

Community Health

COMMUNITYHEALTHMAGAZINE.COM | WINTER 2023

Metabolic Matters

Healthy lifestyle changes can prevent metabolic syndrome and its associated ailments

PAGE 24





Series

PRESENTS:

LIVE *with* HUNTER PINKE

SATURDAY, FEBRUARY 11TH, 2023
9-11 AM • LAKESIDE GOLF COURSE

Life hits you & how you respond determines your path forward. Draw from North Dakotan Hunter Pinke's experience of going from Division I football player to a chest-down paraplegic at age 22. Pinke gives tangible examples on how to choose joy & live life with no bad days.



**OVERCOMING
ADVERSITY
& FAITH
THROUGH
TRIALS,
NO
BAD
DAYS**

sponsored by:



schedule of events

9-10 AM: CONTINENTAL BREAKFAST (MUFFINS & FRUIT)

10-11 AM: GUEST SPEAKER: HUNTER PINKE

CHILDCARE PROVIDED FOR POTTY TRAINED CHILDREN 4 & UP

We're excited to host Hunter Pinke and offer this awesome experience to you & your families!

If you're interested in attending this FREE event please RSVP to:

trasmussen@klnfamilybrands.com

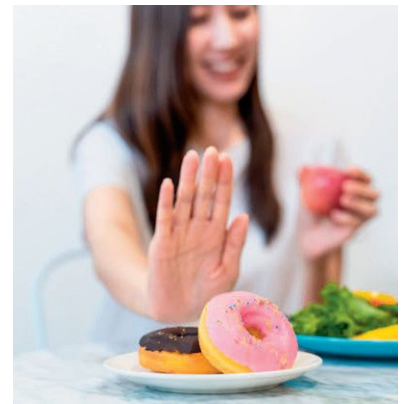
Please RSVP no later than January 31st



COMMUNITY

Giving Hearts

3 One-day event supports area charitable organizations.



Healthy Losses

14 Lifestyle changes — not fad diets or rapid-weight-loss schemes — can help you drop those unwanted pounds and keep them off.

MORE

4 THE VALUE OF VOLUNTEERING

8 PACC-ING A PUNCH

10 WINTER CALENDAR

12 BARK FOR DOG PARK

17 JOURNEY TO BETTER HEALTH

18 FOCUS ON MENTAL HEALTH

22 EAT UP



COVER STORY

Into the Meta-verse

24 Metabolic syndrome raises the risk of heart disease, diabetes and other chronic conditions, but there are simple lifestyle practices that can prevent and reverse it.

Chill Out

6 Sledding, skiing and snowmobiling — the Greater Minnesota area offers all that and more when it comes to winter outdoor recreation.



Starting Strong

Hello, and welcome to the winter 2023 edition of Community Health, our quarterly health and wellness publication. We hope you all had a safe, fun, and healthy holiday as we jump into 2023.

KLN Family Brands prides itself on putting people first, and this magazine is part of that effort. Each quarter we will provide valuable information to inspire you on your wellness journey, along with resources available to you through the KLN company health plan.

This edition has a wealth of content, including several stories about people you may know and work with. The beginning of a new year offers a fresh start, especially for folks looking to make New Year's goals.

If you're looking for some weight loss motivation, turn to page 17, where Andy Paurus shares his weight loss journey.

For those of you looking for some fitness guidance, we check in with the wellness coordinator at the PACC. The gym and personal trainers can serve as a catalyst for weight loss.

If you find exercising in the fresh, crisp air more rejuvenating, turn to pages 6 and 7 for ideas that will make you eager to explore all that Minnesota offers in winter.

It's important to note that not all resolutions have to entail physical goals. Mental health and wellness are just as important. Are the dark days and chilly nights leaving you feeling a bit under the weather? It's proven that winter can have a negative effect on our moods. Turn to page 19 to read more about Seasonal Affective Disorder and how you can treat it.

February is Heart Health Awareness Month. Metabolic health matters and ties directly to your yearly Biomarker Screening. A healthy diet and regular exercise can prevent the chronic, life-changing diseases associated with metabolic syndrome. To learn how to prevent the condition that affects up to one-third of all American adults, turn to page 24.

While we stress heart health, we also focus on Giving Hearts Day in February. It comes as no surprise that volunteering can have a positive impact on your mental health. To read more about the Heart of Giving and the health impacts of volunteering, check out pages 3-5.

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

We hope you enjoy this edition of Community Health. Enjoy winter, get out, and try your hand at the many winter activities featured in this magazine and we'll be back with another info-packed issue this spring.



Marni Moch
WELLNESS COORDINATOR
KLN FAMILY BRANDS

If you have something to share — a workout regimen, healthy eating plan, or places to enjoy the outdoors, just to name a few — please email me at mmoch@klnfamilybrands.com.



KLN FAMILY BRANDS EDITORIAL BOARD

MARNI MOCH
WELLNESS COORDINATOR

KATIE LANGE
EMPLOYMENT BRAND
MARKETING COORDINATOR

COMMUNITY MAGAZINE GROUP

Larry Perrotto | CHAIRMAN

Mark Hornung | MANAGING DIRECTOR

Zach Payer | VP OF DIGITAL OPERATIONS

Courtney Weed | CLIENT SERVICES DIRECTOR

Jason Maholy | EDITOR

Rebecca Fortner | EDITORIAL ASSISTANT

Joe Zannelli | GRAPHIC DESIGNER

1550 S. Indiana Ave., Chicago, IL 60605
jason@communityhealthmagazine.com

LETTERS TO THE EDITOR | Send comments, letters, story suggestions and photos relating to your local health news to jason@communityhealthmagazine.com.

This magazine and its content are for general consumer educational use only. Nothing contained in this magazine is or should be considered or used as a substitute for medical advice, diagnosis or treatment by a licensed medical practitioner. As always, please consult your physician. *Community Health* magazine content is published to educate consumers about health care and medical issues that may affect their daily lives. As always, please consult your physician.

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

A Day to Give

Ka\$h for Kau\$e\$ will match employees' donations during Giving Hearts Day online fundraiser

By Alex Keown



For 24 hours, members of the KLN Family Brands family can support dozens of charities across North Dakota and western Minnesota through Giving Hearts Day.

The one-day, online fundraiser is hosted by Dakota Medical Foundation and supported by KLN Family Brands. The event, which will take place Feb. 9, allows KLN donors to make charitable contributions that are matched by the company through their KLN Kash for Causes program.

Jackie Bunkowske, an executive administrator with KLN, says the company's commitment is important because it leverages the capabilities of matching donations.

"On Giving Hearts Day, the donations will be matched — doubled for an even greater impact to these charities," she says.

For a number of years, KLN has backed the fundraiser, which brings together 538 nonprofit and charitable organizations from across the two states. Overall, the contributions totaled \$26.6 million last year. The donations were made by 41,117 generous donors.

Since the event began in 2008, more than \$138 million has been raised for charitable organizations, Bunkowske says.

"It raises much-needed dollars for worthy local charities," she adds.

Giving Hearts Day is heavily promoted throughout the

organization prior to the day of donations. Employees are encouraged to wear red in support of the event, and to decorate their offices and workspaces.

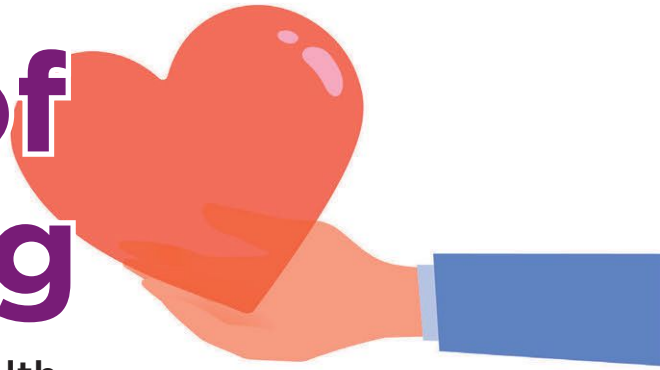
Ahead of Giving Hearts Day, KLN creates a campaign on its KLN Kash for Causes, Millie website, allowing employees to give directly to the charity of their choice. In 2022, KLN employees donated \$5,155 in one day to various charities, according to Bunkowske. All donations made on Giving Hearts Day are tax-deductible.

Perham-area charities that KLN supports include the Boys and Girls Club of the Perham Area, which serves more than 300 children. The club offers a "safe and positive place for kids" through its before- and after-school programs. Bunkowske notes that in a rural area, having such a facility is a huge need in a small town and greatly benefits employees and that's why KLN has strongly supported the program.

KLN also supports the Empowering Kids program in Perham. This organization provides support for individuals with autism, as well as those who face other social challenges, such as attention-deficit/hyperactivity disorder.

"Giving Hearts Day is a day that we can make a difference for charities and the individuals directly impacted by these charities," says Bunkowske. "Our donations help to better the world and our local community."

The Value of Volunteering



Helping others can be good for your health

By Community Health Staff

As cliché as it may sound, it's also a fact: Doing good helps everyone. Altruism is beneficial to your mental health, physical well-being and sense of belonging.

Volunteering for as little as two hours every week may have a positive effect on your health, including improved mood, decreased stress levels and a boost in self-esteem.

Even the simplest acts of giving back — the ones we often brush off as “not a big deal” or “just a favor” — can be important. Volunteering your time helps build communities, strengthen relationships, and provide individuals with invaluable experience and self-awareness. Researchers at the University of Exeter Medical School reviewed more than 40 international studies and found evidence it may contribute to an extended lifespan.

Plus, the warm and fuzzy feeling you get after doing a good thing isn't just your conscience. Research shows that volunteering positively activates neurons to give you that “warm glow.” There is a part of your brain that lights up when someone helps someone else or does a good deed. The mood-boosting neurotransmitter dopamine is then distributed, resulting in what's commonly referred to as a “helper's high.”

“Everyone's purpose is to serve,” says Debi Keane, a retired nurse of 48 years and chair of the Anne Arundel Chapter of Facing Addiction, a national, nonprofit organization dedicated to unifying the voices of more than 45 million Americans

and their families directly impacted by addiction. “That's why we are here. You're missing 98% of life if you're not being of service to someone else.

“I mean, what's the alternative? Constantly thinking of self? That sounds miserable.”

Keane says volunteering her time supports her belief system.

“It's all interconnected, and what affects one affects everyone,” she says. “If I see a need, I want to help because it benefits me, as well. It doesn't need to be on a grand scale, either. Can you shovel snow from your neighbor's driveway? Can you usher at your church? Society would be so much better if we all just helped one another out.”

But is all volunteering beneficial? Perhaps not. Research shows that the volunteer's motivation matters. If the act is being performed for self-serving purposes, the volunteer may not reap the same rewards. So, if all of your giving back is clouded with feelings of resentment and obligation, you probably shouldn't expect all of those feel-good benefits.

The same goes for selfish motivation. One particular study supports the idea that those who volunteer purely for personal gain or bragging rights don't feel as good after the fact.

Humanitarian Albert Schweitzer said: “The only ones among you who will be really happy are those who have sought and found how to serve.” So, look for ways to be of service each day, because opportunity is everywhere.





What's your motive?

By Community Health Staff

Thinking about yourself first may seem like a counterintuitive starting point when it comes to volunteering, but Rebecca Snow, regional volunteer director of the American Red Cross in Central New York, says it is important to analyze what exactly you want to do and what you hope to get out of it. A thoughtful self-analysis is the foundation of successful volunteerism, she says.

“First, take a look at your motivation and interests,” Snow says. “Do you want to give back? Get out of the house? Build a resume? Think about what you hope to get out of volunteering.”

Once you pinpoint your motive, create a realistic goal around it. If personal values are your motive, maybe your goal is to meet people with similar values. If personal development drives you, determine a particular skill you want to sharpen for your resume. That will help you hone the personal goal you want to accomplish while you're volunteering. Research shows volunteers who have their reasons and objectives mapped out beforehand have a more positive experience and stay more committed, as reported in *Monitor on Psychology*, a journal of the American Psychology Association.

“People who have more seemingly ‘selfish’ motivations — esteem enhancement, personal development and understanding — are more likely to stick with a volunteer organization longer than people with ‘other-focused’ motivations, such as values,” the article states.

Five major motivations for volunteering:

Values. To satisfy personal values or humanitarian concerns. For some people, this has a religious component.

Community concern. To help a particular community, such as a neighborhood or ethnic group, to which you feel attached.

Esteem enhancement. To feel better about yourself or relieve self-imposed pressures.

Understanding. To expand your worldview and gain a better understanding of other people, cultures or places.

Personal development. To challenge yourself, meet new people, make new friends or further your career.



KLN Volunteer Grant Program

For every documented volunteer hour (up to 24 hours per employee per year) at a qualified organization, KLN Family Brands will donate \$10 per hour to your “Giving Wallet,” which allows you to choose where to donate those dollars. Qualifying organizations will be

posted for your information as you decide where to donate the dollars and where your volunteer time would be best spent. If there is an organization that you feel should be on our list, please submit your request to Rendi Meyer or Jackie Bunkowske.



KLN Matching Gifts Program

For every dollar that you donate (minimum of \$5) to a qualifying non-profit organization, KLN Family Brands will match your donation (up to a max of \$250 per year).

Eligibility - any current Full-Time or Part-Time employee of KLN Family Brands and their associated companies (Kenny's Candy & Confections, Tuffy's Pet Foods, Tuffy's Treat Co).



KLN's Departmental Giving Program

For fiscal year 2022, KLN Family Brands has budgeted \$20,000 to fund gifts to deserving non-profit organizations that YOU and your department will have the opportunity to choose. Each quarter, YOU will have a vote that will be tallied by your department manager. The organization that garners the most votes will receive the gift from your department. YOU will have the opportunity to be a part of the gift/check presentation and will be recognized at our quarterly shift meetings and on social media.

www.millieiving.com

Please contact Rendi Meyer at rmeyer@klnfamilybrands.com or call (218) 347-0525 for an invite to set up your account.

Snow Much Fun

Outdoor activities abound in areas surrounding Delano and Perham

By Michael Gilbert

Winter may have arrived, but that doesn't mean outdoor fun has to hibernate until spring.

Those living in or near Perham have plenty of options to make the coldest and dreariest months more enjoyable. We've highlighted some of the best winter spots. Grab your hat, gloves and jacket and experience the thrill of the outdoors this winter.

Glendalough State Park

The 1,931-acre park located at 24869 Whitetail Lane in Battle Lake is known as a popular destination for canoers and kayakers, but that doesn't mean the park goes dormant in the winter. Bird watching is a popular winter activity as the park's diverse habitat of prairie, savannas, hardwood forest, lakes and wetlands makes it an ideal spot for birds to call home. More than 35 species of birds, including the trumpeter swan, ring-necked pheasant, sharp-shinned hawk and northern flicker can be found in the park during the winter months. The 1.6-mile Beaver Pond Interpretive Trail is a great place to stretch your legs and explore the beauty of the park. The trail offers wonderful views of Lake Blanche and Annie Battle Lake. All told, Glendalough State Park has nine miles of hiking trails and eight miles of trails for cross-country skiing. Snowshoeing is allowed anywhere in the park except on groomed trails. The park is open from 8 a.m.-10 p.m. daily. For more information, visit dnr.state.mn.us.

Maplewood State Park

Maplewood State Park will turn 60 in 2023 and remains a fantastic spot to view wildlife, hike or cross-country ski. The

last activity may just be the most popular wintertime endeavor as the park boasts five miles of groomed ski trails and five miles of ungroomed ski trails. It's also very common to see snowmobilers because Maplewood features 21 miles of dedicated groomed trails. The park's varied landscape makes it attractive to many species of birds and mammals, so pack the binoculars and enjoy the wildlife viewing. Visitors who think they will need more than a single day to explore all Maplewood State Park has to offer can stay at one of the park's many camp sites or in one of three heated camper cabins available to rent Thursday through Sunday in the winter. Maplewood is located at 39721 Park Entrance Road in Pelican Rapids. For more information visit dnr.state.mn.us.

Lake Carlos State Park

Lake Carlos State Park was established 85 years ago and its 1,231 acres attract guests from Minnesota and bordering states. There is a plethora of recreational activities that revolve around the lake including camping, hiking, snowmobiling and skiing. Lake Carlos offers six miles of trails on rolling terrain for cross-country skiing and nine miles of groomed trails for snowmobiling. Lake Carlos connects the 500-mile Douglas Area Trail Association trail system for snowmobilers looking to get some serious distance. Snowshoeing is welcome anywhere

in the park except on groomed ski trails. The park has more than 120 camp sites including 81 equipped with electricity. Recreational vehicles up to 50 feet are welcome at Lake Carlos. Guests should keep an eye out for deer, loons, ducks, heron, beaver and grebes. One third of Minnesota's 80 mammals and more than 150 species of birds inhabit the park. Located at 2601 County Road 38 Northeast, Lake Carlos is open daily from 8 a.m. to 10 p.m. For more information, email lakecarlos.state-park@state.mn.us.

Arvig Park

Located on County Road 51 on the north side of Perham, Arvig Park is a popular destination in the summer as its amenities include tennis courts, sand volleyball pits and baseball fields. But there are still plenty of activities to enjoy come wintertime. The park features more than three miles of walking paths that are perfect for those looking to snowshoe and go on a chilly run. If the weather turns unseasonably warm, play a round of frisbee golf or kick the ball around one of the park's soccer fields. And the dog park is the perfect place for your pet to burn off some energy. For more information, visit ottertailakescountry.com/place/arvig-park.





Broken Down Dam Park

A little-known park in Fergus Falls, Broken Down Dam Park is located along the Otter Tail River at 427 Broken Down Dam Road. Broken Down Dam Park features, as one may have guessed, a broken-down dam. The dam, created in 1907 to bring electricity to Fergus Falls, abruptly failed and damaged several other downstream dams just two years after it was constructed. This 11-acre park preserves the spot where the dam broke, and while the water has worn away bits and pieces of the concrete, much of it still remains. There is a half-mile hike to get to the dam; a great opportunity to get a workout while seeing a historic and unique site. The trail is unpaved and can get muddy or slippery so be sure to wear the right footwear.

Blacks Grove Park

Offering more than eight miles of groomed trails, Blacks Grove is an ideal spot to snowshoe and hike. The park's dense woods and towering white pine trees provide awe-inspiring views and a unique backdrop for exercise. Once the first snowfall hits, many skiers of all skill levels flock to the park to enjoy the trail. A team of volunteers works year-round to maintain the park and ensure it is clear and free of tree branches so skiers and hikers have a safe experience. Although most of the trails are flat, the park features several benches and shelters for those needing a quick break. Black's Grove Park is located 2 miles west of Wadena on Hwy 29 and half a mile north on 620th Ave.

Detroit Mountain Recreation Area

Head to Detroit Mountain Recreation Area in Detroit Lakes for all kinds of winter fun, including downhill, Nordic and cross-country skiing, snowboarding and tubing. Nordic and snowshoe trails wind through 200 acres, and Scheels Terrain Park offers a variety of features for snowboarders and skiers. Tubing is also available, and Landslide Tubing Park has its own "magic carpet." Lessons and rentals are available. For more information, including times and pricing, visit detroitmountain.com.

Lake Rebecca Park Reserve

With its gently rolling wooded landscape and numerous wetlands, Lake Rebecca Park Reserve is as picturesque as they come. But the reserve packs much more than beauty in its 2,570-plus acres. Adventure seekers will love Lake Rebecca's 15-miles of ungroomed trails that are perfect for cross-country skiing or hiking. Snowmobilers will find nearly five miles of trails available while snowshoers have more than 13 miles of trails providing views of Lake Rebecca's wetlands and wildlife. Multiple campsites are available for those looking to set up their tent and spend a few days at the reserve. Lake Rebecca is open from 5 a.m.-10 p.m. and located at 9831 Rebecca Park Trail. For more information, visit threeriversparks.org.

Crow-Hassan Park Reserve

Have an adventurous pup who isn't afraid to get his paws a little snowy? Then bring him to the Crow-Hassan Park Reserve for more than 2.6 miles of dog sledding trails. The trails vary from flat to rolling prairie to hilly woods so both you and your dog will get a good workout. Almost six miles of trails are open to snowmobilers to explore. Crow-Hassan, 12595 Park Drive in Hanover, has approximately 1.5 miles of ungroomed trails for those wanting to strap on snowshoes and explore the reserve. It also boasts one of the largest turf trail systems in all the Three Rivers' parks as there are nearly 10 miles of hiking areas. The reserve is open each day from 5 a.m.-10 p.m. For more information, visit threeriversparks.org.

Elm Creek Park Reserve

The largest park in Three Rivers, Elm Creek packs plenty in its 4,900 acres. Downhill skiing is a favorite pastime at Elm Creek, and the reserve has hills of varying sizes to attract skiers of all ages and skill levels. With 11.6 miles of trails, cross-country skiing is a popular activity. A daily or annual pass is required for skiers ages 12 and older. Hiking is another favorite activity, and Elm Creek connects to city trails in Maple Grove, Dayton and Champlin for those truly looking to go the extra mile. The reserve also has a sledding hill near the Douglas F. Bryant Winter Recreation Area. History buffs will want to set aside time to explore the restored 1854 Pierre Bottineau House, located near the Elm Creek Chalet. Inside the home are exhibits that highlight the life and times of the legendary Bottineau. Elm Creek, 12400 James Deane Parkway, is open from 5 a.m.-10 p.m. For more information, visit threeriversparks.org.



Finding TruNorth

Perham outdoor store rents XC skis and snowshoes

By Michael Gilbert

For people looking to take advantage of what the Minnesota winter has to offer, visit TruNorth.

Located at 200 Main Street West in downtown Perham, TruNorth is a retail store and outfitter that rents cross-country skis and snowshoes during the winter months. Skis are \$20 per day and snowshoes are \$10. Equipment must be returned by closing time (*see hours below*).

This winter, TruNorth is grooming a network of cross-country ski trails at Perham Lakeside Golf Club, 2727 450th St. in Perham.

TruNorth also sells outerwear, adult and youth winter boots, snowshoes, ice skates, snowboards, skis, helmets, goggles and sleds from brands including Bauer, CCM, Tubbs, SportsStuff and Storm Creek. Tru North also carries winter clothing, including snowpants and performance shirts, winter boots, ski goggles, and jackets and gloves. The Perham Yellowjackets are well represented at Tru North, with T-shirts, hooded sweatshirts and stocking caps.

TruNorth Hours of Operation

Monday-Friday 10 a.m.-5:30 p.m.
Saturday 9 a.m.-5 p.m.
Sunday 10 a.m.-2 p.m.

For more information visit mtrunorth.com or call (218) 346-5253.

POWER PACC



Fitness center offers customized and group-training options

By Alex Keown

As the calendar turned to 2023, people seeking to improve their lives made pledges to lose weight, make healthier lifestyle choices and otherwise get on better paths to wellness. One resource available to local residents is the Perham Area Community Center (PACC), which can help people achieve their desired goals.

Taylin Weginer, wellness coordinator at PACC, explains there are multiple programs at the PACC that can help achieve weight loss and other health goals. The gymnasium and personal trainers can serve as catalysts for weight loss.

“Most trainers are able to get people going and help them attain realistic goals,” Weginer says.

When it comes to setting weight-loss and healthy lifestyle

goals, Weginer recommends starting small by setting attainable goals. For example, she says it’s antithetical to set a goal of running a marathon if you’ve never run a mile in your life.

“Start small and start slow,” Weginer advises. “If you dive in and get super tired and sore and can’t work out for a few days, that’s counter-productive. If you want to run, start with slow goals, short runs versus long ones.”

She notes that these are tips she provides to those who are new to working out, as well as to those people who had a lapse in working out. Starting small is critical because setbacks are inevitable and should be expected; however, they should not be an excuse to derail achieving fitness and health goals.



“Setbacks don’t have to mean I’m done exercising,” Weginer says. “There’s nothing wrong with not attaining those early goals. If we let every setback derail our goal completely, we have to set a different goal.”

When it comes to setting wellness goals, Weginer says people need to be SMART – Specific, Measurable, Achievable, Relevant and Time-bound. By following the steps in this acronym, Weginer says goals suddenly seem more realistic and achievable.

Setting wellness goals should be specific. Don’t say, “I want to lose weight;” say, “I want to lose 15 pounds,” Weginer advises. That gives the person a precise target.

Goals should also be measurable. Seeing a reduction of 15 pounds from a baseline weigh-in is exact. Progress along the way is also easily marked, she adds.

It’s also important to have the tools to achieve your goals, Weginer says.

Wellness goals should also be relevant.

“Is it something that’s relevant to our lives? If you don’t like running, why set a goal to run a half marathon?” she says.

The time-bound part of the acronym is the last essential piece of the puzzle. Weginer says some goals may need a longer timeframe to achieve, but others are attainable sooner. When setting wellness goals, it’s important to ensure the goal you want to achieve lines up with the amount of time you have. Don’t sign up for a marathon six months from now if you’ve never run a mile before, she says.

Beyond fitness, the SMART plan is also a good guideline for mental and financial health, as well. Weginer says these principles can be applied to many challenges we face in life.

The PACC also offers group fitness classes. Weginer says these are great choices for people who may lack motivation to work out on their own or who may be trying to incorporate more social activities into their lives. The group fitness class schedule is on the PACC’s website. She says there are new group programs starting up in the coming year.

“We have some fun stuff planned for the new year.”



Winter To-Do List



Many activities, from stitching to trivia to concerts, are planned in the area

By Michael Gilbert

The Christmas tree is back in its box, the outdoor decorations have been taken down and the holiday plates and mugs are safely stored away in the attic. The holidays have come to an end. Time to relax, right? Not if you live in Otter Tail County!

There are plenty of fun events and attractions to experience this winter. Here are a few of the top choices.

Book Club Reads

Who doesn't love curling up to a good book? The only thing that makes reading a book better is discussing it with others. At the Perham Area Public Library, you get just the chance to do that. The library's Book Club is held on the second Tuesday of each month at the library, 225 Second Avenue NE in Perham. At 4 p.m. on Feb. 14, the club will be discussing Susan Meissner's "The Nature of Fragile Things." All are welcome to join. For more information, contact the library at (218) 346-4892.

Sit-N-Stich

Bored on a Thursday evening? You won't be any more if you come out to the New York Mills Cultural Center to learn, practice or teach your stitching skills. This all-ages event is for all skill levels and free for anyone to attend. Supplies will be provided to those who don't have their own. This creative group meets at 6 p.m. at the Cultural Center, 24 N. Main Ave. in New York Mills. Visit perham.com/events/sit-n-stich for more information.

History Museum of East Otter Tail County

Located at 230 1st Ave. North in Perham, the History Museum of East Otter Tail County offers free access to genealogy resources, including Ancestry.com. The museum has a database of more than 400 artifacts as well as a searchable index of newspaper articles. Even the stone building that houses the museum is historic, as it previously served as the town's library. Museum hours vary. Visit historymuseumeot.com for more information.



Celtic Music and Dance

The Great River Regional Library in Buffalo will feature the music and dance of Ireland at 11 a.m. Feb. 9. Visitors of all ages can explore the music, stories, and limericks of Ireland. The program features wind instruments, harps and Celtic dance rhythms. All ages are welcome. This program was made possible with Arts & Cultural Heritage Funds from Minnesota's Clean Water, Land, and Legacy Amendment. For more information, visit griver.org/

Kites on Ice Festival

The fifth annual festival, held from 11 a.m.-3 p.m. Feb. 11, features kites of all shapes and sizes, a free kite-building workshop for kids, beanbag tournament, sled dog rides, food trucks and more. Kites will fill the air on frozen Buffalo Lake near downtown Buffalo. For more information, visit exploreminnesota.com.

Simon & Simon - The Music of Paul Simon & Carly Simon

Simon definitely says to come out to this event from 7:30-9:30 p.m. on Feb. 25 at A Center for the Arts, 124 W. Lincoln Ave., Fergus Falls. The event will feature national award-winning performers and recording artists Harmonious Wail singing hit songs from Paul Simon and Carly Simon. Tickets to the show are \$15 for students and \$28 for adults. Visit app.arts-people.com/index.php?show=134494 for more information.

Trivia Night

Warm up with a hot beverage and meal and test your knowledge in a variety of categories during Trivia Night at Billy's Corner Bar, 158 E. Main St. in Vergas. Trivia Night occurs each Tuesday at 7 p.m. and prizes are awarded to the top players. For more information, call (218) 342-2400.

Going to the Dogs

KLN sponsors
NutriSource
Dog Park

By Michael Gilbert



NutriSource[®]

DOG PARK

875 RIVER ST N

Please see & exiting

- Use park at
- Owners are all times. T or property
- All dogs m by a licen
- Dogs must
- Dog waste
- Owners m
- Dog handl
- Children un supervised
- Aggressive
- Dogs should
- **NO DIGGING** their dogs in

PROHIBITED

- SICK DOGS
- PUPPIES (UNDER 4 MONTHS)
- AGGRESSIVE DOGS
- GLASS CONTAINERS



The city of Delano has gone to the dogs, and many residents couldn't be more thrilled. The municipality celebrated the grand opening of the NutriSource Dog Park at 875 River Street North on Oct. 12. The dog park is the first of its kind in Delano.

Sponsored by KLN, the city-owned park is separated into two gated areas — one for dogs under 30 pounds and one for dogs over 30 pounds — to run off-leash while enjoying some canine companionship. The area for the smaller dogs will remain as open space, while the park for the bigger dogs will soon be outfitted with “dog play agility equipment” from Delano-based Landscape Structures, according to Brian Garlick, the general manager of Tuffy's Treat Company. The dog park is available to use free of charge to everyone, including those living outside of Delano.

“The dog park is a welcome addition to Delano because there is a need in the community,” Garlick said. “It's great for dog owners to have a place they can bring their dogs to run freely in a safe environment.”

Delano resident Elaine Myhre wasted little time bringing her 3-year-old miniature schnauzer, Maximus Rex, to the dog park for a “good sniff and run.” Myhre said a fence was just installed in her backyard this fall, so Max was always on a leash whenever he went outside.

“It was great watching him really run for the first time,” she said. “He loved the freedom.”

Maximus isn't “overly social” with other animals or humans, so they opted to go early in the morning for a stress-free adventure.

“I really enjoyed the solitude early in the morning,” she said. “Max was the only dog, so he got to explore, and the dog park is safe and secure so I didn't need to worry about him escaping.”

Max had quite the workout at the dog park as Myhre noted her pup slept for much of the rest of the day.

“I've contemplated other dog parks for Max, but they are always crowded and quite the drive from home,” she said. “We are

planning on making trips to the NutriSource Dog Park a weekly adventure.”

KLN entered the Delano area just two years ago, so Garlick said sponsoring the dog park was a great way to become involved in the community and give back.

“We certainly have a passion for animals, and we heard about the dog park opening and felt it could be a great way to market our brand and support the community,” he said. “Delano does a great job adding amenities to make it a wonderful place to live and work, and this is just another example.”



Focus On Healthy Living

Losses to **gain**

A photograph showing the lower legs and feet of a person standing on a white and red digital scale on a wooden floor. The person is wearing dark teal leggings. The scale is positioned on the left side of the frame, and the person's right foot is resting on it.

Dropping weight the right way requires building better habits

By **Rebecca Fortner**

Obesity is known to be a potentially life-altering medical condition that can increase the risk of developing Type 2 diabetes, heart disease, stroke and other chronic illnesses. It can also have consequences in the workplace, including absenteeism, lost productivity and costly medical claims.

Even though Americans spend \$72 billion on weight loss programs each year, and healthy eating and exercise are core components of nearly all workplace wellness programs, the problem persists. Fortunately, there are solutions.

“Although we have a very, very tough road ahead of us, I am optimistic that we can have some success,” Dr. Ann Kulze, a corporate wellness trainer and motivational speaker, told the Wellness Council of America’s (Welcoa) News & Views. “Frankly, we have to if we want to remain a productive and competitive society. Our success will hinge on education and wholesale environmental changes.”

Building Bad Habits

Studies show the main culprits of obesity are unhealthy eating habits and a lack of physical activity. The factors behind these issues are often related to mental health and include a lack of self-control when it comes to eating, and a lack of interest in and motivation to exercise. Even if the afflicted person desires to make changes for the better, an unresolved psychological addiction to unhealthy eating or inactivity can lead to failed attempts to change lifestyle habits.

The brain is complex, and forms habits and behaviors that are activated in response to stimuli. Health habits — good

and bad — start as choice-driven behaviors and can turn into a nearly unconscious pattern.

The limbic system, the part of the brain involved in feeling and reacting, perceives any behavior associated with emotional pleasure or comfort as providing a positive reward, even if the behavior is unhealthy. This system can ultimately embed a habit so deeply that it is perceived as necessary for survival.

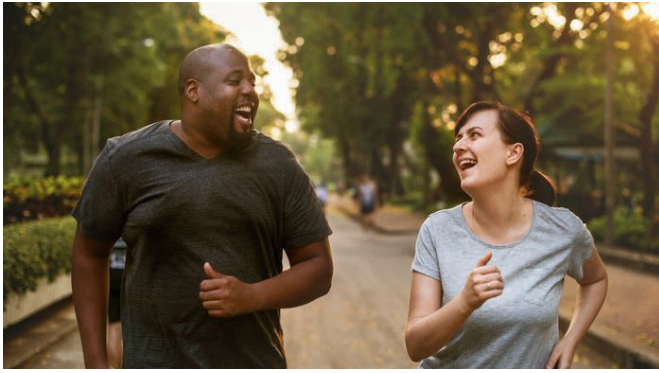
This can contribute to an addiction, and any attempt to change the habit can be seen as a threat. Alarm signals are sent out in the form of stress, anxiety, frustration and discomfort. When eating is involved, cravings can overwhelm willpower.

The good news is the brain can be rewired to break a psychological addiction. The key is to change the thought process, rather than just being told what, when and how to eat and exercise.

Healthy Weight Loss

When weight is in a healthy range, blood is circulated more efficiently, fluid levels are more easily managed, and the risk of developing serious diseases decreases. Other benefits include increased self-confidence and energy.

Losing weight and maintaining weight loss means burning more calories than are consumed. A few basic tips include setting realistic goals, using a food diary or tracking app, managing portion sizes, making smart food choices and increasing physical activity.



Most fad diets and quick weight-loss schemes don't work because they don't help you learn to maintain a healthy weight. Nearly all dieters regain lost weight within five years and many regain more weight than was lost, Kulze told Welcoa. Typical diets fail because they are difficult to maintain, don't address the behavioral or emotional side of eating, and don't include physical activity as an essential component.

"Diets don't work because they are a temporary solution to a long-term problem," Kulze says in the Welcoa article. "Sustainable weight loss is only achieved with permanent changes."

Restricting high-risk foods and maintaining portion control is vital, as is eating healthy carbohydrates, fats and proteins, she adds. The latter helps build appetite control and a healthy metabolism. High-risk foods include traditional fast foods, sweetened beverages, and refined carbs and sweets.

"As an invaluable bonus, we also know that the right foods provide profound and sweeping protection from our most common and deadly chronic diseases," Kulze says.

In addition to burning calories, exercise preserves muscle mass, which is important to maintain a healthy metabolism. It also improves the action and effectiveness of the hormone insulin. When this hormone doesn't work properly, insulin resistance can occur, leading to obesity and increased risks of developing heart disease, Type 2 diabetes and metabolic syndrome.

Increasing physical activity is vital for those who sit at a desk for many hours each day, a practice Kulze calls the "single greatest occupational health hazard we face."

"If you don't get a certain amount of threshold activity most days of the week, you are guaranteed to lose your health," she explains. "And without regular physical activity, you don't have a prayer when it comes to sustainable weight loss. If you don't move, your insulin doesn't work; and if your insulin doesn't work, you can't burn fat."

Thirty minutes of moderate activity most days of the week can make all the difference.

Maintaining Weight Loss

Kulze emphasizes that positive healthy diet changes and regular physical activity are key to maintaining weight loss. To make changes that can be sustainable and permanent, they should be implemented at a pace that fits your life and personality.

When working to maintain weight loss, slipping into old habits can happen. A relapse is when old habits return for several days or weeks. It's important to remember that this not a failure, and you can get back on track. Some tips include:

- Understand your triggers, roadblocks and excuses
- Realize this is a long-term effort
- Learn from others who have succeeded
- Build a social support network
- Find healthy motivation
- Hold yourself accountable
- Remember that exercise is essential

Keeping a food journal

Studies have shown that keeping a food diary can double a person's weight-loss efforts. The practice can increase awareness of why you're eating, identify how certain foods make you feel and track your mood while eating.

Food journals can reduce mindless eating because each bite is recorded. But keeping a journal is not easy. It requires consistency, honesty and detail. The following tips can help you get started.

Know Why You're Doing It

Be clear about why you're keeping a food journal, what you hope to gain and what type of information you will record. You may want to identify which foods make you tired and which give you energy. Understanding how you feel when eating – both in body and mind – can help identify patterns and make diet changes.

Stick With One Format

Decide whether you will use pen and paper or an app to keep your food journal. Portability is key. A small notebook can fit in a pocket or purse.

Get Specific

Include portion size, ingredients, time of day, where you are and how you're feeling before, during and after eating. Don't forget to include beverages, too. What you drink can be a sneaky source of calories and sugar.

Be Honest

Decide how detailed you want to be from the start and stay consistent. Document everything, not just the foods about which you feel good. On the other hand, too much detail may lead to inconsistency. Find a balance and stick with it.

Know Your Barriers

Think about what may keep you from completing a food journal to help avoid those obstacles. Do you feel guilty about the things you eat or have doubts about whether a journal will help with weight loss? Are you worried about staying consistent? These are common thoughts that can be overcome by focusing on how useful a diary can be, acknowledging the difficulty and staying motivated by health goals.

Make a Date

Plan a consistent time to record information each day and weekly time to review your journal. This will help to notice patterns, emotions and habits related to food and to identify changes that can be made.



Real Appeal®

WEIGHT LOSS SUPPORT



Your Healthy New Year Starts Here

Get your New Year's weight loss resolutions off to a good start with all the tools, resources, and support you need to take small steps for lasting change on Real Appeal®.

Helping You Stay on Track

Real Appeal on Rally Coach™ is a proven online weight management program. It's available to you at no additional cost as part of your health plan benefits.



Online Convenience

Set goals, track your meals and activity, stream expert-led workouts, and access hundreds of recipes.



Personalized Support

Communicate 1:1 with an online coach to discuss your specific health goals and circumstances.



Motivational Resources

Join live sessions with a community of members to learn practical tips for meal prepping, cooking meals with fewer calories, and more.

Get started now at
enroll.realappeal.com
or scan the QR code.



Please have your health insurance ID card handy when enrolling.

Daily Healthy Habits to Reach Your Goals

Drink Up

Drink plenty of water during your day — and be sure to drink extra after exercise.



Make Sleep a Priority

Get 7-9 hours to improve your mental health, focus, and immune system.

Move Your Body

Find ways to make movement part of your day, even if it's just taking the stairs.



RALLY/COACH™

Real Appeal is available to members at no additional cost as part of their medical benefits plan, subject to eligibility requirements. The Real Appeal program is educational in nature and is not a substitute for medical advice.

© 2022 Real Appeal, Inc. All Rights Reserved. WF7320158 138828-052022 OHC

Focus On Healthy Living



diet to the keto diet, in which participants avoid carbs and sugars to help the body burn fat, rather than carbohydrates.

“It was just a total lifestyle change for how I did it,” Paurus said, adding that he has never cheated on his new diet. “One hundred percent natural, all on my own. I quit drinking, I bought lettuce, I bought above-ground vegetables, because that’s what the doctor told me my body would process. So, I’ve been eating above-ground vegetables, meat, eggs and cheese.”

Paurus credits his success in sticking with his diet plan to “stubbornness.”

“Once I put my mind to something, I do it,” Paurus said.

His metabolism was impacted negatively in high school, when he wrestled and frequently dieted to make weight. He is thrilled with the progress he’s made thus far.

What’s helped him along the way is the support from his wife and his daughter, who he says have learned to live his lifestyle.

Although many weight-loss stories involve strict exercise schedules in addition to changing diets, Paurus insists that he hasn’t really changed much when it comes to his physical activity, adding that as a farmer, he’s always led an active life.

But now that he’s lost so much weight, Paurus finds himself even more active than he was before. For example, he used to drive places or find other modes of transportation, but now he’ll walk.

“Now I just find myself walking, it doesn’t bother me to go walking,” Paurus said. “I run around outside with my daughter, and I do things that I want to do, like going out for a walk in the woods. I feel better in my joints and I feel a lot healthier.”

Although he’s done the work all on his own, Paurus said that he’s thankful to his family, as well as his doctor, for being a support system throughout the process.

“I’ve had a heck of a journey,” Paurus said.

Diet Dedication

Andy Paurus lost more than 160 pounds to stay active and healthy

By Erin Yarnall

A few years ago, Andy Paurus realized he couldn’t spend as much time with his daughter as he wanted because he couldn’t keep up with her. It was then that Paurus decided to make some serious changes and get into shape.

In the past few years, he has lost more than 160 pounds.

“My daughter’s getting older, and I was not able to run around with her and play as much as I wanted,” Paurus said. “I wanted to be a better man for my daughter, a better role model.”

He was also inspired by losing both his cousin and his mom in 2019, and realizing that he wanted to be around for his daughter as long as he could be.

“I’ve always worked hard and played hard, and didn’t really care about what I ate,” Paurus said. “It was one of those deals where it kind of got out of control.”

Rather than making any changes, Paurus said that he “got to be OK with it” and would make jokes about himself.

After making the decision to get healthier, Paurus met with a nutritionist, who helped create a diet plan for him that he’s been strictly following ever since.

“She told me what my body wanted, what I could eat and what I couldn’t eat, and it ended up being perfect for me,” Paurus said.

Since meeting with the nutritionist, he’s been sticking to a high-fat diet, and avoiding carbs, sweets and alcohol. Paurus likens the



Focus On Mental Health

Essential, but addictive

The Village EAP can help with guidelines, advice on screen time

By Alex Keown

There is no doubt that electronic devices have become an essential, everyday item on which we rely. Cell phones, tablets and others are powerful tools that play a role in our personal and business lives. But these same useful devices can also become as addictive as many narcotics.

Our mobile devices provide us with access to significant amounts of information through search engines, email, news sites and even social media sites. During the lockdowns amid the COVID-19 pandemic, mobile devices became a lifeline, connecting people to the outside world through various social media apps, streaming platforms, online gambling programs and video calls.

Despite the lifeline mobile devices offered, there are also drawbacks to them. The plethora of information can become an assault on our senses. Notifications from emails, social





Winter Woes

By Alex Keown

Winter is upon us. The days have grown shorter, colder and darker. While there is plenty of holiday cheer in the air at the beginning of the season, winter can become a heavy weight on our shoulders and psyche the longer it continues.

The Village EAP is well aware of how winter can have a negative effect on our own moods, an issue known as seasonal depression or seasonal affective disorder (SAD). The condition typically begins in the fall and lasts throughout the winter. For those dealing with SAD, the issue typically reoccurs year after year. Those dealing with this can become disinterested in performing daily routines, such as going to the grocery store or work.

Some of the typical symptoms related to SAD include low energy levels, excessive oversleeping, difficulty concentrating and a loss of interest in regular activities. SAD can also bring about feelings of hopelessness, worthlessness and even suicidal tendencies.

It is not atypical for most people to have the winter blues, but if the feelings persist for days on end, counseling is available through the Village EAP for KLN Family Brands employees.

The Village EAP suggests people concerned about SAD keep a journal or calendar of your daily mood. It's also a good idea to note any changes in sleep and appetite as well. If these changes are persistent, then the EAP suggests reaching out for assistance.

Treatments are available. Light therapy is typically used to provide a sensation of sunlight that is often missing during the winter. Therapy sessions and prescription medications are also often used to treat SAD.

media platforms and breaking news alerts can overwhelm us. And during the pandemic, many of us learned that too much information can become overwhelming, leading to a sense of helplessness and anxiety.

The Village Employee Assistance Program available to KLN Family Brands employees offers a number of tips to mitigate these issues. Although the pandemic lockdowns are over, there is a significant amount of economic and political uncertainty that continues to contribute to these overwhelming concerns. The Village EAP recommends controlling the amount of information we consume at one time.

"You can control how much social media you look at and when and where you get news," information provided by The Village states. "Constantly watching the news and scrolling social media will just bring about more frustrations and fear."

Beyond being overwhelmed by information and notifications, mobile devices can become a source of addiction. Not only is this a danger to adults, but also to children who are using mobile devices at earlier ages. During the pandemic, teens spent significant time communicating virtually with friends.

Too much screen time has been linked to a number of different health issues, including obesity, eye strain, poor sleep and insomnia, behavioral problems and violence. Overexposure to screen time has also been linked to anxiety, depression and difficulties concentrating on immediate tasks.

Like with addictions to alcohol, tobacco or illegal drugs, there are related signs and symptoms of electronic device overuse. These include intense urges to play with mobile devices, even when there are more pressing and important matters at hand. Other symptoms of excessive amounts of screen time include signs of irritability, anxiety or anger, especially when being forced to halt the use of devices, even for short periods of time. Another sign is cutting back on social or recreational activities in favor of spending time on a phone or mobile device.

Setting limits on screen time is a recommended course of action, especially for children who are exhibiting signs of addiction. Parents are also recommended to set a good example for screen time. If a family sets a rule of no phones at dinner, then parents should not hypocritically check their own phones during that time.

Beyond controlling screen time, The Village recommends turning off notifications to avoid constantly checking devices when alerts are sent. When these notifications appear, many people feel compelled to check them immediately. The notifications, including "likes" on social media, trigger the release of dopamine, a hormone that provides a feeling of pleasure. The more "likes" and reactions, the more dopamine is released. The Village EAP recommends changing the settings to receive fewer banner notifications. The organization also recommends silencing ring tones or text tones to avoid the need to look at a mobile device.

Focus On Mental Health

GO AHEAD AND BE BORED

Stepping away from distractions and letting the mind wander is good for well-being

By Michael Gilbert

The convenience of having a smartphone may have reduced the use of the phrase, “I’m bored.”

It isn’t that people no longer experience boredom; they simply have a convenient if not lazy way to fill that downtime.

Waiting in a long line at the coffee shop? Grab your phone and start scrolling through emails or surf the web.

On the bus, train or cab? Take out your phone.

Have 10 minutes to waste before class begins? “Words With Friends” is calling.

This isn’t necessarily a good thing. Scrolling through our phone may temporarily ease boredom, but human behaviorists, philosophers and psychologists say it is important to put the phone down and take a respite from life’s distractions.

Constantly bombarding the brain with information, sounds and visuals may not be the best recipe for good mental health, according to vocational rehabilitation counselor Melissa S. Kaekel. In fact, the opposite is likely true.

“Boredom is actually necessary for a healthy brain,” Kaekel said. “Periods of rest with no information or distraction allow the brain to relax from processing data, which reduces stress.

“During boredom, the mind is able to drift from thought to thought without agenda, which can lead to sparks of creativity and problem solving.”

Texas-based licensed professional counselor Kara Nassour is a strong proponent of occasionally “doing nothing.”

“In the same way our bodies need physical rest, our brains need mental rest,” Nassour says. “Doing nothing gives us time to process what we’ve experienced, without any pressure or responsibility to react.

“It also teaches us about ourselves. By sitting with our thoughts and feelings, we get a better understanding of what those thoughts and feelings are, as well as what we believe, what we want and what we need to do to achieve it.”

Harvard-educated well-being expert and author Bracha Goetz says “unplugging” and putting down the phone can help one better experience gratitude.

“Pausing gives you the chance to experience gratitude, and from gratitude joy blossoms,” Goetz says. “If you want to fill up on more joy in life, slow down to savor life. Each moment we spend in gratitude is a moment we are not spending thinking about what we are lacking.”

Productivity expert Jennifer Jank notes the human brain evolved and de-

veloped just fine in the pre-smartphone and pre-social media era.

“The human brain didn’t develop in an age of constant distractions, so it’s not healthy for our brains to be constantly overloaded with notifications,” she said. “Anyone who wants to be productive needs to turn off notifications so they can focus, and also give themselves time to be bored so that they can be creative.”

Lynn Anderson, a naturopath doctor, acknowledges it can be difficult to separate ourselves from our electronic devices, but says doing nothing is sometimes exactly what we need to recharge our bodies and minds.

“The detrimental effect of constant stimulation is an increase in stress levels, which we know can lead to many health issues, including high blood pressure, heart disease, obesity and diabetes,” Anderson says. “Muscle soreness, backaches and body tension are also byproducts of constant overstimulation.”



Fitness Equipped founder Deniz Efe agrees that overexposure to social media and smartphone usage can be harmful.

“There is a lot to be said for just doing nothing,” Efe said. “Shutting out all distractions and being alone with one’s thoughts is essential to our well-being.”

“We might think we’re bored, but what we’re feeling is anxiety. Boredom is good for us, as it allows us to daydream, plan and think creatively. It’s when we’re bored that we come up with our best ideas.”

Boredom also allows our brains to “reset and refresh,” according to Eric Rodriguez, co-founder and CEO of health and wellness website innerbody.com.

“The brain is a lot like a computer,” Rodriguez says. “If you ever used your computer for a long period of time with multiple tabs open, the computer tends to struggle a little bit, getting slower and overheating.”

“Our brains are very similar, and when we are constantly looking at social media, watching TV and playing games,

our brains can become overloaded with information, and this causes brain fog and burnout.”

Rodriguez says boredom can help rid the brain of the stress of constantly processing information.

Overstimulation can cause our minds and bodies to crash, according to neuropsychologist Alexander Burgemeester.

“We need to be away from devices and other items that keep us super busy, in order to have a proper balance,” Burgemeester says. “Limiting screen time and turning off notifications can be helpful for this.”

What isn’t helpful is too much of something, especially social media, according to Efe. Constantly scrolling through sites like Facebook, Twitter and Instagram can affect self-esteem and self-worth, and cause one to see their own life as less than ideal.

“There can be detrimental effects to constant sensory stimulation and obsession with social media,” he says. “Too

much of anything can be bad for you. Constant exposure to bright lights, loud noises and a bombardment of information can lead to sensory overload. This can cause problems such as headaches, difficulty concentrating, anxiety and even depression.

“An obsession with social media can lead to comparisons and envy, as people can become fixated on getting likes, comments and followers, leading to a decreased sense of self-worth.”

Efe advises people to remember social media is not reality and provides a distorted perspective of life.

“People only post the best parts of their lives,” he says. “Comparing yourself to others will only lead to unhappiness.”

Be mindful of how much you’re exposed to and how much time you spend on social media, because social media obsession has been linked to lower self-esteem and higher rates of anxiety and depression.

“Moderation is the key,” Efe says.

Hearty and Healthy

Cozy winter recipes can be nutritious

Lentil Vegetable Soup

Ingredients

- 2 Tbsp olive oil
- 1 1/2 cups diced carrots (3 medium)
- 1 1/2 cups diced yellow onions (1 medium)
- 1 1/2 Tbsp minced garlic (4 cloves)
- 4 (14.5 oz) cans vegetable broth
- 2 (14.5 oz) cans diced tomatoes
- 1 1/4 cups dried brown lentils, rinsed and picked over
- 1 1/2 tsp dried basil
- 1/2 tsp dried oregano
- 1/2 tsp dried thyme
- Salt and freshly ground black pepper
- 1 1/2 cups diced zucchini (1 medium)
- 2 cups packed chopped kale or spinach
- 1 Tbsp fresh lemon juice
- Parmesan cheese, for serving (optional)

Directions

1. Heat olive oil in a large pot over medium-high heat.
2. Add carrots and onions and sauté 2 minutes then add garlic and sauté 2 minutes longer.
3. Pour in vegetable broth and tomatoes. Add in lentils, basil, oregano, thyme and season with salt and pepper to taste.
4. Bring to a boil then reduce heat to medium-low, cover and simmer 35 minutes, stirring occasionally.
5. Add in zucchini and kale and simmer 10 minutes longer; if using spinach wait to add it until the last 2 minutes.
6. Stir in lemon juice and add up to 1 cup of water to thin as needed (as the soup rests, the lentils soak up more of the broth).
7. Serve warm with Parmesan cheese if desired.





Panko- & Parmesan-Crusted Baked Scallops

Ingredients

- 3 Tbsp olive oil, divided
- 1 pound large dry sea scallops (about 16 scallops)
- 1/4 tsp kosher salt
- 1/4 tsp ground pepper
- 2 Tbsp unsalted butter, melted
- 2 Tbsp lemon juice
- 2 Tbsp chopped shallot
- 1/2 cup whole-wheat panko breadcrumbs
- 1 ounce Parmesan cheese, grated (about 1/4 cup)
- 2 Tbsp chopped fresh flat-leaf parsley

Directions

1. Preheat oven to 425 degrees F. Coat the bottom of an 8-inch square baking dish with 1 tablespoon oil.
2. Pat scallops dry; arrange in a single layer in the dish. Sprinkle the scallops evenly with salt and pepper.
3. Whisk melted butter, lemon juice and shallot in a small bowl. Pour the butter mixture over the scallops. In the same bowl, combine panko, Parmesan, parsley and the remaining 2 tablespoons of oil. Sprinkle the panko mixture evenly over the scallops.
4. Bake until the scallops are opaque, and the topping is golden brown, 10 to 15 minutes. Serve hot.

Garlic Roasted Salmon & Brussel Sprouts

Ingredients

- 14 large cloves garlic, divided
- 1/4 cup extra-virgin olive oil
- 2 Tbsp finely chopped fresh oregano, divided
- 1 tsp salt, divided
- 3/4 tsp freshly ground pepper, divided
- 6 cups Brussels sprouts, trimmed and sliced
- 3/4 cup white wine, preferably Chardonnay
- 2 pounds wild-caught salmon fillet, skinned, cut into 6 portions
- Lemon wedges

Directions

1. Preheat oven to 450 degrees F.
2. Mince 2 garlic cloves and combine in a small bowl with oil, 1 tablespoon oregano, 1/2 teaspoon salt and 1/4 teaspoon pepper. Halve the remaining garlic and toss with Brussels sprouts and 3 tablespoons of the seasoned oil in a large roasting pan. Roast, stirring once, for 15 minutes.
3. Add wine to the remaining oil mixture. Remove the pan from oven, stir the vegetables and place salmon on top. Drizzle with the wine mixture. Sprinkle with the remaining 1 tablespoon oregano and 1/2 teaspoon each salt and pepper. Bake until the salmon is cooked through. Serve with lemon wedges.



Focus On Metabolic Syndrome

Metabolic Matters

A healthy diet and regular exercise can prevent the chronic, life-changing diseases associated with metabolic syndrome

By Michael Gilbert

People with high blood sugar, excessive body fat around the waist and abnormal cholesterol or triglyceride levels may have metabolic syndrome, a common condition that affects up to one-third of all American adults.

Metabolic syndrome, or MetS, is the term for the clustering of at least three of the following five medical conditions: abdominal obesity, high blood pressure, high blood sugar, high serum triglycerides and low serum high density lipoprotein. Those with MetS have a greater risk of developing cardiovascular disease and Type 2 diabetes. While there is not a known cure for metabolic syndrome, there are several treatments and lifestyle changes to manage the condition.

All adults are at risk for MetS, but those over the age of 50 have a greater chance of having the medical condition, according to dietitian Elizabeth Ward.

“The risk for metabolic syndrome increases with age, but there are other risk factors, including having diabetes, having a parent or sibling with diabetes, or having polycystic ovary syndrome,” Ward says. “It’s important to control metabolic syndrome because it does increase the risk for heart disease and stroke, as well as Type 2 diabetes.”

Mya Bellinger, a medical practitioner specializing in internal medicine, immunology and gynecology, says there are ways to prevent or, for those already diagnosed, combat metabolic syndrome.

“Eating healthy is a great start,” Bellinger says. “That means consuming lots of fruits and vegetables, plus whole grains. It also helps to have a regular exercise routine and avoid excess salt.”

Dawn Harris Sherling, the clinical affiliate assistant professor of internal medicine at the Florida Atlantic University Schmidt College of Medicine, has a particular interest in diet-related diseases that are being caused by “our modern, ultra-processed eating patterns.”

In 2017, Sherling wrote a journal titled “Metabolic Syndrome: Clinical and Policy Implications of the New Silent Killer.” In the five-page document, Sherling explains how the United States is experiencing its greatest life expectancy ever, but the general health of the U.S. population is far from an all-time high.

The gains in life expectancy in the United States have been less than those realized by other industrialized nations, mostly owing to a stagnation or even a decline in the life expectancy among a number of U.S. counties, especially among women, Sherling says. “The poor health in these counties is correlated with many factors, including rising rates of overweight and obesity.”

Obesity is one of the major risk factors for many causes of death in the United States, including coronary heart

disease, stroke and cancers of the large intestine, kidney and uterus, Sherling notes.

“Obesity is emerging as perhaps the leading avoidable cause of premature death in the United States as well as worldwide,” she adds.

Sherling describes MetS as an “all too common and all too serious clinical and public health challenge.”

“Most alarmingly about metabolic syndrome is people are largely asymptomatic but have a 10-year risk of a first coronary event, based on the Framingham Risk Score, of 16% to 18%, which is nearly as high as a patient who has already experienced a prior coronary event.”

Dr. Leslie Kasanoff has spent more than three decades in health care and is currently a plant-based clinical nutritionist. She agrees with Bellinger that eating properly is the best way to limit one’s chances of developing MetS.

“For literally millions of years, we ate predominantly whole starches, fruits, berries, tubers, roots, greens with small amounts of meats,” Kasanoff says. “The ancient diet consisted of 50 to 100 or more grams of fiber per day. Fiber that fed our gut microbiome and helped us thrive. The modern convenience diet is heavy in animal foods and processed carbohydrate/fat combinations and lacking in fiber.”

The trick to stopping MetS is returning to our native diet of more whole food, beans, greens, squashes, berries and less animal foods and fats.

“Take the processed foods off the plate,” Kasanoff says. “Add back less processed carbs like brown rice, quinoa, barley, millet. Concentrate on getting up to 50 grams fiber per day. Areas of the world that still eat this way have less diseases than we do.

“Our current lifestyle is untenable both from a health and from an environmental standpoint. Moving back to the best diet for humans is best for you and best for the planet.”

Diet isn’t the only measure to prevent or slow down MetS. Toronto-based Dr. Sony Sierra explains it takes both a healthy diet and a healthy lifestyle.

“This means eating a balanced and nutritious diet, exercising regularly and getting enough sleep,” Sierra says. “It’s also important to avoid unhealthy habits, such as smoking and excessive drinking. You should also regularly see a doctor for check-ups, so they can catch any health problems early and prevent them from becoming worse.

“Living a healthy lifestyle is the best way to avoid developing any chronic conditions or diseases.”

Syndrome Signs

Screenings for metabolic syndrome are available as part of annual exams

By Alex Keown



Shannon Guck

It is estimated that one-third of adults in the United States have some form of metabolic syndrome, a cluster of medical issues that can increase the risk for heart disease, stroke and Type 2 diabetes.

Catching these issues early can prevent a catastrophic health issue later in life. According to the Mayo Clinic, many of the disorders associated with metabolic syndrome do not have obvious signs or symptoms. But there are a few signs we can note, including significant waist circumference, high blood sugar levels or signs of potential diabetes, such as increased thirst and urination, fatigue and blurred vision. If these symptoms sound familiar, it’s time to see a doctor.

Screenings for metabolic syndrome, which is also known as insulin resistance syndrome or syndrome X, are available for KLN employees through the insurance plan. Shannon Guck, a physician’s assistant at Sanford Health and a primary care clinic provider specializing in family medicine, explained that when a KLN employee comes in for a routine, yearly examination, bloodwork is conducted that will assess for biomarkers of metabolic syndrome.

“We are seeing an increase in metabolic syndrome as nationwide obesity is becoming more prevalent,” Guck says, citing statistics that indicate the cases increase with higher rates of obesity. “There may also be a genetic component if parents have metabolic syndrome.”

When it comes to metabolic syndrome, there are different definitions, but the most commonly used criteria include elevated blood pressure, elevated triglycerides, high blood sugar levels (A1C), as well as low levels of high-density lipoprotein, the so-called “good cholesterol.” Another indicator is a waist circumference greater than 40 inches in men and 35 inches in women.

Individuals who are being treated for various medical issues such as hypertension, diabetes or hyperlipidemia are also at risk of metabolic syndrome, Guck says.

“Metabolic syndrome increases risk of diabetes, coronary artery disease and cerebrovascular disease (stroke). Metabolic syndrome also causes inflammation in the body, which could contribute to cognitive decline in older adults. Some patients with obesity and metabolic syndrome are also at risk for fatty liver, chronic kidney disease, polycystic ovarian syndrome and sleep apnea,” she adds.

For those who have been diagnosed or are in danger of being diagnosed with metabolic syndrome, Guck says the mainstay of treatment is lifestyle modification, meaning diet and exercise. She recommends losing between 5% and 10% of body weight as a good target for people.

Additionally, she suggests adopting the DASH diet. This diet includes four to five servings of both fruits and vegetables, and two to three servings of low-fat dairy products. The goal is to limit the intake of sodium to less than 2,400 mg per day. The Mediterranean diet — which is high in fruits, vegetables, nuts and whole grains, and uses olive oil instead of animal fats — is also a recommended option.

When it comes to exercise, Guck says people should record a daily minimum of 30 minutes of moderate exercise, such as brisk walking. A good goal is to aim for roughly 150 minutes of this kind of exercise per week.

Guck also says it’s important to quit smoking and only take medications as needed to lower pressure, lipids and blood sugar. She says medication is not started as a preventative measure.

Focus On Metabolic Syndrome

Eating with Heart

Making healthy choices doesn't mean sacrificing variety or flavor

By **Rebecca Fortner**

When Lori Smith talks with patients about heart-healthy eating, it's not so much about a diet as it is about building sustainable habits.

"I always try to meet people where they are," said Smith, a registered dietitian, certified diabetes educator and health and wellness coach.

She said an emphasis on reducing saturated and trans fats, as well as lower sodium and less added sugar is the overall goal to building healthy eating habits. This holds true for everyone — adults, kids and anyone moving forward following a heart-related diagnosis or event.

Polyunsaturated and monounsaturated fats are healthy fats and can be found in fish and seafood, particularly salmon and tuna, as well as in unsalted nuts, seeds, nut butters and healthier oils like canola, corn and olive. These fats can help lower blood cholesterol. Another focus is adding fiber.

Eating healthier may mean prioritizing more time to grocery shop, read labels and cook. But it doesn't have to mean less variety or flavor in what we eat.

"We tend to focus on what we can't have," said Smith. "What we really need to focus on is what we can have."

A heart-healthy breakfast, therefore, might include whole grain toast with a nut butter spread, paired with a fruit cup. Oatmeal prepared with unsweetened old-fashioned oats and fruit is another option. An omelet made with Egg Beaters or





egg whites and vegetables with a whole grain English muffin is also a good choice.

Salads make great lunches or even dinners, as long as ingredients are chosen thoughtfully.

“Where we can be challenged in salads are the extras that we add,” said Smith.

Greens and vegetables with deeper colors contain the most nutrients, she said. A salad might include greens, colorful chopped vegetables, and if you’re craving a crunch, sliced almonds or even slices of apple. Lean protein such as grilled chicken or turkey can be added and a low-fat cheese such as mozzarella. For dressing, oil and vinegar is a healthier choice than a creamy ranch or French.

“That’s a good, hearty salad,” said Smith, adding it can be paired with whole grain crackers.

Homemade soups can also make great meals — and multiple servings. Canned soups may be higher in sodium, but homemade soups can be relatively simple to make, with vegetables, lean protein, low-sodium broth and whole grain rice or pasta.

Sweets, regular beverages and more processed foods don’t necessarily need to be fully eliminated, but the amount we eat and the frequency should be decreased.

Part of developing and maintaining healthier eating habits also involves reevaluating what we bring into our environment. If you do have “trigger” foods like chips or sweets that are difficult to eat in moderation, it may be better to avoid purchasing them, said Smith.

The first step, of course, is to get started.

“It can be very intimidating to change,” said Smith. “But it is finding that balance.”



Walking The Walk

Allen Curtis adjusts diet, exercise in response to family history, cardiac events

By Alex Keown

Having experienced two previous heart attacks, Allen Curtis takes his health seriously. This is especially true as he approaches 63 years old, the age at which his father died from a massive heart attack.

Curtis, 62, walks a minimum of 5 miles per day. In his role at Tuffy’s Pet Treats, he moves as often as possible. At home, he and his dog can be found walking along many of the nearby hiking trails.

“You gotta keep moving,” he says. “If you sit around too much, you get stiff. It’s important to keep the body active.”

Curtis’ mother, who died in her 80s, also had heart health issues. Understanding that family history has helped him as he addresses his own cardiac-related health problems.

He experienced his first heart attack when he was 51. His car had broken down, and he walked many miles for help. He struggled to catch his breath after that and decided to see his doctor. Curtis learned that at some point during that walk he had a heart attack.

His doctor sent him to the hospital, where significant blockages in his arteries were discovered and he underwent triple bypass surgery.

That wasn’t the end to his issues. Two years later, he was back in the hospital for another surgery after having a heart attack while working in the extrusion room at Tuffy’s. Scar tissue from the first surgery created complications, leading to the second heart attack.

In addition to daily walking, Curtis also tries to eat a healthier diet of lean meats, fruits and vegetables. He now avoids the processed meats he used to eat.

“I walk a lot and I try to eat right, although sometimes that’s not always easy,” he says. “I want to avoid having another heart attack.”

Focus On Metabolic Syndrome

Cardiac Kindness



Diet, exercise and stress management are keys to protecting your heart

By Community Health Staff

Heart disease is the leading cause of death for American men and women. It's also one of the most preventable diseases.

Certain demographics are at an increased risk. Men 45 years and older and women 50 years and older are more likely to suffer a heart attack than younger men and women. Cigarette smokers and people with diabetes, high cholesterol, high blood pressure and obesity are also at greater risk.

The good news is there are steps we can take to limit the likelihood of having a heart attack. Smokers who quit can, over time, reverse the negative health effects caused by the habit. Within 15 years of quitting, an ex-smoker may be at no greater risk for a heart attack than someone who never smoked, according to cardiac health professionals.

Screenings and regular doctor visits also are key preventive measures.

"Often, the conditions we treat can lurk silently for years before causing heart attacks and strokes," says Dr. Eli Friedman, medical director of sports cardiology at the Miami Cardiac & Vascular Institute. "These include high blood pressure, high cholesterol, diabetes and abnormal heart rhythms. Going for checkups, getting recommended screenings and being aware of the conditions that run in one's family provides an opportunity to catch these conditions before it's too late."

Diet, exercise and stress

Dietary choices are a very important part of cardiovascular health, according to Friedman.

"Being aware of the foods we put into our bodies can have significant impacts on our long-term health," he says. "The most

accessible diet for most people consists of what we call the Mediterranean diet. This consists of chicken and fish; lots of fresh or frozen vegetables; whole grains, like brown rice or whole wheat pasta. It is better to bake our foods and avoid frying. We also want to try to limit red meat, like beef, and dairy products. Of course, it is still important to cheat once in a while."

Broiled or grilled fish is a great option because of omega-3 fatty acids, which are the unsaturated fats that benefit heart health by decreasing triglycerides, reducing blood clotting and helping the heart maintain a normal rhythm.

Dr. Susan Zhao, a cardiologist with the Santa Clara Valley Medical Center in San Jose, California, says that good practices include cooking at home, reading food labels and being mindful of portion sizes.

Zhao adds that exercise is also vital for a healthy ticker, but it's not necessary to go overboard.

"Health experts recommend at least 150 minutes of moderate aerobic activities per week — that is about 30 minutes of moderate-paced walking for five days per week — to maintain cardiovascular health," she said. "Not a very high bar to clear. The key is to stay consistent and make it part of your routine."

Stress can also impact heart health, Friedman says, but it can be mitigated.

"Stress is something we all experience," he says. "Prolonged exposure to stress can weaken the immune system, raise blood pressure and raise blood sugars. All of these can impact heart health negatively. Stress can be managed through dietary choices, exercise, improved sleep, less interaction with our smart devices and, of course, discussing with mental health professionals."

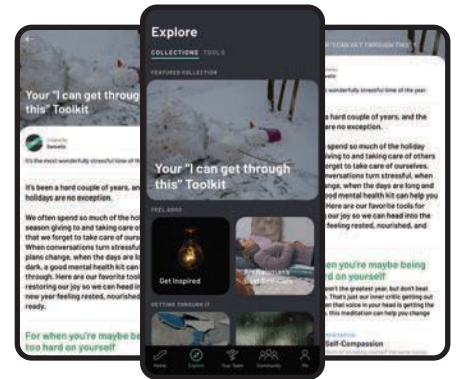


Access your “I can get through this” Sanvello Toolkit

It’s the most wonderfully stressful time of the year.

We often spend much of the holiday season giving to others while forgetting to take care of ourselves. The Sanvello™ app has tools to help restore calm so you may head into the new year feeling rested, nourished and ready.

Sanvello is an app that offers clinical techniques to help dial down the symptoms of stress, anxiety and depression—anytime. The Sanvello app is available to you and covered family members age 13 and over at no extra cost as part of your plan’s behavioral health benefits.



The Sanvello “I can get through this” Toolkit includes:



Activities

Tools and in-the-moment coping strategies like guided meditations and journaling exercises that may help you find peace, practice gratitude or re-center when the holiday “hustle and bustle” may feel too hectic.



Playlist

A Spotify playlist full of songs that we believe bring joy and good vibes.



Community

Join the conversation to share some self-care inspiration.

Upgrade to Premium at no extra cost

- Download and open the app
- Create an account and choose “Upgrade through insurance”
- Search for and select UnitedHealthcare, then enter the information available on your health plan ID card

Learn more

Download the app | Scan the QR code | sanvello.app.link/UHCHoliday



United Healthcare

Apple, App Store and the Apple logo are trademarks of Apple Inc., registered in the U.S. and other countries. Google Play and the Google Play logo are registered trademarks of Google Inc.

The Sanvello Mobile Application should not be used for urgent care needs. If you are experiencing a crisis or need emergency care, call 911 or go to the nearest emergency room. The information contained in the Sanvello Mobile Application is for educational purposes only; it is not intended to diagnose problems or provide treatment and should not be used as a substitute for your provider’s care. Please discuss with your doctor how the information provided may be right for you. Premium access is available for members at no additional cost as part of their benefit plan. Sanvello premium is not available for all groups in New York and is subject to change. Refer to your plan documents for specific benefit coverage and limitations or call the toll-free member phone number on your health plan ID card. Participation in the program is voluntary and subject to the terms of use contained in the Application.

Insurance coverage provided by or through UnitedHealthcare Insurance Company or its affiliates. Administrative services provided by United HealthCare Services, Inc. or their affiliates.



BEEKEEPER






Have **YOU**
downloaded
Beekeeper?

Need to know your
user specific log in?
Ask your Supervisor
to reach out to:

KLN Communications@klfamilybrands.com



BEEKEEPER. Better employee
communication starts here!

-  **WHO:** YOU! This new communication tool is for all employees.
-  **WHY:** You asked, we answered. You deserve the best and we believe transparency is key. This new communication tool will allow everyone company-wide to have the latest information at their fingertips.
-  **WHAT:** With a look and feel similar to Facebook, it's easy to navigate. Different streams allow for company specific information. Only see what's relevant to YOUR life.
-  **WHEN:** NOW! Download the free app and stay connected.
-  **HOW:** Follow the instructions to download the free BeeKeeper app and get set up with your user specific log in.