



What's inside this Spring 2017 issue:

- Visit your new retiree website
- EAP quick tip
- Spring has sprung!
- How healthy are your bones?
- Recipe: No-bake energy bites



Check it out!



Do you want to learn more about Intermountain Healthcare's LiVe Well program and how you can take steps to living a healthier lifestyle? Just go to:

intermountainhealthcare.org/retiree

Click on the Live Well link to get started.

Healthy eating environments

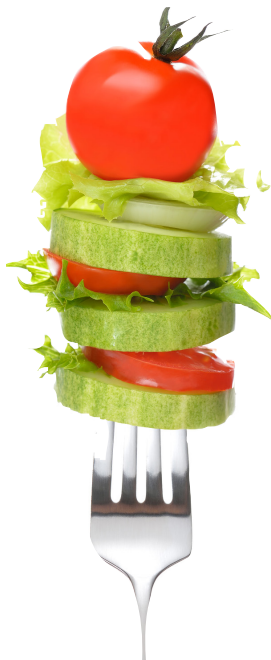
Intermountain offers healthier options at its facilities

Intermountain Healthcare is offering more plentiful and healthier options at its facilities as the health system will be ending sales of sugary sodas and candy. The move is part of the new Healthy Eating Environments in the facilities.

FURTHERING ITS MISSION. Beginning March 1st, Intermountain Healthcare facilities began replacing sugary beverages and candy with healthier choices. The move furthers Intermountain's mission of helping people live the healthiest lives possible.

healthier options at those venues based on evidence in nutrition research and dietary guidelines. With this change, Intermountain joins more than 30 health systems nationwide such as Mayo Clinic and Kaiser Permanente that have adopted similar policies.

IN WITH THE NEW. Ending the sales of sugar-added beverages, candy, and less-healthy snacks is taking place at Intermountain's cafeterias, gift shops, vending machines and pharmacies. Intermountain is increasing the availability of



PACK YOUR OWN. Intermountain respects individual choices for food and nutrition preferences. While the organization won't be selling sugary beverages, candy, or less-healthy snacks at its facilities, people can choose to bring their own.

CONTINUALLY EVALUATING. For nearly a decade, Intermountain's LiVe Well message has been about eating healthier and being active. Following evidence-based research, Intermountain's Food and Nutrition Services teams

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Have you visited your new retiree website yet?

Go to intermountainhealthcare.org/retiree for all of your retirement needs



One-stop resource for all your retirement needs.

Here's just a few things you will find:

- Updates and changes to your benefits
- Direct links to retirement resources, including:
 - Intermountain Pension Plan
 - Savings Plus 401(k)
 - Employee Discount Program
 - Employee Assistance Program
 - Intermountain Live Well
- Helpful contacts and phone numbers
- Easy access to past issues of the Retiree Connection newsletter



Pension direct deposit advices—changes start July 1, 2017

- Final paper direct deposit advices will be produced for the June payments
- You can call the Intermountain Retirement Program to request to continue receiving paper statements after July
- If you make a change to your address on Pension Path, you will need to visit BNYM about three weeks after you make the change to verify it online—not the next day as was previously advertised

View and manage your pension

There are two ways to access your pension using our new retiree website:

1 View Bank of New York Mellon

- View pension payment history
- View direct deposit/check statements
- View tax withholdings
- View tax forms/check images

2 Manage Pension Path

- Update address
- Update tax withholdings
- Update bank information

You can access Pension Path and BNYM by visiting intermountainhealthcare.org/retiree and clicking on applicable links.

Live Happy: Happiness is a skill you can develop with practice



Live Happy Target Behaviors:

- Practice gratitude and give up entitlement.
- Know your strengths and use them in service of something larger than yourself.
- Spend money on experiences, not stuff.
- Spend time in nature.
- Practice optimism. Always look at what goes right.

- Nourish your relationships. Have someone to count on in times of trouble.

Here are proven activities to try:

- Express gratitude.
- Cultivate optimism. Look at what goes right.
- Avoid overthinking and social comparison.
- Practice acts of kindness.
- Do something you enjoy so much, you lose track of time.
- Learn to forgive.

Watch for more target behaviors
Live Happy is just one of five dimensions of the Intermountain Live Well Program. Keep an eye out for more target behaviors in upcoming issues of the Retiree Connection.



Are artificial sweeteners just as bad as sugar?

According to the Academy of Nutrition and Dietetics in their position statement, aspartame consumption is not associated with adverse effects in the general population. **Studies have found no evidence of a wide range of adverse effects of aspartame.**

The 2009 update did not find new studies meeting the inclusion criteria for this question and the Nutritive and Nonnutritive Sweeteners workgroup (2009) concurs with the conclusion above formulated by the aspartame workgroup (2008).

What is your big “why”?

*M*y LiVe Well experiment was to track my food every day. I tracked for 31 days and the benefit was far greater than the five minutes a day it took to electronically track it. In my head, I know that eating healthy foods is good for me. But when I see that delicious chocolate cream pie, all of my rational thought flees and I'm left with crumbs on my chin.

EAP
Quick
Tip

Stephen Covey said: “You have to decide what your highest priorities are and have the courage—pleasantly, smilingly, nonapologetically—to say ‘no’ to other things.



And the way you do that is by having a bigger ‘yes’ burning inside.” If I’m going to say “no” to the pie, my “why” needs to be affixed to my heart. I have to know my personal purpose for eating well, because that will be the source of courage when I am confronted with that creamy, sweet, homemade chocolate pie.

“You have to decide what your highest priorities are and have the courage to say ‘no’ to other things.”

- Stephen Covey

For me, the biggest surprise of all is that after a month, I still haven’t quite pinned down my “why.” I’ve seen clear patterns to my eating and I’ve made some minor tweaks, but I’m being patient in my quest to discover my inner motivation to change. There is good research that shows taking time to get ready to change increases your ability to change and sustain it. I’m going to test that out on myself and will let you know what I discover. Isn’t this journey to well-being interesting and fun?

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Spring has sprung!

Gardening tips to try for the month of May

NO MORE FROST. Plant warm season vegetables and annual flowers once the threat of the last frost has passed. Visit <https://climate.usurf.usu.edu/reports/freezeDates.php> for a listing of last frost dates.

SWEET CORN. Consider planting sweet corn in the garden every other week until early July to extend the harvest.

THINNING. Thin out overcrowded seedlings using a pair of scissors, trying to avoid disturbing the young roots.

LATE FREEZES. Protect fruit blossoms and tender garden plants from late freezing temperatures.

SPRING BLOOMS. Allow the foliage of spring blooming bulbs (tulips, daffodils and crocus) to die down before cutting the leaves off. Plant summer blooming bulbs including gladiola, begonia, dahlia and canna.

LAWN FERTILIZER. Apply a slow-release lawn fertilizer to provide long-lasting affect throughout the summer months.



TURFGRASS. Turfgrass needs minimal irrigation each week. In compacted sites, aerate with hollow core aerator when turfgrass is actively growing (April to June).

APHIDS. Monitor for aphids on lush new spring growth on a variety of plants. Treat for aphids using “softer” solutions such as spraying them with a hard stream of water or by using an insecticidal soap.

Source: www.extension.usu.edu

Want to learn more?

If you’re interested in more gardening tips for other months of the year, as well as gardening basics, classes and events and much, much more, visit the Utah State University Extension website:



<https://extension.usu.edu/yardandgarden/index>

Do you have healthy bones?

Understanding osteoporosis and how to prevent it

Osteoporosis is a disease that weakens bones to the point where they break easily. Osteoporosis is called the “silent disease”—because you may not notice any changes until a bone breaks. All the while, though, your bones had been losing strength for many years. To keep bones strong, your body breaks down old bone and replaces it with new bone tissue. As people enter their 40s and 50s, more bone may be broken down than is replaced.

■ **WHO HAS OSTEOPOROSIS?** Ten million Americans have osteoporosis. They are mostly women, but men also have this disease. The risk of osteoporosis grows as you get older. At the time of menopause, women may lose bone quickly for several years. After that, the loss slows down but continues. In men, the loss of bone mass is slower. But, by age 65 or 70, men and women are losing bone at the same rate.

■ **WHAT IS OSTEOPENIA?** Around 34 million more Americans have osteopenia. Whether your doctor calls it osteopenia or just says you have low bone mass, consider it a warning. Bone loss has started, but you can still take action to keep your bones strong and maybe prevent osteoporosis later in life.

■ **CAN MY BONES BE TESTED?** You can have a bone density test to find out how strong your bones are. Your doctor may suggest a type of bone density test called a DXA test (dual-energy x-ray absorptiometry) if you are a woman age 65 or older or you are at risk for osteoporosis. The DXA test gives you important information to help you understand your risk for a fracture or broken bone. It could show that you have normal bone density. Or, it could show that you have low bone mass or even osteoporosis.

■ **HOW CAN I KEEP MY BONES STRONG?** There are things you should do at any age to prevent weakened bones. Eating foods that are rich in calcium and vitamin D is important. So is including regular weight-bearing exercise in your lifestyle. Some common medicines can make bones weaker. Talk to your doctor to see if you are taking these medicines and what you can do



to help protect your bones. People who smoke have an increased chance of breaking a bone. For this and many other health reasons, stop smoking.

■ **WHAT CAN I DO FOR MY OSTEOPOROSIS?** Treating osteoporosis means stopping the bone loss and rebuilding bone to prevent breaks. Diet and exercise can help make your bones stronger. But, they may not be enough if you have lost a lot of bone density. There are also several medicines to think about. Some will slow your bone loss, and others can help rebuild bone. Talk with your doctor to see what works for you.

Source: National Institute on Aging

Healthy eating

Continued from page 1

will continue to systematically evaluate menu and snack options, increasing the healthy options available and offering fewer foods that contain added sugar, salt, and saturated fats. Intermountain began offering “Healthy Plates” at its cafeterias in 2014. In 2016 nearly 150,000 Healthy Plates were sold.

Healthy eating environments with good nutrition play a vital role in health. Excessive sugar consumption can contribute to obesity and a host of adverse health conditions. Consider that an alarming number of people are living with prediabetes, whose blood glucose is elevated, with approximately 114,000 people in Utah and Southern Idaho affected. Around 90 percent don’t even know they have prediabetes, which can lead to type 2 diabetes and increased heart attack and stroke risks.

Source:
intermountainhealthcare.org



Prep time: 15 min
Ready in: 1 h 15 min
Serves 24
Source: allrecipes.com

Recipe: No-bake Energy Bites

Ingredients: 1C rolled oats, ½C mini semi-sweet chocolate chips, ½C ground flax seed, ½C crunchy peanut butter, 1/3C honey, 1tsp vanilla extract

Instructions: Combine oats, chocolate chips, flax seed, peanut butter, honey and vanilla extract together in a bowl; form into balls using your hands. Arrange energy bites on a baking sheet and freeze until set, about 1 hour.