

COMMIT TO BE FIT

Official Newsletter of The City of Franklin Employees Health and Wellness Program



SEPTEMBER IS Healthy Aging MONTH

Healthy Aging Month is recognized as a time to celebrate life and the positive aspects of growing older.

As we age, we become aware that our physical and mental health, as well as dietary and social needs, change over time. However, that doesn't mean you've lost control. You can take charge of your well-being, by taking the following steps to age with a healthy body and mind.

Get Moving - It is important to consult your doctor before exercising. Start Slow, know your limitations and modify as needed.

Maintain a Healthy Diet - Eat proper portion sizes, avoid excess processed foods and stay hydrated.

Stay Social - Try something new by attending online or social events/classes that interest you.

Balance Your Body and Mind - Keep a positive attitude. Keep your mind active by reading or completing puzzles. Keep your body active through stretches and yoga.

Be Proactive - Receive regular checkups, physicals and medical test. Ask your Doctor about what vitamins and supplements.

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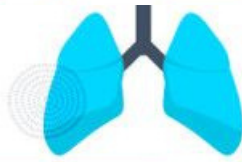
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"Good health is not something we can buy. However, it can be an extremely valuable savings account."

-Anne Wilson Schaeff

NATIONAL OCTOBER HEALTHY LUNG MONTH

LUNG HEALTH FACTS



MESOTHELIOMA FACTS



Approximately 1.5 billion people are breathing dangerously high levels of pollution every day.



Practicing deep breathing exercises, staying hydrated, and regular exercising can help keep lungs healthy.



Mesothelioma is an aggressive cancer that most commonly attacks the lining of the lungs.



Mesothelioma is caused by exposure to asbestos, a carcinogen used in many consumer and construction products that is not yet banned in the U.S. and Canada.



Smoking not only harms the lungs, it affects nearly every organ of the body and a person's overall health.



Respiratory illnesses such as lung cancer, asthma and COPD can be genetic. If your family has a history of any of these conditions, monitor symptoms carefully.



Exposure to asbestos can also cause asbestosis, a disease that causes shortness of breath, coughing and scarring of the lungs.



Cigarette smokers who are exposed to asbestos are about 50 to 84 times more likely to develop asbestos related diseases.

BENEFITS OF QUITTING SMOKING

People who quit smoking can reverse some of the lung damage.

Other benefits may include:

- Lower risk for lung disease
- Lower risk for heart disease
- Lower risk for cancer
- Less coughing and shortness of breath
- Better senses of smell and taste
- No more cigarette stains on fingers, & teeth
- Healthier gums
- Saving money

RESOURCES TO HELP YOU QUIT!

American Lung Association
1-800-586-4872

Centers for Disease Control & Prevention
1-800-784-8669



Sources:
Benefits of quitting smoking | Optima Health- EAP | <https://optimahealthpersonaladvantage.com> | USERNAME: COVA
Resources to help you quit | Optima Health- EAP | <https://optimahealthpersonaladvantage.com> | USERNAME: COVA

NOVEMBER

DIABETES

AWARENESS MONTH



What is Diabetes?

Diabetes is a chronic (long-lasting) health condition that affects how our body turns food into energy.

Your body breaks down most of the food you eat into sugar (glucose) and releases it into your bloodstream. When your blood sugar goes up, it signals your pancreas to release insulin. Insulin acts like a key to let the blood sugar into your body's cells for use of energy.

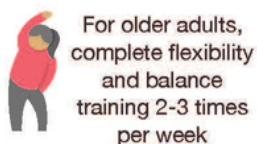
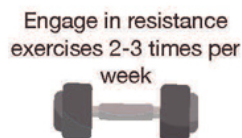
With diabetes, your body doesn't make enough insulin or can't use it as well as it should. When there isn't enough insulin or cells stop responding to insulin, too much blood sugar stays in your bloodstream. Over time, that can cause serious health problems, such as heart disease, vision loss, and kidney disease.

What is Diabetes | <https://www.cdc.gov/diabetes/basics/diabetes.html>



Exercise and Nutrition

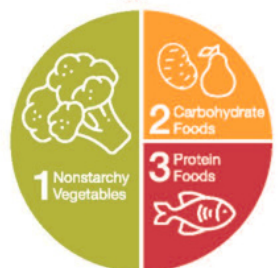
Get Active!



Eat Healthier!



Different eating plans can be considered for preventing and managing diabetes. Visit diabetesfoodhub.org for eating plans.



Not all activities are right for everyone with diabetes. Be careful when starting new activities, and check with your doctor if you have questions.

DECEMBER 5TH-11TH

National Handwashing Awareness Week

Personal hygiene begins and ends with our hands. And though we're taught as youngsters to wash our hands before dinner, it's important to remember that germs don't care what time of day it is. Clean hands prevent sickness. So it's especially important to learn the basics about hand hygiene so that you, too, can become a champion hand washer.



How to Wash Your Hands

Wash your hands the right way to reduce the spread of germs and illness!



Start With Suds.
Wet your hands and get some soap.



Rub, Rub, Rub!
Rub and scrub your hands for 20 seconds.



Rinse Clean.
Rinse your hands under warm water.



Shake and Dry.
Shake off your hands and dry them using a clean towel or hand dryer.

When to Wash Your Hands

Before

- Eating
- Touching your eyes, nose, or mouth
- Touching a scrape or cut

After

- Going to the bathroom
- Coughing, sneezing, or blowing your nose
- Touching anything dirty

Did You Know?



ON AVERAGE, YOU COME INTO CONTACT WITH 300 SURFACES EVERY 30 MINUTES, EXPOSING YOU TO 840,000 GERMS.



17 Handwashing Facts & Statistics
<https://allportablesinks.com/blogs/news/17-handwashing-facts-and-statistics>



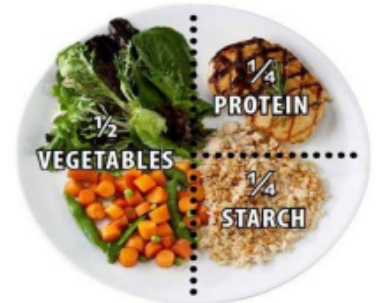
GET YOUR PLATE IN SHAPE

Creating your plate lets you choose the foods you want, but changes the portion sizes so you are getting larger portions of non-starchy vegetables and a smaller portion of starchy foods.

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Try these simple steps to get started:

1. Using your dinner plate, put a line down the middle of the plate. Then on one side, cut it again so you will have three sections on your plate.



2. Fill the **LARGEST** section with **non-starchy vegetables** such as:



- carrots
- lettuce
- beets
- okra
- cauliflower
- green beans
- onion
- mushrooms
- turnips
- tomatoes
- broccoli
- peppers
- greens
- cucumber

3. Now in **ONE** of the small sections, put **grains and starchy foods** such as:

- Rice
- Pasta
- Lima beans
- Light popcorn
- Sweet potatoes
- Squash Bread
- Corn
- Pretzels
- Potatoes



4. And then in the other small section, put your **protein** such as:

- Chicken or turkey without the skin
- Fish such as tuna, salmon, cod or catfish other seafood such as; shrimp, clams, oysters, crab or mussels
- Lean cuts of beef and pork such as; sirloin or pork loin, tofu, eggs, low-fat cheese



5. Add a serving of **fruit**, a serving of **dairy**, or both as your meal plan allows.



6. To complete your meal, add a **low-calorie drink** like water, unsweetened tea, or coffee.

WAYS TO GET MOVING IN THE COMMUNITY



Kick off the fall season at the Downtown Franklin Fall Festival on September 30, 2023 from 9:00 AM - 3:00 PM. We will fill downtown with food, vendors, photo booths, music, kid's crafts/games and so much more!



Sign up for the First Annual City of Franklin Trick or Trot 5K and Pumpkin Dash! Race from downtown, around the city cemetery and through residential areas! Join the fun by entering the costume contest and enjoying the music, food and post-race activities.

- 7:00 AM - Check In
- 8:00 AM - 5K Race
- 9:00 AM - Dash



Join us on Thursday, October 26, 2023 for an evening of safe Halloween festivities at the Downtown Franklin Boo Bash!

- 5:00 PM - 6:00 PM - Trick or Treat with our Downtown Businesses
- 6:00 PM - 7:00 PM - Pumpkin Painting at Franklin's Market on Main Pavilion



Come shop all of our beloved local shops during the 2023 Holiday open house on Saturday, November 11, 2023 from 10:00 - 3:00 PM! In addition to downtown businesses being open, The City of Franklin will be hosting a craft fair at the Two Sisters event venue located at 205 S. Main Street, Franklin, VA. 23851.

Kindness is in your blood



Blood Drive **City of Franklin**

The Franklin Business Incubator - Conference Room
601 N. Mechanic St.
Franklin, VA. 23851

Tuesday, October 3, 2023
10:00 A.M. to 3:00 P.M.

Please call 1-800-RED CROSS (1-800-733-2767) or visit RedCrossBlood.org and enter: Franklin to schedule an appointment.

The City of Franklin

3D MAMMOGRAMS

onsite mobile screening event

Early Detection Saves Lives!

All major insurances accepted, no referral needed for annual mammogram screening. All results will be send to patient PCP and patient. Please bring with you a picture ID and insurance card to your appointment.



A woman is eligible for a digital mammogram screening if she:

- is at least 40 years of age
- has not had a previous mammogram in the past year.
- has no current breast problems or complaints.

NOVEMBER 1, 2023

| 9AM - 3PM



Event Location:

**Franklin City Hall
Employee Parking Lot
205 W. First Avenue
Franklin, VA. 23851**

**To Schedule Your Appointment, Please call the HR Department
at 757-562-8508 or email info@franklinva.com**



THE MOST DIFFICULT TIME OF THE YEAR: Mental Health During the Holidays

Fighting Depression Around the Holidays

As the holidays approach and another year comes to an end, many enter a period of reflection. Reflection can offer an opportunity to reveal in the many exciting events of the year, or it can cause us to be consumed with self-doubt and regret. Instead of focusing on the promotions, new friends, and exciting vacations, for example, people remember all of the things they had hoped to accomplish- losing weight, going back to school, learning to cook - the list can be endless and overwhelming. Fortunately, the challenges that come with managing depression during the holidays are not impossible.

Recognizing the Signs and Symptoms

Identify the issue. While the signs and symptoms of depression can vary, there are some hallmarks that can alert you or those around you that you may be feeling a bit down.

- Fatigue
- Eating more or less
- Sleeping more or less
- Inability to concentrate
- Feelings of worthlessness
- Depressed mood most of the time
- Lack of interest in activities that you used to enjoy



**Burrell, S. (Reviewed 2020). *Fighting depression around the holidays*. Raleigh, NC: Workplace Options.



Employee Assistance Program (EAP)

Contact: 1-800-346-5484

**** For immediate care please specify
"In the moment support".**

<https://www.anthemepap.com/employer-select>
COMPANY NAME: City of Franklin Stand Alone



Employee Assistance Program (EAP)

Contact: 1-800-899-8174
OR
1-757-363-6777

www.optimaEAP.com
USERNAME: COVA