



## Important Health News for those Over 60...

### SHINGLES VACCINE NOW AVAILABLE

Shingles is a painful skin rash, often with blisters. A shingles rash usually appears on one side of the face or body and lasts from 2 to 4 weeks. Its main symptom is pain, which can be quite severe. Other symptoms of shingles can include fever, headache, chills and upset stomach.

For about 1 person in 5, severe pain can continue even after the rash clears up. This is called post-herpetic neuralgia.

Shingles is caused by the same virus that causes chickenpox. Only someone who has had a case of chickenpox—or gotten chickenpox vaccine—can get shingles. The virus stays in your body. It can reappear many years later to cause a case of shingles.

A vaccine for shingles was licensed in 2006. In clinical trials, the vaccine prevented shingles in about half of people 60 years of age and older. It can also reduce the pain associated with shingles. Please talk to us about whether you should get the shingles vaccine.

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## HAPPY NEW YEAR!

### MAKING RESOLUTIONS YOU CAN KEEP

It's that time of year—we're all full of positive expectations about how we can improve our health, wellness and life in 2009. Here are some ways you can make resolutions that you can be proud to accomplish this year.

- Write your goals and resolutions down.
- Make them reasonable.
- Set good, great and awesome goals for yourself.
- Set time lines for yourself.
- Break resolutions down into smaller categories, e.g., emotional, physical, professional, financial, etc. Try to accomplish a goal in each category to help you feel successful.
- Include a friend or a loved one. Making a resolution together has a greater chance for success than doing it alone, and it can make it more fun!

In this issue of the newsletter, we'll address some common resolutions and give tips for helping you keep them.

### EXERCISE: Walking Off Weight

Increasing exercise is a common and positive New Year's resolution. Walking at a moderate pace for 30–60 minutes burns stored fat and can build muscle to speed up your metabolism. Walking an hour a day is also associated with cutting your risk of heart disease, breast cancer, colon cancer, diabetes and stroke. With all these benefits, isn't it time to work 1-hour walks into your busy lifestyle? Just because it's cold outside doesn't mean you can't start now. Many malls have walking programs or see if your local college opens its indoor tracks to the community. Come spring, it will already be part of your routine and you'll be ready to enjoy the weather.

### *Party Pleasing Pork Marinade*

- 1/2 cup soy sauce
- 1/4 cup brown sugar
- 2 Tbs. sesame oil (or regular)
- 1/2 tsp. ginger root
- 6 cloves of garlic

Try this at  
your Super  
Bowl Party!

- Mix above and pour over pork loin to marinate 6 to 10 hours.
- Bake at 425° covered for 25 minutes, remove foil, bake 20 minutes more. Use meat thermometer to make sure pork is done.
- Slice, pour marinade from cooked pork over slices. Serve with sliced baguettes.

## EMOTIONAL: Seasonal Affective Disorder (SAD)

Like many people, you may develop cabin fever during the winter months. Or you may find yourself eating more or sleeping more when the temperature drops and darkness falls earlier. While those are common and normal reactions to the changing



seasons, people with seasonal affective disorder (SAD) experience a much more serious reaction when summer shifts to fall and on to winter.

With SAD, fall's short days and long nights may trigger feelings

of depression, lethargy, fatigue and other problems. Don't brush this off as simply a case of the "winter blues" that you have to tough out on your own. It is a type of depression, and it can severely impair your daily life. Treatment—which may include light box therapy—can help you successfully manage SAD. You don't have to dread the dawning of each fall or winter. Let us know if you'd like to learn more about SAD, symptoms, causes, and treatments or if you think you might be suffering from SAD.

## NUTRITIONAL: Meet with Our Nutritionist and Develop a Plan for Improvement

Now is a great time to schedule an appointment with our registered nutritionist who can begin discussions with you on how you can make lifestyle changes and dietary modifications to improve your health. Learn how to improve eating habits, manage weight, change your diet to improve nutritional intake, manage chronic conditions like diabetes through better nutrition, and more. Having this important knowledge will help you attain your nutritional goals and resolutions in 2009. Call or e-mail us to schedule your initial consultation. This is available at no charge to members and is just one of the many membership benefits that help you take charge of your health and wellness. For a complete list, see our *Menu of Services*.

## DIET: 10 Tips for Dining Out

Improving your eating habits or losing weight might be another resolution this year. Dining out on a diet doesn't have to be cause for panic. With a little planning and preparation, you can make it through eating out without blowing your diet.

- 1. Order something healthy from the appetizer menu.** Hungry? Order a side salad as well.
- 2. Pass on the endless pasta.** It may be your idea of bliss, but it's a scary prospect to those of us who overeat. Stick with a single entree and don't worry about being a member of the clean plate club. I won't tell your mom if you don't tell mine.
- 3. Don't pick fried.** As tempting as that guy at the booth across from you is making that bucket of fried chicken look, always elect poultry to be prepared the following ways: steamed; poached; roasted; broiled; boiled; grilled; or baked. As for beef, be sure you choose lean cuts like loin or flank.
- 4. Modify the menu.** I ask for fried entrees and sides to be boiled, broiled or roasted and I'm rarely turned down.
- 5. Beware: Cream sauces; butter; oil; au gratin; breaded; Alfredo; battered or batter-dipped; and Mom's favorite topper, gravy.** Avoid them all unless you're putting in some extra sessions at the gym this week.
- 6. Wrap it up, I'll take it!** Keep temptation at bay by asking the server to wrap up half your meal before you start eating.
- 7. Don't let take out take over your diet.** Take out half of your take out and put it into plastic containers and tuck it away in the fridge. After a long day at work, chances are you won't want to go to the trouble of heating up the rest.
- 8. Cram for tonight's dinner.** Ask your favorite eateries to fax you take-out menus and then keep them on-hand. Highlight the healthiest options and choose your entrée ahead of time.
- 9. Banish buffets.** Portion control can become a foreign concept for the best dieter at a buffet. The variety of foods available at buffets is daunting; studies have shown when we're given more choices we tend to eat more.
- 10. Mini meals make your day.** Eat smaller meals during the day if dining out tonight, just be sure you don't eat too sparingly so that you're so famished by dinnertime you end up overeating. Have a small, healthful snack in the afternoon to quell hunger.