September 2023 Newsletter

HealthCare EAP
A division of ESI

Secrets to a Long, Happy Life

For the 30th year, September is designated as Healthy Aging Month, focusing on the positive aspects of growing older, and encouraging everyone to take personal responsibility for their health.

Here's a question related to aging: Do you think you'll live to be 100? Use the Life Expectancy Calculator to get an estimate. About one in every 5,000 people in the U.S. is a centenarian, someone who's 100+ years old, and about 85% are women. Experts say that about 25-30% of longevity can be attributed to genetics, but the rest relates to where you live, your diet, how much you exercise, and your support network of friends and family.

You can add years to your life expectancy by making improvements in diet and activity levels. Those who study centenarians offer these tips to improve your odds:

- Thomas Perls, director of BU's New England Centenarian Study, talks about why some people live to be 90+ years old. He offers five daily practices that can increase your longevity:

  1. Manage your stress levels.

  2. Get good sleep.

3. Eat healthy: Stick to a Mediterranean or Keto-type diet with whole foods, healthy fats, and lots of fruits and vegetables. Avoid excessive consumption of red meat.
4. Exercise often. **5.** Refrain from smoking.

- Dan Buettner studied the diets of places in the world called "Blue Zones, where people have long life expectancies. He offers this advice:
1. Eat a cup of beans, peas, or lentils every day.
2. Eat a handful of nuts daily. **3.** Eat breakfast like a king, lunch like a prince and dinner like a pauper. 4. Eat meals with your family.

Log in to www.HealthCareEAP.com to explore some aging-related self-help tools, including:

- **Aging and Elder Care Resources** – Healthy aging, memory loss, daily living & more

- **Late Life Planner** – Retirement planning, wills, insurance, and financial matters

- **Eldercare Locators** – Find local assisted living, nursing homes, in-home services & more

- **Caregiver Resources** – Counseling, wellness, information resources & more

- **Wellness & Physical Health** – Healthy aging, diet, fitness & more

ESI EAP's Featured September Webinar

Involvement & Engagement – Find this month's themed webinar and related resources at the top of the member site by logging in to **www.HealthCareEAP.com** during September to explore the resources or take the webinar.

More September Events:

- **9/4** – **Labor Day**
- **9/15 - 10/15** – **National Hispanic Heritage Month**
- **9/18 - 9/22** – **Falls Prevention Week**
- **World Alzheimer's Month**
- **National Cholesterol Education Month**
- **National Suicide Prevention Month**
- **National Sickle Cell Month**
- **National Preparedness Month**

Get Your Flu Shot Early!

Health officials recommend three vaccines this year: a flu shot; a new Covid shot targeting the XBB variant; and a respiratory syncytial virus (RSV) shot to protect seniors. **Here's a summary of the recommendations to date**:

- September and October are the best times for most people to get vaccinated.

- This season, all flu vaccines will target the four flu viruses that research indicates will be most common.

- The annual flu vaccine is recommended for everyone 6 months and older, but it is most important for people at higher risk of flu complications.

- Expect updated Covid vaccines targeting XBB, the dominant variant. Watch for full recommendations when the F.D.A. authorizes vaccines, expected in September.

- The C.D.C. recommends that people aged 60 and older sign up for the new R.S.V. shot after consulting with their doctors. It is not approved for Americans younger than 60.

- Track anticipated flu activity and flu forecasting using FluSight.

Back-to-School September Training Picks!

Explore our thousands of E-Learning lessons on a wide range of topics – below are just a few suggestions. Search for more by clicking on **"Member Login"** at www.HealthCareEAP.com. When signed in, click on the comprehensive training library in the **"Training Center."**

- **NEW!** **Communication and Collaboration -** Course ID: SVL_007104
  Learn the characteristics of a collaborative leader and how to communicate effectively while you lead your team in this 8-minute video course.

- **NEW!** **Computer Workstation Safety** - Course ID: SVL_084820
  This 15-minute training helps you avoid problems by offering guidance on arranging your work area, using neutral positions, reducing eyestrain, stretching and "relaxation" exercises and more.

- **NEW!** **Expert Insights: The Fundamentals of Marketing -** Course ID: SVL_1021921
  This 145-minute course can be taken all at once or in 20 short topical videos. Learn about marketing as a business function, developing an actionable marketing strategy, and various distribution channels.

Learn More!

Scan the QR code with your device or smart phone to explore more of your employee benefits!

How to Scan a QR Code

1. Open the camera app.

2. Select the rear-facing camera in Photo mode.

3. Center the QR code you want to scan on the screen and hold your phone steady for a couple of seconds.

4. Tap the notification that pops up to open the link. (You will need to be connected to the internet to do this.)