practique actividad física regular y una alimentación saludable. Reduzca el consumo de comida rápida y sirva comidas y bocadillos familiares con muchas verduras, frutas, granos integrales y proteínas. Enfátice tomar agua en lugar de bebidas azucaradas y limite los jugos con alto contenido de calorías.

**Anime a los niños a practicar deportes, pasear a un perro y realizar otras actividades físicas durante al menos 60 minutos en el transcurso del día.** Asegúrese también de que su niño duerma al menos ocho horas todas las noches. El no dormir lo suficiente aumenta el riesgo de obesidad más adelante en la vida.

Obtenga más información en cdc.gov/healthyweight/children/index.html.

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**P:** Qué es la inmunidad colectiva?

**R:** La inmunidad colectiva, o inmunidad comunitaria, se refiere al número de personas en un grupo con inmunidad a una infección. Si una gran cantiidad de personas dentro de un grupo es inmune a un virus, las que aún son susceptibles tienen menos probabilidades de infectarse. ¿Por qué? El virus tiene dificultades para propagarse en un gran grupo de personas que ya son inmunes a éste.

La inmunidad colectiva protege a las personas vulnerables. La propagación de la enfermedad va más lenta cuando la mayoría de las personas no contrare ni transmite la infección. Esto ayuda a proteger a las personas que no son inmunes o que son susceptibles a complicaciones. Las personas mayores, las mujeres embarazadas y las personas con afecciones crónicas o sistemas inmunes debilitados son más susceptibles a las infecciones.

La vacunación mejora la inmunidad colectiva. Permite que un gran número de personas desarrolle inmunidad de manera segura y rápida. Las vacunas eliminan la necesidad de contraer enfermedades graves, como la poliomielitis y el sarampión, para que uno se vuelva inmune. — Elizabeth Smoots, MD

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**Nota:** Debido al tiempo de entrega de producción, es posible que este número no refleje la situación actual de la COVID-19 en algunas o todas las regiones de los Estados Unidos. Para obtener la información más actualizada, visite coronavirus.gov.

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**You Can’t Cheat on Sleep**

The National Sleep Foundation recommends that most adults get seven to nine hours of sleep per night to feel their best, stay safe and perform well at work. Getting less results in sleep debt. **As your sleep debt grows, it gets harder to repay.** Sleeping late on days off or going to bed early a few nights in a row can help you feel less tired, but can’t completely undo the damage sleep debt causes.

Sleep debt has been linked to several health problems, including obesity, high blood pressure, and depression. It also can increase your risk for impaired driving and injury, as well as reduce your work productivity and quality of life.

The best way to counteract sleep debt is to make sleep a priority and avoid sacrificing it to get other things done. However, if you have accrued sleep debt, take these steps:

1. If you fell short a few hours of sleep this week, sleep three or four extra hours on the weekend, and go to bed an hour or two earlier every night for the next week.
2. If you’re chronically sleep deprived, take a few days off or plan a week free from all obligations except work. Make sleep a priority and engage in more relaxing activities.
3. Avoid future sleep debt. Turn off your alarm for a few days, and sleep until you wake up on your own. This may identify how many hours are ideal for you. Then follow a routine sleep schedule moving forward.

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**The Internet of Things at Work**

The Internet of Things is the term used to describe the physical objects — everything from printers to keychains — that are electronically connected over the Internet. We can look forward to many more electronic tools saving time and improving efficiency for a more functional workplace. For example:

- **Safety and security.** Smart locks, doorbells and surveillance systems sense when someone is trying to enter a building and automatically lock doors or send out notifications of entries via mobile device.

- **Efficiency.** Lights, environmental controls and other energy-consuming devices will turn off automatically when not in use. Office equipment and even the lunchroom coffee pot will automatically adjust depending on demand.

- **Productivity.** Sensors in products could simplify supply chain management and order fulfillment, while a smart printer might order more paper and ink automatically when it’s low.

You’ll most likely use a connected device at work in the near future, if you aren’t already. Forecasts suggest there will be about 50 billion connected devices by 2030.

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**6 Marks of a Leader**

What do you admire most in your leaders? Maybe it’s their imagination or the ability to inspire and motivate you to succeed. At its core, leading effectively in the workplace takes foresight, confidence and hard work. And with some extra effort, we can all learn to lead or lead better.

Here are 6 leadership skills we can all develop in our work:

- **Stay connected.** Communicate by being available and coaching your team — speak clearly, ask questions and listen well. Engage others in building their skills.

- **Keep learning.** Seek new opportunities. Define your vision and provide the direction and tools needed to succeed and grow as a team.

- **Stay adaptable.** Leaders who can quickly learn and identify changing needs are essential to meeting long-term organizational goals, especially in fast-paced work environments.

- **Display emotional maturity.** Lead by example with integrity. Encourage others to seek solutions rather than dwell on objections.

- **Be respectful.** In collaborative workplaces, leaders must be truthful and responsible for their actions.

- **Be optimistic.** People are generally attracted to people who show confidence and belief in what they’re doing. And by making the best of any situation, your team will likely stay positive, too.

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Do This for a Better Commute

Don’t let commuting get the best of you. In 2019, the average American’s one-way commute was 27.1 minutes, according to the U.S. Census. Many spend much longer on the road. Hours in a vehicle can translate to less time spent moving, sleeping and socializing. This can lead to an increased risk of obesity, heart disease, depression and other health problems.

To ease the effects of long commutes:

✦ Time your travel. Leaving just 10 to 20 minutes earlier or later could make a big difference in traffic patterns and travel times.

✦ Use your time comfortably if you’re a passenger. Listen to audio books and podcasts, or fire up your e-reader app. Use commute time to learn a foreign language. Or listen to work-related lectures, conferences, plays or music.

✦ Find the best method. Explore public transportation and carpooling, cycling or even walking part way. If driving is your only option, occasionally try different routes (if possible) that offer pleasing scenery, even if they take a bit longer. The key to a successful commute is to find ways to beat stress while still reaching your destination.

Managing Workplace Conflicts

With all the different personalities, cultures, ages, habits and viewpoints work brings together, conflicts are inevitable. Common reactions to conflict include ignoring it in the hope it will go away or treating it as a competition with a clear winner and loser. To effectively resolve differences or even prevent them:

➔ Articulate. State the problem clearly and calmly. Describe how it affects your work, but avoid blaming or accusing others. Instead, focus on solving the problem and recognize that it may have two or more sides.

➔ Communicate. Address the issue, without bringing up past incidents or generalizing.

➔ Collaborate. State clearly that you want to work together to solve the problem — that your goal is to satisfy all parties in the conflict, not just your own side.

If you can’t reach a resolution, consider bringing in a neutral party. A supervisor, colleague, human resources professional or workplace counselor may offer solutions you’ve not considered.

Clean vs. Messy

Studies show that a neat desk may lead to healthier eating and orderly work habits. However, messy desks may sometimes increase creative thought and innovation. Do what works for you; just make sure your space doesn’t distract others or disrupt your own productivity.

Checklist: Is Your Desk Conducive to Work?

Use this checklist to create a more productive workspace:

☐ Choose an object you love. If you are allowed personal items, decorate your desk with a photograph, calendar, child’s drawing, or small souvenir that holds good memories and makes you feel positive.

☐ Control cords. Use cord organizers or simple twist ties to organize computer and peripheral cords and keep them untangled and out of the way.

☐ Keep important items close. Place the things you use the most within easy reach.

☐ Put unused items away. Only keep on your desk what you need frequently, such as pens and other office supplies.

☐ Dust and declutter. At least once a week, dust off your desk, clean your computer keyboard and phone, and remove unnecessary items.

☐ Tame paper. Read, file, shred or recycle everything that lands on your desk before the end of the day. Avoid printing out or accumulating unnecessary papers.

“Do what you can, with what you have, where you are.” – Theodore Roosevelt
Keep Your Wits About You
Exercise your mind.

How’s your mental stamina?
Do you often lose concentration at work or during conversations?
Want to reduce brain fog to improve thinking and learning? Faced with information overload and hectic schedules, many people find their focus drifting away from the task at hand.

You can train your brain to process and recall information more effectively. Practice using these everyday brain aids:

Reduce distractions. Identify one task to focus on and when possible ignore everything else, including your phone, email and interruptions. Tackle complex assignments when you’re most alert.

Keep your mind sharp. Enjoy challenging puzzles daily. Develop hobbies or study new subjects so you’re always learning something different. At work, maybe explore advanced training opportunities.

Nurture healthy relationships. Regular interaction with others may provide the best kind of brain exercise.

Routinely relieve mental tension. Studies have linked chronic stress to memory loss.

Choose a brain-boosting diet. That includes fish and other lean protein foods, plus plenty of fruit and vegetables every day. Skip alcohol and avoid saturated fats; steady consumption may raise your risk of dementia and impair concentration and memory.

Get seven to nine hours of sleep daily. Sleep deprivation compromises your memory, creativity, problem-solving abilities, and critical thinking skills.

Choose blood-pumping cardio exercise. What’s good for the heart is good for the brain. Exercise breaks can help you get past mental fatigue and afternoon slumps.

Fall for These Autumn Favorites

By Cara Rosenbloom, RD

Autumn is the perfect time to bite into a fresh-picked pear or savor a new type of squash. Here are our top favorite crops to try this season:

• Pears: Whether you favor Bosc, Bartlett or Anjou, a ripe pear is delicious in salads (pair it with goat cheese), added to soup, or poached for dessert. Pears are ripe when the neck gently yields to pressure from your thumb.

• Cranberries: Scarlet red, tart and succulent, cranberries are high in antioxidants including vitamin C. Add these fresh, bright jewels to oatmeal, fruit salad, smoothies and seasonal compotes and relishes.

• Brussels sprouts: If you don’t love Brussels sprouts, it means you’re not making them right. Slice them in half, combine with olive oil, balsamic vinegar and maple syrup, and roast cut-side down at 425°F for 25 minutes.

• Squash: From pumpkin to acorn squash, autumn isn’t complete until you’ve enjoyed seasonal squash and their boost of vitamin A. Don’t forget to bake the delicious squash seeds for a crunchy snack.

• Carrots: These bright orange staples are hardy and sweet. They’re in peak season in the fall, and they store well for months. Eat them raw as snacks, bake them into carrot muffins, add to stir-fries and shred into spaghetti sauce.

• Beets: Boiled or roasted, beets are delicious, but did you know you can also eat them raw? Shred or thinly slice raw beets for salads, sandwiches and wraps to add a sweet, earthy crunch. Look for beautiful candy cane beets, which have red and white stripes.
September is National Childhood Obesity Month.

Childhood Obesity

About one in five school-age children is obese, increasing their eventual risk for type 2 diabetes, heart disease, hypertension and osteoarthritis.

The CDC and NIH urge parents to learn about preventing childhood obesity and how to help already overweight kids slow down their weight gain. Children who are overweight should not be put on restrictive diets. Instead, work with your child’s pediatrician or a dietitian on a healthy nutrition and exercise plan, and get the whole family on board with healthy habits.

It’s important for parents to set a good example. Practice regular physical activity and healthy eating. Cut back on fast food and serve family meals and snacks with lots of vegetables, fruit, whole grains and protein. Emphasize drinking water instead of sugary drinks and limit high-calorie juices.

Encourage children to play sports, walk a dog, and do other physical activities for at least 60 minutes spread throughout a day. Make sure your child gets at least eight hours of sleep every night, too. Insufficient sleep raises the risk of obesity later in life.

Learn more at cdc.gov/healthyweight/children/index.html.

Q: What is herd immunity?

A: Herd immunity, or community immunity, refers to the number of people in a group with immunity to an infection. If a large number of people within a group are immune to a virus, those still susceptible are less likely to get infected. Why? The virus has difficulty spreading among a large group of people already immune to it.

Herd immunity protects vulnerable people.

The spread of disease slows down when most people do not get or transmit the infection. This helps protect people who are not immune, or who are susceptible to complications. Seniors, pregnant women and people with chronic conditions or weakened immune systems are more susceptible to infections.

Vaccination improves herd immunity. It allows large numbers of people to develop immunity safely and quickly. Vaccines remove the need to contract serious illnesses, such as polio and measles, to become immune. — Elizabeth Smoots, MD

Act Now: Healthy Cholesterol

Your cardiovascular health is dependent on strong, healthy blood cholesterol levels. Since high LDL (bad) cholesterol and low HDL (good) cholesterol have no symptoms, you won’t know if your level is unhealthy without having it checked. A blood test is the only way to detect it.

Depending on risk factors you may have for abnormal cholesterol, get tested every four to six years after age 20, unless your health care provider tells you otherwise.

In the meantime, there’s a lot you can do, too.

Along with a more nutritious diet and weight loss, staying physically active may help reverse unhealthy cholesterol. Exactly how exercise helps improve cholesterol levels is unclear.

Studies suggest regular physical activity:

• lowers triglycerides (a type of blood fat).
• increases HDL, the good cholesterol.
• may not have much impact on LDL, the bad cholesterol, unless you combine it with dietary changes and weight loss. If you have risk factors listed above, check with your health care provider before starting an exercise program.

The type of exercise needed to lower cholesterol?

The American Heart Association and the American College of Sports Medicine recommend that people do repetitive aerobic (cardio) exercise most days of the week using multiple muscle groups. Examples include cycling, swimming, walking, elliptical machines and step machines.

Weekly exercise goal: Get at least 150 minutes of moderate-intensity activity (e.g., brisk walking) or 75 minutes of vigorous-intensity activity (e.g., jogging) throughout your week.

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The Smart Moves Toolkit, including this issue’s printable download, 3 Common Fitness Questions, is at personalbest.com/extras/20V9tools.
**Grilled Salmon and Quinoa Salad**

**Ingredients:**
- 1 cup quinoa, rinsed
- 4 salmon fillets (2.5 oz. each)
- 3 tbsp extra-virgin olive oil, divided
- ½ tsp salt
- Pinch pepper
- 2 medium carrots, shredded
- ¾ cup mixed chopped herbs, such as basil, parsley and dill
- 1 lemon, juice and zest

**Method:**
1. Add quinoa and 2 cups water to a saucepan set over medium heat. Bring to a boil, reduce heat, cover and simmer until water is absorbed, about 15 minutes.
2. Fluff and transfer to large serving bowl; set aside.
3. Meanwhile, brush salmon fillets with 1 tbsp olive oil. Sprinkle with salt and pepper.
4. Grill on medium for 10 minutes for each inch of thickness.
5. Set aside and break into bite-sized pieces.
6. Add carrots, herbs, lemon and remaining 2 tbsp olive oil to the quinoa.
7. Add salt and pepper to taste, and stir to combine.
8. Top with grilled salmon pieces and serve.

**Makes 6 servings. Per serving:**
- 406 calories
- 21g protein
- 21g total fat
- 4g saturated fat
- 10g mono fat
- 7g poly fat
- 33g carbohydrate
- 2g sugar
- 4g fiber
- 359mg sodium
Protection Plans: Pros and Cons

The decision to purchase a protection plan (a form of insurance) for an electronic device comes down to whether it makes financial sense and what is included or excluded.

Thoughts to consider before purchasing that plan:

- The manufacturer’s warranty covers the first year. In most cases, if a device lasts through the first year, it will survive the length of the protection plan.
- Electronics are updated often. At the end of the original warranty, you may not want, or be able, to repair the model you have and upgrade with a newer device instead.
- If the protection plan costs more than the repairs, it makes more sense to put the money you would spend on the plan in an emergency fund for repairs.

Before purchasing a protection plan, ask a few questions:

Ω What does the plan cover? Some plans have a lot of exclusions that make coverage ineffective.
Ω How long does the plan last? Protection plans range from 90 days to three years.
Ω Does your renter’s or homeowner’s insurance cover your device? Did you purchase with a credit card? Check for defective device coverage.

Bottom line: If your budget can’t cover unexpected problems, consider getting a protection plan. Otherwise, keep that money for repairs or replacement.

Build Your Credit with These Strategies

Credit can seem scary; our credit score impacts so much of our financial lives. A good credit score can save you serious amounts of money on loans or interest on accounts.

Building and maintaining good credit isn’t difficult, but it does require attention and discipline.

Payment history and amounts owed make up 65% of your credit score. Paying your bills on time and paying down your debt (without continued spending) can positively impact your score.

The other components are length of credit history (15%), number of new accounts (10%) and types of credit used (10%). To improve your score, avoid opening any new accounts. If you have old accounts on your credit report, do not close them just for the sake of closing them. You will impact your debt to credit limit and your credit history.

Also, shop for credit wisely. Since your credit score gets pulled when you shop for a loan, submit applications to potential lenders within two weeks. Lots of credit inquiries can decrease your score. But the system won’t treat a cluster of credit inquires (for a car or home loan, for example) within a short time unfavorably. Credit takes a long time to build up, but it can be knocked down relatively quickly.

Note: Due to COVID-19-related fraud, the three credit reporting agencies, Equifax, Experian and TransUnion, are providing free weekly online credit reports through April 2021. Learn more at annualcreditreport.com.

TOP DOLLAR TIP: NEAT IDEAS FOR ICE CUBE TRAYS

1. Homemade baby food is great for babies and easy to store when you use an ice cube tray. Fill each compartment to the top with your pureed blends, and freeze.

2. Freeze herbs for the winter. Fill the compartments with fresh herbs and olive oil. Then, thaw a cube any time you need to flavor a dish.

3. Freeze leftover egg whites. Have a recipe that calls for egg yolks? Don’t toss those egg whites. Freeze them instead in an ice cube tray and thaw when needed.
**TOP DOLLAR DICTIONARY: Virtual Financial Planning**

In the past, financial planning focused on sitting with clients in person, discussing financial strategies for personal goals and challenges. However, technology has allowed for a new planning model, virtual financial planning. Planners now use web-based tools and technology to serve clients, regardless of where the client or planner happens to be. The only change from traditional planning to virtual planning is that you video conference with your planner instead of in person. This new format allows planners to reach clientele who can’t meet with them otherwise.

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**Prescription Drug Help**

Medication costs can be a large chunk of your budget. Here are 6 ways to save:

1. **Buy in bulk.** Ask your health care provider about getting a prescription for a 90-day supply, which may cost less than refills every 30 days. Your provider can tell you if your health insurance has a quantity limit on your medication.

2. **Buy generic.** Ask your health care provider if it’s safe to switch to the generic version of any medication. Making the switch can save you 20% to 80% on a prescription. Many big box chains offer many generic prescriptions for as little as $4.

   **Note:** Your health care plan may require using generics whenever possible.

3. **Ask your health care provider or pharmacist about coupons.** Pharmaceutical reps often give coupons to providers or pharmacists to give out on request for new prescriptions. Also compare prices among pharmacies that your health insurance plan works with (in-network pharmacies).

4. **Get it for free.** Some large supermarket chains fill basic antibiotic prescriptions such as amoxicillin for free.

5. **Ask for samples.** When your provider writes a new prescription, ask whether samples are available. This way you get a few pills for free, plus you can make sure you don’t experience any side effects before you pay to fill the entire prescription.

6. **Drug maker assistance programs.** — Do you qualify for the low-income assistance programs drug manufacturers and nonprofits offer? Enter the name of your prescription medication and diagnosis into NeedyMeds.org to see if you qualify.

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**Home Buying: What Can You Afford?**

Purchasing a home can be an emotional experience. One way to make rational financial decisions emotionally is to think through what you need and want before you step foot into a potential new home. Take these steps before you contact a real estate agent:

- **Look at your current budget.** Experts recommend limiting total monthly home costs to 35% of budget. This includes principal and interest includes mortgage principal and interest as well as taxes and insurance. It is important to know this amount before you begin looking for a home.

- **Calculate closing costs.** Depending on the purchase price of the home, closings costs start close to $5,000 or higher. Your mortgage lender can give you a Good Faith Estimate detailing what you will be responsible for on closing day.

- **Assess possible budget increases.** Will the new home be larger? Older? Utility costs can increase with a new home. Can you afford higher utility costs? Will you have annual homeowner association fees? Condos have monthly owners’ dues. Are you buying new furniture or appliances?

**Bottom line:** Buying a home is exciting and fun. Think through all possible costs to make sure you aren’t taking on more expenses than your budget can handle.
Flu Shot Reminder

The time to get a flu shot is now, before flu season is in full swing. Remember:

➺ The flu shot doesn’t take effect immediately. It takes two weeks for you to develop immunity after the shot.
➺ You need a flu shot every year. Flu viruses change from year to year, and your immunity from the previous year’s vaccine has worn off.
➺ The flu is serious. Getting the flu means you will lose time from work and possibly infect family, friends and coworkers, as well as increase your risk for complications such as pneumonia and bronchitis.
➺ You can’t get sick from a flu shot. Side effects are minimal.
➺ Everyone six months and older should get vaccinated. The flu shot is especially important for people with conditions such as asthma or diabetes, pregnant women, people younger than five and older than 65, and people who care for or live with someone who is ill or disabled.

Q&A: Shift Lag

Shift lag commonly affects those who work nights and sleep days. Here are answers to common questions about shift lag:

Q: What is shift lag?
A: Just like people who fly across time zones, shiftworkers who are awake at night and sleep during the day may experience a disrupted body clock. If you have shift lag, you might feel tired during your shift or while commuting to and from work. You might also have trouble falling asleep or staying asleep.

Q: What problems does shift lag cause?
A: Shift lag can make you feel constantly groggy and unfocused, affecting your memory, safety and productivity. It can also cause physical symptoms, such as headaches and gastrointestinal upset.

Q: How do I deal with shift lag?
A: You can make the day-night switch easier on your body with these strategies:

✔ Control light exposure. Wear dark glasses when you commute home in the morning, and make sure your sleeping area is completely dark. When working at night, make your work area as brightly lit as possible.
✔ Take naps. If you can’t sleep for a long enough stretch, take a nap before you go to work.
✔ Stick to a schedule. Stick to your work-sleep-wake schedule as much as possible on your days off to feel better and experience less shift lag when you return to work.
✔ Use caffeine wisely. Small amounts of caffeine during the night shift can improve focus and alertness. But don’t overdo it. Too much caffeine can cause sleep problems or other side effects.

Parking Lot Safety

If you leave or arrive at work in the early morning or late-night hours, take extra precautions for getting to and from your vehicle safely:

• Park as close to work as possible in a well-lit space.
• Have your keys out and ready to avoid searching for them when you reach your vehicle.
• Use the main entrance if possible.
• Ask a coworker to watch you from a window or door as you walk to your vehicle.
• Don’t approach someone lingering near your vehicle. Go back inside the building or walk to a safe place such as a gas station, and call the police.
• Walk with a coworker.
• Stay on main walkways that are well lit.
• Don’t wear earbuds or use your phone. Stay alert to your surroundings.

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Heart Attack Signs

Someone has a heart attack every 40 seconds in the U.S. Do you know how to spot a heart attack?

They include:

- Squeezing, pressure, fullness or pain in the chest. It might go away and come back.
- Discomfort in other areas of the upper body, such as the arms (not just the left arm), back, neck, jaw or stomach.

Note: Women may be more likely to have pain in the jaw or back, shortness of breath, nausea and vomiting.

When you have these symptoms or see them in someone else, call 911. Never drive yourself (or another person who has symptoms) to the hospital.

Cholesterol: What You Need to Know

Cholesterol is a waxy substance that occurs naturally in your bloodstream. While your body needs cholesterol, too much of it can raise your heart disease risk and increase your chances of a heart attack or stroke.

Due to revised guidelines, your health care provider may focus less on your specific cholesterol numbers to lower risk, and address other risk factors including age, family history, obesity and other health problems.

Generally, your total cholesterol should be below 200 mm/dL, LDL should be below 130, HDL should be above 40 for men and above 50 for women. Triglycerides, a blood fat, should be below 150. Get tested starting at age 20 and every four to six years or as advised.

While unhealthy cholesterol can be hereditary, you can also control your cholesterol levels with lifestyle choices:

✓ Exercise. Get at least 150 minutes of moderate-intensity activity, such as walking, every week.

✓ Eat a healthy diet. Avoid high-calorie, fatty foods such as fried items and processed meats, and eat mostly vegetables, fruits and whole grains.

✓ Stay at a healthy weight, and lose weight if you need to. Even a small weight loss can improve cholesterol.

✓ Take cholesterol-lowering medication if your health care provider prescribes it.

Overeating?

Poor sleep may be the culprit. According to the National Sleep Foundation, you might make fewer healthy food choices after you have slept badly or not enough. Disrupted sleep patterns, such as those that can accompany shiftwork, may lead you to eat more and to feel hungrier, and perhaps use food to compensate for feeling tired. When you haven’t slept well, it’s important to be extra vigilant about nutrition.

Sleep Aids

Many shiftworkers have trouble falling asleep or staying asleep, and may turn to sleep aids for relief. Learn the facts about sleep medications, so you can use them wisely:

Over-the-counter sleep aids contain an antihistamine, an ingredient in allergy remedies. Antihistamines are generally safe, but they can cause nausea, constipation, dry mouth, urinary retention and blurred vision. You might continue to feel drowsy after you wake up, which could pose a danger if you drive or operate machinery. Alcohol intensifies their effects. Over-the-counter sleep aids tend to work less effectively the longer you take them.

Prescription sleep aids are designed to help you get the sleep you need while you address the underlying causes of your insomnia. However, long-term use of these medications can lead to dependence. Some have side effects such as dizziness, lightheadedness, headaches, gastrointestinal problems and extended drowsiness, as well as memory and performance problems. Consult your health care provider about the benefits and risks, and only use all medications for the recommended amount of time.

Medications that help you sleep more and better can provide temporary relief, but they don’t address the causes of insomnia. If you have trouble sleeping or need sleep aids for two weeks or more, see your health care provider.

Heart Attack Signs

Squeezing, pressure, fullness or pain in the chest. It might go away and come back.

Discomfort in other areas of the upper body, such as the arms (not just the left arm), back, neck, jaw or stomach.

Shortness of breath, with or without chest pain.

Cold sweats.

Nausea.

Vomiting.

Lightheadedness.

Note: Women may be more likely to have pain in the jaw or back, shortness of breath, nausea and vomiting.

When you have these symptoms or see them in someone else, call 911. Never drive yourself (or another person who has symptoms) to the hospital.

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Sleep Aids

Many shiftworkers have trouble falling asleep or staying asleep, and may turn to sleep aids for relief. Learn the facts about sleep medications, so you can use them wisely:

Over-the-counter sleep aids contain an antihistamine, an ingredient in allergy remedies. Antihistamines are generally safe, but they can cause nausea, constipation, dry mouth, urinary retention and blurred vision. You might continue to feel drowsy after you wake up, which could pose a danger if you drive or operate machinery. Alcohol intensifies their effects. Over-the-counter sleep aids tend to work less effectively the longer you take them.

Prescription sleep aids are designed to help you get the sleep you need while you address the underlying causes of your insomnia. However, long-term use of these medications can lead to dependence. Some have side effects such as dizziness, lightheadedness, headaches, gastrointestinal problems and extended drowsiness, as well as memory and performance problems. Consult your health care provider about the benefits and risks, and only use all medications for the recommended amount of time.

Medications that help you sleep more and better can provide temporary relief, but they don’t address the causes of insomnia. If you have trouble sleeping or need sleep aids for two weeks or more, see your health care provider.

Heart Attack Signs

Squeezing, pressure, fullness or pain in the chest. It might go away and come back.

Discomfort in other areas of the upper body, such as the arms (not just the left arm), back, neck, jaw or stomach.

Shortness of breath, with or without chest pain.

Cold sweats.

Nausea.

Vomiting.

Lightheadedness.

Note: Women may be more likely to have pain in the jaw or back, shortness of breath, nausea and vomiting.

When you have these symptoms or see them in someone else, call 911. Never drive yourself (or another person who has symptoms) to the hospital.

Cholesterol: What You Need to Know

Cholesterol is a waxy substance that occurs naturally in your bloodstream. While your body needs cholesterol, too much of it can raise your heart disease risk and increase your chances of a heart attack or stroke.

Due to revised guidelines, your health care provider may focus less on your specific cholesterol numbers to lower risk, and address other risk factors including age, family history, obesity and other health problems.

Generally, your total cholesterol should be below 200 mm/dL, LDL should be below 130, HDL should be above 40 for men and above 50 for women. Triglycerides, a blood fat, should be below 150. Get tested starting at age 20 and every four to six years or as advised.

While unhealthy cholesterol can be hereditary, you can also control your cholesterol levels with lifestyle choices:

✓ Exercise. Get at least 150 minutes of moderate-intensity activity, such as walking, every week.

✓ Eat a healthy diet. Avoid high-calorie, fatty foods such as fried items and processed meats, and eat mostly vegetables, fruits and whole grains.

✓ Stay at a healthy weight, and lose weight if you need to. Even a small weight loss can improve cholesterol.

✓ Take cholesterol-lowering medication if your health care provider prescribes it.

Overeating?

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MAKE A GREAT PLATE.
This heartwarming soup is perfect for cooler autumn nights.

**Pasta and Bean Soup with Fresh Basil**

**INGREDIENTS**
- 1 tbsp extra-virgin olive oil
- 2 cloves garlic, minced
- 1 onion, diced
- 2 carrots, diced
- 7 cups water (or broth)
- 1 tsp salt
- 1 can (15 oz.) no-salt-added red kidney beans, rinsed
- 1½ cups dry whole-grain fusilli
- ½ cup fresh chopped basil

**DIRECTIONS**
Add olive oil to large stockpot set over medium heat. Add garlic and onion, stirring about 3 minutes. Add carrots, and stir another minute. Add water and salt. Bring to a boil. Add kidney beans and pasta, cooking about 8 minutes (or according to package directions). Serve topped with fresh basil.

Makes 6 Servings. Each: 186 calories • 8g protein • 3g total fat • 35g carb • 4g sugar
9g fiber • 335mg sodium • 0g saturated fat • 2g mono fat • 1g poly fat
Autumn is a great season for making soup. Try combinations such as squash + pear; pumpkin + apple; carrot + parsnip; or a hearty beet soup with a dollop of Greek yogurt. Try to make a big pot of soup once a week, and add a serving to any daily meal. It’s a tasty way to boost your vegetable intake.

**Soup-er Tips**

*Autumn is the perfect time to bite into a fresh-picked pear or savor a new type of squash.* Here are our top favorite crops to try this season:

- **Pears:** Whether you favor Bosc, Bartlett or Anjou, a ripe pear is delicious in salads (pair it with goat cheese), added to soup, or poached for dessert. Pears are ripe when the neck gently yields to pressure from your thumb.

- **Cranberries:** Scarlet red, tart and succulent, cranberries are high in antioxidants including vitamin C. Add these fresh, bright jewels to oatmeal, fruit salad, smoothies and seasonal compotes and relishes.

- **Brussels sprouts:** If you don’t love Brussels sprouts, it means you’re not making them right. Slice them in half, combine with olive oil, balsamic vinegar and maple syrup, and roast cut-side down at 425°F for 25 minutes.

- **Squash:** From pumpkin to acorn squash, autumn isn’t complete until you’ve enjoyed seasonal squash and their boost of vitamin A. Don’t forget to bake the delicious squash seeds for a crunchy snack.

- **Carrots:** These bright orange staples are hardy and sweet. They’re in peak season in the fall, and they store well for months. Eat them raw as snacks, bake them into carrot muffins, add to stir-fries and shred into spaghetti sauce.

- **Beets:** Boiled or roasted, beets are delicious, but did you know you can also eat them raw? Shred or thinly slice raw beets for salads, sandwiches and wraps to add a sweet, earthy crunch. Look for beautiful candy cane beets, which have red and white stripes.

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**Roasted Autumn Vegetables**

Serves 6. Per serving:

- 189 calories
- 3g protein
- 12g total fat
- 1g saturated fat
- 9g mono fat
- 2g poly fat
- 19g carbohydrate
- 6g sugar
- 5g fiber
- 249mg sodium

Preheat the oven to 450°F. Line large (or two small) baking sheet with foil. In large bowl, toss together squash, Brussels sprouts, oil, salt and pepper. Spread them on baking sheet, making sure Brussels sprouts are cut-side down for initial roasting. Roast 15 minutes, then toss and roast 10-15 minutes more or until tender. Add to serving platter, and top with cranberries and pecans. In a small bowl, whisk dressing and pour over vegetables, tossing to coat before serving.

**Roasted Autumn Vegetables**

3 cups butternut squash, cut into ¾-inch chunks
3 cups Brussels sprouts, sliced in half lengthwise
2 tbsp extra-virgin olive oil
½ tsp salt
Pinch black pepper
¼ cup dried cranberries
¼ cup roasted pecan halves

**Dressing:**

- 2 tsp Dijon mustard
- 1 tbsp apple cider vinegar
- 2 tbsp extra-virgin olive oil
- Salt and pepper to taste

“Sandwiches are wonderful. You don’t need a spoon or a plate!”

— Paul Lynde

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**Eat smart**

September is Fruits & Veggies — More Matters Month.