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wellnews

trivia question

What is something new you have learned from reading this month's newsletter?

*All those who submit an answer will be placed in the drawing to possibly win a **\$25.00 Wellworks For You Visa Debit Card!***

*Please e-mail info@wellworksforyou.com with your answer. If you wish to be placed in the drawing your answer must be submitted to Wellworks For You by the **last day of the month.***

10 Tips for Healthy Aging Month

1. Do not act your age or at least what you think your current age should act like. What was your best year so far? 28? 40? Now? Picture yourself at that age and be it. Some people may say this is denial, but we say it's positive thinking and goes a long way toward feeling better about yourself. (Tip: Don't keep looking in the mirror, just FEEL IT!)
2. Be positive in your conversations and your actions every day. When you catch yourself complaining, check yourself right there and change the conversation to something positive. (Tip: Stop watching the police reports on the local news.)
3. Have negative friends who complain all of the time and constantly talk about how awful everything is? Drop them. As cruel as that may sound, distance yourself from people who do not have a positive outlook on life. They will only depress you and stop you from moving forward. Surround yourself with energetic, happy, positive people of all ages and you will be happier too. (Tip: Smile often. It's contagious and wards off naysayers.)
4. Walk like a vibrant, healthy person. Come on. You can probably do it. Analyze your gait. Do you walk slowly because you have just become lazy or, perhaps, have a fear of falling? (Tip: Make a conscious effort to take big strides, walk with your heel first, and wear comfortable shoes.)
5. Stand up straight! You can knock off the appearance of a few extra years with this trick your mother kept trying to tell you. Look at yourself in the mirror. Are you holding your stomach in, have your shoulders back, chin up? Check out how much better your neck looks! Fix your stance and practice it every day, all day until it is natural. You will look great and feel better. (Tip: Your waistline will look trimmer if you follow this advice.)
6. How's your smile? Research shows people who smile more often are happier. Your teeth are just as important to your good

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health as the rest of your body. Not only is it the first thing people notice, but good oral health is a gateway to your overall well-being. (Tip: Go to the dentist regularly and look into teeth whitening. Nothing says old more than yellowing teeth!)

7. Lonely? Stop brooding and complaining about having no friends or family. Do something about it now. Right this minute. Pick up the phone, landline, or cell and make a call to do one or more of the following: volunteer your time, take a class, invite someone to meet for lunch, brunch, dinner, or coffee. (Tip: Volunteer at the local public school to stay in touch with younger people and to keep current on trends, take a computer class or a tutorial session at your cell phone store to keep up with technology, choose a new person every week for your dining out.)
8. Start walking not only for your health but to see the neighbors. Have a dog? You'll be amazed how the dog can be a conversation starter. (Tip: If you don't have time for a dog, go to your local animal shelter and volunteer. You will be thrilled by the puppy love!)
9. Make this month the time to set up your annual physical and other health screenings. Go to the appointments and then, hopefully, you can stop worrying about ailments for a while. (Tip: For a list of recommended annual health screenings, a great resource is the Department of Health and Human Services Centers for Disease Control and Prevention)
10. Find your inner artist. Who says taking music lessons is for young school children? You may have an artist lurking inside you just waiting to be tapped. Have you always wanted to play the piano, violin, or tuba? Have you ever wondered if you could paint a portrait or scenic in oil? What about working in wood? (Tip: Sign up now for fall art or music classes and discover your inner artist!)

References: *10 Tips for September is Healthy Aging Month*. (2014). Healthy Aging Magazine.
<http://healthyaging.net/healthy-aging-month/10-tips-for-september-is-healthy-aging-month/>



How to Take the Thyroid Neck Check



An estimated 15 million of Americans have undiagnosed thyroid problems. To help with early detection and in some cases help you find lumps or enlargements in the neck that may point to a thyroid condition, you can perform a simple Neck Check self-exam. Here is a step-by-step guide.

1. Hold the mirror in your hand, focusing on the lower front area of your neck, above the collarbones, and below the voice box (larynx). Your thyroid gland is located in this area of your neck.
2. While focusing on this area in the mirror, tip your head back.
3. Take a drink of water and swallow.
4. As you swallow, look at your neck. Check for any bulges or protrusions in this area when you swallow. Reminder: Don't confuse the Adam's apple with the thyroid gland. The thyroid gland is located further down on your neck, closer to the collarbone. You may want to repeat this process several times.
5. If you do see any bulges or protrusions in this area, see your physician. You may have an enlarged thyroid gland or a thyroid nodule that should be checked to determine whether further evaluation is needed.

The thyroid gland is a small, butterfly-shaped gland located in the lower front of the neck, above the collarbones, and below the voice box (larynx). Your thyroid gland makes hormones that help control the function of many of your body's organs, including your heart, brain, liver, kidneys, and skin. Making sure that your thyroid gland is healthy is important to your body's overall well-being.

Some patients who have an enlarged thyroid gland may also produce too much or too little thyroid hormone. Because many symptoms of thyroid imbalance may be hard to recognize and may be mistaken for symptoms caused by other conditions, the best way to know for sure about your thyroid health is to ask your doctor for a TSH (thyroid-stimulating hormone) test, a simple blood test that measures whether your thyroid gland is functioning normally. If you have a family member with thyroid disease, are over the age of 60, or have any symptoms or risk factors associated with thyroid disease, you should talk to your doctor about getting a TSH test.

References: *How to Take the Thyroid Neck Check*. (2014). The American Association of Clinical Endocrinologists.
<http://www.thyroidawareness.com/neck-check>

Featured Recipe:

Creamy Apricot Oatmeal

Yield: Serves 4, 1 cup per serving

Each month, Wellworks For You features a healthy recipe! If you wish to submit a healthy recipe, please email your recipe to Wellworks For You at info@wellworksforyou.com by October 1st in order for it to appear in next month's Newsletter!

Ingredients

- ❖ 3 1/2 cups water
- ❖ 1/2 cup chopped dried apricots
- ❖ 2 cups uncooked quick-cooking rolled oats
- ❖ 1 6-ounce container fat-free vanilla yogurt



Preparation

1. In a medium saucepan, bring the water and apricots to a boil, covered, over medium-high heat, 5 to 6 minutes. Reduce the heat to low and cook for 5 minutes.
2. Stir in the oats. Cook, uncovered, for 1 to 2 minutes, or until thickened, stirring occasionally. Spoon into bowls. Dollop each serving with the yogurt. Using the tip of a flat knife, such as a butter knife, swirl the yogurt through the oatmeal.

Nutritional Content

Per serving: 233 calories; 2.5 g fat, (0.5 g saturated, 1 g polyunsaturated, 1 g monounsaturated), 9 g protein; 45 g carbohydrates; 6 g fiber; 39 mg sodium; 1 mg cholesterol; 17 g sugars.



Make Smart Food Decisions on the Go

Everyone wants to eat healthier, but who has time to sort through all the confusing and conflicting claims to understand what foods are best? And, is what's best for you the same as what's best for me when I might have a peanut allergy, and you might be seeking high sources of protein?

ShopWell empowers people to make better decisions about the food they eat. Why? Because shoppers who know the facts make better choices. Yet understanding what's right for you is difficult in a complex world where few tools exist to help you understand your choices in a simple, practical way. From this realization, ShopWell was born.

ShopWell is a free mobile app that scores foods on how well they meet your unique needs. With easy-to-understand nutrition information and personalized food scores, ShopWell gives you easy tools to find better products for you and your family. We take the work out of reading nutrition labels so that you can focus on buying what you want as quickly as possible. We help you shop smarter so that you can eat better!

Just scan a barcode and the app calculates your personal score and suggests healthier alternatives.

Available on the
App Store

ANDROID APP ON
Google play

September Activities

Everyone's settling into a back-to-school routine but your family still has plenty to do outside of school. As we transition from summer to fall, enjoy these activities with your kids in September.



Sneak in Last-Minute Summer Activities

The dog days of summer are coming to a close. Before the weather forces you and your family to play indoors, sneak in some last-minute summertime activities. Enjoy creative outdoor painting, throw a bubble party and go on an adventure with other nature activities for families.

National Courtesy Month

Teaching kids how to be courteous is a great lesson in manners. Not only will you raise kids who are courteous to others, you'll also raise kids who are thankful.

Read a New Book Month

Now that your children have their very own library card, put it to good use. Take them to the library to pick out a new book to read during Read a New Book Month. There are plenty of great children's books to read in September or make your own twist on the celebration by challenging your kids to read a new book a day during the month.

To continue reading go to: <http://stayathomemoms.about.com/od/activitiesandfun/ss/Things-To-Do-In-September-With-Your-Family.htm>

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