



The Wellness Watch

January 2019



National Blood Donor Month



Have you ever donated blood? If not, now is a good time to start.



With winter vacations, holidays, snowstorms, and more illness donations to the blood banks come up short every year.

It's one of the reasons that January has been designated National Blood Donor Month. With blood needed for a patient every few seconds and only about 5 percent of the population donating blood, the plea goes out for eligible donors to donate as often as possible.

So, the search for new donors goes on. Donors are greatly needed and appreciated.

Blood banks want potential donors to know that:

- Donating is a very safe. All materials involved are used only once and then discarded.
- The process starts with registration, a health history is taken and a mini-physical is given.
- The actual donation takes about 10 minutes and equals approximately one pint of blood.
- Your body will normally replace the lost fluid within 24 hours.

The American Red Cross offers some tips to make donating a good experience:



- Before going to donate, eat a good breakfast or lunch. Avoid fatty foods and eat iron-rich foods.
- Drink extra fluids to replace the fluid you will donate but avoid caffeine.

- Be sure to wear clothes with sleeves that can be raised above the elbow.
- Afterwards, enjoy the snack and drink provided for you.
- Over the next 24-48 hours, be sure to drink plenty of fluids.



Even if you cannot donate blood due to health conditions or other reasons, you can still participate in Blood Donor Month.



- You can help organize a blood drive, or volunteer to help at a mobile blood site.
- Check with your local blood drives to see if they need treats to give to donors after they give blood.
- Monetary donations are always welcomed and appreciated as well.

January Question

Losing weight is the most popular thing people want to do in the new year, but what about that special interest you always wanted to develop?



Our question this month is:

What is it that you have wanted to do for quite a while, and you could start doing in the new year?

Join a club, study, get into photography, take a trip, learn to knit, remodel your den?

Choose something that will make you happy and bring you joy!

Resolutions can change your life

New Year's Day is a favorite time to sit down, use a pen or the computer, and make a list of all the changes that will make the new year a wonderful time in which to live. Weight will be lost, smoking will cease, you will be more organized, and you will learn a foreign language.

Two weeks later, however, you are chewing a jelly doughnut, buying a pack of cigarettes, throwing the mail in a pile that's building up on your desk, and reading a novel.

When you wake in the night, you think of your resolutions, feel guilty, but decide maybe next year.

But you don't have to wait. This year can still be your year for making a change. Try the following simple tips to achieve your goal.

Be fair to yourself. Give yourself ONE goal for the coming year.

- Work on the most important goal and let the others wait.
- Be successful in one area and the others will follow.

Don't give up. If you do mess up, smoke a cigarette or eat a pint of ice cream, start over the next morning.

Forgive yourself. Don't expect to be perfect. Just do the best you can.

Establish a reward system. But don't give yourself a treat every day.

- When you have kept your resolution for a week, give yourself the established reward.
- If you are fighting a weight problem don't make a chocolate bar or a beer the reward. Take yourself to a movie, get a pedicure or buy your favorite sports magazine.



Eight foods for a healthier life

We could all benefit from eating healthier. While there are a lot of different ideas about what foods are healthy, here are eight that have been proven to give us health benefits:

- ◆ Almonds for their vitamins and minerals.
- ◆ Apples which help lower cholesterol and glucose levels.
- ◆ Bananas for their great sources of potassium and nutrients.
- ◆ Broccoli has vitamins, calcium and minerals.
- ◆ Beans have important nutrients and are a cancer-fighting food.
- ◆ Spinach is a source of vitamins A, C and folate.
- ◆ Sweet potatoes have vitamins A, B6, C and more.
- ◆ Wheat germ is a highly concentrated source of many nutrients.



A Few Easy Ways to Use Wheat Germ

- ◆ A topping for your yogurt, oatmeal, or sliced fruit.
- ◆ Use in baking by replacing some of the flour with it.
- ◆ Mix with seasonings for a nice coating for baked fish or chicken.
- ◆ Use it as a crumb topping on desserts or casseroles.
- ◆ Add to soups and stews.
- ◆ Use it in smoothies.
- ◆ Eat as a cold cereal or heated up for a hot cereal.
- ◆ Use instead of bread crumbs in recipes.

