

# Community Health

COMMUNITYHEALTHMAGAZINE.COM | SPRING 2023

## Get Going

With warmer weather finally coming,  
it's time to get active and get the  
blood flowing | Pages 4-8







INTRODUCING THE

# *Dream Manager* PROGRAM

ARE YOU LIVING THE LIFE YOU WANT?

Every worker at KLN Family Brands has a story. We all have experienced success and failure. This makes us who we are. Our strengths come from our story. It is now time to take what we know best and bring it to the next level to “dream” and achieve some of our life long goals. Courtney Rooney wants to hear your story.



ASPIRATION  
VISION  
HOPE  
AMBITION  
DESIRE  
GOAL  
DRIVEN  
INTENTION

MEET OUR  
*Dream Manager*

**Courtney Rooney** is a licensed therapist who has worked with young adults and families for over 20 years. She has access and connections to many resources and services for individuals to utilize. She will be the bridge to help you become the best self advocate for yourself in finding your happiness.

*Be the best version of yourself.  
Live the life you have imagined.*

*Go confidently in the  
direction of your dreams.  
Actively engaged bringing  
vision to reality.*

We're excited about this new program! Please contact Courtney for more information:  
[crooney@klnfamilybrands.com](mailto:crooney@klnfamilybrands.com)



COVER STORY

# Time to Move

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## 'Freezing for a Reason'

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## Community Health

SPRING 2023 | VOLUME 2 | ISSUE 2

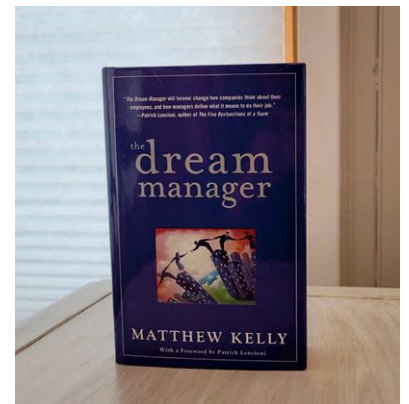
KLN Family Brands



COMMUNITY

## Building Blocks

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## Dream Manager

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# Spring has Sprung

Hello, and welcome to the spring 2023 edition of *Community Health*, our quarterly health and wellness publication. Hopefully, daylight saving time and a later sunset have you prepared to jump into all the exciting opportunities the upcoming months can offer.

KLN Family Brands prides itself on putting people first and this magazine is part of that effort. As the seasons change, so will the valuable information within this publication to inspire you on your wellness journey, along with resources available to you through the KLN company health plan.

This edition is all about enjoying the here and now, versus waiting for better weather, more money, summer or until you feel like it.

*"The secret of health for both mind and body is not to mourn for the past, worry about the future, or anticipate troubles, but to live in the present moment wisely and earnestly." — Buddha*

Every spring, I look forward to planting a garden with my kids. Aside from being a great way to get everyone in the family involved, my boys love watching the plants grow — especially the green beans. The best part is that they feel involved in their food choices and when the beans are ripe, they want to eat them! Whether you're 9 or 99 years old, gardening can bring joy to all. If you're curious about the physical and mental benefits, turn to pages 20 and 21 and dig in!

For those of you looking to enjoy a low-impact sport this spring, pickleball can now be played outside. The fast-growing recreational sport is a mix of badminton, tennis and ping pong, and is sure to keep you active and put a smile on your face. I'm excited to give this activity a try on the newly sponsored KLN courts at Arvig Park in Perham. You can learn more on pages 4 and 5.

A few other recreational ideas to get you moving and grooving on your own, or with family and friends, include swimming, walking, golfing, hiking and biking. Be sure your fun isn't spoiled; we have some warm-weather safety tips for you and your family on page 18.

While we talk a lot about exercising our bodies, it's just as important to exercise our minds around mental health. One area program for youth that focuses on mental health and self-esteem is BIO Girls. In the story on page 12, a KLN employee shares her daughter's experience with the confidence-boosting program. Plus, learn how you can cheer on the BIO Girls at their 5K in May. It just might motivate you to tackle a 5K.

Whether it's a fitness goal such as running a 5K, or a financial goal like owning a home or going back to school, KLN employees now have a new way to navigate a path to their goals. Learn all about KLN's Dream Manager Program and how you can sign up to have your dreams come true. The story is on page 14.

We would love to hear more stories about our employees' health, wellness and fitness endeavors. If you have something to share — a workout regimen, health eating plan, or places to enjoy the outdoors, just to name a few — please email me at [mmoch@klfamilybrands.com](mailto:mmoch@klfamilybrands.com)

We hope you enjoy this edition of *Community Health*. We'll be back with another info-packed issue this summer.



**Marni Moch**  
WELLNESS COORDINATOR  
KLN FAMILY BRANDS

Whether it's a fitness goal such as running a 5K, or a financial goal like owning a home or going back to school, KLN employees now have a new way to navigate a path to their goals. Learn all about KLN's Dream Manager Program and how you can sign up to have your dreams come true.



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COMMUNITY HEALTH is published quarterly by Community Magazine Group, 1550 S. Indiana Avenue, Chicago, IL 60605.





Pictured left to right: Mike Hamilton, Bryant Williams, Cat Van Pelt, Angie Gallus, Kyle Gallus

# TAKING THE PLUNGE

## Event raises money for Special Olympics Minnesota

By Steve Metsch

**Kyle and Angie Gallus have a poetic** explanation for why they willingly plunged into the 36-degree waters of Lake Nokomis.

"We call it 'Freezing for a Reason,'" Kyle says.

That reason had thousands of people across Minnesota doing exactly the same thing.

Kyle, vice-president of brand development mission for the Finley's Brand, and Angie, vice president of mission advancement, participated in the Polar Plunge to raise money for Special Olympics Minnesota.

The couple started Finley's in 2016, naming it after their rescue dog, a pocket German shepherd. The company manufactures dog treats and was acquired by KLN Family Brands in 2022.

Finley's employs men and women with disabilities to work on their marketing team. They are called ambassadors. The Galluses, who live in Chanhassen, are former special education teachers.

"We wanted to help the 80% of people with disabilities who are unemployed or underemployed," Angie says.

As Kyle notes, the brand creates jobs for people with disabilities.

"But in addition to what we're doing, a lot of the ambassadors participate in Special Olympics," he adds. "A larger group of ambassadors are naturally located in Minnesota, so (plunging) made perfect sense."

Special Olympics Minnesota hosted plunges across the state to raise money for more than 8,000 special needs athletes in Minnesota.

This was the couple's first polar plunge.



"I believe we got very lucky," Angie says. "It was 35 to 37 degrees that day."

Which was about the same temperature as the water.

Bryant Williams, Mike Hamilton and Cat VanPelt, who work in commercialization at Tuffy's Treats where Finley's products are produced in Delano, were on the team dubbed Finley's Frozen Dock Divers. The group raised \$5,700 from donors.

Angie recalls they were a little nervous the morning of March 4.

"We were not sure what to expect, but we were very excited knowing it was for such a good cause," she says. "You jump in, all of sudden it hits you. Oh my gosh, it's so cold."

Kyle says the team walked out about 150 feet on the dock with "freezing anticipation" before jumping in. Unlike some plungers, Kyle went all in.

"It's not called a plunge if you don't go all the way under," he says. "I did. All my thoughts and prayers froze."

As for Angie, she kept her head as dry as possible.

Afterwards, their chilly team was high-fiving and trotting to the warming tent.

The couple is already planning their second polar plunge next winter. And, just like this year, they won't take any precautions against the cold, like wearing wetsuits.

"That's cheating," Kyle says with a laugh.





# Pickleball Patrons

## KLN supports Perham courts

By Steve Metsch

**Tina Rasmussen has played pickleball twice** in her life. Al Krueger has played probably hundreds of times.

The two are linked by a devotion to Perham and wanting to bring new opportunities to the community.

"The thing about this game is it's challenging and it's fun," says Rasmussen, head of corporate giving for KLN Family Brands. "I mean, boy, you can have a lot of good laughs."

For Krueger, pickleball is more than just a game.

"I like the social aspect of it," he says. "It's a way to stay active, but it's the social interactions with people that I enjoy."

Krueger, 71, is a member of the Perham Pickleball Club. He was impressed by the generosity of KLN Family Brands, which donated \$40,000 for the naming rights of courts built in 2022.

The KLN Family Brands Pickleball Courts — all eight of them — are located at Arvig Park in Perham. The courts opened last fall, and Krueger says the players who got a taste are itching to return.

It was a natural fit for KLN to buy the naming rights, Rasmussen says.

"We're all about helping Perham and helping our local businesses," she says. "We feel if we can bring some pickleball tournaments to Perham that our restaurants, hotels and local shops will benefit. We felt it was a huge win-win in getting more people to Perham to experience what we have to offer."

Rasmussen is pleased to know Krueger and fellow club members are enjoying the courts. She last played pickleball games about eight years ago, while on vacation in Arizona.

"We were just learning, novices at best," she adds. "But we did have a ton of fun. I just wanted to have fun. I'm not super competitive."

In keeping with the strong sense of community in Perham, KLN Family Brands wasn't the lone donor.

"We've got a lot of support from our community," Krueger says. "That's how our community runs."



# Key Pickleball Stats for 2023



**36.5 million**

Number of pickleball players in the US



**158.6%**

Pickleball's average growth rate over the last 3 years



**18-34**

Largest age bracket of pickleball players (28.8% of total)



**10,320**

Number of places to play pickleball in the US



**\$152.8 million**

Pickleball paddle market size in 2021



**7.7%**

Forecasted compound annual growth rate through 2028







Above, from left KLN employment brand marketing coordinator Katie Lange, wellness coordinator Marni Moch and customer service specialist Michelle Frost on a Walking Wednesday. Right Frost during her time serving in the Air Force.

# Hump Day HEALTH



## Stepping into wellness with Walking Wednesdays

By Karen Marley

**When Michelle Frost, a customer service specialist** for KLN Family Brands, gets a phone call while she's working out, her family knows not to interrupt her. That window of activity is Frost's time to replenish her physical and mental well-being.

"That time is my time," Frost says. "It clears my mind. It's my happy place with no interruptions."

Making physical activity part of her daily routine is a habit she has practiced most of her life. While she doesn't call it self-care specifically, it's clear that it plays a key role in her overall health and happiness. As a KLN Family Brands employee, Walking Wednesdays is part of her routine.

### Fitness Found

Frost discovered the benefits of fitness after graduating high school and joining the Air Force. While stationed for duty in Dhahran, Saudi Arabia, during Desert Storm, her roommate was an aerobics instructor and invited her to the gym every day.

"That's where I first truly learned about fitness," she says. "Working out helped with my mental health and homesickness while in Saudi Arabia. Being in the military, fitness is always on the forefront, so my efforts were encouraged. From that point, fitness has been part of my life's journey."

### Walking Wednesdays

Working at KLN Family Brands fits right in with Frost's healthy habits. From spring through fall, she gathers with colleagues each Wednesday for a 30-minute walk. Known as

"Walking Wednesdays" the group meets each week at noon at the Tuffy's Pet Food front desk. Walking Wednesdays is open to all KLN Family Brands employees, no matter their fitness levels.

"It doesn't matter how fast or slow you are," she says. "The point is that we are meeting and active while doing something social outside in the fresh air."

The social dimension is important to her mental health and happiness. The number of participants varies each week and can range from two to eight. Walking Wednesdays are organized by KLN wellness coordinator Marni Moch, who uses email and Beekeeper to keep employees notified of what's happening in the company.


### A Daily Do

The formula for Frost's successful commitment to fitness is neither complicated nor demanding. She does not calculate carbs or calories, she simply strives to be active roughly six days a week. A typical week includes Walking Wednesdays, Pilates, weight training and cardio (for cardio, she enjoys Beachbody) as well as a run or walk, and she frequently uses her treadmill. In one memorable instance of a run along a nearby road, a herd of goats began following her.

As for future fitness goals, she just wants to maintain her active lifestyle. She rarely gets sick and attributes that to her healthy habits.

"As we age, it's easier to slow down and become less mobile," she says. "If you sit around, your body starts to deteriorate. Staying active helps with mental health."



A swimmer in a pool, wearing a white swim cap and goggles, is captured in a dynamic pose, likely performing a stroke. The water is a vibrant blue, and the swimmer's arms are extended forward. The title 'Water Workout' is overlaid on the right side of the image, with 'Water' in a white script font and 'Workout' in a large, bold, yellow sans-serif font.

# Water Workout

## Swimming can provide a low-impact, full-body exercise for people of all ages

By Erin Yarnall

**There are many exercises that specifically strengthen** different parts of the body. But swimming, in addition to being fun and relaxing, can provide an intense workout that helps strengthen every part of the body.

Although swimming is a workout that uses the entire body to propel a swimmer through the water, it's also an ideal workout for anyone who wants to focus on the arms and upper body, as those are most heavily used.

"[Swimming] is an upper body primary activity," says Alexander Hutchison, a fitness and wellness expert and the author of "The Swim Prescription." "It's going to be arms, mostly. Even with your best swimmer in the world, the amount of propulsion they get from the legs is going to be 30, maybe 40% if they're just incredibly good at kicking. For your average swimmer, 90% of the activity is going to be done by the arms."

Hutchison notes there is often a learning curve when people transition into swimming from other exercises because of how much work is done by the arms.

"There's certain limitations that come with swimming when you have people coming from a non-swimming background," he says. "Especially when they're coming from running or cycling

to swimming, because you just don't use your arms in those activities. It's a different kind of fitness when you hop in the pool to swim."

That doesn't mean that swimmers don't use their legs at all. Although swimmers primarily use their arms to move through the water, swimming is an optimal exercise for anyone looking to gain strength throughout their whole body because they also use their legs and core.

"If you don't do anything with your legs, they quite literally sink and dangle behind you," Hutchison says. "Your core, back and abdominal muscles are still active in making sure that you're staying in a prone position, as opposed to letting your legs drag behind you."

The number of calories burned per hour by swimming are affected by the person's body and the intensity of the workout.

One way to ensure extra calories are burned is to swim in relatively cool water, anything "well under" 80 degrees, because the body will use energy in the workout and while trying to keep warm, Hutchison says.

"When you stick yourself in the water, it's going to suck away more heat from your body than if you were to sit in the air," he explains. "You have this huge amount of heat transduction that

takes place and, if it's relatively cool water, the body is going to be interested in keeping itself warm in addition to doing the exercise, so you'll burn additional calories just on the fact that you're sitting there in some cool water."

Unlike exercises such as running and cycling, which can be hard on joints, swimming is a low-impact workout.

"The water is applying a pressure that's an upward force to keep you afloat," Hutchison says. "When you're standing in chest-deep water, you're unloading about 70% of your body weight, and you're not utilizing any muscles to keep that body weight standing. It effectively cradles you."

Hutchison explains that the pressure helps to decompress the body's joints under water. As swimming is easier on the joints than other exercises, swimmers can have a more intense workout for a longer period of time, which can result in weight loss for swimmers, or building endurance to maintain those extended workouts, according to Hutchison.

Although swimming can be an intense workout, it's also one that's good for all age ranges and abilities, says Hutchison.

"You're simply not going to get muscle aches and pains if you hop into a pool and do some swimming."



# I Want to Ride a *Bicycle*

KLN program loans bikes to employees

By Alex Keown



Bicycles are available to KLN employees to travel between KLN buildings.



**Winters in Minnesota can be long** and cold. When the weather warms up, Paul Leiva takes advantage of the KLN Family Brands bicycle loan program and puts foot to pedal.

KLN maintains racks of bicycles across its locations for employees to freely use after checking them out. Employees can take the bikes and ride between the company's buildings. They can also use the bikes to ride to and from work — depending on availability — as Leiva does to commute the 3 miles between his house and the office.

"I really wanted to start riding a bike to work, and the company let me use one of the bikes to do that," says Leiva, a financial analyst. "I felt like I should spend more time outside. During the cold months, there are things that can't be done outside of work, like riding a bike. You can only do that when it's warm, though. Half the year here, it's really cold."

When the weather permits, Leiva takes a bike and enjoys the 10 or so minutes it takes to get to and from work. Leiva says he enjoys biking along the road to work during the cool mornings.

"It's relaxing to ride the bike. You get to have a nice ride in

town and breathe in the fresh air," he says. "It's good to get some morning exercise. It helps keep me in shape. It's not too exhausting, and it puts you in a good mood for the day ahead."

Beyond riding a bike to and from work, Leiva says he and his wife like to ride bikes through Glendalough State Park in Battle Lake. He doesn't use the company bike for that, though. The Leivas rent bikes from the park, he says.

KLN's bicycle loan program is free and available to company employees. He found out about the program after expressing interest to fellow employees about buying a bike to ride to work. He was directed to the company program and has enjoyed it ever since.

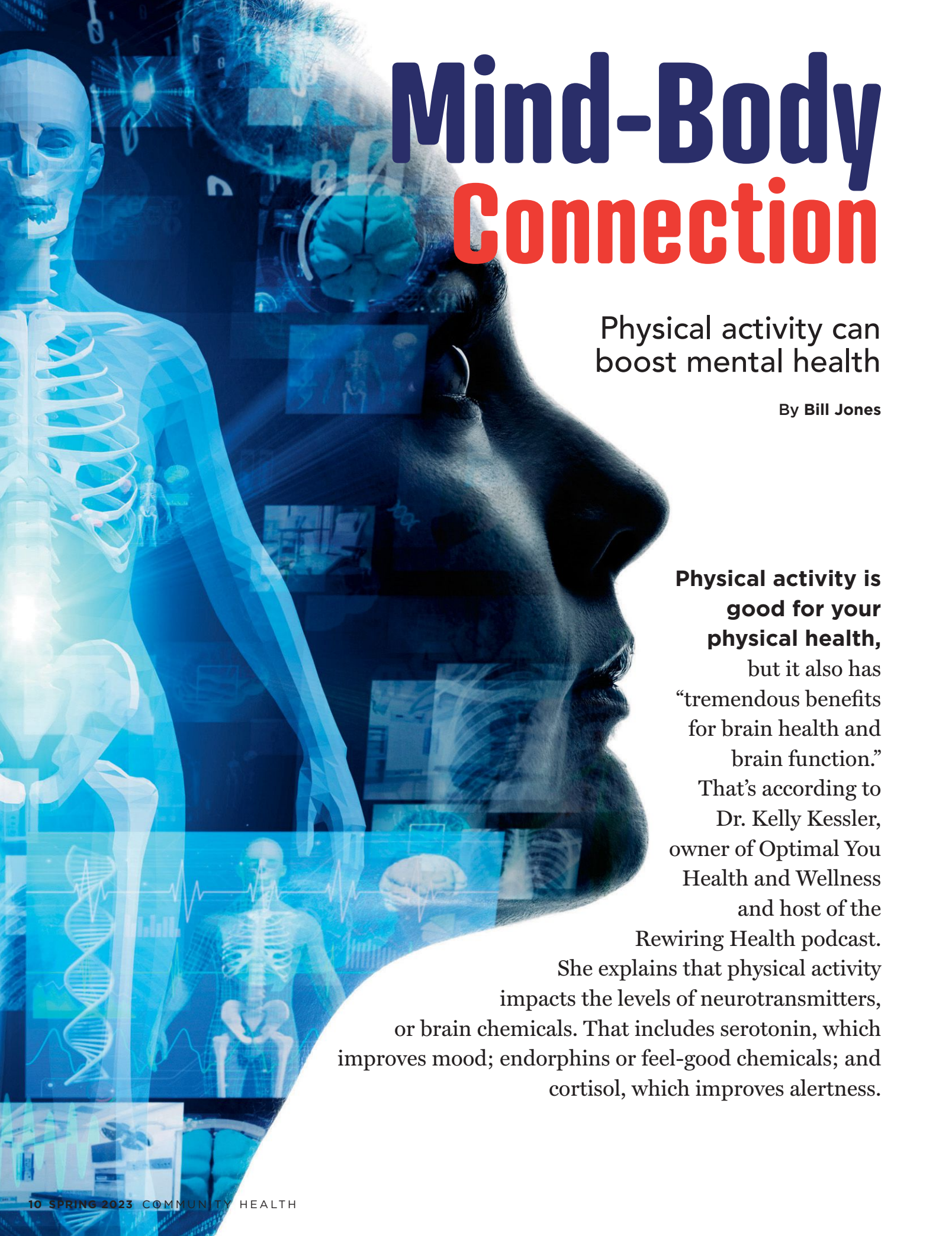
Leiva locks the bike up at work with the company-provided bicycle lock and when he rides it home, he stores the bike in his garage.

He says receptionists at the different buildings have the keys that open the locks.

"All you have to do is ask and they'll let you use one of the bikes," he says. "It doesn't get much more simple than that."







# Mind-Body Connection

Physical activity can  
boost mental health

By Bill Jones

**Physical activity is  
good for your  
physical health,**

but it also has  
“tremendous benefits  
for brain health and  
brain function.”

That’s according to  
Dr. Kelly Kessler,  
owner of Optimal You  
Health and Wellness  
and host of the

Rewiring Health podcast.

She explains that physical activity  
impacts the levels of neurotransmitters,  
or brain chemicals. That includes serotonin, which  
improves mood; endorphins or feel-good chemicals; and  
cortisol, which improves alertness.





“It has been shown that physical activity also reduces symptoms of anxiety and depression,” says Kessler, who is also a physical therapist and certified strength and conditioning specialist.

That is supported by Mayo Clinic research. The Clinic notes that depression and anxiety can make it hard to get motivated, but getting over the hump to exercise can make a difference. Exercise also can prevent and improve health problems such as high blood pressure, diabetes and arthritis, according to Mayo Clinic.

The Clinic notes that the links between depression, anxiety and exercise are not completely understood, but physical activity has been shown to ease symptoms and help keep them from coming back. Among the benefits are the release of “feel-good endorphins,” which the Clinic describes as natural, cannabis-like brain chemicals — among other natural brain chemicals that enhance one’s sense of well-being. That takes the mind off worries and gets people out of a cycle of negative thoughts that can feed anxiety and depression, according to the Clinic.

Regular exercise also has psychological and emotional benefits, the Clinic notes. By meeting exercise goals, people can gain confidence. Exercise in a public setting can also mean more social interactions. And exercise is healthier than drinking alcohol, dwelling on feelings or simply hoping they’ll go away when it comes to coping with things, per the Clinic.

“Physical activity also increases nervous system resilience, which improves your ability to buffer stress,” Kessler

adds. “By putting your nervous system into a fight-or-flight state under your conscious control, the brain adapts and becomes much better able to regulate external sources of stress.”

Dr. Paul Reed, director of the Office of Disease Prevention and Health Promotion for the U.S. Department of Health and Human Services, writes in a story for health.gov that in addition to helping with anxiety, depression and stress, physical activity can improve brain health, cognitive function, sleep and overall quality of life. While that physical activity is not a substitute for mental health treatment when needed, Reed writes that it does play a “significant role” in emotional and cognitive well-being.

The exercise does not necessarily need to be super-strenuous to be beneficial. Mayo Clinic says research shows activities as simple as regular walking can help to improve moods. Both physical activity that works muscles and requires energy as well as structured, repetitive exercise can be beneficial to one’s health, according to the organization. As examples of exercise, Mayo Clinic notes things such as running, lifting weights and playing basketball that get the heart pumping. But physical activities such as gardening, washing the car or walking around the block can provide a boost to one’s mood.

Reed writes that people can get creative at home with impromptu dance parties or household chores that get the body moving in different ways. And Kessler adds that physical activity performed in the first half of the day

increases one’s core body temperature.

“This has been shown to improve circadian rhythms, thus allowing you to get to sleep quicker and decrease sleep disturbances,” she says. “[The] proper amount of sleep also decreases symptoms of anxiety and depression.”

Kessler also says there is a “tremendous benefit” to getting out of one’s comfort zone with physical activity and learning new skills, sports or activities.

“Acquiring new motor skills facilitates new connections and wiring patterns in your brain,” she says. “This improves your ability to learn and increases the plasticity of your brain, which supports future learning.”

Mayo Clinic recommends 30 minutes or more of exercise a day for three to five days a week to improve depression or anxiety, but notes that even 10 to 15 minutes of physical activity may make a difference. Reed adds that the department’s Physical Activity Guidelines recommend at least two days per week of muscle-strengthening activity. And while adults should be getting 150 minutes of moderate-intensity aerobic activity each week, youths should get 60 minutes more than that. To keep things going long-term, people should pick enjoyable activities.

“The mind and the body are completely integrated,” Kessler says. “Your thoughts and feelings have a significant impact on your body, and your body directly impacts the mind. Regular physical activity goes beyond muscular strength or endurance. It is a gateway to better brain health and function and a more empowered you.”



# Girl Power



## BIO Girls program builds confidence through mentoring, physical activities and more

By Michael Gilbert

**From second to sixth grade** — a span of just four years — a girl's self-confidence goes from its highest point to its lowest.

It's a stop-you-in-your-tracks type of statistic and one of the reasons KLN wellness coordinator Marni Moch was so eager to bring a program called BIO Girls to the Perham area three years ago.

BIO Girls stands for Beautiful Inside & Out. The 12-week self-esteem building program serves girls in grades two through sixth and combines life-skill lessons, Christian non-denominational devotions, small-group mentoring and non-competitive physical activities.

"It is definitely a needed and appreciated program in our community," Moch says. "I know how important mental health is and with my job as wellness coordinator, I'm aware that a lot of women are struggling (with mental health), so why not start at a younger age."

Each class is held at St. Paul's Lutheran School and has a

different mantra, with most themes centered around self-esteem, friendship or community service, Moch says. The 90-minute classes begin in a large group setting and then break into smaller groups of four led by an adult mentor. The program is designed so the small groups do not consist of girls who already know each other, so individuals meet new friends and build self-esteem, Moch notes.

Danielle Collins, who works in accounting for KLN, has a daughter in second grade who is one of the 40 girls in this year's program. Her daughter, Channing, is very "Type A" and believes the program is a great way for her to build confidence, she says.

"Channing is extremely outgoing, but she does get anxious and I knew if she got involved in BIO Girls it would help her build self-confidence and help her be able to cope with her anxiety," Collins says. "She was nervous heading into the program, but she loved it after week one and actually



wished it was more than once a week.”

“Strong and Proud” was the theme for the first week of class on Feb. 26. It encouraged the girls to be proud of themselves while sharing with their small group five strengths they have.

“She was able to come up with three strengths right away and then when she was asked to come up with two more, it really made her brainstorm and she realized she has more special skills than she thought,” Collins says.

“The great thing about BIO Girls is that it gives the tools to help with self-esteem and what they may face in life, but also to meet new friends and gain a mentor in life,” Moch adds. “We don’t put the girls (into small groups) with their best friends because it allows them to meet a new group of girls at a different level.”

Despite it being an unpaid volunteer position, Moch had no trouble finding mentors for the program.

“We had women knocking on the doors to be our mentors because they think so highly of the program,” she says. “The women come from different backgrounds and occupations. There is a wide range of women in our community eager to be here for the girls.”

The program, which is sponsored by KLN, also has a large physical fitness aspect to it that culminates with a 5K Fun Run on May 20 at the Arvig Park Bike Path.

Week-by-week, the girls build up to that 3.1-mile run by doing various exercises ranging from cross training to short jogs.

“We have girls of all abilities so it’s not like this program is about running, but rather that girls can do hard things,” Moch says. “The 5K is an example that they can work through hard things and accomplish goals.”

Collins says Channing has enjoyed the workouts while preparing for the 5K, and has encouraged her parents and younger sister to join in.

“KLN will once again have a cheer station at this year’s 5K run,” Moch says. “I encourage everyone to come out, cheer and support these young ladies and mentors. I guarantee it will be a day-maker.”

While the program is in its infancy in the Perham area, it has been well-received by participants and the community.

“I’m always hearing from our past mentors that when they run into their girls, they tell them they are gaining confidence and the program was beneficial to them,” Moch says. “It’s great to hear we are making an impact and helping these girls’ lives.”

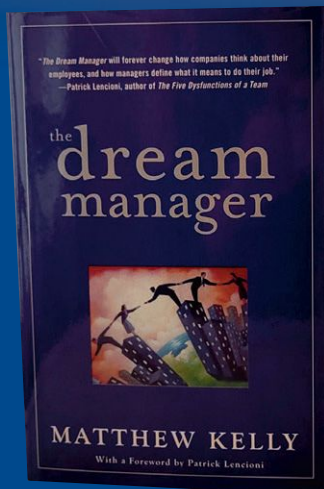




# Dream Weaver

Courtney Rooney is helping KLN employees navigate the path to their goals

By Erin Yarnall



**KLN Family Brands is working** to become a place where dreams come true. That's why the company has hired Courtney Rooney to serve as its first Dream Manager. The role will see Rooney assisting employees in making their dreams — whatever those dreams may be — come true.

Rooney, who officially began serving in the role at KLN in November 2022, attended a Dream Manager program to get licensed for the position and completed a training program in

January 2023.

"It was great to do some reflection of myself," Rooney says. "I've been working with children and families for most of my career, so it was helping me get ready for that next stage of working with adults."

The Dream Manager program at KLN is just getting off the ground. It is voluntary and open to all employees.

Rooney's first group in the program will feature about 25 to 30 participants. The program includes life-coaching and a personal-growth curriculum.

"The commitment is a year-long program," she says. "They'll meet with me once a month for about an hour covering a variety of topics — from finances to relationships, to time and energy, to physical health, to professional development — all kinds of supporting, whatever their dream and goal is."

Rooney is a licensed therapist who has worked in schools



with young adults and their families for two decades. She has a master's degree in social work and holds an LICSW, which qualifies her as a licensed clinical social worker.

The Dream Manager role at KLN was inspired by Matthew Kelly's book, "The Dream Manager," in which Kelly — an Australian motivational speaker and business consultant — writes about how businesses can achieve great results when their employees are accomplishing their dreams.

Rooney will direct each participant in the program to create a "dream storm," which will help them create up to 100 goals in various aspects of their lives. Dreams that participants have discussed include owning their own home, going back to school, becoming a citizen of the United States, helping their family move to the United States, losing weight, professional development, traveling to Europe, learning to play guitar and learning a second language.

Rooney's favorite part of the job so far has been connecting with employees and helping them explore their long-held dreams.

"I'm a people-person at heart," Rooney says. "I'm just wanting to hear people's stories and see if there's things or resources, or just be that listening ear to help them better themselves and, in turn, better their working efforts. It's great when you see people light up and they can talk about themselves a little bit."

Rooney is relatively new at KLN, but she has a strong connection with the company. Her father worked for KLN for 45 years and her husband is also an employee.

"It's kind of in the family," she says.

She has enjoyed getting to know her fellow employees and is happy to have the opportunity to help put them on the path to make some of their dreams come true.

"For some of these people, they've put others first for a long time," she says. "To be able to have people put themselves first is exciting."



# Dimension of Mind and Space

## Decluttering can give you room to breathe

By Karen Marley

**Ever wonder why it feels so difficult to maintain** a tidy space? Physics has the answer. The second law of thermodynamics states that in a closed system, entropy (a state of randomness or uncertainty) will always increase. In straight talk, this means all things trend towards disorder.

While our dwellings and offices don't exactly qualify as a closed or isolated system, they are real-life examples of how things naturally become chaotic and disorderly. In our homes and workspaces, it's called clutter. Decluttering, the act of restoring order to a space, requires effort. With a few simple strategies, decluttering and its associated health benefits can be achieved and maintained.

### Kill the Chaos

Decluttering can feel like it demands hours that our busy schedules cannot spare. There is irony in this. The act of decluttering may be exactly what's needed to help use time more efficiently.

"Decluttering allows the home or business owner to remove distractions," says David Hall, founder of A+ Clutter Clearing. "Too much stuff cripples us from productivity, leaving us with piles of distractions that don't go away until we take action. My trademark statement is, 'Clear the clutter . . . clear the mind.'"

### The Emotional Toll

Hall is onto something. Clutter makes spaces feel chaotic, scattered and confusing, which affects our physical and mental health. Think of the stress associated with not being able to find your car keys, wallet, reading glasses or phone. Not only is time lost searching for these items, but a person typically feels frantic and frustrated while doing so, especially if they are already running late.

"With clutter, we experience stress, anxiety and a sense that we are out of control of our interior environment,"

Hall explains. "Seeing piles of magazines, bills, papers, laundry and holding onto unsorted garage items hems us in and makes us feel small and simply out of control."

Barbara Hemphill, author and founder of Productive Environmental Institute, has been decluttering homes for 44 years. She calls clutter "postponed decisions" and points out that its presence can lead to more dire consequences than a moment of stress.

"Clutter often destroys relationships, diminishes careers and creates physical and mental diseases," Hemphill says.

### Serenity Simplified

If it were easy to attain a clutter-free environment, it would not be such an often-discussed topic. But the reality is that many people struggle to minimize the clutter in their lives. Hemphill believes that a big contributor to the postponed decisions that lead to clutter is fear.

"There can be fear of making a mistake, offending someone, being irresponsible, forgetting something or getting rid of something and wanting it back," Hemphill says. "But the biggest stumbling block is going through the emotion of letting go."

To that end, Hall offers suggestions for successful decluttering efforts. The most common mistake he sees is beginning with too ambitious of a decluttering project. In these instances, the chance for getting overwhelmed and failing is high.

"The solution is to start small and see results," Hall says. "Just one newly designed drawer, shelf or cabinet helps build momentum to try and tackle another drawer, shelf or room."

Hall often sees people purchase bins and organizers for closets and drawers before purging their belongings. He feels it's better to purge first, see what goes where, then purchase only what is truly required. A person may find they have netted more space than they

originally anticipated.

"In many of my projects, I'm able to recover 25-30% more room on existing shelves, cabinets and drawers," Hall says.

### Don't Trash It

Another step in the decluttering process is deciding what to do with all the stuff. Letting go and downsizing material goods is an opportunity to donate to charities looking for gently used items. This can come with a tax benefit. Other alternatives include selling items online, taking them to a consignment store or using an app, like BuyNothing, which pairs people who have something to give away with people who are seeking that same object.

Decluttering is also an opportunity to reduce bloated consumerism and collecting quantities of unnecessary stuff. Purchasing less overall is a good strategy for saving time and money. Let the spirit of reducing material goods carry into being committed to making all future purchases meaningful and thoughtful.

Finally, Hall advises that keeping a space decluttered requires maintenance. Once a counter or desktop is cleaned, the job is not truly done. The real work and health benefit comes from making a clutter-free environment a lifelong habit.







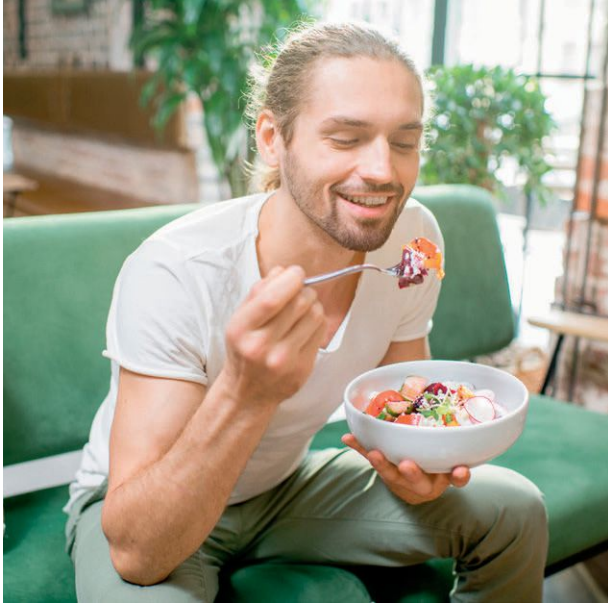
Finding balance among the keys to a healthful, nourishing diet

By Rebecca Fortner

**Lori Smith takes a holistic approach** when describing the vitamins and minerals that individuals need in a healthy diet.

Rather than naming individual nutrients, the registered dietitian, certified diabetes educator and health and wellness coach speaks more broadly, explaining that it's more important to make sure to get the right balance of carbohydrates, protein and fat, as well as water. Cutting one out completely or nearly completely will mean missing out on those needed nutrients.





“I think we complicate nutrition,” says Smith. “I think we have to keep it simple.”

Eating regular meals is essential, she adds, explaining that too many people only eat one complete meal a day. She also recommends focusing on balancing meals. One useful tool, she notes, is MyPlate, which is a visual representation of the five main food groups from the U.S. Department of Agriculture. It can be found online at [myplate.gov](https://myplate.gov).

“I think that can be a good visual guide,” says Smith.

According to this recommendation, half of a plate of food should be made up of fruits and vegetables, with an emphasis on vegetables. The other half should include whole grains and protein, with an emphasis on whole grains.

“We need all the nutrients,” says Smith. “There’s a reason all of these are necessary in our diet.”

Those who try to eliminate carbohydrates, for example, will also lose their body’s energy source, B vitamins and fiber.

A plant-based diet can work as there are other ways to get protein, including through nuts, soy, beans and other legumes, says Smith.

“It can definitely be a very healthy way to eat,” she explains. “But we want to make sure we’re meeting what our body needs in terms of protein.”

A diet containing more processed foods will include higher sodium, sugar and fat content while lacking fiber, vitamins and minerals.

“We feel sluggish when we’ve eaten too much,” says Smith, explaining that eating processed foods can also become a cycle in which bodies will crave the added sugar, for example.

How we feel when we eat is also something to note. Smith encourages individuals to start to notice their energy levels and how they feel when eating healthier foods versus when eating more processed foods. Another example might be tracking energy levels and mood when eating a healthier breakfast, especially for someone not used to eating a meal in the morning.

Tracking the effects of different foods and meals can help keep a change in diet and new habits in place or get back on track when needed. A similar effort can help when aiming to be more active on a regular basis.

“I think it’s making goals that are realistic,” says Smith, adding that healthy changes can come in small steps. “It’s not that all or nothing mentality.”

# A STRONG ‘D’-FENSE

## Vitamin D aids bone health, immunity

By Rebecca Fortner

**To say vitamin D is essential might be an understatement.**

It helps build stronger bones and teeth. It allows for the absorption of calcium and phosphorus. It supports immune systems, and it has anti-inflammation and antioxidant properties.

So why are so many people — experts estimate half the world’s population — deficient in vitamin D?

For one, there are not a lot of natural food sources that provide enough vitamin D, according to Lori Smith, a registered dietitian, certified diabetes educator and health and wellness coach. And the other source of vitamin D — the sun — means going without sunscreen, which isn’t encouraged.

“People do tend to look to supplements,” says Smith. “I always encourage patients to follow up with their doctor.”

That’s because vitamin D levels can be tested, and the appropriate supplement, if needed, can be recommended or prescribed and monitored. It’s important to know how much is needed because vitamin D is fat-soluble and is stored in the body for a longer period than a water-soluble vitamin. Too much vitamin D can be toxic.

Smith says another reason for the high number of people being deficient in vitamin D is more awareness, which leads to the levels being tested.

“I think we’re becoming more and more aware of it,” she says. “I think people are educating themselves about nutrients.”

Smith prefers to promote “food-first” options before opting for supplements, and always with the direction of a doctor.

Some natural food sources of vitamin D include fatty fish, like salmon and mackerel, as well as cod liver oil and some mushrooms. Smaller amounts can be found in cheese and egg yolks. Vitamin D can also be found in fortified foods, like breakfast cereals and plant-based milks.

According to the Mayo Clinic, the recommended daily amount of vitamin D is 600 international units (IU) for people ages 1 to 70, 400 IU for children under 1 year, and 800 IU for people over 70 years old.



# Safe in the Sun



## Preparedness, caution and common sense can help you have a good time outdoors

By Community Health Staff

**Spring is the season of good times outdoors**, and whether those come at pool parties, golf outings or while walking in the woods, taking precautions and preventive measures against what nature can throw at us is advised.

Knowledge and simple preparations are key to enjoying the weather and good times.

Skin cancer, several types of which can be caused by overexposure to ultraviolet radiation, is the most common form of cancer in the United States. In 2019, the most recent year for which data is available from the CDC, 88,059 people were diagnosed with melanoma and 8,092 people died of melanoma.

Dehydration is an oft-overlooked health risk that can come on suddenly

and with potentially serious consequences, and biting insects that can cause a wide range of maladies from harmless itching to deadly viruses are lurking just about everywhere. Plants, too, can inflict their own forms of punishment, to which anyone who has ever dealt with poison ivy or poison oak can attest.

You may not be able to control the environment, but you can control how you manage the challenges it presents.

### Hydration

When it comes to staying hydrated, there are varying recommendations. And even then, there can be differences in how much one needs based on age, gender, size, climate, level of physical activity and health conditions.

According to the U.S. Academies of Sciences, Engineering and Medicine, adequate daily fluid intake for women is 11.5 cups and for men, 15.5 cups. Higher intake may be needed for those who are physically active or in warmer climates, while lower intake may be needed by those of smaller body size and in cooler climates.

It's important to remember that drinking water is not the only way to stay hydrated. Eating cucumbers, lettuce, broccoli, strawberries and watermelon can help. Many fruits and vegetables have a high water content and contribute to hydration efforts. Decaffeinated tea and coffee, as well as juices and some sodas count, too, but watch out for sugar.



Experts advise to drink when you're thirsty and to monitor the color and amount of your urine, keeping in mind that the color may also be affected by certain foods. If urine is bright or dark yellow, more hydration is needed.

Mild dehydration can cause symptoms such as fatigue, irritability, weakness, headache, dry mouth and dizziness. Moderate to severe dehydration can lead to more dire consequences, including a decline in cognitive performance, drop in blood volume that can cause blood pressure to plummet or dangerously low levels of oxygen in the body, seizures caused by electrolyte imbalances and renal damage.

### Bites and Stings

The best way to avoid insect bites and stings is simply to avoid the areas where those insects and related animals are, though that is not always easy.

This may be difficult when it comes to mosquitoes. But locations with many artificial containers, such as old tires and wrecked cars, can provide an excellent area for larval development and should be avoided.

When it comes to ticks, however, people can avoid wild animal trails and transitional areas between dominant forms of vegetation — such as from a forested area to a meadow — where ticks are particularly abundant. Ticks can live year-round but tend to be more prevalent from spring to fall and in certain habitats because of their animal hosts.

Wearing long-sleeved shirts and tucking pant legs into socks is advised. The Centers for Disease Control and Prevention also recommends treating clothing and gear with products containing .5% permethrin, as well as using a repellent on exposed skin that contains DEET, picaridin, IR3535 or oil of lemon eucalyptus, para-menthane-diol or 2-Undecanone.

After returning from the outdoors, check your body, clothing and gear for ticks. A full-body check should include examining the armpits and groin area, as well as feeling the back of the head and neck, and the rest of the skin.

Ticks are most notable for spreading Lyme disease, primarily in the upper northwest and north-central parts of the United States, though it can occur elsewhere. Ticks also can spread related organisms and chronic infections that can create a slew of other complications. And there is an infectious bacterial disease known as tularemia in the Ozarks of Missouri spread by ticks, horseflies

and mosquitos.

Mosquitoes are responsible for spreading the world's most damaging vector-borne disease, malaria. It kills approximately 800,000 people per year, but usually is not a problem in the United States. Mosquitos can also spread West Nile virus, though, which does occur in the U.S.

Topical anti-itch sprays with Benadryl can be helpful for itching. A menthol powder may be needed for relief of stings like those of fire ants. Calamine lotion also can provide sting relief. Aspirin and ice packs are good for swelling.

Following mosquito bites, a visit to the doctor is needed if someone develops a fever, headache and/or neck pain. Medical help is also advised when a tick bite leads to a rash, especially with a clear spot in the middle, and/or fever. For stings, swelling, hives and difficulty breathing also require medical attention.

### Poisonous Plants

As many who have wandered off trail or cleared out a strange patch of greenery on their property have learned the hard way, plants such as poison ivy, poison oak and poison sumac can leave a lasting impression — typically, a rash that can be spread if not properly addressed.

Even those three tend only to be prevalent in certain regions. And where they are, people often pass down the rules well. Identification is the best defense against those plants, experts say.

All three transfer a substance called urushiol, an oily compound that spreads the plants' rash-inducing defense mechanisms. Washing up well after a walk that involves vegetation, as well as changing clothes, is recommended.

In the event that someone suffers a rash, there are over-the-counter medications that can help, and in many cases there is not much a physician can do beyond what people can do for themselves, though a visit is recommended if someone is highly sensitive or if there are questions.

One plant to also be aware of is wild parsnip. While taxonomically it is the same as parsnip grown in one's garden, the wild version has a compound in the sap that can create major problems for anyone who makes skin contact with it, as it can cause severe skin blistering.

### Water Safety

Water safety moves to the top of many minds when the weather warms up. Whether at a pool, beach or on a boat, awareness is important. Top tips from

the CDC include to make learning to swim a priority, especially if you want to enjoy being around water. Always staying with a friend or family member — even if you're an experienced swimmer — and in supervised areas is also important, as is knowing your limits.

General swimming tips also include avoiding horseplay and diving into shallow water. Overall, never float where you can't swim or are unsure if you can swim.

Specifically when outdoors, make sure to stay alert to currents and weather conditions, and to always wear a life jacket when boating.

### Sun Protection

Sunscreen is a must — and not just in the summer — but there are also other ways to protect your skin from harmful UV rays. Seeking shade is one additional form of protection, whether it be under an umbrella, a tree or elsewhere. Long-sleeve shirts and pants, when possible, are another, and some clothing is certified as protecting against UV rays.

Wearing a hat with a broad brim can also help, but don't forget to cover sensitive areas like the ears and the back of the neck.

Even if using these methods, combine them with a broad-spectrum sunscreen that blocks both UVA and UVB rays and has an SPF of 15 or higher. Reapply after more than two hours and after swimming, sweating and drying off.

### Allergies

For many, warmer weather also signals allergy season, with sneezing, congestion, runny nose and other symptoms. Hay fever or allergic rhinitis is common when trees and flowers are blooming. There are steps that can be taken to lessen the irritation, however.

One step, according to the Mayo Clinic, is to limit time outdoors on dry, windy days. This includes avoiding lawn mowing, weed-pulling and other activities that stir up allergens. Changing clothes and showering after being outdoors can also help, as can wearing a face mask when completing necessary outdoor tasks.

Monitoring pollen counts and closing windows, staying indoors and taking over-the-counter medicine when they are high are also recommended precautions. Using high-efficiency filters on air conditioners and dehumidifiers can also be helpful.

And of course, always visit a health professional for further advice if home remedies are not easing symptoms.



# Dig In

## Gardening has physical and mental health benefits

By Community Health Staff

**Caring for plants yields more than beautiful flowers** and tasty produce. As they plan, dig, prune and harvest, gardeners are cultivating better physical and mental health. It's good news that interest in gardening surged during the pandemic. That trend may continue to bloom and bear fruit.

### Nature Therapy

Ever experience a stir of pleasant, calming feelings when looking at a garden or pretty view? There's a reason for that. Countless studies have linked exposure to nature with compelling physical and mental health benefits. Reduction in inflammation and anxiety, a strengthened immune system, an increase in productivity, and even greater creativity are among the benefits.

Digging, hauling, weeding and harvesting provide a full body, functional workout. Associated benefits include increasing body strength, improving heart health and the immune system, reducing stress and sleeping better. Digging around in healthy dirt releases microbes that, when inhaled, can stimulate serotonin production.

The very act of caring for another creature can give a person a

sense of purpose. Nurturing a plant from seedling to a mature specimen is a process filled with a series of small tasks that occupy the mind and set an achievable goal. Numerous studies have connected gardening to improved life satisfaction and mood.

### Gardening in All Sizes

There are gorgeous, mind-blowing botanical retreats and gardens capable of outfitting a restaurant or florist with their bounty. That's the extreme. For regular people, gardening can be as simple as a few houseplants or containers on the outdoor patio.

For tiny garden boxes, balconies and patios, experts recommend using trellises and plants that drape or climb. With this





strategy, a gardener can increase the amount of foliage per square foot in the small area. Aim to attract pollinators if you want to grow edible plants.

### Planting It Forward

Growing plants that produce a tasty bite is a great way to get children involved and interested in gardening. Hanging strawberry plants can be grown in tight spaces. For those with a bit more space, raspberries and blueberries make good options.

Harvesting those treats can give children a tangible and delicious reward for their efforts. Beyond providing natural treats, gardening gives youths and adults an activity that brings them together. It also pulls people off their screens while proving that fun can be had outside.

Gardening also helps children channel energy. Similar to adults, the physical act of gardening and the mental act of thinking about caring for another living organism can give children a greater sense of purpose and pride.

### Staying Grounded

For all its benefits, it can be discouraging when a garden is overrun by weeds and a person does not really understand how to manage the challenge. For natural weed control, mixing veggies with perennials to crowd out weeds — such as planting purple coneflowers and daisies with tomato plants and several pepper plants — can help.

More important, it's essential that a person start small and realistically consider how much time they have to dedicate to their garden in order to ensure success.

# Working the Land

## KLN employee has been growing things her entire life

By Alex Keown

For as long as **Christine Diers** can recall, she has enjoyed working the soil. Diers began growing and tending to plants during her childhood and continues that practice today at her Minnesota home.

Having grown up on a farm, she was always pulling weeds or engaged in some other necessary chore related to growing crops.

Today, her gardening endeavors include growing flowers and vegetables in her yard, and potted plants in her home. She finds joy in tending to her plants and spends as much time as she possibly can in her garden.

The majority of the plants she raises are flowers, which are in large flower beds around her yard. She maintains large flower beds in her front and rear yards.

"I enjoy watching for butterflies and bees," Diers says of the insects attracted by the flowers.

Winters in Minnesota are long. She uses that time to determine what she will grow in the warmer months. Once the ground thaws — typically in May — she begins planting.

Diers plans to grow more vegetables this year than she has in the past. She has lived at her current home for roughly three years and is in the process of deciding where to create a permanent vegetable garden.

She hasn't decided which vegetables she will grow this year, but she tends to pick those her family enjoys eating. One food she looks forward to making from the vegetables she plants this summer is salsa, and she also enjoys making homemade pasta sauce.

She also enjoys canning her vegetables, and while she has not done much of that the past two years, she plans to get back into it this summer.

Diers also shares her bounty — both vegetables and flowers — with friends and family. She hopes to one day build a greenhouse so she can grow things out of season. That will allow her to share even more with others, she says.

People interested in starting their own gardens can find a plethora of information online or in the community, she adds.

"YouTube has some good videos, and I ask a lot of questions at greenhouses when I'm buying the plants to start my yearly garden," she says. "I also advise people to start small."





# Spring into Freshness

Try out new flavors as the seasons change

## EASY FRUIT SALAD WITH HONEY LIME DRESSING

### INGREDIENTS

1 lb strawberries, chopped  
4 kiwis, peeled and chopped  
1 1/2 cups blueberries  
2 bananas, sliced  
1 large apple, diced

### HONEY LIME DRESSING

1/4 cup honey  
1 lime, juiced and zested

### DIRECTIONS

1. Add chopped fruit to a large salad bowl.
2. In a mixing bowl, whisk together honey, lime juice and zest.
3. Pour Honey Lime Dressing over the salad; gently toss to coat.
4. Cover with plastic wrap and refrigerate for 20 minutes before serving.



## SHEET PAN ROASTED GARLIC & HERB CHICKEN AND VEGGIES

### INGREDIENTS

1 1/2 lbs boneless skinless chicken breasts, cut into 1-inch pieces  
2 cups broccoli florets  
1 large zucchini, cut into 1-inch pieces  
1 medium onion, cut into 1-inch pieces  
1 bell pepper, any color, cut into 1-inch pieces  
1 cup grape tomatoes, cut into 1-inch pieces



### GARLIC & HERB MARINADE

1/4 cup olive oil  
4 cloves garlic, crushed or finely chopped  
2 Tbsp dried parsley, chives or basil  
2 Tbsp lightly dried cilantro  
1 tsp chili pepper flakes  
Salt and freshly ground black pepper  
1 tsp ginger, optional  
Juice of 1/2 lime

### DIRECTIONS

1. Preheat oven to 450 degrees.
2. In a medium bowl, whisk the garlic, herbs, salt, pepper and lime juice.
3. Place the chicken and veggies on a sheet pan and drizzle with the garlic and herb mixture. Combine until chicken and veggies are coated.
4. Bake for 20-22 minutes or until cooked through.
5. Serve immediately with rice or quinoa.



## CAULIFLOWER TACOS

### INGREDIENTS

1 head cauliflower  
2 Tbsp cornstarch  
1/2 tsp garlic powder  
1/2 tsp onion powder  
1/2 tsp paprika  
1 tsp ground cumin  
1/2 tsp salt  
1/2 tsp pepper  
1 1/2 tsp chili powder  
3 Tbsp olive oil  
Tortillas  
Avocado, sliced  
Red Cabbage, sliced



### CILANTRO LIME DRESSING

5 oz. plain yogurt  
1/2 cup fresh cilantro  
2 Tbsp lime juice  
1/2 tsp garlic powder  
1/2 tsp salt

### DIRECTIONS

1. Preheat oven to 350 degrees.
2. Wash and chop cauliflower into bite-sized florets.
3. Add to a bowl. Add the olive oil, cornstarch and spices. Mix well.
4. Place florets on a baking tray covered in parchment paper or a silicone baking mat. Spread out evenly and bake for 25-30 minutes, mixing halfway through.
5. While the cauliflower bakes, add the yogurt, cilantro, lime juice, garlic and salt to blender and mix until smooth. Refrigerate.
6. Once the cauliflower is done, add florets to a heated tortilla and top with avocado, red cabbage, cilantro lime dressing and fresh cilantro if desired.



## CARROT BUNDT CAKE WITH CREAM CHEESE GLAZE

### INGREDIENTS

2 cups all-purpose white flour  
2 tsp baking soda  
2 tsp baking powder  
1 tsp salt  
1 tsp ground cinnamon  
1/2 cup raisins  
1/2 cup walnuts  
4 large eggs  
3/4 cup olive oil  
2 cups light brown sugar, packed  
1 tsp vanilla extract  
2 cups grated medium carrots



### CREAM CHEESE GLAZE

4 oz cream cheese at room temperature  
2 Tbsp butter, softened to room temperature  
1 cup confectioners' sugar  
1-2 Tbsp milk  
1/4 cup chopped walnuts

### DIRECTIONS

1. Preheat oven to 350 degrees. Coat a 10-cup Bundt pan with nonstick cooking spray and set aside.
2. In a large mixing bowl, whisk together flour, baking soda, baking powder, salt, cinnamon, raisins and walnuts. Whisk together until evenly distributed and combined.
3. In another mixing bowl, whisk together eggs, olive oil, sugar, vanilla and carrots until smooth.
4. Pour the wet mixture into dry flour mixture and fold together using a spatula until just combined and no dry ingredients are visible.
5. Pour the batter into the prepared Bundt cake pan and bake for 60-65 minutes, or until a toothpick inserted into the center of the cake comes out clean.
6. Let the carrot cake cool for 10-15 minutes in the Bundt pan on a wire cooling rack, then turn it upside down onto the wire cooling rack to remove. Allow the cake to cool completely before frosting.

### CREAM CHEESE GLAZE

1. In a medium mixing bowl, use a hand mixer to beat together cream cheese and butter until smooth and creamy. Add sugar and milk (1/2 tablespoon at a time) and beat until smooth and desired consistency is reached. The icing should be thin enough to pour, but thick enough to coat the back of a spoon. If the icing is too thin, add in a little more sugar. If it is too thick, add in a little more milk.
2. Use a spoon to slowly drizzle the cream cheese glaze over the cooled Bundt cake and sprinkle chopped walnuts on top.





# The Psychology of Addiction



# Behavioral addictions play on the brain in much the same way as some drugs, and the potential consequences can be life-changing

By Bill Jones

**Addictions are paradoxical by nature.** While the negative physical and psychological effects of addictions may be well-known, addicts are nonetheless compelled to habitually seek the substance or behavior that causes those effects.

So what exactly is going on in our heads when we pursue addictive behaviors — whether they are about work, money, social media, gambling, pornography or something else — even as we may recognize them as detrimental to our well-being and that of our families and friends?

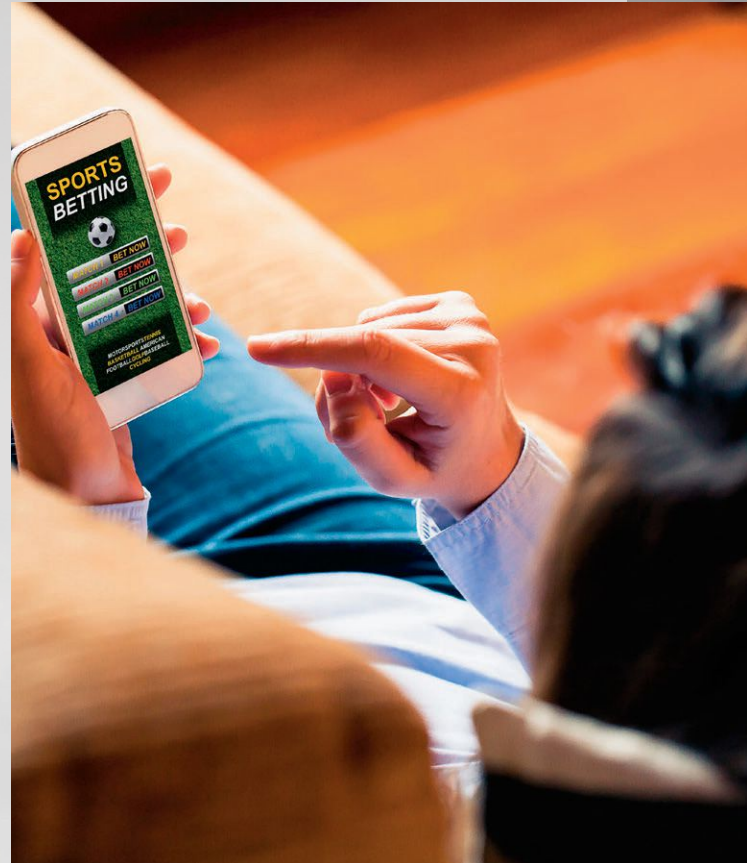
“There’s not one answer,” says Erica Spiegelman. “What are the mechanics of it? It’s different for everybody. It depends what kind of addiction we’re discussing.”

Spiegelman — an author and recovery and wellness specialist — says everyone is different, but a few things are common when it comes to drug and alcohol addiction.

“We can have a predisposition to be more susceptible to it — your actual brain, due to your DNA,” Spiegelman says, noting environment is another influence. “If you’re growing up watching people drink, where alcohol is part of the culture, where you’re exposed to it at a young age, where you even try it at a young age, our brain will then change if you start drinking at 13, 14, 15 years old. That would have a factor on it.”

Trauma can also play a role in people using things addictively “to make or to numb any negative emotional experiences.” Similar circumstances can bring about other types of addiction.

“It’s a distraction,” Spiegelman says. “Technology



addiction, shopping addiction, it’s a distraction from possibly something going on in your life. Anxiety, depression, obsessive-compulsive thinking that is also distracted by another behavior — call it cross addiction.”

Kimberly Parker, a licensed clinical therapist who owns Healthy Mind Counseling & Nutrition, adds that those distractions are often filling a void.

“Many times, people become addicted to different vices due to boredom and not feeling fulfilled in life,” she says. “People find it to be self-soothing, whether it’s eating or drinking, gambling, spending too much time on social/streaming services, overworking, and the list goes on. Filling the internal void, overcompensating with trying to prove to oneself or even others ‘that I am good enough’ or ‘I am adequate’ when feeling the opposite internally.”

Furthermore, addiction stimulates pleasure sensors in the brain, giving people a dopamine high, Parker explains.

“Dopamine makes you feel happy and euphoric,”

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she says. “It is chasing happiness, even though it causes issues with your daily life functioning. That means your mental health, physical, academic, financial and social health. Addiction is a roller coaster that is easy to on-board and hard to get off. I have seen addiction ruin relationships because it takes priority over your loved one. I have had clients who’d suffer from health issues due to food addiction. Addiction comes first before friends, family, oneself and anything else in life that is meaningful.”

Despite those potentially negative consequences, Jeanette Lorandini, a licensed clinical social worker who owns Suffolk DBT, says that dopamine pleasure is what reinforces behavior and makes people keep repeating it.

“As this behavior continues over time, the addict’s capacity for feeling reward or pleasure decreases until they need to take increasingly greater risks or engage in increasingly dangerous activities in order to achieve a similar high,” Lorandini says. “This is why many addicts report they are unable to ‘just say no’ — because they have become physically and psychologically dependent

on the source of their high.”

One of the big differences between substance and behavioral addictions, Spiegelman says, is that drug and alcohol addictions have a physiological component to them.

“You’re biologically changing, especially with drugs and alcohol — and I consider alcohol a drug,” Spiegelman says. “Once it’s in your system, there’s a tolerance that builds, and also the tissues in our nervous system become more adaptable to it. We become reliant on it, which is an actual, physical addiction. Yes, your brain changes due to your technology habits. We’ve seen dopamine spike when you win a video game or someone likes your post — not to the extent as when you’re ingesting a drug or alcohol. We know if you’re on heroin or any kind of opiate, and you don’t give your body the drug, we go through terrible detox situations, where you’re hallucinating and physically sick. It’s the physical dependence with drugs and alcohol which keeps people stuck in the cycle.”

But the downsides of addiction are not just the physical aspects. The anxiety and shame around addiction as well as the negative consequences that impact relationships and jobs can also be huge.

“A lot of times when you have a lot of negative consequences due to your addiction, then depression and anxiety comes because you have consequences from that,” Spiegelman says. “Gamblers are some of the worst addicts I’ve ever seen. They have a lot at stake financially. Their families most of the time are in shambles. There’s a lot of other emotional issues going on.”

Someone who is addicted to food may also have emotional issues, but that might not lead to the same type of consequence, like a spouse leaving them, Spiegelman explains. People may be addicted to technology but not have depression like other addicts, as another example.

“The consequences of everyone’s addictions are different,” she says.

### **Getting Help**

Spiegelman says people do not need to break addiction on their own — in fact, getting out of your own way and finding help is usually the fastest way to start the process, she says — but the will to change needs to be there on a personal level.

“Breaking addiction first starts with surrendering and wanting to get help,” Spiegelman says. “As much as you can pressure someone that they need to get help or you’re going to leave them if they don’t get help, from what I’ve seen through my 15 years of being a specialist in this field ... they have to begin that journey themselves. They have to make the choice to want to get help.”

Even then, finding resources can be difficult.





Spiegelman says people often reach out to her from areas that do not have treatment centers or other resources. And in big cities, that help can get expensive.

"I think it feels very daunting for people to start the process," says Spiegelman, adding that going it alone can be a tougher task. "There's a lot of negotiating we do in our own minds when you're trying to get sober. OK, I'll try it on my own. I'll cut back. ... That never happens, because you just wind up negotiating. After one drink, it's already in your body and you're off and running."

That is why an addicted person typically needs a "loop interruption" or what is commonly called an "intervention," Parker says.

"Some people do not realize that there is an issue until a total life change takes place," she says. "This can be the foreclosure of a home, the repossession of a car, long-term hospitalization or a health scare."

Spiegelman provides a holistic approach to help people overcome their struggles with addictions and dependency, focusing on the "four cornerstones of self-care" — mental, emotional, physical and spiritual. Spiegelman feels those principles need to be taught to people right off the bat so they know how to take care of themselves; otherwise, they are faced with a void after stopping their habits.

"If I have no coping skills, if I have zero knowledge on self-care, then I'm not going to really survive," Spiegelman says. "It's not going to be as successful."

That means understanding the nutrition, sleep and

movement needed for physical well-being, she says. It also means becoming emotionally authentic, recognizing the positive and negative feelings, and understanding how to sift through those. She defines spiritual self-care not as religion or prayer but "a practice, a routine around gratitude and knowing your values and doing things that light up your spirit." And mental health involves self-care by recognizing cognitive distortions in thought patterns, she says.

"That really controls what we do in life," Spiegelman says. "If we start learning how to reframe our thoughts and think more positively and hopefully and have a better relationship with yourself, in terms of self-love, that's going to be helpful."

Professional treatments such as 12-step programs can help through peer-led support, with accepting environments and education on coping skills, Lorandini says. Cognitive behavioral therapy may also help. No matter the method, vigilance is important to people battling addiction, Lorandini adds.

"Addiction is a chronic disorder, meaning that even after a period of abstinence, there is still the potential for relapse," she says. "This is why it's important to make sure that recovery efforts include strategies to manage triggers and cravings. ... With the right combination of approaches, individuals in recovery can begin to break free from addiction and live healthier, more fulfilling lives."

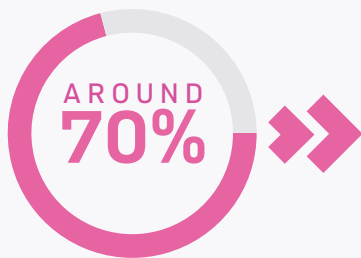


# What if

you found cancer early  
enough to make a difference



The earlier that cancer can be found, the higher the chance of better outcomes.



**of cancer deaths** are caused by cancers not commonly screened for.

It is time to look at cancer more broadly.

Only 5 cancers have recommended screening. Adding a multi-cancer early detection test can improve the chance of finding cancer early

## Introducing the Galleri® test

In partnership with GRAIL, KLN Family Brands is pleased to offer eligible employees the Galleri multi-cancer early detection test at no cost. The Galleri test detects a cancer signal across more than 50 types of cancer, offering the benefits of:



### Early cancer detection

Detects a cancer signal shared by many cancers that are not commonly screened for today, to allow for earlier treatment.



### Testing with ease

Completed with a simple blood draw.



### Actionable results

If a cancer signal is found, the results can predict where in the body the cancer is located to help your healthcare provider guide your next steps.



## How the Galleri test works

Through a simple blood draw, the Galleri test looks at DNA in your blood to determine if any of it may have come from cancer cells.

## Who is eligible?

The Galleri test is being offered to KLN Family Brands employees aged 50 years or older certain risk factors, per the eligibility criteria determined by KLN Family Brands.

The Galleri test is intended to be **used in addition to, and not replace, other cancer screening tests** your healthcare provider recommends. The test does not measure your genetic risk of developing cancer in the future.



### Important Safety Information

The Galleri test is recommended for use in adults with an elevated risk for cancer, such as those aged 50 or older. The Galleri test does not detect all cancers and should be used in addition to routine cancer screening tests recommended by a healthcare provider. Galleri is intended to detect cancer signals and predict where in the body the cancer signal is located. Use of Galleri is not recommended in individuals who are pregnant, 21 years old or younger, or undergoing active cancer treatment. Results should be interpreted by a healthcare provider in the context of medical history, clinical signs and symptoms. A test result of "No Cancer Signal Detected" does not rule out cancer. A test result of "Cancer Signal Detected" requires confirmatory diagnostic evaluation by medically established procedures (e.g. imaging) to confirm cancer. If cancer is not confirmed with further testing, it could mean that cancer is not present or testing was insufficient to detect cancer, including due to the cancer being located in a different part of the body. False-positive (a cancer signal detected when cancer is not present) and false-negative (a cancer signal not detected when cancer is present) test results do occur. Rx only.

The Galleri test has not been cleared or approved by the FDA.

## Understanding the results

The Galleri test looks for a signal present in the blood that may be associated with cancer at the time of your blood draw.

**There are two possible results from the Galleri test:**

### — No Cancer Signal Detected

This means that no cancer signal was found; however, not all cancers can be detected by the Galleri test. Be sure to continue with routine recommended cancer screening tests. Missing routine cancer screenings or ignoring symptoms could lead to a delayed diagnosis of cancer.

### + Cancer Signal Detected

This means that there are signals associated with cancer were detected. Your healthcare provider will discuss appropriate follow-up tests to confirm if cancer is present. The Galleri test does not diagnose cancer.

False negative and false positive results do occur.

Visit [galleri.com/klfamilybrands](https://galleri.com/klfamilybrands) to check your eligibility and request the Galleri test.



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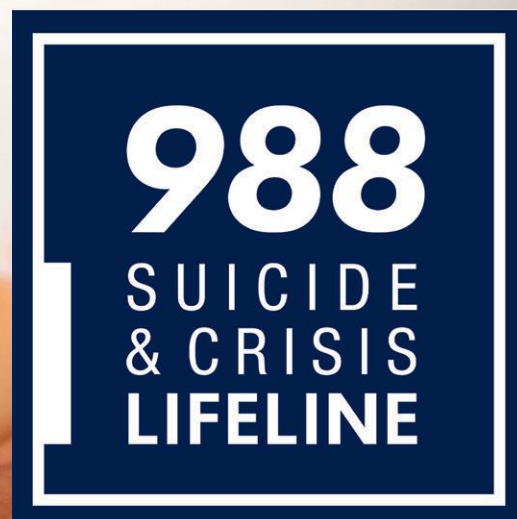


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# The Lifeline and 988

National Suicide Prevention Lifeline  
a resource for those in distress



For ways to support your local Lifeline network crisis center, visit the Crisis Centers page at [988lifeline.org/our-crisis-centers](https://988lifeline.org/our-crisis-centers).

To learn about the impact of the Lifeline, visit the 'By the Numbers' page at [988lifeline.org/by-the-numbers](https://988lifeline.org/by-the-numbers).

**988 has been designated as the three-digit** dialing code that will route callers to the National Suicide Prevention Lifeline (now known as the 988 Suicide & Crisis Lifeline) that is now active across the United States.

When people call, text or chat 988, they will be connected to trained counselors that are part of the existing Lifeline network. These trained counselors will listen, understand how the callers' problems are affecting them, provide support and connect them to resources, if necessary.

**The previous Lifeline phone number (800-273-8255) is still available to people in emotional distress or suicidal crisis.**

The Lifeline's network of more than 200 crisis centers has been in operation since 2005. It's the counselors at these local crisis centers who answer the contacts the Lifeline receives every day. Numerous studies have shown that callers feel less suicidal, less depressed, less overwhelmed and more hopeful after speaking with a Lifeline counselor.

**If you're a veteran, service member or loved one of a veteran/service member and want to know more about how 988 will affect the Veterans Crisis Line, visit [veteranscrisisline.net/about/what-is-988](https://veteranscrisisline.net/about/what-is-988).**

