

# CMMHC WELLNESS BULLETIN

November 2019

## Lung Cancer Awareness Month

With the recent updates to CMMHC smoking policy that was implemented to better the health of the clients we serve as well as employees, let's take a moment to recognize that November is Lung Cancer Awareness Month.

Smoking is the greatest risk factor that can lead to lung cancer, causing about 90% of lung cancer cases. The BEST thing you can do to prevent lung cancer is abstain from smoking and quit smoking if you are a smoker. Another reason to quit smoking is second-hand smoke can affect the health of others around you.

### Reduce your risk:

Don't start smoking

Quit smoking if you smoke

Avoid secondhand smoke

If you suspect lung cancer or you are/were an avid smoker, make sure you are screened for lung cancer regularly:

### Key Points

Lung cancer screening can help find lung cancer at an early stage when it is easier to treat.

At this time, studies have shown that a low-dose CT scan is the only lung cancer screening tool that reduces the risk of dying from lung cancer.

Lung cancer screening is not right for everyone.

Show support for those around you who are trying to quit smoking, and who have quit smoking. Nicotine addiction is serious and is extremely difficult to kick.

Sources:

<https://lcfamerica.org/get-involved/november-lung-cancer-awareness-month/>



60  
years  
1959-2019

  
**cmmhc**  
Central Minnesota Mental Health Center  
*Together, Creating a Healthier Life*

## WELLNESS TIPS FOR NOVEMBER

With Thanksgiving coming up in November, we all know that we consume a TON of food. Here are some tips to keep Thanksgiving as healthy as possible (while still eating yummy food):

**Food Safety:** Ensure all food is cooked properly and is not raw prior to serving. Internal temperature should be 165 degrees Fahrenheit and keep raw foods away from cooked foods.

**Don't abandon your healthy lifestyle:** Cut down on fat and sugar added to recipes, use a smaller plate to consume smaller portions, have a light breakfast, and drink plenty of water.

**Make Physical Exercise Part of the Day:** Take some time to go for a walk with family. Walking will help with digestion and can give you some much-needed energy.

**Keep Happiness and Relaxation a Priority:** Being around family for the whole day can be overwhelming. Take some time to yourself to relax or meditate.

Source:

<https://www.thereliefproducts.com/2018/11/14/health-wellness-tips-thanksgiving/>



Healthy Thanksgiving Recipe:

### Green Bean Casserole with Crispy Shallots

#### Ingredients

1/4 cup olive oil  
6 medium shallots, sliced into rings (about 1 cup)  
1 1/2 pounds thin fresh string beans or haricots verts, trimmed  
1 pound button mushrooms, sliced  
6 large cloves garlic, minced  
1 tablespoon chopped fresh thyme  
3 cups low-fat (1 percent) milk  
3 tablespoons all-purpose flour  
1/3 cup plus 2 tablespoons freshly grated parmesan cheese  
1/2 cup finely chopped fresh parsley  
1/4 teaspoon ground nutmeg  
Salt and freshly ground pepper  
Olive oil cooking spray



#### Directions

Preheat the oven to 375 degrees F. Heat the olive oil in a small skillet over medium-high heat until very hot but not smoking. Add 1/4 cup shallots and cook, stirring, until golden brown and crisp, about 2 minutes. Transfer with a slotted spoon to paper towels to drain. Repeat with the remaining shallots, cooking 1/4 cup at a time. Reserve the oil in the skillet.

Place the green beans in a steamer basket fitted over a pot of boiling water. Cover and steam until bright green and still crisp, about 3 minutes. Heat 1 tablespoon of the reserved shallot oil in a large, deep nonstick skillet over medium-high heat. Add the mushrooms and cook, stirring occasionally, until the mushroom liquid is evaporated and they begin to brown, about 12 minutes. Add the garlic and thyme and cook, stirring, 1 minute. Transfer the mushroom mixture to a bowl. Whisk together the milk and flour until the flour is dissolved. Add the mixture to the skillet and, whisking constantly, bring to a simmer. Reduce the heat to medium low, whisking occasionally, until thickened, 10 to 15 minutes. Remove the pan from the heat and stir in the green beans, mushroom mixture, 1/3 cup parmesan cheese, the parsley, nutmeg, 3/4 teaspoon salt and 1/2 teaspoon pepper.

Coat a 2-quart baking dish with cooking spray. Spoon the green bean mixture into the prepared dish and sprinkle the top with the crispy shallots and the remaining 2 tablespoons cheese. Bake until golden on top and bubbling, about 20 minutes.

# UPCOMING EVENTS ★

#### •LGBTQ+ Safe Space Training

A core component of Trauma Informed Care is Cultural Diversity and our ability to create a healing environment for ALL clients and staff in our community. We hope you will join us for Peter Eischens' thoughtful presentation designed to educate us more about best practices surrounding sexual and gender minority clients. This training will also allow us to explore our conscious and unconscious prejudices, attitudes, and biases.

**Date and Time:** November 14, 2019 from 9:00am to 11:00am or 1:00pm to 3:00pm

**Location:** Saint Cloud State University—Atwood Memorial Center: Cascade Room 6th St S, St Cloud, MN 56301 [St. Cloud State Driving and Room Information](#)