



What's inside this Spring 2021 issue:

- Going paperless in October
- LiveWell Moment by Terri Flint
- Recipe: Garlic Roasted Potatoes
- 10 heart healthy superfoods
- Let's celebrate every day in June



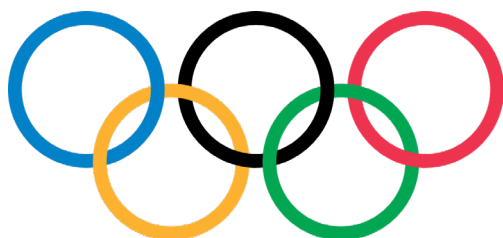
Let the games begin: Tokyo 2020

8 fast facts to get you excited for the Summer Olympics

Here's a look at the 2020 Summer Olympics to be held in Tokyo, Japan, postponed until 2021 due to the coronavirus outbreak. The games are scheduled to take place from July 23 to August 8, 2021.

- **First for everything:** This is the first time the Olympic Games have been postponed. They have also been canceled three times, all because of war.
- **Going green:** Athletes competing in the games will sleep on bed frames made of cardboard and mattresses made of plastic to reduce the event's carbon footprint.
- **Tokyo 1964:** This is the second time the Olympics will be held in Tokyo, which previously hosted the Games in 1964. Tokyo led an unsuccessful bid to host the 2016 Olympics.
- **Different date, same games:** The games are still being dubbed Tokyo 2020 despite the year-long postponement.
- **Winter Olympics in Japan:** The 1972 and 1998 Winter Games were also hosted by Japan, in Sapporo and Nagano, respectively.
- **Pretty penny:** The postponed games are set to cost \$15.4 billion, \$2.8 billion more than initially projected. The updated budget includes \$900 million for pandemic countermeasures.
- **Who's invited?:** Invitations to the games were sent to countries, states and territories represented by 206 National Olympic Committees and to the Refugee Olympic Team.
- **Have a seat:** The 68,000-seat stadium that will host the opening and closing ceremonies and Paralympics was designed by architect Kengo Kuma and cost \$1.4 billion.

Source: CNN.com



Need to know: For up-to-date information on videos, news, times and schedules for the Tokyo 2020 Olympics, visit www.olympic.org.

National Days in June



With June just around the corner, here's just a few of the many national holidays that you can celebrate:

- June 1: Go Barefoot Day
- June 2: National Rocky Road Day
- June 3: National Egg Day
- June 4: National Donut Day
- June 5: National Trails Day
- June 6: D-Day
- June 7: Chocolate Ice Cream Day
- June 8: Best Friends Day
- June 9: Donald Duck Day
- June 10: Ball Point Pen Day
- June 11: Make Life Beautiful Day
- June 12: Red Rose Day
- June 13: National Children's Day
- June 14: Flag Day
- June 15: Smile Power Day
- June 16: National Fudge Day
- June 17: Eat Your Vegetables Day
- June 18: Go Fishing Day
- June 19: Garfield the Cat Day
- June 20: Father's Day
- June 21: National Selfie Day
- June 22: Onion Rings Day
- June 23: National Pink Day
- June 24: National Handshake Day
- June 25: Take Dog to Work Day
- June 26: Coconut Day
- June 27: National Sunglasses Day
- June 28: Paul Bunyun Day
- June 29: Waffle Iron Day
- June 30: Social Media Day

Source: nationaldaycalendar.com

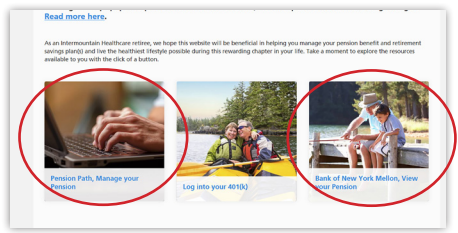
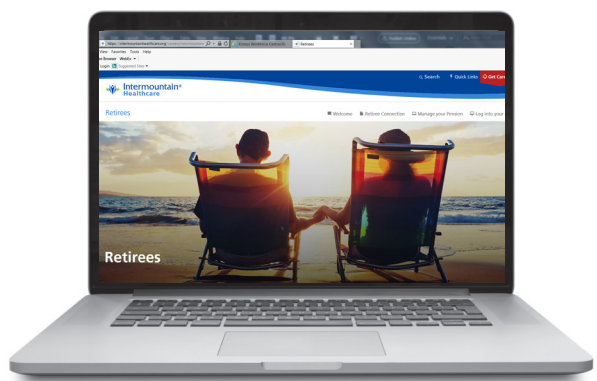
We're going paperless October 1

Go to intermountainhealthcare.org/retiree

The Intermountain Retirement Program is going paperless. That means you will need to go online to intermountainhealthcare.org starting October 1, 2021 to view your electronic pension statement each month from Bank of New York Mellon. Here's how to do it:


▶ **Log on to our retiree website at intermountainhealthcare.org/retiree.** Click on the Bank of New York Mellon (BNYM) link. You will automatically be directed to the BNYM's safe and secure self-service website. If you don't know your account number, you can find it on your monthly statement. You can also call BNYM at **1-800-247-3685** or AskHR at **1-833-442-7547** to request your account number.

▶ **Check out Pension Path too.** Once you log into your account here, you can update your pension address, withholdings and bank information. See chart to the right.



1 Pension Path
Update your pension ...
• address,
• tax withholdings, and
• bank information.

2 Bank of New York Mellon
View your pension ...
• payment history,
• direct deposit/check statements,
• tax withholdings, and
• tax forms/check images.

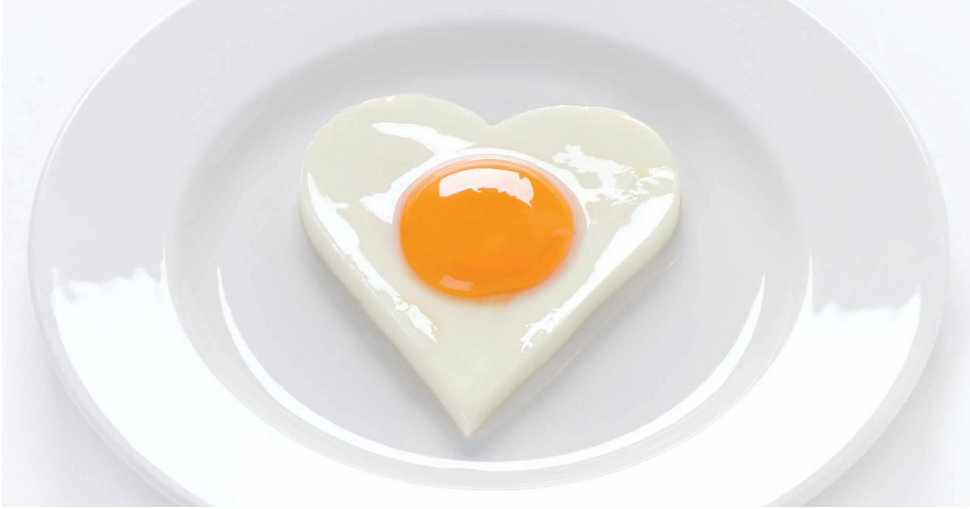


Recipe: Instant Pot Garlic Roasted Potatoes

Ingredients: ¼C olive oil, 1½lb potatoes (peeled, cut wedges), 1 tsp garlic powder, 1 tsp salt, ½tsp thyme, ½tsp rosemary, ¼tsp pepper, 1C vegetable broth

Instructions: Turn on Instant Pot and select Saute function. Heat olive oil and add potatoes; cook until lightly golden (5-8 min). Sprinkle garlic powder, salt, thyme, rosemary and pepper over potatoes. Pour in vegetable broth. Cook on high pressure for 7 minutes. Quick release pressure. Enjoy.

Prep time: 10 min
Cook time: 22 min
Serves 4
Source: allrecipes.com



10 superfoods good for the heart

Lower blood pressure, stroke risk and fight inflammation

When it comes to heart health, you probably know what the American Heart Association (AHA) recently named specific cardiovascular all-stars that are worth adding to your rotation. Here are a few standouts to add to your grocery list.

- **BEETS.** This veggies contains high doses of nitrates, which help keep blood vessels dilated and healthy.
- **PUMPKIN SEEDS AND WALNUTS.** According to AHA, eating pumpkins seeds and walnuts can help lower blood pressure.
- **TOFU.** Aside from lowering the risk of heart disease, tofu is a great source of plant protein and replacement for red meats.
- **CHILI PEPPERS.** These hot little guys are high in a substance called capsaicin which has anti-inflammatory, antioxidant and blood-glucose-regulating effects.
- **OLIVES AND OLIVE OILS.** Olive oil boosts good, heart-protective cholesterol and staves off diabetes and strokes.
- **GARBANZO BEANS.** They're full of fiber and can help lower your bad LDL cholesterol.
- **OATMEAL.** Fiber-rich oatmeal cuts down on cholesterol absorption and contributes to gut health.
- **SALMON.** High in omega-3 fatty acids, this fish can lower the risk of heart failure, stroke and other coronary diseases.
- **BLUEBERRIES.** They're high in soluble fiber and polyphenols and vitamin C.
- **BROCCOLI AND BRUSSEL SPROUTS.** These veggies are linked to a decline in blood vessel disease and high in disease-fighting flavonoids and carotenoids as well as cholesterol-lowering fiber.

Source: aarp.com

Are eggs still good for the heart?

Most healthy people can eat up to seven eggs a week without increasing their risk of heart disease. Some studies have shown that this level of egg consumption may even help prevent certain types of stroke and a serious eye condition called macular degeneration that can lead to blindness. **For more info, visit mayoclinic.com.**



Don't forget to take advantage of our discount program

Intermountain Healthcare partners with Abenity to provide exciting discounts to caregivers and their families, physicians, retirees, and trustees. Explore discounts on everything from pizza and movie tickets, to car rentals, and hotels - including easy mobile access.

How to access: Go to intermountain.abenity.com/ and use the personal email address you provided to Intermountain when you retired as your username. If you have additional questions, contact AskHR at 800.843.7820 or email them at askhr@imail.org.



Helpful Websites Top 12 best dating websites for seniors

Regardless of where you live, you can connect online to find relationships with other seniors. Here's the best dating websites and apps for seniors:

- Match.
- eHarmony.
- Senior Friends Date.
- So Syncd.
- Silver Singles.
- Singles50.
- EliteSingles.
- Zoosk.
- Christian Mingle.
- MatureDating.
- OurTime.
- SeniorMatch.

Fees and additional features vary per website. Visit USnews.com for more information. **Source: USnews.com.**



What to give when nothing else can be given

LiVe Well Moment by Terri Flint

“What can I say or do to help my friend who is suffering?”

This question is being asked more frequently given the abundant grief and loss we’re experiencing.

We so want to help others, give comfort, or reduce pain, somehow, someday. And yet, the best answer is to not start by saying or doing anything. The best answer is to start by authentically listening.



- **Authentic listening is a mighty tool of caring and service.** Undervalued, listening is the ultimate love language. It’s quiet, slow, modest, and requires our time and single-minded attention. Maybe that’s why it’s under used. Loud, showy, busyness is much more valued today with quick fixes and a plenitude of platitudes.
- **Authentic listening is often the only thing needed to help someone.** When someone listens to our experience and our emotions in a safe space, we feel truly loved and validated. Often, saying our problems out loud illuminates the illusive solutions and because these solutions

are custom-made, they are embraced more enthusiastically than to advice given by others.

- **Authentic listening provides safe space.** The listener lends themselves to us for a while, giving us their full attention, without distraction. Their purpose is to validate, not judge; understand, not fix. Hesitating at first, we relax into speaking truth as the person “just” listens without interruptions, unnecessary questions, or commentary.
- **Authentic listening is a conscientious decision made in the moment.** It doesn’t happen by accident because it requires us to deliberately turn down the noise of our thoughts, questions, and advice while turning up our sensitivity to what this person is saying and feeling. Distractions are turned off and quiet patience is turned on.
- **Authentic listening uses these phrases:**
 - “Tell me more...”
 - “This must be really hard...”
 - “I want to make sure I understand...”
 - “Is this what you’re saying...”
 - “What has this been like for you...”

- **Authentic listening avoids these phrases:**
 - “I understand how you feel...”
 - “When that happened to me, I...”
 - “What you need to do is just...”
 - “Have you tried...”
 - “Just look on the bright side...”
- **Authentic listening is a magical experience.** Consider the last time you experienced authentic listening, as the listener or the recipient. You’ll remember it because they are rare, special moments. There is a heart-to-heart connection that can be transformative for both people. Given how good it feels and how well it works, we have to wonder why we don’t make it happen more often.
- **Authentic listening takes practice and it’s worth it.** This type of listening doesn’t come easily and requires intentional practice. The result is having the most precious gift you can give to others when there are no words to be said. And from your listening may come a very customized answer of what service can be done.

ABOUT TERRI

Terri Anne Flint, Ph.D., L.C.S.W. is a retired EAP & Employee Wellness Director at Intermountain. Subscribe to her Life Experienced blog at terrianneflint.com or contact her at terria.flint@gmail.com.



Your authentic listening challenge. Today, make a decision to authentically listen to one person close to you. Researchers find most of us listen for about 18 seconds before interrupting and taking over the conversation. Try to stretch that to 30 seconds or even a full minute. Observe what happens when you take your turn to truly listen before talking. For more on the topic of listening and other tools of resilience, visit my blog at terrianneflint.com.