



A Weekly Bulletin for "Choose a PATH to Wellness"

Vibrant

Week 7
Teamwork

TEXAS ASSOCIATION OF COUNTIES
HEALTH AND EMPLOYEE BENEFITS POOL



Together. Better. Stronger.

An Olympic Challenge

Mission Seven

TEAMWORK

Make a list of good deeds you could easily do for your friends, family or others. Act on 1 item this week.

"Wishing to be friends is quick work, but friendship is a slow-ripening fruit."
– Aristotle

There is nothing more sacred and more special than a friend. Look at Lucy and Ethel, Bert and Ernie, Abbott and Costello. They all go together like Peanut butter and Jelly. Think of friendship, and you can't help but think of Moonface Martin, Reno Sweeney and Billy Crocker (characters from the old Broadway show, "Anything Goes"), singing to each other:

"If you're ever in a jam, here I am. If you're ever up a tree, phone to me. If you ever lose your teeth when you're out to dine, borrow mine! That's friendship, friendship, just the perfect blendship!"

In week 2, you were asked to make a list of your support team and think of ways in which they help or could help you. Now is your chance to give back. This week's mission is to make a list of good deeds and acts of support that you can easily do for your family, friends and community. Then, choose an item on the list and do it. You may be surprised at the benefits it provides for you as well as the recipient.

Researchers have long known that social contact can have a measurable impact on protecting people's health. It seems to boost the immune system and lower the frequency of colds and other infections.

Scientists at the University of Michigan have

proved that giving increases the giver's longevity. It doesn't matter whether the support is in the form of "emotional support" or in the form of "instrumental help." Either way, it has a significant impact on the giver.

Examples of instrumental help include driving a friend to the doctor, volunteering at your local food shelf or meals on wheels program, making dinner for a sick neighbor and running errands for an aged family member. Emotional help includes things like listening to someone when they need to talk, being a shoulder to lean on when someone is sad and making another person feel loved and cared for.

Intuitively we believe that helping makes the other person feel better. But actually, receiving support can sometimes generate feelings of dependence. Depending on other people for help and support can cause some people guilt or anxiety and make them feel like a burden to others.

So, remember, not only is it important to give but also to be aware of whether your help is wanted by your recipients. Be sure to ask. If given correctly, helping others can improve both your mental and physical health, give you a sense of belonging, and help increase a feeling of positive emotions toward the future. And positive emotions are good for the body, promoting cardiovascular health and boosting the immune system.

Now you know it's true that helping others really does help yourself! Have a great week!

Source:
Psychology Today Magazine, July/Aug 2003



Training Table Recipe

Fillet of Sole

- 1 pound thin sole or other whitefish fillets
- 1/8 tsp cayenne pepper, or to taste
- 1/2 tsp salt, or to taste
- 2 TB dry white wine
- 1/2 cup red or green grapes, halved
- 1 TB lime or lemon juice
- 1 tsp lime zest (thinnest colored part of the peel only)
- 2 tsp chervil or parsley, finely chopped

Place fillets in single layer in glass baking dish. Sprinkle fillets with desired amount of cayenne and salt. Pour wine around edges of dish; cover with wax paper. Microwave on high 3 to 4 minutes, until fish is opaque. Pour liquid from baking dish into a 2-cup glass measure; add grapes, lime juice, zest and chervil. Microwave on high 3 minutes, or until grapes are heated through. Pour over fillets and serve immediately. Serves 4.

Calories 125, Fat 1g, Carbohydrates 4g, Protein 23g, Sodium 360mg.





About the Olympics

The '80s — Politics and Dreams

1980 – Moscow/Lake Placid. The Soviet Union invaded Afghanistan in 1979. Incredible games occurred in Lake Placid in February but President Jimmy Carter could not condone the invasion and forced American athletes to stay home that summer. Countless Olympic dreams were crushed as many were forced to retire, unable to wait four years to compete.

Lake Placid offered America the “penultimate” in Olympic dreams. With the boycott of the summer games looming, an energy crisis and oil embargo, inflation soaring, and hostages being held in Iran, Americans were feeling a political and cultural malaise the size of a Soviet doped athlete. U.S. Men’s hockey set out to take on the USSR to win a trip to the finals. In spite of never beating the powerful red and white Soviets, their attitude was hopeful. They did the unimaginable and won in a dramatic game most sports fans worldwide will never forget. They went on to win the gold from Finland and Al Micheals of CBS said, “Do you believe in Miracles?” Apparently we all did. Shortly thereafter the Iron Curtain began its slow decline and eight years later the Berlin Wall came tumbling down.

1984 – Los Angeles/Sarajevo. The first women’s marathon was run and the world held it’s breath. Distance running for women was banned back in 1928 when some runners collapsed, despite the fact that an Italian male runner (Dorando Pietri) made a spectacle near the finish when he ran the wrong direction and collapsed, needing medical help to finish first. He was disqualified but no one shuddered and then banned men from marathon running. In 1984 Joan Benoit ran to gold without a hitch. 20 minutes later she was followed by Swiss friend Gabriele Andersen-Scheiss who was suffering heat stroke. Her leg had stiffened and her arm dangled to one side as she staggered into the stadium. It took her 5 minutes to complete the final lap while race officials and spectators watched in panic. Unlike Pietri, she finished without aid. Two hours later she was hydrated and eventually fully covered. Talk ensued about banning the women’s marathon again but Benoit and shadows of Pietri set the record straight.

The International Olympic Committee finally allowed professional athletes to compete but each individual sport “federation” could decide to comply or not.

1988 Seoul/Calgary. Table Tennis, Freestyle Skiing and Curling debuted; Tennis returned.



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Safety Corner

Using Hand Tools

Tools have always been indispensable helpmates. They can and have, however, contributed to numerous injuries as well. Though they help to make a job easier, they require a great deal of caution and respect.

- ◆ Use the right tool for the job.
- ◆ Keep tools in good condition. Handles should be tight and free from defects. Cutting tools should be kept sharp. Wedges and punches should be free from “mushroom heads”.
- ◆ Use and maintain power tools according to their instructions.
- ◆ Make sure power tools are properly grounded or are double insulated. Never cut the three-prong plug off or use a two prong adapter.
- ◆ Switch off and unplug power tools before changing blades or servicing and repairing.
- ◆ Wear clothing with no strings or loose ends to catch on things.
- ◆ Wear appropriate personal protective equipment such as glasses, goggles, dust masks, face shields, hearing protection, etc.
- ◆ Keep bystanders at a safe distance.
- ◆ Keep all guards and shields in place. Learn to use a “push stick” with table saws.
- ◆ Unplug and put tools away after use. Consider locking up power tools to prevent others from using them without permission, especially young children.

Training Tips

This Week’s Stretch & Strengthen Exercise:

Chest



Sphinx



Plank



Lower Plank



Cobra

Instructions:

- ◆ **Sphinx** - stretch your chest and neck muscles. Look up to the ceiling and as far back as you can go.
- ◆ **Plank** - strengthens your lower back, abs, arms and chest. Hold for 5 breaths and then slowly lower yourself to the floor - advanced people try not to touch the floor.
- ◆ **Lower Plank & Cobra** - keeping your rear end down, push up into Cobra, hold for 5 breaths.
- ◆ **Repeat** the sequence backward and do 4 full sequences (forward and backward).

Important Cautions:

- ◆ Keep your lower back flat and your abs tight.

The National Safety Council’s Agricultural Division.