Spin Class—Earn 1 Wellness Point!

Join Leslie Meadows for A Spin Class!!
Monday, November 17th at 5:30 pm
YMCA

Contact Kim Stine to sign up for this class!

Angel Tree—Lunch & Learn—Earn 1 Wellness Point!

Join Marissa Austin with Angel Tree
Learn how you can make a difference in someone’s Christmas!
Wednesday, November 19th
12:00 noon & 1:00 pm
CVCC—Room 103

Please contact Kim Stine to sign up for this event.
Lite lunch will be provided.
Is it Typical age-related memory loss or is it Alzheimer's?

<table>
<thead>
<tr>
<th>Signs of Alzheimer's</th>
<th>Typical age-related changes</th>
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<tbody>
<tr>
<td>Poor judgment and decision making</td>
<td>Making a bad decision once in a while</td>
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<tr>
<td>Inability to manage a budget</td>
<td>Missing a monthly payment</td>
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<td>Losing track of the date or the season</td>
<td>Forgetting which day it is and remembering later</td>
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<td>Difficulty having a conversation</td>
<td>Sometimes forgetting which word to use</td>
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<td>Misplacing things and being unable to retrace steps to find them</td>
<td>Losing things from time to time</td>
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What to do if you notice these signs:
If you notice any of the 10 Warning Signs of Alzheimer's in yourself or someone you know, don't ignore them. Schedule an appointment with your doctor.

With early detection, you can:
Get the maximum benefit from available treatments – You can explore treatments that may provide some relief of symptoms and help you maintain a level of independence longer. You may also increase your chances of participating in clinical drug trials that help advance research.

Have more time to plan for the future – A diagnosis of Alzheimer's allows you to take part in decisions about care, transportation, living options, financial and legal matters. You can also participate in building the right care team and social support network.
November—American Diabetes Month

Diabetes Symptoms

The following symptoms of diabetes are typical. However, some people with type 2 diabetes have symptoms so mild that they go unnoticed.

Common symptoms of diabetes:

- Urinating often
- Feeling very thirsty
- Feeling very hungry - even though you are eating
- Extreme fatigue
- Blurry vision
- Cuts/bruises that are slow to heal
- Weight loss - even though you are eating more (type 1)
- Tingling, pain, or numbness in the hands/feet (type 2)

Early detection and treatment of diabetes can decrease the risk of developing the complication-harmful effects of diabetes such as damage to the eyes, heart, blood vessels, nervous system, teeth and gums, feet and skin, or kidneys. Studies show that keeping blood glucose, blood pressure and low-density lipoprotein cholesterol levels close to normal can help prevent or delay these problems of diabetes.

Go to our website (www.diabetes.org) and take our Risk Test to find out if you are at increased risk for having type 2 diabetes, a condition characterized by high blood glucose levels caused by either a lack of insulin or the body's inability to use insulin efficiently. Type 2 diabetes develops most often in middle-aged and older adults but can appear in young people. For more information visit www.diabetes.org.

REMINDER – BCBS HEALTH ASSESSMENT DUE!!!

BCBS Health Assessments should be completed before 12:00 midnight on November 30, 2014 to get credit for this Wellness Requirement!

This is a requirement for employees and spouses/dependents age 18 or older by July 1, 2014.

Failure to complete this will result in you paying $50 per pay period for insurance beginning July 1, 2015.
The Human Resources Department would like to recognize the employees whose work anniversaries fall within November. We appreciate all of your hard work and dedication to the citizens of Alexander County!

<table>
<thead>
<tr>
<th>Employee</th>
<th>Years of Service</th>
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<tr>
<td>Larry Elder</td>
<td>40</td>
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<tr>
<td>Leeanne Whisnant</td>
<td>21</td>
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<tr>
<td>Sylvia Turnmire</td>
<td>16</td>
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<tr>
<td>Judy Pennell</td>
<td>15</td>
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<td>Michele Foster</td>
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<td>Kenneth Poole</td>
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<td>Seth Harris</td>
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<td>Jennifer Herman</td>
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<td>Mel Hager</td>
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<td>Kelley Chapman</td>
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<td>Luther Reid</td>
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<td>Robert Leenerts</td>
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<td>Edward Bombria</td>
<td>5</td>
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<tr>
<td>Amy Childers</td>
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<tr>
<td>Stoy Lankford</td>
<td>4</td>
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<tr>
<td>Brenda Shook</td>
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<td>Joe Munday</td>
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<td>Ronnie Minton</td>
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<tr>
<td>Gwendolyn Williamson</td>
<td>3</td>
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<tr>
<td>Kimberly Bittinger</td>
<td>3</td>
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<td>Patrick Wike</td>
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RECIPE CORNER—Thai Citrus Chicken Salad

**Ingredients**

For the salad:
- 1 chicken breast, about 7 to 8 ounces, cubed
- 1 clove garlic, minced
- 1 1/2 cup Napa cabbage, shredded
- 1 cup red cabbage, shredded
- 1 cup papaya, cut into matchsticks
- 1 cup carrots, shredded
- 1/2 cup daikon, shredded
- 1/4 cup green onion, minced
- 1/4 cup cilantro, chopped
- 1 tablespoon olive oil
- Salt
- Pepper
- 1/2 lime, cut into wedges

For the dressing:
- 1 tablespoon fresh lime juice
- 1 tablespoon soy sauce
- 1 tablespoon fish sauce
- 1 teaspoon rice vinegar
- 1 teaspoon sugar
- 1/2 teaspoon olive oil
- 2 cloves garlic, minced

**Directions**

1. Sprinkle cubed chicken breast with salt and pepper, and add minced garlic. Set aside for a few minutes.
2. Over medium-high heat, heat a skillet or pan and add olive oil.
3. When oil is hot, add chicken breast and cook, turning occasionally to brown on both sides. Remove when done, about seven minutes. Squeeze juice from a wedge of lime on the chicken, and set aside to cool.
4. In a large bowl, mix together the rest of the salad ingredients (red and Napa cabbage, carrots, papaya, daikon, green onion, and cilantro). Set aside.
5. In a small bowl, combine all salad dressing ingredients and mix together.
6. Pour dressing into a blender, and blend until emulsified.
7. Add chicken and dressing to salad, and mix to combine. Serve with a lime wedge.
Gastroesophageal reflux disease, or GERD, is very common, affecting up to 1 in 5 or more of adult men and women in the U.S. population. It also occurs in children. Although common, the disease often is unrecognized – its symptoms misunderstood. This is unfortunate because GERD is generally a treatable disease, though serious complications can result if it is not treated properly.

Heartburn is the most frequent – but not the only – symptom of GERD. (The disease may be present even without apparent symptoms.) Heartburn is not specific to GERD and can result from other disorders that occur inside and outside the esophagus. All too often, GERD is either self-treated or mistreated.

GERD is a chronic disease. Treatment usually must be maintained on a long-term basis, even after symptoms have been brought under control. Issues of daily living and compliance with long-term use of medication need to be addressed as well. This can be accomplished through follow-up and education.

GERD is often characterized by painful symptoms that can undermine an individual’s quality of life. Various methods to effectively treat GERD range from lifestyle measures to the use of medication or surgical procedures.

It is essential for individuals who suffer the chronic and recurrent symptoms of GERD to seek an accurate diagnosis, to work with their physician, and to receive the most effective treatment available.

Symptoms of gastroesophageal reflux disease (GERD) vary from person to person. The majority of people with GERD have mild symptoms, with no visible evidence of tissue damage and little risk of developing complications.

Chronic heartburn is the most frequently reported symptom of GERD. Acid regurgitation (refluxed acid into the mouth) is another common symptom, sometimes associated with sour or bitter taste.

Numerous symptoms other than heartburn are associated with GERD. These may include belching, difficulty or pain when swallowing, or waterbrash (sudden excess of saliva).

An alarming symptom needing prompt medical attention is dysphagia (the sensation of food sticking in the esophagus).

Other GERD symptoms may involve chronic sore throat, laryngitis, throat clearing, chronic cough, and other oral complaints such as inflammation of the gums and erosion of the enamel of the teeth. Small amounts of acid can reflux into the back of the throat or into the lungs and cause irritation.

Hoarseness in the morning, a sour taste, or bad breath may be clues of GERD. Chronic asthma, cough, wheezing, and noncardiac chest pain, (it may feel like angina) may be due to GERD. People with these symptoms often have less frequent or even absent typical symptoms of GERD such as heartburn.

Over-the-counter preparations provide only temporary symptom relief. They do not prevent recurrence of symptoms or allow an injured esophagus to heal. If you are experiencing GERD, please contact your physician to schedule an appointment.
November is National COPD Awareness Month. COPD or Chronic Obstructive Pulmonary Disease is the third largest killer in the US today. Over 12 million Americans have been diagnosed with COPD and it kills more than 120,000 of us every year. The statistics aren't even the whole story, doctors believe many of us are living with COPD and don’t even realize it.

What is COPD?

COPD is the term that has been given to a group of diseases that affects the respiratory system.

People with COPD often have Emphysema, a condition that damages the air sacs in the lungs making it difficult to exhale. Chronic Bronchitis is also common for people with COPD, the airways swell, obstructing the airflow, making it difficult to breathe. Often people with Chronic Bronchitis also suffer from increased mucus production, which can further obstruct the airways and cause breathing difficulties. Other symptoms of COPD include a severe chronic cough, often referred to as a ‘smokers cough’ and wheezing. Sufferers of COPD often show symptoms of both Chronic Bronchitis and Emphysema, in varying degrees.

Why does it happen? How can you tell?

COPD is usually caused by years of smoking or long term exposure to chemicals. Most people are diagnosed with COPD later in life but the number of people in their late twenties being diagnosed is currently on the rise. Symptoms start gradually, sometimes with a cough that never seems to go away. Or you may find you are increasingly out of breath when carrying out certain light-duty physical activities. At first symptoms can be so mild that you attribute them to aging or to those few extra pounds you've recently put on. However, as a chronic condition, COPD will not go away and symptoms will eventually worsen. For many people with severe COPD, even the everyday activities such as walking, light housework and getting dressed can prove too difficult.

Early detection of COPD is key – so it’s important to take note of any persistent respiratory difficulties as they may be initial signs of the disease. There is no cure for COPD but if caught in the early stages it can be effectively managed.

What can you do?

If you are worried about COPD or are showing any of the symptoms we have talked about, make an appointment to see your doctor. A physical exam, together with a simple breathing test, with a device known as a spirometer, will enable your physician to make a quick diagnosis.