

CMMHC WELLNESS BULLETIN

November 2018

November is Alzheimer's Awareness Month

What is Alzheimer's?

Alzheimer's is the most common cause of dementia, a general term for memory loss and other cognitive abilities serious enough to interfere with daily life. Alzheimer's disease accounts for 60-80% of dementia cases. Alzheimer's is a progressive disease which has no cure at this time. It is the sixth leading cause of death in the United States.

10 Early Signs and Symptoms of Alzheimer's

1. Memory loss that disrupts daily life
2. Challenges in planning or solving problems
3. Difficulty completing familiar tasks at home, work or leisure
4. Confusion with time or place
5. Trouble understanding visual images and spatial relationships
6. New problems with words in speaking or writing
7. Misplacing things and losing the ability to retrace steps
8. Decreased or poor judgement
9. Withdrawal from work or social activities
10. Changes in mood and personality

If you notice any of the 10 Warning Signs of Alzheimer's in yourself or someone you know, don't ignore them. Schedule an appointment with your doctor.

With early detection, you can explore treatments that may provide some relief of symptoms and help you maintain a level of independence longer, as well as increase your chances of participating in clinical drug trials that help advance research.

Signs of Alzheimer's and Dementia	Typical Age-Related Changes
Poor judgment and decision-making	Making a bad decision once in a while
Inability to manage a budget	Missing a monthly payment
Losing track of the date or the season	Forgetting which day it is and remembering it later
Difficulty having a conversation	Sometimes forgetting which word to use
Misplacing things and being unable to retrace steps to find them	Losing things from time to time

Raising Awareness

There are some drug therapies that can alleviate the symptoms of Alzheimer's disease and help improve the quality of life of the affected people, but the death of brain cells cannot be halted or reversed. Therefore, efforts should be focused on boosting mental health and preventing the condition.

You can lower the risk of Alzheimer's and/or slow the advancement of the disease by:

- 1) Taking proper care of your heart** – As already mentioned above, the risks factors for heart diseases have a detrimental effect on mental health as well. Keeping hypertension, high cholesterol, and diabetes under control will help protect not only your heart, but also your brain;
- 2) Keeping your mind active** – Reading, solving puzzles, playing games that require strategic thinking, learning new things, and other mentally stimulating activities challenge the brain and strengthen cognitive skills;
- 3) Eating healthy food** – A Mediterranean diet (plenty of fresh fruits and vegetables, olive oil, limited red meat and foods high in saturated fat, etc.) helps protect neurons and promotes better communication between brain cells;
- 4) Reducing weight** – Recent studies have found that overweight people are more likely to develop Alzheimer's. Maintaining a healthy weight reduces the risk of both cardiovascular problems and dementia;
- 5) Exercising** – Physical fitness and regular exercise have a positive effect on health and help prevent conditions that may damage the brain;
- 6) Engaging in social activities** – Social engagement and staying connected with family and friends helps preserve memory and fight depression, thus supporting brain health;
- 7) Getting a good night's sleep** – Quality sleep helps flush out brain toxins and prevent the build-up of plaques;
- 8) Protecting your head from injuries;**
- 9) Avoiding smoking and excess alcohol;**
- 10) Avoiding stress.**

Even seniors who already have Alzheimer's can benefit from positive lifestyle interventions, such as improved social contact, physical exercise, and stimulating mental activities.

Promoting a healthy lifestyle, along with current information on Alzheimer's can help with raising awareness on how prominent Alzheimer's really is and potentially increase early detection.

Resources:

- <https://www.alz.org/mnnd?set=1>
- <https://alzfdn.org/about-afas-national-memory-screening-program>

Annual Wellness Visits

A friendly reminder to schedule your annual wellness visit, if you have not already had one this year.

These visits are covered 100% by insurance carriers.

Call your provider today to schedule.



OPEN ENROLLMENT

Save the Date!



**AFFORDABLE
HEALTH CARE PLANS**

**Nov. 1 to Dec. 15
(new date)**



**MEDICARE
PLANS**

Oct. 15 to Dec. 7



**EMPLOYER-
BASED PLANS**

**Varies by company
(often fall & winter)**



**MEDICAID &
CHIP PLANS**

Anytime

CMMHC Employees: Open Enrollment is coming! More information to come

Additional Insurance Questions?



Blue Chip Insurance Services offers Group and Individual insurance plans to those residing in Minnesota. We work with many different insurance carriers on your behalf. Open enrollment runs from November 1st through December 15th.

Individual and Family Products

- ☑ Individual/Family Health Insurance (including HSAs)
- ☑ Medicare Health Plans
- ☑ Part D Prescription Drug Plans
- ☑ Life Insurance (Term, Universal, Whole Life)
- ☑ Identity Theft and Legal Assistance Plans
- ☑ Dental Insurance
- ☑ Vision Insurance
- ☑ Disability Insurance
- ☑ Long-Term Care Insurance
- ☑ Annuities (Immediate & Deferred)

Group Insurance Products

- ☑ Health Insurance - (including HSAs & Self-Insured)
- ☑ Life Insurance – Voluntary or Employer Sponsored
- ☑ Dental Insurance – Voluntary or Employer Sponsored
- ☑ LTD Insurance (Long-Term Disability)
- ☑ STD Insurance (Short-Term Disability)
- ☑ COBRA/MN Continuation Assistance
- ☑ Voluntary Workplace Benefits
- ☑ Medicare Health Plans

What Is MNsure?

MNsure is Minnesota's health insurance marketplace where you can shop, compare and choose health insurance coverage that meets your needs.

Who Can Use MNsure?

To be eligible to enroll through MNsure you must meet certain requirements based on residency, citizenship or immigration status, or incarceration status.

Open enrollment

For 2019 is November 1, 2018, to January 13, 2019. New customers can enroll in private health insurance during this annual period.



Green Bean Casserole (Healthier Version)

Yields: 8—1 cup Servings

Cook Time: 1 hour

Ingredients

- 2½ pounds green beans, trimmed and cut into 1- to 2-inch pieces (about 8 cups)
- 2-3 tablespoons extra-virgin olive oil, divided
- 1 medium onion, thinly sliced
- 3 tablespoons all-purpose flour
- ¾ teaspoon salt
- ¼ teaspoon white or black pepper
- 2½ cups low-fat milk
- 1½ cups fresh whole-wheat breadcrumbs (see Tips) or ½ cup shredded or crumbled cheese

Directions

1. Position racks in upper and lower third of oven; preheat to 425°F.
2. Toss green beans in a large bowl with 1 tablespoon oil until well coated. Divide between 2 baking sheets and spread in an even layer. Roast, stirring once and rotating the pans top to bottom about halfway through, until tender and beginning to brown, 20 to 25 minutes.
3. Meanwhile, heat 1 tablespoon oil in a large saucepan over medium heat. Add onion and cook, stirring frequently, until very soft and golden brown, 5 to 8 minutes. Add flour, salt and pepper; cook, stirring, for 1 minute more. Add milk and continue to stir, scraping up any browned bits. Cook, stirring, until the sauce bubbles and thickens enough to coat the back of a spoon, about 4 minutes. Remove from the heat. (See Tips)
4. When the green beans are done, remove from the oven. Preheat the broiler.
5. Transfer half the green beans to a 2-quart, broiler-safe baking dish. Spread half the sauce over the green beans. Add the remaining green beans and top with the remaining sauce.
6. Combine breadcrumbs and the remaining 1 tablespoon oil in a small bowl (skip this step if you are topping with cheese).
7. Sprinkle the breadcrumb mixture (or cheese) over the gratin. Place under the broiler and broil, watching closely, until the gratin is bubbling and beginning to brown on top, 1 to 5 minutes, depending on your broiler. Let stand for 10 minutes before serving.



UPCOMING
EVENTS★

- December 8th 2018 - SCAR Holiday Mixer—SCAR Dolls home opener. More info to come

CMMHC's Wellness Committee Mission Statement:

Brought to you by your

It is the mission of the CMMHC Wellness Committee to promote the health and wellness of staff through education and initiatives that:

Central Minnesota Mental Health Center Wellness
Committee

- Encourage habits of Wellness
- Increase awareness of factors and resources contributing to well-being
- Inspire and empower individuals to take responsibility for their own health.
- Support a sense of community
- Ashley Conner
- Kayla Levtzow
- Marie Fisher
- Steven Loos
- Maggie Dilks
- Brie Frantesl
- Alyssa Westergren