

SEPTEMBER 2023

Your Health Matters

NEWSLETTER



Monthly newsletter brought to you by Brieden Consulting Group

September is National Healthy Aging Month!

This observance raises awareness on the physical and mental health of older adults and serves as a reminder that as we age, our minds and bodies change. It is important to maintain a healthy lifestyle to help deal with those changes and to help prevent some common age-related health problems.

You can take a proactive approach to aging by adopting healthy habits and behaviors, managing existing health conditions, and staying connected to your community. Consider practicing the tips below to help you stay active and independent as you age:

Eat and Drink Healthy. Dietary needs may change as you age. A healthy eating plan includes nutritious foods that are low in cholesterol, fat, and artificial ingredients. You should also drink plenty of liquids, especially water, to stay hydrated. Eat nutrient dense foods like fruits, vegetables, whole grains, lean meats, and low-fat dairy products.

Move More, Sit Less. Staying active can help you prevent, delay, and manage chronic diseases, improve balance and stamina, reduce the risk of falling, and improve brain health. Aim for moderate physical activity, like walking, at least 150 minutes a week (22-30 minutes a day) and muscle strengthening activities, like carrying groceries, at least 2 days a week. Always consult with your doctor before starting a new exercise regimen.

Get Regular Checkups. It is vital to go to the doctor for regular health screenings for healthy aging. Regular checkups help doctors catch chronic diseases early and can help patients reduce risk factors for disease, such as high blood pressure and cholesterol levels. In some cases, regular checkups have been linked to improved quality of life and feelings of wellness.

About Us

We believe that living a healthy lifestyle is a key component to everyday life. We want to be able to provide you with useful updates and alerts to help you maintain good health for your body and mind.

The health plan through Brieden Consulting Group offers great coverage that is affordable to help you maintain your health and the health of your entire family.

Please keep an eye out for the “Your Health Matters” monthly newsletters that will be distributed to all employees.

Our Benefits Broker

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National Suicide Prevention Month

#BeThe1To is the 988 Suicide & Crisis Lifeline's message for National Suicide Prevention Month and beyond, which helps spread the word about actions we can all take to prevent suicide. The Lifeline network and its partners are working to change the conversation from suicide to suicide prevention, to actions that can promote healing, help and give hope.

Ask.

Research shows people who are having thoughts of suicide feel relief when someone asks after them in a caring way. Findings suggest acknowledging and talking about suicide may reduce rather than increase suicidal ideation.

Be There.

Individuals are more likely to feel less depressed, less suicidal, less overwhelmed, and more hopeful by after speaking to someone who listens without judgment.

Keep Them Safe.

A number of studies have indicated that when lethal means are made less available or less deadly, suicide rates by that method decline, and frequently suicide rates overall decline.

Help Them Stay Connected.

Studies indicate that helping someone at risk create a network of resources and individuals for support and safety can help them take positive action and reduce feelings of hopelessness.

www.bethelto.com



RECIPE OF THE MONTH

Easy Caribbean Chicken

Ingredients

- 1 pound boneless skinless chicken breasts, cut into 1-inch pieces
- 2 teaspoons garlic-herb seasoning blend
- 1 can (14-1/2 ounces) fire-roasted diced tomatoes
- 1 can (8 ounces) unsweetened pineapple chunks
- 1/4 cup barbecue sauce
- Hot cooked rice
- Fresh cilantro leaves, optional

Directions

- **Step 1:** In a large nonstick skillet, heat oil over medium-high heat. Add chicken and seasoning; saute until chicken is lightly browned and no longer pink, about 5 minutes. Add tomatoes, pineapple and barbecue sauce. Bring to a boil; cook and stir until flavors are blended and chicken is cooked through, 5-7 minutes. Serve with rice and, if desired, cilantro.

Nutrition Facts

1 cup chicken mixture: 242 calories, 6g fat (1g saturated fat), 63mg cholesterol, 605mg sodium, 20g carbohydrate (15g sugars, 1g fiber), 24g protein. **Diabetic exchanges:** 3 lean meat, 1 starch, 1/2 fat.

