

NOVEMBER 2023

Your Health Matters

NEWSLETTER



Monthly newsletter brought to you by Brieden Consulting Group

November is Alzheimer's Awareness Month

There are over **6 million Americans** living with Alzheimer's Disease with 3 million new cases diagnosed each year.

Alzheimer's disease is a brain disorder that gets worse over time. It's characterized by changes in the brain that lead to deposits of certain proteins. Alzheimer's disease causes the brain to shrink and brain cells to eventually die. Alzheimer's disease is the most common cause of dementia – a gradual decline in memory, thinking, behavior and social skills. These changes affect a person's ability to function.

About 6.5 million people in the United States age 65 and older live with Alzheimer's disease. Among them, more than 70% are 75 years old and older. Of the about 55 million people worldwide with dementia, 60% to 70% are estimated to have Alzheimer's disease.

Symptoms & Signs:

- Memory loss
- Poor judgment leading to bad decisions
- Taking longer to complete normal daily tasks
- Repeating questions
- Wandering and getting lost
- Losing things or misplacing them in odd places

When To See A Doctor

A number of conditions can result in memory loss or other dementia symptoms. Some of those conditions can be treated, but seeing your doctor regularly can identify signs early on. Other studies have shown that staying engaged mentally and socially is linked to preserved thinking skills later in life and a lower risk of Alzheimer's disease. Keep your mind active!

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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Establishing Healthy Habits for the Holiday Season

Mashed potatoes and gravy, Grandma's apple pie, and other holiday favorites can be a joyous part of any celebration. But to feel your best, you know you need to eat in moderation and stay active. How can you avoid temptation when delicious foods and calories abound?

Consider your health goals for the holiday season, whether it's avoiding overeating, staying active, connecting with others, reducing stress, or preventing weight gain. You can plan to make time for buying healthy groceries, cooking at home, scheduling regular physical activity, and setting aside a little quiet time for yourself.

Support your family and friends, too. Encourage them to eat healthy during celebrations and throughout the year. If you're serving dinner, consider baking, broiling, or grilling food instead of frying. Replace sour cream with Greek yogurt, and mashed potatoes with mashed cauliflower. Make take-home containers available ahead of time, so guests don't feel they have to eat everything in one sitting.

Quick Tips:

- Enjoy a healthy breakfast to help prevent overeating later on.
- Eat what's best for you first. Fill at least half your plate with fresh fruit and veggies. You'll have less room for the rest.
- Bring a healthy dish to a party.
- Fruit by itself makes an excellent dessert. Try placing a bowl of clementines or apples on the holiday table.
- Avoid beverages that are high in calories and sugar.

RECIPE OF THE MONTH

Sausage & Rice Stuffed Pumpkins

Ingredients

- 3 small pie pumpkins
- 1/2 lb. bulk sweet Italian sausage
- 1 lb. fresh mushrooms, chopped
- 2 medium onions, chopped
- 1 medium green pepper, chopped
- 2 garlic cloves, minced
- 4 cups cooked long grain rice
- 1 cup grated Parmesan cheese
- 2 large eggs, lightly beaten
- 1/4 cup minced fresh parsley
- 1 tsp. table salt
- 1/2 tsp dried thyme

Directions

- **Step 1:** Preheat oven to 450. Cut a 3-in. circle around each pumpkin stem. Remove tops and set aside. Remove strings and seeds from pumpkins; discard seeds or save for roasting.
- **Step 2:** In a large skillet, cook sausage, vegetables and garlic over medium heat 6-8 minutes or until sausage is no longer pink, breaking up sausage into crumbles; drain. Remove from heat, stir in rice, 3/4 cup cheese, eggs, parsley, salt and thyme.
- **Step 3:** Place pumpkins in a 15x10x1-in. baking pan; fill with rice mixture. Replace pumpkin tops. Bake 30 minutes. Ensure internal temperature is above 160 degrees before consuming. Sprinkle remaining cheese over filling. Cut to serve.

