

LIVE WELL WORK WELL

SEPTEMBER 2017

SEPTEMBER RECOGNIZES National Preparedness Month

Since 2004, the Federal Emergency Management Agency (FEMA) and the [National Ready Campaign](#) have promoted National Preparedness Month (NPM) every September. NPM encourages Americans to take steps to prepare for all types of emergencies and strives to increase the overall number of people, families, and communities that engage in preparedness actions.

The most recent data from the Red Cross reveals that although 8 out of 10 Americans feel unprepared for a catastrophic event, only 1 in 10 has taken the following appropriate preparedness steps:

1. Create a family emergency plan
2. Stock an emergency supply and first-aid kit
3. Train in basic first aid

You can't plan when a disaster will occur, but you can plan ahead to be prepared if and when disaster strikes. This September, take time to learn more about NPM and take the suggested steps to become properly prepared. For more information, please visit the [NPM website](#).

Basic Disaster Supplies Kit



Three day supply of one gallon of water per person/day



Flashlight



Local Maps



Tool Set



Telephone



Face or Dust Mask



NOAA Weather Radio



First Aid Kit



Batteries



Three day supply of nonperishable food

2017 WALK TO END ALZHEIMER'S

Join the Fight to Find a Cure

September is Alzheimer's Awareness Month, and around the country the Alzheimer's Association is sponsoring events to promote awareness about the disease and raise money for research. Click on one of the states below to see details on local walks. For a full list of events, please visit the [Alzheimer's Association's website](#).



September 23rd, 2017



October 7th, 2017



September 16th, 2017

To find more information on your local Alzheimer's Association Events, visit: https://act.alz.org/site/SPageServer?pagename=walk_homepage

USING SCIENCE To Combat Addiction

Over the course of recent history, technological advances have enabled addictions to become more prevalent and overpowering, the authors of a recent Policy Forum say. For example, in the mid-nineteenth century it took a factory worker about one minute to roll a cigarette, and the resulting product was so harsh that few people could inhale it deeply enough to become addicted to nicotine.

Now, in one minute a machine can roll 20,000 cigarettes, which are sweetened and blended to allow deep inhalation that promotes nicotine addiction. Although technological advances have contributed to increasing rates of addictions, science can also be used to counteract addictions. Keith Humphreys and his fellow authors cite ways in which science can inform better drug regulation, such as in the context of marijuana.

They also note that drug addiction creates long-term changes to motivational, reward, and decision-making circuits in the brain, and that programs that address these changes, such as South Dakota's 24/7 Sobriety program, have shown some success. For neuroscience to make an impact on public policy, an active education and translation effort must occur, the authors conclude.

American Association for the Advancement of Science. "Using science to combat addiction." ScienceDaily. www.sciencedaily.com/releases/2017/06/170622142942.htm (accessed August 20, 2017).

SEPTEMBER RECIPE

Mango Curry Chicken



- 1 lb chicken breasts, cut into 1" cubes
- 1 ripe mango, cubed
- ¼ cup chopped green onion
- ½ cup light vanilla soy milk
- 1 Tbs curry powder
- 1 tsp paprika (optional)
- ½ cup chopped red bell pepper (optional)
- Salt and pepper to taste
- 4 cups brown rice, cooked
- 2 tsp. diced cilantro

In a large frying pan, on medium high heat, lightly brown the cubed chicken. Add in soy milk, green onion, pepper, and curry powder, stirring all ingredients together. When the mixture reaches a light boil, add in mango and cilantro, and turn down to low heat. Simmer for 5 - 10 minutes, stirring occasionally. Check that chicken is fully cooked before serving. Serve on top of rice.

Yield: 4 Servings. Each serving provides 300 Calories, 4 g of Fat, 40 g of Carbohydrates, and 28 g of Protein. Percentage daily values are based on a 2,000 calorie diet. Source: staylean.blogspot.com

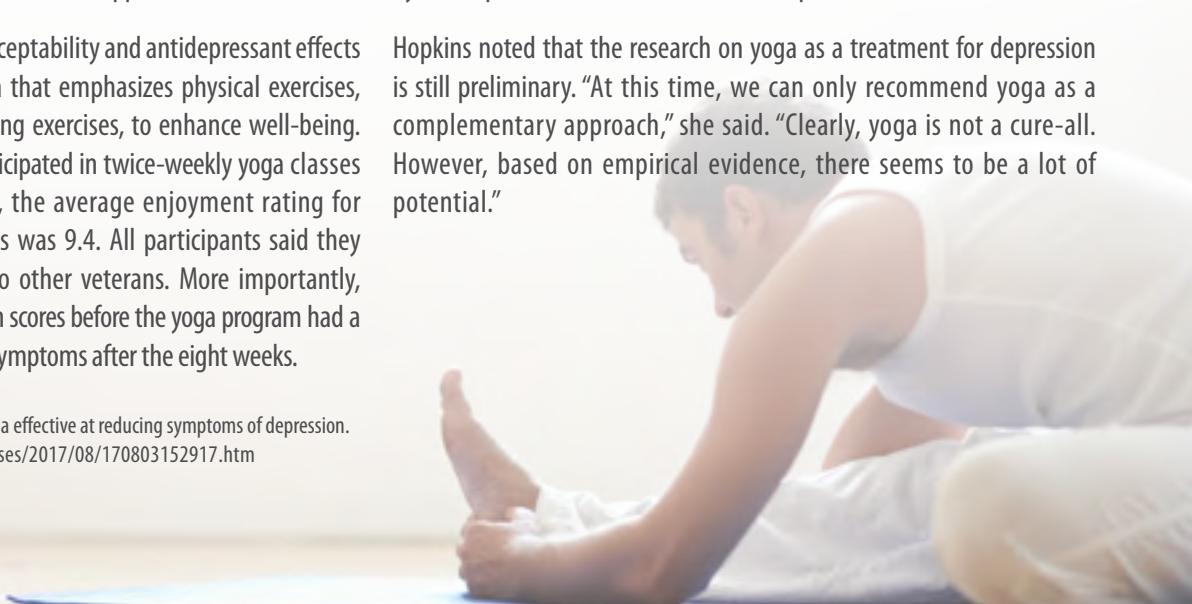
YOGA PROVEN EFFECTIVE at Reducing Symptoms of Depression

"Yoga has become increasingly popular in the West, and many new yoga practitioners cite stress-reduction and other mental health concerns as their primary reason for practicing," said Lindsey Hopkins, PhD, of the San Francisco Veterans Affairs Medical Center, who chaired a session at the 125th Annual Convention of the American Psychological Association highlighting research on yoga and depression. "But the empirical research on yoga lags behind its popularity as a first-line approach to mental health."

Hopkins' research focused on the acceptability and antidepressant effects of hatha yoga, the branch of yoga that emphasizes physical exercises, along with meditative and breathing exercises, to enhance well-being. In the study, 23 male veterans participated in twice-weekly yoga classes for eight weeks. On a 1-10 scale, the average enjoyment rating for the yoga classes for these veterans was 9.4. All participants said they would recommend the program to other veterans. More importantly, participants with elevated depression scores before the yoga program had a significant reduction in depression symptoms after the eight weeks.

The concept of yoga as complementary or alternative mental health treatment is so promising that the U.S. military is investigating the creation of its own treatment programs. Jacob Hyde, PsyD, of the University of Denver, gave a presentation outlining a standardized, six-week yoga treatment for U.S. military veterans enrolled in behavioral health services at the university-run clinic and could be expanded for use by the Department of Defense and the Department of Veterans Affairs.

Hopkins noted that the research on yoga as a treatment for depression is still preliminary. "At this time, we can only recommend yoga as a complementary approach," she said. "Clearly, yoga is not a cure-all. However, based on empirical evidence, there seems to be a lot of potential."



American Psychological Association (APA). "Yoga effective at reducing symptoms of depression." ScienceDaily. www.sciencedaily.com/releases/2017/08/170803152917.htm (accessed August 21, 2017).