Our nation’s health care costs are expected to reach $4 trillion this year — and potentially much higher with the added demands for treating COVID-19. By 2026, the cost will likely reach $6.19 trillion, consuming nearly 20% of the nation’s overall economy. And federal, state and local governments are projected to finance 47% of national health care spending.

What drives the escalating cost of health care? The U.S. system serves a massive population with growing medical needs, especially for chronic diseases and treatments. Some of the major contributors to increased spending include:

- Labor costs for health care professionals; diagnostic and hospital services.
- Cost and administration of workplace-sponsored health plans.
- Use of new pharmaceuticals; more specialty therapies.
- More Medicare and Medicaid recipients.
- More diabetes and obesity cases added to employer coverage.

As a patient, be involved in your medical care options and decisions as much as possible. Good communication between patients and their health care providers is essential to avoiding duplicated and unnecessary care, as well as wasting time and health care resources.

When working with your provider: Ask questions about any prescribed diagnoses and treatments to be sure you understand them, and confirm they are necessary. Always follow your treatment plans, such as taking medications and tracking symptoms.

A sampling of services to question: annual EKGs, bone density screening, MRI scans, and antibiotics. Learn more at choosingwisely.org.

And finally, stay well: Exercise regularly and lose excess weight. Get your daily fruits and vegetables. And relax every day.

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Nutrition Facts Label Changes

By Cara Rosenbloom, RD

On May 27, 2016, the FDA published final rules on the new Nutrition Facts label for packaged foods, and companies had until January 2020 to comply with the new regulations. Now well into 2020, you’re going to see the new label on food packages.

The reason for the change was to provide helpful information that allows consumers to make better food choices. While the iconic look of the label remains the same, here are the small changes that you may notice:

- **Increased type size for calories, servings per container and serving size**, so these elements stand out. This ensures you know that the information on the table is for a specified amount of food, and clearly see how many calories there are in that serving size.

- **The addition of added sugars**. Previous labels only listed total sugars, which was a combination of any natural (from fruit or milk) or added (from sugar or syrups) sugars. Nutrition guidelines recommend reducing added sugars, but natural sugar from fruit is fine to consume. It’s important to know the difference. Now the Nutrition Facts table will help you understand if the sugar in a product is natural or added.

- **Tables must now list** the amount of vitamin D, iron, calcium and potassium; many Americans need more of these. This is a change from the old labels, which required vitamin A, vitamin C, calcium and iron.

There’s also a new footnote at the bottom of the table with a clearer explanation of what Daily Value means. Plus, the Daily Values for fiber, as well as certain nutrients, including sodium and vitamin D, have been updated based on newer scientific evidence.
Managing Stress: Advice for Parents

By Eric Endlich, PhD

In 2020, parents and children alike have experienced extraordinary stress and change. To cope effectively — and serve as a good role model — during this chaotic time:

- Get enough nutritious food, sleep, exercise and relaxation time.
- Establish new routines if old ones no longer work.
- Be patient with yourself and others.
- Limit exposure to negative news or disturbing social media.
- Connect with others in new ways online or in person, if it’s safe to do so.
- Find solace in interests such as birding, baking or gardening.
- Get professional help if you feel unable to manage.

When adults are overwhelmed, even young children can tell, and they may react negatively. It’s not uncommon to see regression: questioning, separation anxiety, outbursts, struggles over bedtime, excessive worry or crying, irritability or physical complaints.

Talk to your children about their worries and address questions with age-appropriate answers. Explain what is going on and why in an understandable and soothing way. Tell them it’s okay to be upset, and share some ideas for coping.

Reassure them you are there to keep them safe. Structure their days with opportunities for learning, movement and fun. Learn more at cdc.gov.

How Much Exercise Do I Need to Get Fit?

Exercising enough to improve fitness isn’t as difficult as you might think. Any regular moderate- to vigorous-intensity physical activity provides some health benefits, the National Heart, Lung and Blood Institute notes — especially if you sit a lot at work.

However, to achieve fitness, stick to a plan to increase your exercise over time until you reach these goals from the Department of Health and Human Services Physical Activity Guidelines for Americans:

- Adults should aim for 150 to 300 minutes of moderate-intensity aerobic physical activity or 75 to 150 minutes a week of vigorous-intensity physical activity or an equivalent combination of moderate and intense workout each week.
- Twice weekly or more, adults should also do muscle-strengthening activities involving all major muscle groups.
- Older adults or anyone with chronic conditions, with their health care provider’s approval, should understand what exercise is safe for them and be as physically active as their condition allows.

The CDC notes walking — slow at first and over time increasing speed and distance — is moderate- to vigorous-intensity physical activity most everyone can do. And, if you need motivation, remember improved fitness can improve sleep, help anxiety and depression and lower the risk for heart disease, diabetes and some cancers.

Dental Care: Beyond Smiles

Good dental health involves more than a bright smile and avoiding cavities. October is Dental Hygiene Month, an opportunity to learn how to keep your mouth and teeth healthy and how regular dental care benefits overall health.

Without good oral hygiene, normal bacteria can reach levels causing bad breath, tooth decay and gum disease (periodontitis). And bacteria-caused inflammation also can contribute to serious health problems, including cardiovascular disease, pneumonia and pregnancy complications, the Mayo Clinic points out.

Tips from the CDC for maintaining a healthy mouth and strong teeth:

- Brush teeth thoroughly at least twice a day with fluoride toothpaste; floss daily to remove dental plaque.
- Visit your dentist at least once a year for a checkup and professional cleaning.
- Smoking and excess alcohol contribute to gum disease and dry mouth. Limit alcoholic drinks and don’t smoke.
- Have any gum disease treated. If you have diabetes, treating gum disease may help lower your blood sugar level.
- Ask your health care provider if you can change any medication causing dry mouth. If dry mouth cannot be avoided, chew sugar-free gum and drink plenty of water.
- See your health care provider or a dentist if you have sudden changes in taste and smell.
Cinnamon Oatmeal Raisin Muffins

Ingredients:
2 ripe medium bananas, mashed  
½ cup plain Greek yogurt (2% fat)  
½ cup brown sugar  
1 tsp ground cinnamon  
3 tbsp light-tasting olive oil  
1 egg  
1 cup whole-grain barley flour  
½ cup rolled oats  
2 tbsp ground flax seeds  
1 tsp baking powder  
1 tsp baking soda  
¼ cup raisins

Method:
1. Preheat oven to 350˚F. Line a 12-cup muffin tin with paper liners.
2. In a large bowl, combine bananas, yogurt, brown sugar, cinnamon, oil and egg. Stir to combine.
3. To the same bowl, add flour, oats, flax seeds, baking powder, baking soda and raisins. Stir to combine.
4. Spoon batter into prepared muffin tin.
5. Bake for 20-22 minutes or until a tester inserted into the center comes out clean. Let cool on a rack before serving.

Makes 12 muffins. Per muffin:
132 calories | 4g protein | 5g total fat | 1g saturated fat | 3g mono fat | 1g poly fat | 22g carbohydrate | 10g sugar | 3g fiber | 102mg sodium
MAKE A GREAT PLATE.
Enjoy this sweet and savory side dish filled with flavor and crunch.

**Farro and Apple Salad**

**INGREDIENTS**

- 1 cup farro (hulled wheat)
- 1 medium apple, cored and diced
- 4 cups baby kale or spinach leaves
- 1 tsp Dijon mustard
- 1 tsp maple syrup
- 2 tbsp apple cider vinegar
- 2 tbsp extra-virgin olive oil
- ¼ tsp salt
- 4 oz. soft goat cheese

**DIRECTIONS**

In **medium pot**, boil farro in 3 cups of water for 30 minutes. **Drain** excess water, and rinse farro with cold water in sieve to cool. In **large serving bowl**, combine farro, apple and kale. In **small mixing bowl**, whisk together Dijon, maple syrup, vinegar, oil and salt. **Pour** dressing over farro salad and mix. **Sprinkle** with goat cheese and serve.

*Makes 6 Servings. Each: 205 calories • 8g protein • 9g total fat • 26g carb
3g sugar • 5g fiber • 188mg sodium • 3g saturated fat • 5g mono fat • 1g poly fat*
Cambios en la etiqueta de información nutricional

Por Cara Rosenbloom, RD

El 27 de mayo de 2016, la FDA publicó las reglas finales sobre la nueva etiqueta de información nutricional para los alimentos envasados, y las empresas tuvieron hasta enero del año 2020 para cumplir con los nuevos reglamentos. Ahora, ya bien entrado el 2020, podrá ver la nueva etiqueta en los paquetes de alimentos.

La razón del cambio fue proporcionar información útil que permita a los consumidores elegir mejores alimentos. Si bien el aspecto icónico de la etiqueta sigue siendo el mismo, éstos son los pequeños cambios que podrá observar:

• Letras más grandes para las calorias, porciones por envase y tamaño de la porción, de manera que estos elementos se destaquen. Esto garantiza que uno sepa que la información en la tabla es para una cantidad específica de alimento y que se vea claramente cuántas calorías hay en ese tamaño de porción.

• La adición de azúcares añadidos. Las etiquetas anteriores solo indicaban los azúcares totales, lo que era una combinación de azúcares naturales (de fruta o leche) o añadidos (de azúcar o jarabes). Las pautas de nutrición recomiendan reducir los azúcares añadidos, pero el azúcar natural de la fruta está bien para usar. Es importante saber la diferencia. Ahora la tabla de información nutricional lo ayudará a comprender si el azúcar en un producto es natural o añadido.

• Las tablas ahora deben indicar la cantidad de vitamina D, hierro, calcio y potasio, porque éstos son nutrientes que muchos estadounidenses necesitan consumir más. Éste es un cambio en comparación con las etiquetas anteriores que requerían que indicar el contenido de vitamina A, vitamina C, calcio y hierro.

También hay una nueva nota al pie, en la parte inferior de la tabla, con una explicación más clara de lo que significa el valor diario. Además, los valores diarios para la fibra, así como ciertos nutrientes, incluidos el sodio y la vitamina D, se han actualizado en base a evidencia científica más reciente.

Informe actualizado sobre el gasto en servicios de cuidado de la salud

Se anticipa que los costos del cuidado de la salud de nuestra nación lleguen a los $4 billones este año — y posiblemente a mucho más con las demandas adicionales para el tratamiento de la COVID-19. Para el 2026, el costo probablemente alcanzará los $6.19 billones, consumiendo casi el 20% de la economía general de la nación. Y se proyecta que los gobiernos federales, estatales y locales financien el 47% del gasto nacional en atención médica.

¿Qué impulsa el costo creciente de la atención médica? El sistema de los EE. UU. se ocupa de una población masiva con crecientes requerimientos médicos, especialmente para enfermedades crónicas y tratamientos. Algunos de los principales contribuyentes al aumento del gasto incluyen:

• Costos laborales para profesionales de la salud; servicios de diagnóstico y hospitalarios.
• Costo y administración de planes de salud patrocinados por los empleadores.
• Uso de nuevos productos farmacéuticos; más terapias especializadas.
• Más beneficiarios de Medicare y Medicaid.
• Uso de nuevos productos farmacéuticos; más terapias especializadas.
• Más beneficiarios de Medicare y Medicaid.
• Se han agregado más casos de diabetes y obesidad a la cobertura pagada.

Como paciente, participe en sus opciones y decisiones de atención médica tanto como le sea posible. La buena comunicación entre los pacientes y sus profesionales de atención médica es esencial para evitar la atención duplicada e innecesaria, la pérdida de tiempo y de los recursos de atención médica.

Cuando esté hablando con su profesional de salud: Haga preguntas sobre los diagnósticos y tratamientos prescritos para asegurarse de que los comprenda y confirme que son necesarios. Siempre siga sus planes de tratamiento, como tomar medicamentos y hacer un seguimiento de los síntomas.

Una muestra de los servicios a cuestionar: electrocardiogramas anuales, exámenes de densidad ósea, pruebas de resonancia magnética y antibióticos. Obtenga más información en choosingwisely.org.

Y finalmente, manténgase con buena salud: Haga ejercicio regularmente y pierda el exceso de peso. Consuma frutas y verduras a diario. Y relájese todos los días.
¿Cuánto ejercicio necesita para ponerme en forma?

Hacer ejercicio lo suficiente como para mejorar el estado físico no es tan difícil como uno podría pensar. Cualquier actividad física regular de intensidad moderada a vigorosa proporciona algunos beneficios para la salud, señala el Instituto Nacional del Corazón, los Pulmones y la Sangre (National Heart, Lung and Blood Institute), especialmente si pasa mucho tiempo sentado en el trabajo.

Sin embargo, para lograr una buena forma física, cumpla con un plan para aumentar su ejercicio con el transcurso del tiempo hasta que alcance estos objetivos de las Pautas de actividad física para los estadounidenses del Departamento de Salud y Servicios Humanos:

- **Los adultos deben aspirar** a realizar de 150 a 300 minutos de actividad física aeróbica de intensidad moderada o de 75 a 150 minutos a la semana de actividad física de intensidad vigorosa o una combinación equivalente de ejercicio moderado e intenso — cada semana.
- **Dos veces por semana o más**, los adultos también deben realizar actividades de fortalecimiento muscular que involucren todos los grupos musculares principales.
- **Los adultos mayores, o cualquier persona con afecciones crónicas**, con la aprobación de su profesional de salud, deben comprender qué ejercicio es seguro para ellos y ser tan físicamente activos como lo permita su condición.

Los CDC señalan que caminar, lento al principio y con el tiempo aumentando la velocidad y la distancia, es una actividad física de intensidad moderada a vigorosa que casi todos pueden realizar. Y, si necesita motivación, recuerde que estar en una mejor forma física puede mejorar el sueño, ayudar a la ansiedad y la depresión y reducir el riesgo de enfermedades cardíacas, diabetes y algunos tipos de cáncer.

Cuidado dental: Más allá de las sonrisas

La buena salud dental implica más que una sonrisa brillante y evitar las caries. Octubre es el Mes de la higiene dental, una oportunidad para aprender cómo mantener la boca y los dientes sanos y cómo el cuidado dental regular beneficia a la salud en general.

**Sin una buena higiene bucal**, las bacterias normales pueden alcanzar niveles que causan mal aliento, caries y enfermedad de las encías (periodontitis). Y la inflamación causada por bacterias también puede contribuir a problemas de salud graves, como enfermedades cardiovasculares, neumonía y complicaciones del embarazo, señala la Clínica Mayo.

**Consejos de los CDC para mantener una boca sana y dientes fuertes:**

- Cepíllese bien los dientes al menos dos veces al día con pasta dental con flúor; use hilo dental diariamente para eliminar la placa dental.
- Visite a su dentista al menos una vez al año para un chequeo y limpieza profesional.
- El fumar y el exceso de alcohol contribuyen a la enfermedad de las encías (periodontitis). Y la inflamación causada por bacterias también puede contribuir a problemas de salud graves, como enfermedades cardiovasculares, neumonía y complicaciones del embarazo, señala la Clínica Mayo.
- **Hágase tratar la enfermedad de las encías que pueda tener.** Si tiene diabetes, el tratamiento de la enfermedad de las encías puede ayudar a reducir su nivel de azúcar en la sangre.
- **Pregúntele a su profesional de salud si puede cambiar todo medicamento que cause sequedad en la boca.** Si no puede evitarse la boca seca, mastique chicle sin azúcar y beba mucha agua.
- **Consulte a su profesional de salud o a un dentista si tiene cambios repentinos en el gusto y el olfato.**
Prevent Cancer

Cancer can start any place in your body when cells grow out of control and produce different types of disease. Common locations for cancer cell growth and damage include the colon, lungs, breast, prostate, brain and blood. Cancer cells can spread to other parts of the body, and grow at different rates.

About one in every three Americans will develop cancer. Fortunately, our ability to survive cancer has improved significantly, thanks to a growing knowledge of many cancer types; advancing surgical treatments and medications; and early detection methods.

Cancer treatment is most successful when the disease is found early. Discuss cancer screening with your provider, especially if you have specific risks. And practice prevention.

What scientists have confirmed about cancer prevention is still evolving. The Harvard School of Public Health has estimated that up to 75% of cancer deaths in the U.S. can be prevented through lifestyle choices:

- **Kick tobacco of all kinds.** It remains the leading cause of cancer.
- **Stay lean.** Obesity has become the second-leading risk factor after smoking for many types of cancer. Overweight and obesity are now linked with 13 types of cancer, which accounted for about 40% of all cancers in the U.S. in 2014, according to the CDC.
- **If you drink alcohol, use moderation.** Excess alcohol can cause cancers of the larynx, esophagus, liver, colon, rectum and female breast, among others.
- **Choose a Mediterranean food plan.** It offers plenty of fruits and vegetables, whole grains and legumes, plus seafood, but limits meat — and significantly reduces your risk of colon cancer, according to a Loma Linda University study of 78,000 participants.
- **Exercise routinely.** It may reduce your risks of colon and breast tumors.
- **Always use sunscreen outdoors.** Skip tanning beds and avoid intense sun, especially between 10 a.m. and 4 p.m.

BEST bits

- **It’s that time of year again:** Flu season is around the corner. Don’t put off having your flu shot. Flu vaccination helps you stay well, prevent infecting others and avoid missing work due to illness. It also prevents flu-related hospitalizations and saves lives. The CDC recommends everyone six months and older (with rare exceptions) receive a flu shot. Learn more at [cdc.gov/flu](http://cdc.gov/flu).

- **October is Sudden Cardiac Arrest Awareness Month.** Cardiac arrest is caused by a malfunction in the heart’s electrical system. Each year, more than 350,000 Americans experience this life-threatening medical crisis away from a hospital setting, often with no warning. Without immediate CPR and defibrillation to restore normal heart rhythm, cardiac arrest is fatal. To learn more, search for [cardiac arrest](http://heart.org) at [heart.org](http://heart.org).

- **National Check Your Meds Day is October 21.** If you take any medications regularly, you can review them on this day, sponsored by the National Community Pharmacists Association. How it works: Bring your prescriptions, over-the-counter medications and supplements to your pharmacist for a review. It’s an opportunity to learn if any medications have expired, check the safety of drug combinations and get answers to any questions about medications and supplements and their side effects.

**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](http://coronavirus.gov).

The Smart Moves Toolkit, including this issue’s printable download, Stop Germs Cold, is at [personalbest.com/extras/20V10tools](http://personalbest.com/extras/20V10tools).
Ever feel weighed down by too much information? Day after day, we face texts, tweets, email and an endless stream of articles and videos — all forcing us to listen, read and study more than the average brain is able to absorb.

**Here’s one for your brain bank:** In his book, *The Organized Mind: Thinking Straight in the Age of Information Overload*, neuroscientist Daniel Levitin reported in 2014 that we created more information in the previous 10 years than in all of preceding human history.

**Everyday ways we become mentally burdened:**
- Increasingly faster ways to receive information.
- Faster ways to create and compete in providing information.
- Constant creation of huge volumes of new information.
- High volumes of conflicting and inaccurate information.
- Complicated means of evaluating information.

If you’re feeling worn out from overload, learn to identify and manage your daily ration of information. Start with these five steps:
1. Try to ignore more of it — except that related to your work or family.
2. Don’t feel pressured to deal with information as it arrives — set it aside, and address it during a quiet period for better focus.
3. Reduce incoming information by adding filters on your email box and within your online searches to reduce irrelevant incoming material.
4. Learn to grab one or two key points of the content.
5. Share information ownership if you’re part of a team; don’t take responsibility for knowing everything.

**Dental Care: Beyond Smiles**

Good dental health involves more than a bright smile and avoiding cavities. October is Dental Hygiene Month, an opportunity to learn how to keep your mouth and teeth healthy — and how regular dental care benefits your overall health.

Without good oral hygiene, normal bacteria can reach levels causing bad breath, tooth decay and gum disease (periodontitis). And bacteria-caused inflammation also can contribute to serious health problems, including cardiovascular disease, pneumonia and pregnancy complications, according to the Mayo Clinic.

**Tips from the CDC for maintaining a healthy mouth and strong teeth:**
- Brush teeth thoroughly at least twice a day with fluoride toothpaste; floss daily to remove dental plaque. Don’t like to floss? Try a water flosser.
- Visit your dentist at least once a year for a checkup and professional cleaning.
- Smoking and excess alcohol contribute to gum disease and dry mouth. Limit alcoholic drinks and don’t smoke.
- Have any gum disease treated. If you have diabetes, treating gum disease may help lower or maintain a healthy blood sugar level.
- Ask your health care provider if you can change any medication causing dry mouth. To help reduce dry mouth, chew sugar-free gum and drink plenty of water.
- See your health care provider or a dentist if you have sudden changes in taste and smell.

**Exercising enough to improve fitness isn’t as difficult as you might think.** Any regular moderate- to vigorous-intensity physical activity provides some health benefits, the National Heart, Lung and Blood Institute notes — especially if you sit a lot at work.

**However, to achieve fitness,** stick to a plan to increase your exercise over time until you reach these goals from the Department of Health and Human Services *Physical Activity Guidelines for Americans*:
- **Adults should aim** for 150 to 300 minutes of moderate-intensity aerobic physical activity (brisk walking) or 75 to 150 minutes a week of vigorous-intensity physical activity (running) — or an equivalent combination of moderate and intense workout — each week.
- **Twice weekly or more,** adults should also do muscle-strengthening activities involving all major muscle groups, using weights and/or your body (e.g., pushups).
- **Older adults, or anyone with chronic conditions,** with their health care provider’s approval, should understand what exercise is safe for them and be as physically active as their condition allows.

**CDC walking guide:** Starting slow at first and gradually increasing speed and distance is a moderate- to vigorous-intensity cardio activity most everyone can do. And, if you need motivation, remember regular exercise can improve sleep, help control anxiety and depression as well as lower your risk for heart disease, diabetes and some cancers.
Are you a late starter saving for retirement through your employer plan? If you’re 50 or older, you can make a catch-up contribution. For 2020, the annual amount is $6,500.

Important things to remember:
• Contributions are for 401(k) plans other than a SIMPLE 401(k), 403(b), SARSEP, and governmental 457(b) accounts.
• Elective deferrals are not treated as catch-up contributions until they exceed the limit of $19,500 in 2020. There may also be other annual limits.
• Catch-up contributions must be made before the end of the plan year.

Catch-up contributions can help you with your taxes. If a person contributes the full $26,000 in 2020 to their 401(k) account, they will reduce their taxable income by $26,000. For a person in the 24% tax bracket that is $6,240 in tax savings.

Bottom line: If you are 50 or older, take advantage of the catch-up contribution.

Pumpkins are for more than just carving at Halloween. Smaller pumpkins have sweet flesh, and can be used in place of butternut or acorn squash in recipes. Try pumpkin muffins or soup, or simply roast cubed pumpkin as a side dish for a boost of vitamins A, C and K. And don’t forget to roast the seeds, which are a source of potassium, magnesium, iron and zinc.

In 2016, the FDA published final rules on the new Nutrition Facts label for packaged foods, requiring companies to comply with new labeling regulations by January 2020. Now, well into 2020, you’re going to see the new label on food packages.

The changes are designed to provide additional information that helps consumers make better and easier food choices. While the iconic look of the label remains the same, here are some small key changes that you may notice:

• Increased type size for calories, servings per container and serving size, so these elements stand out on the table. This ensures you clearly see that the specified amount of food provides the number of calories in that serving size.

• The addition of added sugars. Previous labels only listed total sugars, which was a combination of any naturally occurring sugars (e.g., from fruit or milk) or added pure sugars or syrups. Nutrition guidelines recommend reducing added sugars. Now the Nutrition Facts table will help you understand if the sugar in a product is part of the food or added. Note: Sugar in fruit is fine to consume because you’re also getting vitamins, minerals and fiber.

• Tables must now list the amount of vitamin D, iron, calcium and potassium; many Americans need more of these. This is a change from the old labels, which required vitamin A, vitamin C, calcium and iron.

There’s also a new footnote at the bottom of the table with a clearer explanation of what Daily Value means. Plus, the Daily Values for fiber, as well as certain nutrients, including sodium and vitamin D, have been updated based on newer scientific evidence.

One-Skillet Salsa Chicken

2 tsp extra-virgin olive oil
1 onion, diced
1 lb. boneless skinless chicken breasts, cut into 1-inch pieces
1 tsp chili powder
½ tsp salt
1 cup frozen corn niblets
1 tomato, diced
½ cups no-added-salt black beans, drained
¾ cup salsa
½ cup shredded light cheddar cheese
¼ cup freshly chopped cilantro

Heat the olive oil in a large skillet over medium heat. Add onion and chicken. Sprinkle with chili powder and salt. Sauté until chicken reaches an internal temperature of 165°F, about 10 minutes. Add corn, tomato, beans and salsa. Stir and cook about 2 minutes. Top with cheese and cover with foil so cheese melts. Sprinkle with cilantro and serve warm.

Serves 4. Per serving:
• 273 calories
• 24g protein
• 7g total fat
• 2g saturated fat
• 3g mono fat
• 2g poly fat
• 33g carbohydrate
• 4g sugar
• 9g fiber
• 525mg sodium

Nutrition Facts Label

By Cara Rosenbloom, RD

One-Skillet Salsa Chicken
EXPERT advice

Q: Teen depression signs?

A: Developing bodies, fluctuating hormones and increased demands at school can sometimes lead to adolescent moodiness. Major depression, however, is a serious condition involving a sad mood that persists for weeks, along with multiple symptoms such as:

- Feelings of hopelessness, helplessness or guilt.
- Decreased school performance.
- Social isolation.
- Loss of interest or pleasure in enjoyable activities.
- Changes in sleep, appetite or weight.
- Lack of energy.
- Restlessness or agitation.
- Unexplained physical symptoms such as stomachaches or headaches.
- Difficulties with concentration or memory.
- Preoccupation with death.

Treatment, usually psychotherapy counseling with or without medication, is often helpful. Adequate sleep, exercise, sunlight and social support can be beneficial, too. If a teen is expressing suicidal thoughts or intentions, seek professional help immediately.

National Depression Screening Day is October 8.

This free confidential program is the nation’s oldest voluntary, community-based screening program. It urges people to reach out to sources that can help them identify mental health disorders and find treatment. Depression is one of the most common reasons people use employee assistance programs. If you’re frequently troubled by depression, seek help. Learn more at mhanational.org.
Eat More Pumpkin

Pumpkins are for more than just carving at Halloween. Smaller pumpkins have sweet flesh, and can be used in place of butternut or acorn squash in recipes. Try pumpkin muffins or soup, or simply roast cubed pumpkin as a side dish for a boost of vitamins A, C and K. And don’t forget to roast the seeds, which are a source of potassium, magnesium, iron and zinc.

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- **Tables must now list** the amount of vitamin D, iron, calcium and potassium; many Americans need more of these. This is a change from the old labels, which required vitamin A, vitamin C, calcium and iron.

There’s also a new footnote at the bottom of the table with a clearer explanation of what Daily Value means. Plus, the Daily Values for fiber, as well as certain nutrients, including sodium and vitamin D, have been updated based on newer scientific evidence.

One-Skillet Salsa Chicken

2 tsp extra-virgin olive oil 1 tomato, diced
1 onion, diced 1½ cups no-added-salt
1 lb. boneless skinless chicken black beans, drained
breasts, cut into 1-inch pieces ¾ cup salsa
1 tsp chili powder ½ cup shredded light
½ tsp salt cheddar cheese
1 cup frozen corn niblets ¼ cup freshly chopped cilantro

**Heat** the olive oil in a large skillet over medium heat. **Add** onion and chicken. **Sprinkle** with chili powder and salt. **Saute** until chicken reaches an internal temperature of 165°F, about 10 minutes. **Add** corn, tomato, beans and salsa. **Stir** and cook about 2 minutes. **Top** with cheese and cover with foil so cheese melts. **Sprinkle** with cilantro and serve warm.

Serves 4. Per serving:
273 calories | 24g protein | 7g total fat | 2g saturated fat | 3g mono fat | 33g carbohydrate | 4g sugar | 9g fiber | 525mg sodium

“Even though I’m big on recipes, I love to make up my own dishes, and when you take a risk in the kitchen, you learn a lot about food.”
— Nina Dobrev
October is Crime Prevention Month.

QUIKQuiz™: Workplace Safety

Are you safety-savvy when it comes to workplace crime prevention? Choose true or false:

1. Working at home has some risks, including increased scam attempts.
   - True   - False

2. To reduce crime in an office, you should never leave valuables unattended and unsecured. Always lock your office door or desk even when leaving for a few minutes. Secure items in your locker if you use one.
   - True   - False

3. When it comes to visitors entering your workplace, don’t get involved and let the visitors find their way to their destination.
   - True   - False

4. When a coworker sends you a chain email to pass along to other coworkers, you should immediately delete the email without opening any links.
   - True   - False

5. If working from home, keep your windows open and free of any window treatments so you can see who is coming or going outside your home.
   - True   - False

ANSWERS:

1. True — Watch out for email or phone scams. Check with the FTC if you are unsure about scams at consumer.ftc.gov.
2. True — Always lock up valuables or take them with you when you leave an area.
3. False — Check the identity of visitors to your workplace. Ask them whom they are visiting and offer to take them to that person. Or inform security or management.
4. True — Viruses are typically passed through chain emails.
5. False — While you should keep bushes and trees trimmed so you can see into your yard, you should also hang window treatments to obstruct the view into your office. You don’t want thieves seeing your expensive office equipment.

October is Protect Your Hearing Month.

HEAR THIS!

Noise-induced hearing loss is preventable, yet many people don’t take the precautions they should. Reduce your chances of hearing loss with the following guidance:

- **Know what noise can cause permanent damage**, such as prolonged noise for 15 minutes or longer at or above 85 A-weighted decibels (dBA) and sudden bursts of noise (explosions).

- **Wear earplugs, earmuffs or other protective devices** if you work in a loud environment or are involved in a loud activity (attending a concert). Make sure the hearing protection has a noise reduction rating (NRR) for the type of noise and decibel level you will experience.

- **Move away from the noise** if you can’t protect yourself from it.

- **Turn down the music**. Using headphones are handy, but if the volume is too loud for you to try and have a conversation with them on, the music is too loud.

- **Get your hearing tested** if you think you might have hearing loss. **Tip**: People older than 50 should have their hearing testing every three years.

**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.
October is Animal Safety and Protection Month.

Working with Animals

If your job or volunteer work requires you to work with animals — at a veterinary office or grooming service, as a dog walker or an animal caretaker — you know they can be unpredictable. Not only can your physical safety be at risk from scratch, bite and crush injuries, but there is also a chance of ergonomic, musculoskeletal and biological hazards. Follow your company, office or shelter requirements and procedures, and take this advice from the CDC:

**Approach all animals with caution**, even friendly ones. Animal behavior is erratic.

**Avoid sudden movements.** It’s best to move slowly and deliberately around animals.

Wash your hands before and after contact with animals.

Wear protective gear, such as cloth face masks, safety glasses with side shields, gloves and protective, non-slip footwear.

Follow safety procedures and proper techniques when lifting heavy or awkward loads.

Take precautions when working with disinfectants and other chemicals. When in doubt, read the manufacturer’s label or Safety Data Sheet.

Seek medical attention for any scratch, bite, needlestick or sharps-related injury or an animal caretaker — you know they can be unpredictable. Not only can your physical safety be at risk from scratch, bite and crush injuries, but there is also a chance of ergonomic, musculoskeletal and biological hazards. Follow your company, office or shelter requirements and procedures, and take this advice from the CDC:

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Take precautions when working with disinfectants and other chemicals. When in doubt, read the manufacturer’s label or Safety Data Sheet.

Seek medical attention for any scratch, bite, needlestick or sharps-related injury

The Ups and Downs of Fire Escapes

Fire escapes often evoke images of big city apartment complexes. They may be disappearing features of our architecture as newer and safer alternatives, such as fireproof stairways, appear but since they still exist, you need to make sure these escape routes are safe to use. How?

**Make sure your landlord maintains the fire escape.** If you see damage or considerable rust or corrosion, contact your landlord first and then your city’s public safety department if your landlord doesn’t repair it.

**Don’t use your fire escape as a makeshift deck or storage place.** That is, don’t store your bike, place chairs or flower pots on escape decks that could obstruct pathways. Items placed on fire escapes can not only block pathways; they also can fall off and hurt someone below. Politely ask neighbors to remove items.

**Inform your landlord of any blocked paths** on the fire escape, and of any snow or leaf accumulation.

**Follow your building’s evacuation plan** if your exterior door is cool to the touch and the hallway is clear of smoke. Use the stairs and check the stairwell for smoke before entering. If you suspect the fire is in your hallways, stuff a wet towel around the cracks under your doors and cover your vents. Wait at the window or out on the fire escape for help.

Timely TOWING Tips

If you’re heading out for a fall camping trip or towing your boat, here are some tips to tow safely:

**GETTING READY:**

Check your tires on your vehicle and trailer for proper pressure, dry rot and cracks.

Tip: Also keep a spare for your trailer.

Make sure the ball on your tow hitch is the same size as your trailer coupler.

Use trailer safety chains with enough slack for sharp turns.

Check to be sure trailer lights are working.

Consider getting tow mirrors if you tow often.

Use wheel chocks before unhooking the trailer from the vehicle.

**ON THE ROAD:**

Practice driving with a trailer before heading out on the road.

Keep height clearances in mind before pulling into gas stations and parking garages.

Use the right lane when driving. This allows for slower travel in case you have a blowout.

Make wide turns at curves and corners.

Brake sooner to allow for longer stopping distances. Note: If your trailer has electric brakes, you may be able to adjust the power level to use more force for a heavier load.

Use a lower gear when driving on long downhills to avoid riding the brakes the whole time.
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.

El mes de octubre es el Mes de prevención del crimen.

La pérdida auditiva inducida por el ruido es prevenible, no obstante, muchas personas no toman las precauciones que deberían tomar. Reduzca sus posibilidades de pérdida auditiva con la guía que se incluye a continuación:

1. **Sepa qué ruido puede causar daño permanente,** como por ejemplo ruido prolongado por 15 minutos o más a 85 decibelios ponderados A (dBA) o más y estruendos repentinos de ruido (explosiones).
2. **Use tapones para los oídos, orejeras u otros dispositivos de protección** si trabaja en un ambiente ruidoso o participa en una actividad ruidosa (si está asistiendo a un concierto). Asegúrese de que la protección auditiva tenga una clasificación de reducción de ruido (NRR por sus siglas en inglés) para el tipo de ruido y el nivel de decibeles al que estará expuesto.
3. **Aléjese del ruido** si no puede protegerse de éste.
4. **Baje el volumen de la música.** El uso de audífonos es útil, pero si el volumen es demasiado alto como para tratar de mantener una conversación con los audífonos puestos, la música está demasiado alta.
5. **Hágase una prueba de la audición** si cree que podría tener pérdida de la audición. **Sugerencia:** Las personas de más de 50 años de edad deberían hacerse una prueba de la audición cada tres años.

**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.

**LA ESQUINA DE LA SEGURIDAD**

El mes de octubre es el Mes de protección del sentido del oído.

**¡OIGA ESTO!**

Prueba breve QUIKQuiz™: Seguridad en el lugar de trabajo

¿Sabe mucho sobre la seguridad cuando se trata de la prevención del crimen en el lugar de trabajo? Conteste verdadero o falso:

1. **Verdadero** — Esté atento a las estafas por correo electrónico o teléfono. Consulte con la FTC si no está seguro acerca de las estafas en consumer.ftc.gov.
2. **Verdadero** — Siempre guarde los objetos de valor bajo llave o llévelos consigo cuando salga de un área.
3. **Falso** — Verifique la identidad de los visitantes a su lugar de trabajo. Pregúntele a quién están visitando y ofrézcales llevarlos a donde está esa persona. O informe a seguridad o a la administración.
4. **Verdadero** — Los virus electrónicos normalmente se transmiten a través de correos electrónicos en cadena.
5. **Falso** — Si bien uno debe mantener los arbustos y árboles recortados para poder ver su patio, también uno debe colgar coberturas para las ventanas para obstruir la vista de su oficina. No quiere que los ladrones vean su costoso equipo de oficina.

RESPUESTAS:

1. **Verdadero**
2. **Verdadero**
3. **Falso**
4. **Verdadero**
5. **Falso**
El mes de octubre es el Mes de seguridad y protección de los animales.

Trabajando con animales

Si su trabajo o voluntariado requiere que trabaje con animales — en un consultorio veterinario o servicio de asesoría como paseador de perros o cuidador de animales — usted sabe que pueden ser impredecibles. No solo su seguridad física puede estar en peligro por arañazos, mordeduras y lesiones por aplastamiento, sino que también existe la posibilidad de peligros ergonómicos, musculoesqueléticos y biológicos. Cumpla con los requisitos y procedimientos de su empresa, oficina o refugio, y adopte estos consejos de los CDC:

Acérquese a todos los animales con precaución, incluso los amigables. El comportamiento animal es errático.

Evite los movimientos bruscos. Es mejor moverse lenta y deliberadamente cerca de los animales.

Lávese las manos antes y después del contacto con animales.

Use equipo de protección, como anteojos de seguridad con protectores laterales, guantes y calzado de protección antideslizante.

Obtenga atención médica por cualquier rasguño, mordisco, pinchazo de aguja o lesión relacionada con objetos punzantes e informérselo a su supervisor.

Observe los procedimientos de seguridad y las técnicas adecuadas al levantar cargas pesadas o difíciles de levantar.

Tome precauciones cuando trabaje con desinfectantes y otros productos químicos. En caso de duda, lea la etiqueta del fabricante o la Ficha de datos de seguridad.

Los altibajos de las escaleras de escape

Las escaleras de escape para casos de incendios con frecuencia nos recuerdan los complejos de apartamentos de las grandes ciudades. Estas escaleras pueden ser elementos de nuestra arquitectura que están desapareciendo a medida que nuevas y más seguras alternativas, como escaleras resistentes al fuego, van apareciendo, pero como todavía existen, es necesario asegurarse de que estas rutas de escape sean seguras de usar. ¿Cómo?

Asegúrese de que el propietario del inmueble dé mantenimiento a las escaleras de escape. Si ve daño u óxido o corrosión considerables, comuníquese con el propietario primero y luego con el departamento de seguridad pública de la ciudad si el propietario no las repara.

No use las escaleras de escape como una plataforma o lugar de almacenamiento improvisados. Es decir, no guarde su bicicleta, no ponga sillas o macetas en las plataformas de escape que pudieran obstruir las rutas de escape. Los artículos colocados en las escaleras de escape no solo pueden bloquear las rutas, sino que también pueden caerse y lastimar a alguien debajo. Pídales cortésmente a los vecinos que retiren sus artículos.

Informe al propietario sobre las rutas bloqueadas en la escalera de escape, o sobre la acumulación de hojas o nieve.

Siga el plan de evacuación de su edificio si su puerta exterior está fría al tacto y el pasillo está libre de humo. Use las escaleras y examine el pozo de la escalera para detectar la presencia de humo antes de entrar. Si sospecha que el incendio está en sus pasillos, coloque una toalla mojada alrededor de los espacios debajo de sus puertas y cubra los conductos de ventilación. Espere en la ventana o en las escaleras de escape hasta que llegue ayuda.

En el camino:

Practique conducir con un remolque antes de salir al camino.

Tenga presente la altura libre antes de entrar a una estación de servicio o garaje de estacionamiento.

Use el carril derecho cuando esté conduciendo. Esto le permite viajar más lentamente en caso de tener un reventón.

Haga giros amplios en curvas y esquinas.

Frenar lo antes posible para permitir distancias de frenado más amplias. Nota: Si su remolque tiene frenos eléctricos, es posible que pueda ajustar el nivel de fuerza de los frenos para usar más fuerza para una carga más pesada.

Use una marcha más baja cuando esté conduciendo en bajadas largas para evitar estar frenando todo el tiempo.

Sugerencias oportunas para el remolque

Si está yendo de campamento este otoño o remolcando su bote, le ofrecemos algunas sugerencias para remolcar de manera segura:

Preparándose:

Examine los neumáticos de su vehículo y del remolque para asegurarse de que tengan la presión correcta y no tengan pudrición o grietas. Sugerencia: También tenga un neumático de repuesto para su remolque.

Asegúrese de que la bola del enganche de remolque sea del mismo tamaño que el acoplador del remolque.

Use cadenas de seguridad para el remolque que tengan suficiente holgura para las curvas cerradas.

Verifique que las luces del remolque estén funcionando.

Considere obtener espejos de remolque si remolca con frecuencia.

Use cuñas para ruedas antes de desenganchar el remolque del vehículo.

La semana de prevención de incendios se celebra del 4 al 10 de octubre.
What Are Micro Goals?

Imagine that you want to run a marathon. You wouldn’t simply walk out your door and head for the starting line. You’d train for months, adjust your diet, find the right running shoes and achieve more small goals on the way to reaching your aim of completing 26.2 miles.

That’s what micro goals are all about. Break one goal into several smaller goals. Then, break that achievement into even more minuscule chunks. Training to run a marathon, for example, might start with you running one mile today.

More micro goal tips:

Be patient. Micro goals are tiny steps, and you might not see immediate results. Keep achieving micro goals, though, and you will make steady progress toward your big payoff.

Chart your progress. Measure how those small milestones are bringing you closer to your end result.

Celebrate successes. Recognize every milestone achieved, no matter how small.

Time Pockets

Waiting for the training to start. Standing in line. Queuing up a document to print. We all have them — minutes of unoccupied time between other tasks. Use these time pockets to boost your productivity and time management.

1. Prepare. List tasks you can do while you wait. Try these ideas:
   - Clean out your email.
   - Tidy up your work area.
   - Outline a project.
   - Check numbers or facts.
   - Check items off your to-do list.
   - Prepare ingredients for dinner.
   - Make tomorrow’s work lunch.
   - Write an email.
   - Make a phone call.
   - Organize or update work contacts on your smart device.
   - Download useful apps.

2. Schedule. Think about when you usually encounter time pockets, and plan how you will use them. Consciously save quick housekeeping tasks for these time pockets, so you can spend the bulk of your time focusing on larger tasks.

3. Relax. Use your time pocket to breathe, stretch and refocus.

However you use them, maximize valuable time pockets.

Choosing a Planner

Used well, a planner can be one of your most valuable productivity tools. Consider these questions when choosing a planner:

- Do you want to track goals and long-term projects, or will you use it more for day-to-day task lists?
- Do you like to keep all information together, such as contact information, meeting dates and agendas, to-do lists and goal-setting materials?
- Do you need to access your planner at all times? Or, do you prefer accessing it in one place?
- Do multiple people need to access your planner?

Your choices might include:

- An electronic calendar that syncs to your other devices and can be accessed by your entire team and family.
- An electronic system that integrates contacts, schedules, agendas and other information with task lists.
- A daily, weekly or monthly print calendar with lots of space to write your commitments and projects.
- A binder that has removable pages, so you can add to or change it.
- A large wall planner for everyone to write on.
- A small, portable planner that fits in a pocket, purse or laptop bag.

Whether you choose a simple notebook or a feature-rich app, using a planner will help you keep track of everything in your busy life at work and at home.
Being a Team Player, Remotely

More Americans than ever are working full-time from home due to the COVID-19 pandemic — 42%, according to Stanford University’s William D. Eberle, PhD.

Keeping a team working effectively when some of the members work from home presents unique challenges. Here’s how to stay on track:

When communicating about a sensitive or complex topic, chat via videoconference or telephone rather than relying on more impersonal methods. Texting and instant messaging are quick and handy, but they often leave out the nuances of body language, facial expression and tone of voice.

Put social time on your to-do list. You might find that working alone remotely is more productive for knocking more items off your to-do list. However, you miss out on the social interaction and general vibe that define your team. Attend virtual gatherings, if offered.

Document and share everything. Create procedures and best practices to ensure everyone is on board with expectations, documentation, schedules, deliverables and other items. Use collaboration apps if possible to provide equal access to information.

Leave your work area at break time.

Don’t sit at your desk eating lunch or checking email. Stand up, walk around and stretch your cramped muscles for 10 to 15 minutes — you’ll increase blood circulation and improve your comfort level throughout the day. Works wonders for your mood, too.

Learn something new.

Sign up for an online class, lecture, conference or training program or read a book that will boost your skills and insight. Attend meetings and programs your company offers. Talk with a coworker whose skills and position you admire and ask them about their experience. Trying something new can be energizing and just what you need to get more accomplished overall.

The Importance of Family Meals

You might convince yourself that not stopping to sit down and eat saves time and keeps you productive. But, you may sacrifice more in the process.

Research shows that children who regularly sit down to eat with their families do better in school, are less likely to be overweight, have fewer drug and alcohol problems, and grow stronger family relationships.

Even if you aren’t a parent, sitting down to eat with others has benefits. You’re more likely to make healthy food choices at the home table than if you eat on the go. People who dine together eat more slowly and consume fewer calories. Plus, they benefit from a sense of shared community.

The shared table nourishes more than our bodies. Making time for family dinners is one way to recharge, leave the day’s stress behind, and achieve better balance.

Death of voicemail?

In the past decade large companies have gotten rid of voicemail as a cost savings and productivity-enhancing measure. Once considered an essential tool, voicemail is now considered a nuisance by many. Workplaces today depend on less formal, more immediate communication methods, such as texting, instant chat and online collaboration, while trading phone calls and voice messages is seen as cumbersome. However, when it comes to communicating important or sensitive news, picking up the telephone or meeting face to face is still often the best choice, when available.

“Change your thoughts and you change your world.”
— Norman Vincent Peale