

# AMH

## InsideOut

### Holiday Stress

by Dr. M. Susan Vann

It's holiday time again! As the days get shorter and the temperatures get cooler, it's time to dig out our warm coats and gloves, find the snow shovels just in case, and get our cars ready for winter driving. It's also time to start thinking about winter holiday preparations. The holidays can be a time of serious, joy-killing stress. But there are many steps we can take to ensure that this holiday season is the wonderful time we want it to be.

Think about the kinds of things that trigger stress for you during the holidays. When we know what our triggers are, we can sometimes disarm them. Here are some suggestions for disarming common triggers:

- **Money stress:** Develop a spending limit and stick to it. It's OK to tell your child that a toy costs too much. Don't buy gifts that you'll spend the rest of the year paying off.
- **Large gift giving traditions:** Give something personal. It doesn't have to cost a lot and may be much more meaningful. Agree with extended family and friends to limit gift giving and to limit costs of gifts.
- **Too much to do:** Get organized. Make lists of tasks and schedule them in a planner. Delegate as much as possible. Be realistic about the amount of time you have and cut

out things that make you feel stressed.

- **Too many gatherings:** Say no to events that aren't important to you. Focus on the events and traditions that make the season special to you and your family.
- **Perfectionism:** Avoid the idea that everything needs to be perfect and that you are the only one who can make it so.
- **Family conflicts:** Remember that family conflicts don't go away just because the holidays are here. Set reasonable limits on time at family events, and don't feel guilty about avoiding people who love conflict.

Don't forget that you must take care of yourself to give your best to your loved ones!

- ◇ Reserve some time for you to relax, exercise, or just kick back.
- ◇ Keep to your regular sleep, eating, and exercise schedule.
- ◇ Limit alcohol and nicotine use; avoid over-eating.
- ◇ Get help with depression issues if you need it.

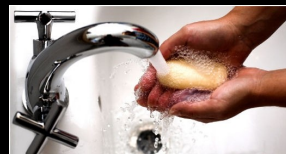
*Make this holiday about family, friends, fun, and the true meaning of the season!*



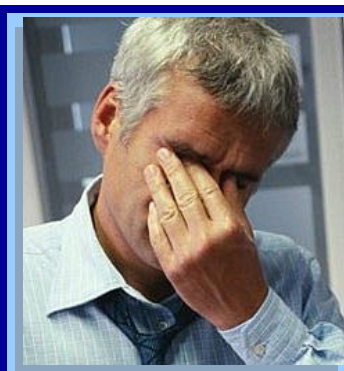
#### AMH FLU CLINICS

AdvanceMed Hanford worksite flu clinics are currently being held at various locations across the Site until November 16, 2010. For the complete schedule and locations, directions to the clinics, and detailed information about the flu shots [click HERE](#), or call the flu clinic hotline at 376-1000. To schedule a Cold & Flu Prevention presentation for your next safety meeting, contact [Dr. Sandy Rock](#).

#### HAND WASHING KEEPS YOU HEALTHY



Frequent hand washing is one of the best ways to avoid getting sick and spreading illness. Hand washing requires only soap and water or an alcohol-based hand sanitizer — a cleanser that doesn't require water. Find out when and how to wash your hands properly by visiting the [Mayo Clinic website](#).



Invite AMH to be a guest at your next work group meeting.

NOVEMBER FEATURED PRESENTATION:

### “Holiday Stress”

BY AMH BEHAVIORAL HEALTH PROVIDERS  
CALL (509) 376-4418

#### WATCH FOR UPCOMING EVENTS WITH AMH

November  
[Weight Loss Convoy \(ongoing\)](#)  
[Site-Health Fairs \(11th\)](#)  
[Risk Communication: When, Why and How - Presentation at Hammer \(5th\)](#)

December  
[Weight Loss Convoy \(ongoing\)](#)  
[Site-Health Fairs \(9th\)](#)

Select a link or visit our website: [www.hanford.gov/amh](http://www.hanford.gov/amh)



# “QUIT IT” Program (10-weeks); AMH Tobacco Cessation

At AMH, we recognize that many Hanford workers are still using tobacco and looking for a way to quit. We also understand the hold that nicotine addiction can have on a person, and we respect the fact that though many people wish to quit, it's much easier said than done. Quitting tobacco is a process that sometimes ends in failure, but with each quit attempt, users become closer to being tobacco free.

Knowing that many people are looking for a quality program to help, we have implemented a Tobacco Cessation program at AMH, called “Quit It”. In our program, we will use the most up-to-date education and clinical guidelines to provide the highest quality of support, and to give you the best possible chance at living a tobacco-free life.

The U.S. Department of Health and Human Services suggests that the combination of education, support, and the proper pharmacotherapy (nicotine replacement therapy) will give a tobacco user the best chance at achieving success. With this knowledge, our “Quit It” Program has been designed to provide one-on-one coaching, weekly support groups, and appropriate nicotine replacement therapy to all active participants at no cost to the employee.

The program will begin on **Monday, January 10<sup>th</sup>**. We will meet each Monday afternoon from 3:30 to 4:30pm at the AMH clinic in room 136 for 10 straight weeks.

The prerequisites to the program:

- You must be able to attend the Monday afternoon meetings.
- You must obtain your manager's approval to attend/participate.
- You must set up a 1-hour one-on-one appointment with an AMH Health Educator prior to the first day of class in order to create your quit plan and discuss nicotine replacement therapy (NRT) options.

To register for the program:

1. Get your manager's approval.
2. Call 376-3267 to sign up.
3. Set up your one-on-one appointment.



Please RSVP to Shannon Haselhuhn at 376-3939 or [Shannon\\_L\\_Haselhuhn@rl.gov](mailto:Shannon_L_Haselhuhn@rl.gov).



## NOVEMBER IS AMERICAN DIABETES MONTH

Nearly 24 million Americans have diabetes, and an additional 57 million have pre-diabetes. The [American Diabetes Association](#) is an excellent resource to learn more about risk, prevention and management of the disease. Knowing your numbers, and managing your blood sugar through good nutrition and exercise can greatly decrease the complications of diabetes, however, when left unmanaged, diabetes can affect your health negatively in many ways.

- The death rate from diabetes continues to climb. Since 1987, the death rate due to diabetes has increased by 45%, while the death rates due to cancer, heart disease, and stroke have declined.
- About 60-70% of people with diabetes have mild to severe forms of nerve damage that could result in pain in the feet or hands, slowed digestion, sexual dysfunction, and other nerve problems.
- The rate of amputation for people with diabetes is 10 times higher than for people without diabetes.
- Two out of three people with diabetes die from heart disease or stroke.
- Diabetes is the leading cause of new cases of blindness among adults.
- Diabetes is the leading cause of kidney failure.

## Healthy Recipes

### Sweet Potatoes & Roasted Bananas

Serves 6

#### Ingredients:

- 1 1/2 pounds sweet potatoes, washed
- 2 medium bananas, peeled and halved
- 2 tablespoons orange juice
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground cardamom
- 1/4 teaspoon ground nutmeg
- Red pepper flakes, to taste
- 3 tablespoons brown sugar
- Dried parsley, for garnish

#### Preparation:

Preheat the oven to 375 F. Lightly coat a baking dish with cooking spray. Using a fork, poke several holes in the sweet potatoes. Microwave on high for 3 minutes, turn and cook another 3 minutes or until tender. Set aside - peel when cool to the touch. Place the banana halves in the prepared baking dish. Bake uncovered until the fruit is soft and juicy, about 15 minutes. Remove from the oven and pour the orange juice over the bananas. Stir to scrape the drippings and mash the bananas well. In a large mixing bowl, add the bananas, sweet potatoes, spices and brown sugar. Using an electric mixer, blend until smooth. Transfer to an ovenproof serving bowl and return to the oven. Bake until warmed through. Garnish with parsley and serve.



***This year, instead of serving the old standbys — turkey smothered in gravy, candied yams, buttered corn and pumpkin pie — try healthier recipes — [CLICK HERE!](#)***

#### PER SERVING:

Calories	142
Total Fat	trace
Saturated Fat	trace
Cholesterol	0 mg
Sodium	17 mg
Carbohydrate	34 g
Dietary fiber	.5 g
Calcium	43 mg
Potassium	551 mg

For more: [Healthy Recipes](#)