

Health & WELLNESS



October 2020

Spiritual Encouragement...

Have I not commanded you? Be strong and courageous. Do not be frightened, and do not be dismayed, for the Lord your God is with you wherever you go.”

Joshua 1:9

Flu season is around the corner!

Don't put off having your flu shot! Flu vaccination helps you stay well, prevent infecting others, and avoid missing work due to illness. It also prevents flu-related hospitalizations and saves lives. The CDC recommends everyone six months and older (with rare exceptions) receive a flu shot.

And, if you're enrolled in the EPC medical plan, they are free! Make sure the flu shot is administered by an in-network medical professional. Questions? Contact the phone number on the back of your Highmark ID card.

Got Info Overload?

Ever feel weighed down by too much information?

Day after day, we face texts, tweets, email and an endless stream of articles and videos — all forcing us to listen, read, and study more than the average brain is able to absorb.

Here's one for your brain bank: In his book, *The Organized Mind: Thinking Straight in the Age of Information Overload*, neuroscientist Daniel Levitin reported in 2014 that we created more information in the previous 10 years than in all of preceding human history.

Everyday ways we become mentally burdened:

- Increasingly faster ways to receive information as well as create and compete in providing information
- Complicated means of evaluating information.
- High volumes of conflicting and inaccurate information.

If you're feeling worn out from overload, learn to identify and manage your daily ration of information. Start with these three steps:

1. Don't feel pressured to deal with information as it arrives — set it aside, and address it during a quiet period for better focus.
2. Reduce incoming information by adding filters on your email box and within your online searches to reduce irrelevant incoming material.
3. Share information ownership if you're part of a team; don't take responsibility for knowing everything

National Check Your Meds Day is October 21st!

If you take any medications regularly, you can review them on this day, sponsored by the National Community Pharmacists Association. How it works: Bring your prescriptions, over-the-counter medications, and supplements to your pharmacist for a review. It's an opportunity to learn if any medications have expired, check the safety of drug combinations and get answers to any questions about medications and supplements and their side effects. Note: Due to production lead time, this issue may not reflect the current COVID-19 situation in some or all regions of the U.S. For the most up-to-date information visit [coronavirus.gov](https://www.cdc.gov/coronavirus).



Eat More Pumpkin

Pumpkins are for more than just carving at Halloween. Smaller pumpkins have sweet flesh, and can be used in place of butternut or acorn squash in recipes. Try pumpkin muffins or soup, or simply roast cubed pumpkin as a side dish for a boost of vitamins A, C and K. And don't forget to roast the seeds! which are a source of potassium, magnesium, iron and zinc.

One-Skillet Salsa Chicken

2 tsp extra-virgin olive oil
1 onion, diced
1 lb. boneless skinless chicken breasts, cut into 1-inch pieces
1 tsp chili powder
½ tsp salt
1 cup frozen corn niblets

1 tomato, diced
1½ cups no-added-salt black beans, drained
¾ cup salsa
½ cup shredded light cheddar cheese
¼ cup freshly chopped cilantro

Easy
Recipe!

Heat the olive oil in a large skillet over medium heat. Add onion and chicken. Sprinkle with chili powder and salt. Sauté until chicken reaches an internal temperature of 165°F, about 10 minutes. Add corn, tomato, beans and salsa. Stir and cook about 2 minutes. Top with cheese and cover with foil so cheese melts. Sprinkle with cilantro and serve warm.

Serves 4. Per serving: 273 calories | 24g protein | 7g total fat | 2g saturated fat | 3g mono fat | 2g poly fat | 33g carbohydrate | 4g sugar | 9g fiber | 525mg sodium