

Active at Agnes



Breast Cancer Awareness Month



You likely have a friend or family member whose life has been affected by breast cancer. Breast cancer is the most common type of cancer in women worldwide. Other shocking statistics: 1 in 8 women will be diagnosed with breast cancer in her lifetime, and each year it is estimated that over 220,000 women in the U.S. will be diagnosed with breast cancer.

Agnes Scott College is encouraging breast cancer awareness throughout the month of October. One special event is a Breast Cancer Awareness Walk on Friday, October 18th. Employees

are asked to wear pink and make a \$5 donation to the Susan G. Komen foundation. The walk across campus will begin at 2:00 PM at the front loop and will end on the track, where there will be music, pink lemonade, and a guest speaker. Donors will receive a pink bracelet!

A free webinar, "Breast Cancer: What Women Need to Know" will be held on October 7th from 1:00 PM to 2:00 PM, in partnership with Susan G. Komen. Check the Irvine for details!

Additionally, Agnes Scott hopes to support the Susan G. Komen Breast Cancer 3-Day Walk on October 18-

20th in Atlanta. The 3-Day is a sixty mile event that has raised over \$740 million for breast cancer research since it began in 2003. Consider volunteering at the walk or donating to a friend who is participating.

Any cancer diagnosis is scary, but there is hope in the field of breast cancer research. Studies show that healthy lifestyle choices such as exercise, eating fruits and vegetables, and getting enough Vitamin D and calcium can help prevent breast cancer. Breast cancer can happen to anyone, but spreading awareness is an important step to beating cancer!

Lunch and Learn: Elder Care

Caring for an elderly relative is both important and stressful. As our parents are aging, it is crucial that we are equipped with the skills to keep them both safe and happy into their senior years. Agnes

Scott will be sponsoring a Lunch and Learn about Elder Care featuring a representative from CareSquad, an online care partner. Please join us on Wednesday, October 16th at 12:15 PM in

Lower Evans Conference Room A to enjoy your lunch while gaining valuable insights about dealing with Alzheimer's, preventing falls, navigating Medicare, and more!

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Yoga Classes

Join DeAnna Spurlin every Tuesday at 12:00 PM in the Meditation Room of the Chapel for yoga classes exclusively for faculty and staff. For just \$5 per class, participants can experience a fun midday workout that helps to relieve stress, improve flexibility, and build muscle. Re-energize your soul with yoga!



October at a Glance

- October 7th at 1:00 PM
Breast Cancer Webinar
- October 16th at 12:15 PM
Elder Care Lunch and Learn (Lower Evans Room A)
- October 18th at 2:00 PM
Breast Cancer Awareness Walk (Front loop to track)
- October 28th at 12:00 PM
Healthy Eating Lunch and Learn (Lower Evans Room A)

Flu Shots Available! Lunch and Learn

It's that time of year again - flu season! No one wants to experience a fever, body aches, coughing, and fatigue. Take advantage of the flu vaccines offered on campus at the Agnes Scott College Wellness Center. Vaccines will be offered on several dates this month, beginning October 4th from 1 PM to 4 PM. As part of the Wellness Program, the flu shots will only cost employees \$5 this year.

Need more reasons to get a flu shot? According to the CDC,

- vaccination is the single best way to protect against influenza.
- a person's immune protection from vaccination declines over time, and annual vaccination is needed for optimal protection.

Take advantage of this opportunity, and stay healthy this fall!

Did you participate in the biometric screening event in September? Would you like to know how you can improve your health? After examining the aggregate results of Agnes Scott employees' biometric screenings, DeKalb Medical has tailored a lunch and learn specifically for Agnes Scott based on the greatest health needs of our employees. Lynn Leo, RD, LD, and CDE is a registered dietician from DeKalb Medical who will give insights into wellness topics such as healthy eating, diabetes prevention, and dealing with high blood pressure. Join us on Monday, October 28th at 12:00 PM in Lower Evans Conference Room A for this informative session!



Care Squad



Agnes Scott is partnering with CareSquad, an online care resource. CareSquad helps parents and caregivers find solutions for handling the stresses of family care situations by providing credible information and easy access to leading resources and experts. A CareSquad membership gives you access to articles regarding child care, teenagers/college, and senior care, and it connects you to trusted child and senior caregivers. Monthly webinars are available for free on the website, and members have the opportunity to ask a CareSquad staffer questions using a live chat. Agnes Scott faculty and staff receive a 33% discount on these services. Sign up by visiting Caresquad.com/agnesscott and using Promo Code agnes (coupon discount is applied at checkout). Email kgilbert@agnesscott.edu with questions!

Healthy Eating Feature - Navigating the Salad Bar

Eating healthy at the salad bar is a given, right? Unfortunately, the salad bar can also ruin a diet. Consider these guidelines to staying on track at lunch time.

“Green light” foods – Lettuce, spinach, kale, broccoli, carrots, cucumbers, apples, strawberries, grilled chicken, beans, tofu

Load up on these! Fruits and vegetables provide essential vitamins, and protein will keep you full throughout the day.

“Yellow light” foods – Nuts, dried cranberries, egg, olive oil, balsamic vinaigrette, cheese

Eat these foods in moderation. Beware of these foods' higher amounts of fat or sugar.

“Red light” foods – Ranch salad dressing, blue cheese salad dressing, bacon

Try to avoid these fatty foods!

Keep these tips in mind at your next lunch hour!

Delicious salad recipe to try:

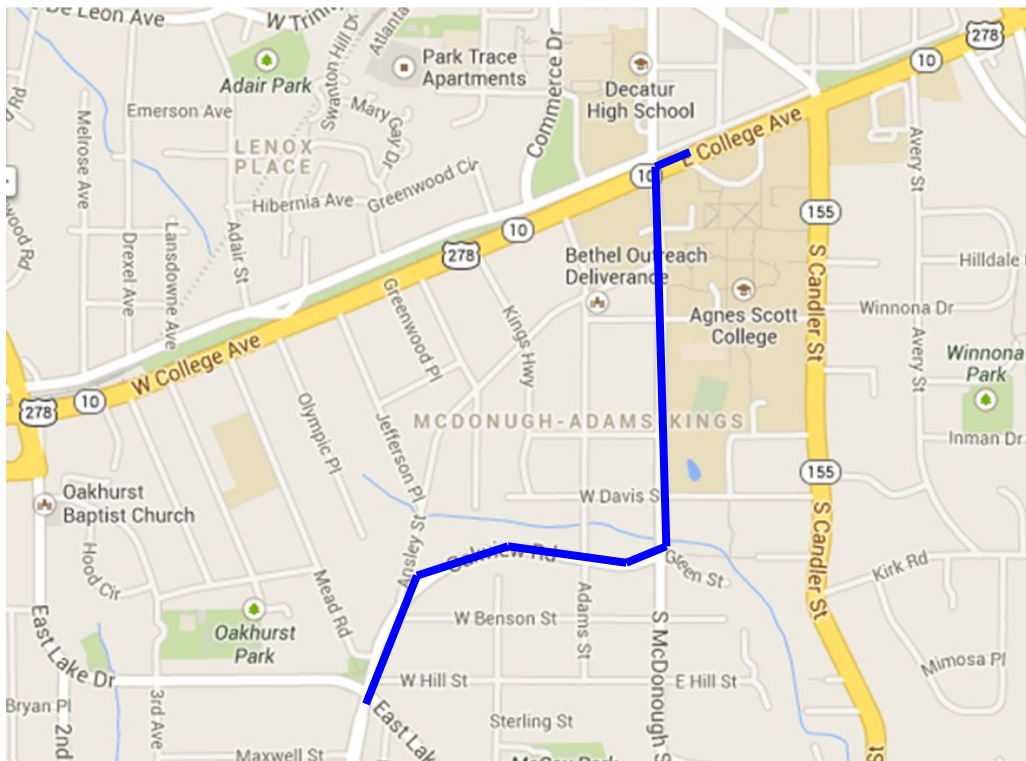
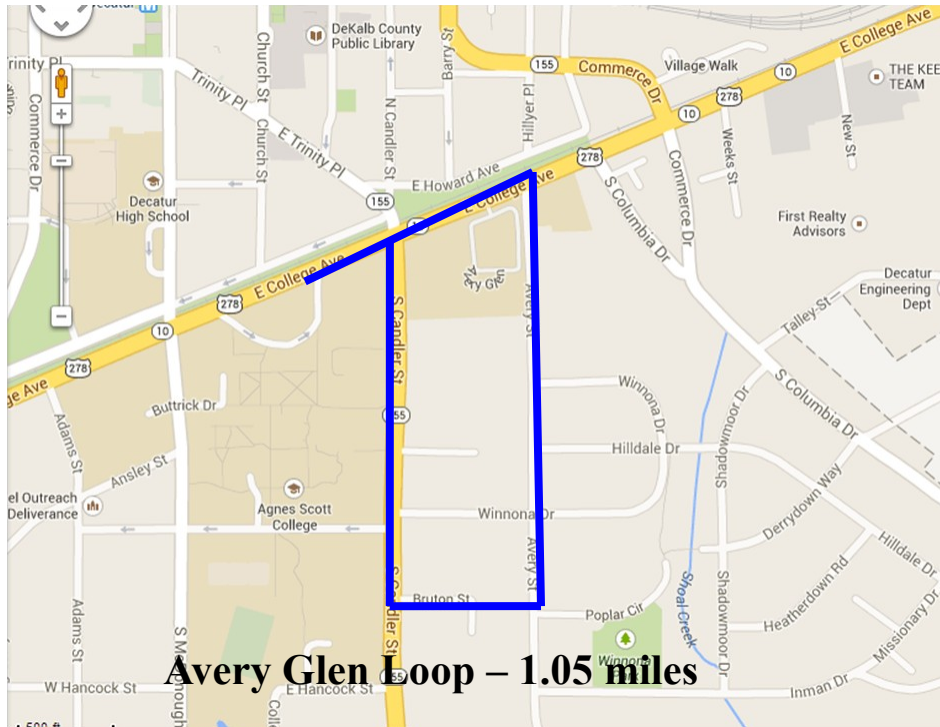
- Mixed salad greens
- Sliced grilled chicken breast
- Chopped melon, such as cantaloupe or honeydew
- Chopped walnuts, toasted
- Freshly ground pepper, to taste
- Fruit-flavored vinegar

Recipe from Eating Well.com



Want another way to stay up-to-date with employee wellness activities? Like “Agnes Scott College Wellness Program” on Facebook!

Agnes Scott College Walking Maps



South McDonough and Oakview – 2.20 miles round trip

Questions, comments, or suggestions about employee wellness or the wellness newsletter? Please contact the Office of Human Resources at kgilbert@agnesscott.edu or kknowles@agnesscott.edu.