



Dakota Wellness Program

MARCH 2024

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Join Sanford Health Plan Wellness
team members for our monthly
15-minute wellness webinar.

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NORTH DAKOTA
PUBLIC EMPLOYEES
RETIREMENT SYSTEM

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HEALTH PLAN

Building a Balanced Life: The 6 Pillars of Wellness

Amidst our hectic routines, maintaining a balanced life is often overlooked, yet it is crucial for overall well-being. The foundation for such equilibrium lies in six pillars: Community, Social, Financial, Physical, Emotional, and Career Well-being.

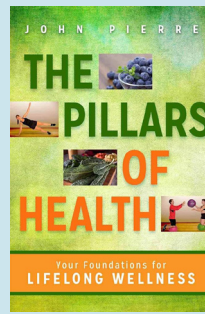
Community well-being centers on fostering connections and contributing to the community, promoting a sense of belonging and purpose. Engaging in local activities and building relationships enhances life satisfaction. **Social well-being** emphasizes nurturing healthy relationships, offering emotional support during challenging times. Regular social interactions, whether in person or virtually, contribute to a sense of belonging.

Financial well-being involves responsible management of finances for both short and long-term goals. Budgeting, saving, and wise investments contribute to stability, providing the security to pursue personal and professional aspirations. **Physical well-being** focuses on maintaining a healthy body through exercise, a balanced diet, and sufficient rest, contributing to increased energy and improved mood.

Emotional well-being revolves around effective emotional management through mindfulness and stress reduction techniques. Cultivating a positive mindset and addressing mental health needs are vital components.

Career well-being entails finding fulfillment in professional pursuits, aligning with passions, setting goals, and maintaining work-life balance.

Achieving balance requires intentional efforts across these six pillars. Nurturing each aspect creates a foundation for a more fulfilling life. By recognizing and addressing these dimensions, individuals can attain a sense of equilibrium that positively impacts their overall quality of life.



Book Club

The Pillars of Health: Your Foundations for Lifelong Wellness

by John Pierre

Have you been on every diet imaginable, yet still feel unhealthy and low on energy? Do you go to the gym religiously—for a couple of weeks at a time? Do you find yourself trying desperately to focus but unable to keep up with everything going on in your hectic life? Are you frustrated by a world that seems full of inconsiderate, unpleasant people? The Pillars of Health will help you build a strong foundation that supports you in every one of these areas. Health expert John Pierre has spent decades working with clients, including seniors, on building better nutrition, fitness, mental acuity, and compassion. Each one of these components, or “pillars,” is necessary for constructing a happy life overflowing with well-being—and best of all, it can be fun! In this book, you’ll discover how to feel your best and have a good time doing it. Being fit and staying sharp doesn’t have to be a struggle, and the tools John Pierre provides are simple and enjoyable to incorporate in your everyday routine. You’ll discover the “why” behind each principle he presents and learn a variety of techniques that will help you build a strong, joyous life you love!

DISCUSSION QUESTIONS

1. **How do the four pillars of health – nutrition, fitness, mental acuity, and compassion – interact and complement each other in the pursuit of lifelong well-being? Share examples from the book or your own experiences.**
2. **John Pierre suggests that achieving and maintaining a healthy lifestyle can be enjoyable. What specific tools and techniques does he propose in the book to make health and wellness a fun and sustainable part of everyday life? Have you tried any of these methods, and what were your results?**
3. **The author mentions working with clients, including seniors. How does the book address the unique challenges and considerations for individuals at different stages of life in terms of building a strong foundation for health? What insights or recommendations stood out to you in this regard?**

How can I maintain eye health?

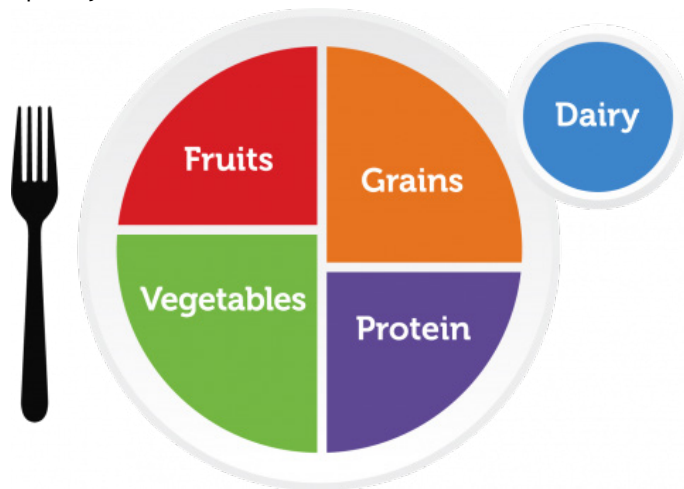
To maintain optimal eye health and preserve vision, it is crucial to undergo regular comprehensive dilated eye exams, as many eye diseases show no symptoms. These exams allow for early detection and easier treatment of potential issues. Factors like age, family history, and certain health conditions, such as diabetes or high blood pressure, may increase the risk of eye diseases. Knowing one's family health history aids in assessing potential risks. Adopting a healthy lifestyle, including a balanced diet rich in leafy greens and omega-3 fatty acids, regular physical activity, and avoiding smoking, significantly contributes to overall eye health. Additionally, protecting the eyes from sun exposure with sunglasses, using protective eye wear during specific activities, and practicing eye rest techniques, especially for computer users, are essential preventive measures. Proper care for contact lenses, including hand hygiene and regular replacement, helps prevent eye infections.



MyPlate: Your Culinary GPS

MyPlate is a simple, yet powerful tool designed to help you make mindful food choices. It splits your plate into five sections, each representing a food group and provides an immediate visual cue for portion control and balance in your meals. This smart graphic is like your culinary GPS, leading you toward a healthier you.

Now, picture your plate as a canvas. MyPlate encourages us to fill it thoughtfully. Fill half your plate with fruits and vegetables, one-quarter with grains, and one-quarter with protein. It's an easy, intuitive way to balance your meals. This approach ensures you're getting a variety of nutrients without overloading on any one group. The beauty of MyPlate is that it's not about being rigid; it's adaptable to your preferences and dietary needs. There's no one-size-fits-all – it's all about what works for you. So, here's to MyPlate – your artistic guide to a balanced, nutritious meal. The power of this visual aid lies in its simplicity.



Navigating the Terrain of Food Sensitivities: Understanding, Identifying and Managing

Food sensitivities refer to adverse reactions that individuals may experience after consuming certain foods. Unlike food allergies, which involve the immune system, sensitivities typically manifest as digestive issues, bloating, headaches, or fatigue. Identifying specific food sensitivities can be challenging, as symptoms may be delayed and vary widely among individuals. Common culprits include dairy, gluten, and certain additives. Elimination diets or food sensitivity testing can help pinpoint triggers. Managing food sensitivities involves adopting a tailored dietary approach, excluding problematic foods while ensuring proper nutrition. Awareness of individual sensitivities empowers individuals to make informed choices, promoting overall well-being and minimizing discomfort associated with adverse food reactions.

Preventive Health

Promoting Healthy Sleep

Quality sleep is important for overall health. Consistently sleeping seven to nine hours helps the body repair and maintain processes that affect almost every part of the body. The benefits of sleep are both mental and physical and include:

- Healthy heart (promotes health of the cardiac system)
- Improved mood (can resolve symptoms of anxiety, irritability, depression)
- Improved mental function (better decision-making and problem-solving skills, better mental clarity, memory formation, optimal learning)
- Regulated blood sugar (fewer than seven nightly hours increases risk for type 2 diabetes)
- Stress relief (waking up refreshed helps avoid stressors)
- Restored immune system (repairs tissues, cells and reduces susceptibility to common infections)
- Maintaining healthy weight (lack of sleep can disrupt appetite suppressors and stimulate hormones causing hunger sensations)

Tips for better sleep:

- Create sleep consistency - go to bed and wake up at the same time each day
- Create a quality sleep environment - a dark, quiet, cool room
- Avoid alcohol, caffeine and nicotine before bed
- Exercise during the day
- Avoid screens 30 minutes prior to bedtime

Monthly Observances

Traumatic brain injury

Colorectal cancer

Kidney

Multiple sclerosis

Nutrition

Workplace eye wellness

World Birth Defects Day 3/3

World Kidney Day 3/9

Sleep Awareness Week 3/10-16

Brain Awareness Week 3/11-16

World Sleep Day 3/15

National Drug and Alcohol Facts Week 3/8-24

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NDPERSwellness@sanfordhealth.org
(800) 499-3416 (TTY: 711)

Turkey Meatloaf with Zucchini

Prep time: 10 minutes
Cook time: 55 minutes

Total time: 1 hour 10 minutes
4 servings

Ingredients:

3/4 cup grated zucchini (squeezed dry after)	1/3 cup quick oats (or seasoned breadcrumbs)
6 tablespoons ketchup (divided)	1 large egg
1 1/2 teaspoons Worcestershire sauce	1 teaspoon marjoram
1 lb. ground turkey (93% lean)	1 teaspoon kosher salt
2 tablespoons dried onion flakes	

Instructions:

1. Preheat the oven to 350F.
2. In a small bowl combine 2 tablespoons of ketchup with Worcestershire sauce.
3. In a medium bowl combine the turkey, zucchini, dried onion, oats or breadcrumbs, egg, 1/4 cup ketchup, salt, and marjoram.
4. Shape into a loaf and place on a baking sheet. Spoon sauce on top.
5. Bake uncovered for 55-60 minutes, remove from oven, and let it sit for 5 minutes before slicing.

Nutrition Facts: Calories: 275kcal | Carbohydrates: 18g | Protein:25.5g | Fat: 11.5g
Saturated Fat: 3g | Cholesterol: 130.5mg | Sodium: 610.5mg | Fiber: 2g | Sugar: 7g
WW Points: 6



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The information in this newsletter should not be considered medical advice and is not a substitute for individual patient care and treatment decisions.



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