

IMPORTANT!

WE NEED YOUR FEEDBACK

On December 1 a Wellness Needs and Interest Survey link will be emailed to all colleagues.

- What do you like and dislike about health and wellness at LVHN?
- This is an **anonymous** opportunity to let us know what you think.
- Your feedback will help us grow and improve health and wellness programs at LVHN.
- Getting **colleague participation is vital!**
- Please ask your colleagues to take a few minutes to complete the short survey.

Surveys are due by December 14.

If you need paper versions of the survey sent to your department please call or email Jen Warren at 610-969-00487 or Jennifer_M.Warren@lvhn.org

Tip!

Drink water, even in winter!



The risk of dehydration in the winter months is just as high as in the hotter, summer months. Symptoms, which may mimic the winter blues, include feeling sluggish and tired, a sullen attitude, and decreased strength.

Help Us Reach Our Wellness Goal

KNOW YOUR NUMBERS

We are passionate about keeping our community and our colleagues healthy. It's why we require Lehigh Valley Health Network (LVHN) colleagues to get vaccinated against the flu. It's also why we encourage colleagues to maintain a healthy lifestyle through diet, exercise and healthy choices.

The "Know Your Numbers" Campaign launched during our flu shot clinics and continues through the end of this fiscal year. It's a campaign to encourage colleagues to learn their biometric health numbers for blood pressure (BP) and body mass index (BMI). These two numbers reveal so much about our individual health risks.

Help us reach our 'better health' goal

When you get screened for BP and BMI, you'll be helping the network reach our "better health" goal. You'll also be entered into monthly drawings for valuable prizes that include Fitbit activity trackers, restaurant gift certificates and two \$500 Visa gift card grand prizes. Colleague participation of 70 percent is required in order to reach the goal, which helps qualify us for a Shared Success Plan (SSP) bonus. To learn more please go to the LVHN intranet page and click on the "Know Your Numbers" link on the left-hand side of the webpage. Have questions about our biometric screenings? From the intranet link you can also access a downloadable [Health Care Provider Biometric Screening](#) form you'll need to give your personal provider if you elect to have them conduct your screening.



Fitbit Flex

The importance of BP and BMI

The relationship between BP, BMI, and your overall health is a lot like the warning lights that alert you to trouble in your vehicle. When your "check engine" light goes on, you know it's time to take your car in for a tune-up. Our bodies give us warning signals, too. When your BP and BMI are out of a safe range, you're at greater risk for diseases like diabetes, heart disease, stroke, sleep apnea, certain cancers and other health risks.

"Blood pressure and BMI are good indicators of overall health," says LVHN pediatrician Jarret Patton, MD, with the Children's Clinic. "Lifestyle modifications can go a long way to improve overall health and minimize your risk for certain diseases. Knowing your numbers is the first step to better health."

"Participation is voluntary, but we hope all our colleagues will take advantage of this opportunity to learn more about their health," Patton says. "The health care environment we're operating in rewards hospitals for keeping people healthy. That translates into better quality of life and lower health care costs for all of us."

Work-Life Balance: Make it Your Reality

There was a time when the boundaries between work time and home life were cut-and-dried. In our current day and age, the boundaries have become fuzzy and finding a work-life balance seems more of an elusive notion than a realistic way of living.

Technology makes us more accessible today than ever. Your boss can send you an urgent email during dinner time which forces you to leave your family and go to the office. Your daughter can send you a text begging you to let her borrow your car, which interrupts your focus during an important work meeting. You may not have total control over the hours you work or unpredictable circumstances, but you can create a better work-life balance by evaluating parts of each that you have at least some control over. Consider the following tips:



- **Track your time and prioritize.** Pay attention to how much time you spend on personal tasks versus work-related responsibilities. Determine what is necessary for each and what satisfies you the most. Prioritize your duties and create a timeline to keep you on track.
- **Leave work at work and home at home.** Technology can connect us to the outside world from virtually anywhere. Try not to check emails after work hours unless it is absolutely necessary. Allow both your body and mind to be immersed in your current environment.
- **Nutrition is key.** How you fuel your body, especially during demanding times, has a major impact on how well you manages stress. Having a balanced diet and limiting processed foods, sugar, caffeine, and alcohol allows the systems in your body to maintain a level playing field and you'll be more efficient at responding to stress.
- **Set boundaries and communicate them.** Your family members and co-workers cannot read your mind. If you feel bogged down, communicate that to those around you. Establish margins in your schedule, commit to them, and tell your peers.

Finding a work-life balance is an on-going process and can be challenging at times. If you need assistance, utilize resources available to you such as Preferred EAP - 1-800-327-8878. Finding even a little balance in your day can make you happier, more productive, and less likely to experience burnout.

Recipe Box

Pumpkin Bread with Flax Seed and Oat Topping

[Click here to print](#)

1 1/2 c. canned pumpkin puree	1 1/2 c. flour	1/2 c. chopped walnuts
2 eggs	1 tsp. baking soda	1/2 c. golden raisins
3/4 c. maple syrup	1 tsp. baking powder	1/4 c. quick-cooking oats
1/2 c. low fat Greek yogurt	1/4 tsp. kosher salt	2 T. flax seeds
3 T. olive oil	4 tsp. pumpkin spice	1 T. brown sugar
1 tsp. vanilla extract		

Preheat oven to 350 degrees F. Coat a 9 x 5 loaf pan with cooking spray. In a large bowl, add pumpkin, eggs, maple syrup, yogurt, 2 tablespoons olive oil and vanilla extract. Stir to combine thoroughly. In a medium bowl, stir together flour, baking soda, baking powder, salt and pumpkin spice. Slowly add the dry ingredients to the wet ingredients, using a spatula to combine. Stir in walnuts and raisins. Pour batter into prepared pan. In a small bowl, combine 1 tablespoon olive oil with oats, flax seeds and brown sugar. Spread mixture over the top of the batter. Bake until a toothpick inserted near the center comes out clean, about 60 to 70 minutes. Cool before removing bread from loaf pan. Slice into 8 pieces and serve.

Source: *Mindful by Sodexo*

NUTRITION FACTS: 1 Slice (154g)

CALORIES	CARBS	PROTEIN	FAT	SAT. FAT	SODIUM	FIBER
357	56g	8g	12g	2g	264mg	4g

Around Our Community... Get Active - Get Involved!



Christmas City Classic
5-Miler & Candy Cane 5k
December 13;
YMCA Bethlehem

All ages welcome for this popular, themed race event. Event includes a 5-miler or 5k run and 5k walk. Don't forget to wear your red and green or favorite Christmas costume!
www.lehighvalleyfca.org

LVRV Ice Scraper 5K Winter Series 1st Race: December 21

Lehigh Parkway

Keep your momentum going throughout the winter with this fun 5K winter series. Monthly races held from December to March.
www.lvrr.org



Kris Kringle 5 Mile Run
December 28
Berks County Agricultural
Center
Leesport, PA



Race course is 5 miles through scenic countryside with sections on the Union Canal Path and Blue Marsh Recreation Area. Custom gifts for the first 500 runners.
www.pagodapacers.com

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Happy Holidays!

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