



The
Solutions
Group

**Making Great Companies
Better Places to Work**

Work & Well-being

March 2018



MARCH *Health Observances*



**National Sleep
Awareness Week**

March 12-18

Brain Awareness Week

March 13-19

National Nutrition Month

**National Colorectal Cancer
Awareness**

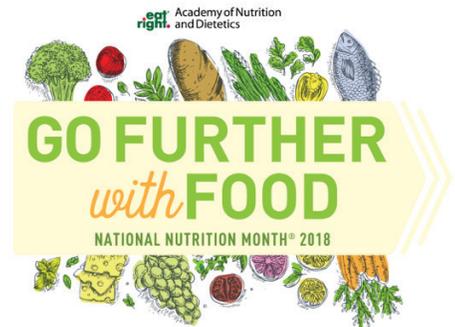
**Problem Gambling
Awareness Month**

**National Developmental
Disabilities Month**

Make Your Food Go Further

It's National Nutrition Month, a good time to remember that total nutrition isn't just about what foods you choose, but how you choose to use that food. The national "Go Further with Food" campaign encourages consumers to make wise choices about the food they buy and how to use more of that food to reduce waste and boost nutrition. Here are some tips for reducing food waste and saving money:

- Buy less. Bulk purchasing isn't smart if you're just throwing some of it out.
- Freeze leftovers for dinners or lunch later.
- Take inventory of what you have on hand before you go shopping so you don't overbuy.
- Instead of tossing slightly wilted greens, fruits or veggies, use them for smoothies.
- Use bones and vegetable scraps to make a hearty, healthful broth.
- Understand portion sizes and learn what amounts are right for you.



Join us March 19, 2018 at 12:00 PM for a 45-minute webinar where you will learn how to "Go Further with Food." Topics include shopping locally, ideas for meal planning, and creative ways to use leftovers and food scraps.

[Register today!](#)

Questions? Contact wellness@phs.org

FACT

The average American household throws away nearly \$650 worth of food a year.

Congratulations, Healthiest Employer Honorees!

This month, *Albuquerque Business First* will honor several organizations for their innovative approach and commitment to creating healthy workplaces. The awards are designed to celebrate best practices in corporate wellness programs and share them with the community.

The Solutions Group is proud to announce that three of this year's honorees are long-standing clients with whom we have partnered to create programs and services that help employees experience measurable improvements in their physical and emotional health.



**City of Albuquerque
Presbyterian Healthcare Services
Rio Grande
TriCore Reference Laboratories**

Category winners will be announced at the [2018 Health Summit](#) on Thursday, March 8 at Albuquerque Convention Center. Congratulations to all the honorees!

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EAP: 505.254.3555 | 866.254.3555

Wellness: 505.923.5429

1240 Pennsylvania NE

Albuquerque, NM 87119

www.solutionsbiz.com

Steps for Preventing Colorectal Cancer

Colorectal cancer, also known as colon cancer, is the third leading cancer killer among men and women in the United States. Thanks in large part to preventive screenings and early detection, death rates from colon cancer have dropped in recent years.

The [American Cancer Society](#) recommends that starting at age 50, men and women at average risk for developing colorectal cancer use one of the following screening tests. These tests can be used for people who have symptoms of colorectal cancer as well as other digestive diseases such as inflammatory bowel disease. The most important thing is to get tested.

Tests that identify polyps and cancer	Frequency
Colonoscopy	every 10 years
CT colonography (virtual colonoscopy)	every 5 years
Flexible sigmoidoscopy	every 5 years
Double-contrast barium enema	every 5 years
Tests that identify cancer	Frequency
Fecal immunochemical test (FIT)	every year
Guaiac-based fecal occult blood test (gFOBT)	every year
Stool DNA test	every 3 years



Boost Your Immune System with a Healthy Lifestyle

Feeling under the weather? This cold and season in particular, it seems that nearly everyone has been hit by a nasty bug of some sort. Make sure your lifestyle isn't making you more susceptible to germs, viruses and chronic illness. Use the following checklist to find room for improvement:

- 1. Minimize your stress level.** While stress is part of life, chronic stress exposes your body to a steady stream of stress hormones that suppress the immune system. Try meditating, slowing down, connecting with other people, exercising or seeing a counselor to manage your stress.
- 2. Get 7-9 hours of sleep each night.** Studies show that well-rested people who received the flu vaccine developed stronger protection against the illness.
- 3. Cut the sugar.** Eating or drinking too much refined sugar curbs immune system cells that attack bacteria, an effect that can last for hours after consumption.
- 4. Get regular, moderate exercise.** A 30-minute walk each day can help your immune system fight infection.
- 5. Build and maintain a strong social network.** People with strong, meaningful relationships tend to have stronger immune systems than those who feel alone.
- 6. Laugh.** Laughter curbs the level of stress hormones in your body and boosts a type of white blood cell that fights infection.



5 Ways to Show Kindness to People with Disabilities

March is [National Developmental Disabilities Month](#), a reminder that showing kindness to people with intellectual and/or developmental disabilities can go a long way. No matter how or when you encounter someone who is disabled, here are five things to keep in mind.

- **Listen and talk to them.** You may learn something and make a new friend.
- **Respect their choices and their bodies.** Be sure to ask if someone wants help before you make any type of physical contact.
- **Include them.** Make sure your friends and colleagues with disabilities are invited to participate in activities. Not sure what they can do? Just ask.
- **Assume they can learn and do things.** This gives them the same basic dignity and respect as someone without disabilities.
- **Make sure they have the support they need.** Learn which services – such as education, healthcare and long-term care – are fully funded so you can give support when needed.

Source: [Mosaic Allied Voices Action Center](#)