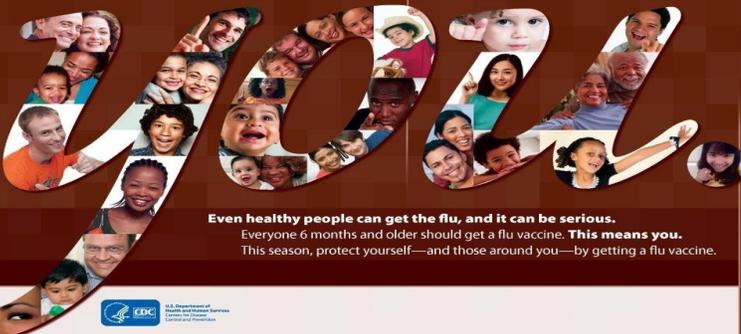


Volume 4, Issue 10 October 2014

Who Needs a flu shot?



Vermont Active, Retired & Temporary State Employees
GET YOUR FLU SHOT

Clinics scheduled 10/1—11/6

To register, visit:

<http://livewellvermont.occupationalhealthwellness.com>

No computer access?

Call (603)352-5595; M-F: 9AM - 5PM

Visit us this November!

Health Fair and Open Enrollment

9am-3pm

11/3/14: ASA Bloomer Builder, Rutland

11/5/14: Costello Courthouse, 32 Cherry Street,
Burlington

11/6/14: Vermont State House, Montpelier

http://humanresources.vermont.gov/salary/wellness/flu_program

October is National Dental Hygiene Month

Refer to the following best practices around brushing, flossing, and rinsing.

Brush. *Two minutes, two times a day, every day.* Brushing for two minutes is the single most important method for reducing plaque and preventing cavities, gingivitis and other plaque-related diseases. Proper brushing technique cleans teeth and gums effectively.

- [Proper brushing technique](#)
- [Tips on brushing](#)

Floss. *Ensure Flossing is a Daily Habit.*

Daily flossing removes plaque and food particles that cannot be reached by a toothbrush, particularly under the gum line and between teeth. Failure to do so can allow for plaque buildup in these areas - which in turn can lead to tooth decay and gum disease.

- [Proper flossing technique](#)
- [Flossing for oral health](#)
- [Flossing and interdental cleaning tips](#)

Rinse. *Use mouthwash to improve oral health.*

Rinsing your mouth with an anti-microbial mouth rinse each day is another important step you can take to prevent gum disease. Teeth themselves account for less than half of your mouth, so brushing and flossing alone cannot eliminate all plaque and germs. Be sure to finish your oral care routine with an antiseptic mouthwash that carries the ADA Seal of Acceptance.

For more information about National Dental hygiene Month and oral health, please visit:

<http://www.adha.org/national-dental-hygiene-month>

To learn more about your State of VT dental benefits, visit:

<http://humanresources.vermont.gov/salary/benefits/dental>

To find a dentist in the plan, visit Delta Dental's website at: <http://www.nedelta.com/>

Sweet Potato Quinoa Soup

Prep time: 5 mins

Cook time: 30 mins

Total time: 35 mins

Serves: 4

Ingredients

½ cup quinoa

¼ cup extra-virgin olive oil

1 large white onion, diced

2 garlic cloves, peeled, chopped

4 cups vegetable broth

2 large sweet potatoes, peeled and grated

¼ tsp. cumin

¼ tsp. chili powder

1 tsp. sea salt

¼ tsp. pepper

1 Tbsp. dried cranberries

¼ cup parsley, finely chopped



Instructions

- 1) Cook quinoa on stove top according to package directions.
- 2) Place a large stockpot over medium heat; add oil and onions. Sauté the onions until golden brown. Add the garlic; cook for another 3 minutes.
- 3) Pour in the vegetable broth and grated sweet potatoes; bring to a simmer and add cumin, chili powder, sea salt and pepper. Cook until sweet potatoes are tender, approximately 20 minutes. Then, carefully transfer mixture, in batches, to a food processor. Puree until smooth.
- 4) Return mixture back to the pot on the stove over medium heat, add in dried cranberries and cooked quinoa; cook for 5 minutes then remove from heat.
- 5) Serve warm. Garnish with parsley.

Nutrition Information:

Serving Size: 1 cup

Calories: 200; Fat: 8.7 g; Protein: 4.7 g; Carb: 38.4 g;

Fiber: 5.4 g; Sugar: 3.6 g; Sodium: 494.1 mg

October is Breast Cancer Awareness Month!

This month, spread the word and show your support to help women now by providing help and inspiring hope to those affected by breast cancer. Doing so may result in early detection, education and the utilization of support services for this disease.

Breast cancer is the second most common kind of cancer in women. About 1 in 8 women born today in the United States will get breast cancer at some point in their life.

The good news is that many women can survive breast cancer if it's found and treated early. What can you do?

- If you are a woman age 40 to 49, talk with your doctor about when to start getting mammograms and how often to get them.
- If you are a woman age 50 to 74, be sure to get a mammogram every 2 years. You may also choose to get them more often.

Talk to a doctor about your risk for breast cancer, especially if a close family member of yours had breast or ovarian cancer. Your doctor can help you decide when and how often to get mammograms.



For more information, visit the [National Breast Cancer Foundation](#).

Get the latest wellness info by joining us on [Facebook](#) and our weekly [blog!](#)

