

## LIVE WELL – WORK WELL



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## Cervical Health Awareness Month

Cervical cancer and HPV, a common infection that can lead to cervical cancer, are serious concerns, especially for young people who are sexually active. Estimates say 70% of men and women will come into contact with HPV during their lifetimes. Since HPV causes nearly all cases of cervical cancer, this is alarming. Currently, nearly 80 million Americans are living with HPV.

Cervical Health Awareness Month is an opportunity to raise awareness about HPV and its complications. Spread the word about regular screenings to help encourage better health practices. These screenings may even be covered by insurance, so you have nothing to lose by looking into them.

Start your year off right—consider receiving an HPV vaccine and undergoing regular screenings starting this month. Talk with your doctor to learn what options are available to you. For more information, visit [www.nccc-online.org/hpvcervical-cancer](http://www.nccc-online.org/hpvcervical-cancer).

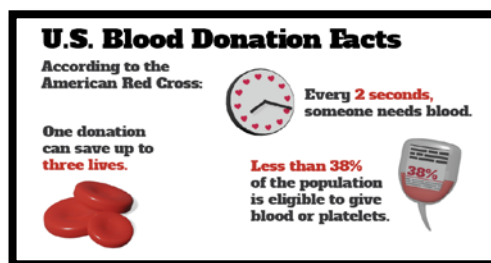
## National Blood Donor Month

Since 1970, National Blood Donor Month has been celebrated in January. Historically, the winter season is one of the most difficult times of the year to collect enough blood products and donations to meet patient needs. While “whole blood” donations are the most common, individuals can also make platelet, power red and plasma donations.

Donated blood is used for blood transfusions. Common scenarios in which blood transfusions are needed include the following:

- Patients suffering from severe trauma following disasters and accidents
- Patients receiving surgical treatments and some medical treatments, including cancer patients and patients with sickle cell disease

Making the decision to donate blood can help save a life, but not everyone is eligible. Visit [www.redcross.org](http://www.redcross.org) to see if you meet the requirements to safely donate.



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### Mango Asian Chicken Wrap

#### Ingredients

2 ripe mangos (peeled, pitted, and diced)  
1 1/2 cup chopped roasted chicken breast  
2 green onions (sliced)  
2 tablespoon fresh basil (chopped)  
1/2 red bell pepper (chopped)  
1 1/2 cup shredded Savoy or Napa cabbage  
2 medium carrots (grated)  
1/3 cup fat free cream cheese  
3 tablespoon natural creamy peanut butter (unsalted)  
2 teaspoon low-sodium soy sauce  
4 whole-wheat tortillas (8")

#### Directions

1. Cut mangos, vegetables, and chicken. Place in a mixing bowl and toss until well mixed.
2. In a small mixing bowl, whisk together cream cheese, peanut butter, and soy sauce.
3. To assemble: lay out tortillas on a flat surface. On each tortilla, spread 1/4 of cream cheese mixture and top with mango, vegetable, and chicken mix. Roll up tightly, tucking in ends of tortilla. Secure with toothpicks.
4. To serve, cut each wrap in half.
5. If not serving immediately, refrigerate; keeps well overnight.

**Serving Size: 1 Wrap**  
**Calories: 440/Total Fat:**  
**12g/ Saturated Fat: 3g/**  
**Protein: 29g**

Source: [choosemyplate.gov](http://choosemyplate.gov)

### This Superfood May Help Prevent Diabetes

According to a four-year study, consuming legumes (e.g., beans, lentils and peas) may help you prevent diabetes. The study tracked the health of over 3,300 patients who were at-risk of developing Type 2 diabetes, and found that those who consumed the most legumes were 35% less likely to develop diabetes.

The weekly legume serving average varied between 3.35 servings and less than half a serving. The study found that those who ate just one serving per week were 33% less likely to develop Type 2 diabetes than those who consumed less than one serving per week.

In addition to helping prevent Type 2 diabetes, legumes can help protect heart and brain health, promote a healthy weight and reduce the risk of cancer. For more information, contact your doctor.

### Avoid Winter Illnesses

Did you know that over 200 different viruses can cause the common cold? According to the Centers for Disease Control and Prevention (CDC), American adults will get two to four colds per year, while children can get between five and 10 annually. The CDC also reports that winter is peak cold season. This should come as no surprise when you think about how many people you see sneezing and coughing during the colder months. Fortunately, you can keep these illnesses at bay and stay healthy with a little effort. Here's how:

- Avoid close contact with people who are sick, and stay away from others when you feel under the weather.
- Wash your hands often using soap and warm water to protect against germs.
- Get plenty of sleep, stay physically active and drink plenty of water to keep your immune system strong.
- Manage your stress, and eat a nutritious diet rich in healthy grains, fruits, vegetables and fiber.
- Don't touch your eyes, nose or mouth if your hands aren't clean.

