Healthy IU East

Start The New Year Right

With the beginning of a new year, many of us make resolutions for change. Yet within a week, 25% of us have already failed at our goals. Less than half of us are on target 6 months later. Why do we fail to achieve our goals? The reason is fairly simple.

Most of our resolutions are unrealistic and poorly executed.

In order to be successful, experts recommend that we don’t make too many resolutions. Goals should be specific and we need to make a plan on how to achieve them. To say one wants to exercise more or lose weight in the new year is very vague. To decide to incorporate small changes into our routines such as taking the stairs or parking farther away in the lot promotes better success.

As you start the new year, some of these small positive decisions will move you closer to good health. Find reasons to stay active. Walk while you talk. Take a lap around your building twice a day. Control your portion sizes. Read food labels. Avoid fad diets and empty calories. Slash your sodium consumption. Eat less fast food. Unplug from media devices daily. Get 8 hours of sleep. Decrease your use of credit cards. Establish an emergency fund. Reconnect with family and friends. Volunteer.

Here’s to a successful new year!

Winter Weather Care

Winter weather is here! Consider the following to stay safe and healthy:
Wear appropriate cold weather clothing that doesn’t restrict movement or block eyesight:
Several layers of loose fitting clothing provide better insulation than one layer of heavy clothing.
Wear a hat and mittens, which are warmer than gloves. Wear a scarf over your mouth to protect your lungs. Wear waterproof shoes with good traction.
Watch for patches of ice when walking and driving. Remember, bridges have a tendency to freeze before roadways.
Make sure cell phone batteries are fully charged.
Place a blanket, water, snacks, shovel and an extra coat and boots in your car when traveling in the event your vehicle becomes disabled.
Keep your gas tank full to prevent the fuel line from freezing.
Drink plenty of liquids (avoid caffeine) to avoid dehydration.

Five Minute (or less) Health Tips

According to the Center for Disease Control and Prevention, the following tips have positive health benefits and take 5 minutes or less:

- Wash your hands for 20 seconds
- Buckle Up
- Test smoke alarms
- Use a fluoride toothpaste
- Do a skin & body scan
- Set your water heater thermostat at 120 degrees Fahrenheit or less
- Make an appointment for a check-up or health screening
- Take the stairs rather than the elevator
- Don’t overschedule or overcommit
- Eat more fruits and vegetables
- Take short breaks throughout the day
- Know your numbers
- Disinfect surfaces
- Park further away and walk
**Counseling Corner**

Patrick Chimenti LCSW, LCAC

**Memory Loss: A Sign of Aging or Illness?**

Researchers from Cornell’s College of Human Ecology and Institute for Human Neuroscience recently published a study regarding ways to distinguish memory declines associated with healthy aging from serious declines associated with diseases such as Alzheimer’s disease.

The research team looked at two separate memory processes: *reconstructive memory*, which involves recalling an event by piecing together clues about its meaning; and *recollective memory*, which involves recalling a word or event exactly. They found that declines in *reconstructive memory* were associated with mild cognitive (mental processes) impairment and Alzheimer’s dementia, but not healthy aging. Declines in *recollective memory* are a function of normal aging. Further, the researchers determined that over a period of 1 to 6 years, declines in reconstructive memory were reliable predictors of future progression from healthy aging to mild cognitive impairment (MCI) and Alzheimer’s dementia.

On a related note, research conducted by Carson Smith, Ph.D., a kinesiologist from the University of Maryland, found that exercise may reverse memory loss in people with MCI. In a 12 week study which entailed walking on a treadmill for 30 minutes a day/4 days a week, Dr. Smith found improved memory scores and “neural efficiency” (information and sensory processing) in older people with this type of impairment. Commenting on these findings, Karen Miller, Ph. D. from the University of California, Los Angeles (UCLA) said: “…the study extends our scientific knowledge on how lifestyle changes, including exercise, can promote brain fitness even among those with mild memory problems.”

In future issues, we’ll look at how factors such as stress, lifestyle, and music affect memory and “brain fitness.”

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**Minestrone Soup**

Yield: 16 servings  
Serving size: 1 cup  
Calories: 112  Fat: 4g  Sodium: 202mg  Carb: 17g

1/4 cup olive oil  
1 clove garlic, minced, or 1/8 tsp. garlic powder  
1 1/3 cup onion, coarsely chopped  
1 1/2 cups celery and leaves, coarsely chopped  
1 can (6 oz) tomato paste  
1 Tbsp fresh parsley, chopped  
1 cup sliced carrots, fresh or frozen  
4 3/4 cups cabbage, shredded  
1 can (1 lb) tomatoes, cut up  
1 cup canned red kidney beans, drained and rinsed  
1 1/2 cups fresh green beans  
Dash hot sauce  
11 cups of water  
2 cups spaghetti, uncooked and broken  

Heat oil in a 4-quart saucepan.  
Add garlic, onion, celery and sauté about 5 minutes.  
Add all remaining ingredients except spaghetti, and stir until ingredients are well mixed.  
Bring to a boil. Reduce heat, cover, and simmer about 45 minutes or until vegetables are tender.  
Add uncooked spaghetti and simmer 2-3 minutes only.

Recipe from www.cdc.gov

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**The Pantry**

Open Tuesday mornings & Wednesday afternoons.  
Students may access the pantry once a month.  
Accepting donations of boxed/canned food and health and beauty items.
Wayne County Joining Community Forces
Hosted By
Indiana University East
Presents:

Andrea Carlile, Wife of an American Service Member
And Author of: “The War that Came Home”

A story of how PTSD affects not just the soldier but the family as well.

When: Friday January 17, 2013
Where: Indiana University East, 2325 Chester Blvd, Richmond, IN,
We will be in the Community Room in Whitewater Hall.
Time: 12:00 Noon

Bring your lunch and enjoy Andrea’s story and the opportunity of networking with other businesses and organizations that serve your community and military families. Learn more about JCF meetings, and how you can help. Our meeting is across from the dining hall so you may pick up lunch there to bring into the meeting if you wish! We will have a special presentation to some of our community supporters.

For more information and to RSVP please contact:
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