

GOT MINDFULNESS?

7 Steps for Purposeful Daily Living

"Be present, smile, humble yourself, and acknowledge others," says Dr. Melanie Austin-McCain, an assistant professor at the New York Institute of Technology School of Health Professions, describing how to be mindful in a world full of distractions. "With mindfulness, you're really in the present and focusing on your senses and your experiences—what you are feeling, thinking, and doing."

Austin-McCain says research shows that having healthy daily routines and a purpose in life contribute to wellness and may help you live a longer, more positive life.

"Evidence shows that having a purpose in life is helpful in promoting health and preventing chronic disease," says Austin-McCain. "It's about finding out about who you are, the things you like [to] do and that are meaningful for you and setting goals that align with those things."

Austin-McCain offers other purposeful living steps and ways to incorporate them into your life:

Meditation: Don't set a goal of 30 minutes to meditate, Austin-McCain advises. Instead, aim for short periods of stillness, where you can visualize goals and set daily intentions.

Movement: Stretch your mind and body, says Austin-McCain. Find ways to stay active, engaged, and moving. Commit yourself to thinking things through, exploring new ideas, coming up with different strategies to approach challenges, and trying new things.

Management: McCain advises that people adopt a personal management role. "Be the CEO of your life," she says. That might mean performing a SWOT (Strengths, Weaknesses, Opportunities, Threats) analysis of your life, decluttering your desk and living space, or meal planning that makes it easier to choose healthy foods.

Maximization: Adopt a "the future is mine" mindset, where challenges are opportunities and you see your potential as well as the potential in others.

Meaningfulness: Acknowledge those who support you and seek joy and happiness in the things you choose to do. "Meaningfulness is more like gratitude—awareness and appreciation of the things around you."

Mentoring: Austin-McCain says mentoring goes both ways: it's best to seek mentors for various aspects of your life (professional, personal) and to serve as a mentor to others, providing support and wisdom.

UNDERSTANDING CHROMIUM-6

Make Sure Your Drinking Water is Safe



A recent report from the Environmental Working Group (EWG), a nonprofit research organization, revealed that there are higher-than-recommended levels of chromium-6 in the tap water being supplied to two-thirds of all Americans. EWG published an interactive map that lists its water testing results on a county-by-county basis.

Chromium-6 is a cancer-causing chemical that occurs naturally in the environment and can be produced in high quantities by industrial projects. In addition to being a known carcinogen, chromium-6 can also cause burns, pneumonia, and complications during childbirth.

[If you live in an area that has high levels of chromium-6](#), consider purchasing a filter to remove the chemical from your water. The following are the most common filters used:

- Ion exchange water treatment units: These units are effective in removing chromium-6. However, they need to be monitored, maintained, and replaced fairly frequently.
- Reverse osmosis filters: These filters are often more affordable and practical for residential use and are easier to find at local stores. However, they use much more energy, and you must dispose of the filtered materials.

If you aren't sure what filter is best for you, visit [EWG's Water Filter Buying Guide](#) for further guidance.



SHOPPING FOR MEDICATION

How to Save Money in the Face of Price Hikes



The rising cost of prescription and specialty medications is alarming to many consumers; for example, many people have voiced frustration over the price hike of the life-saving EpiPen, which now costs more than \$600 for a pack of two EpiPens.

However, if you take prescription medication, using the following strategies can help you become a wiser healthcare consumer and save you money:

Shop around: Drug prices are not the same at every pharmacy, and you may be able to save money by shopping around.

Ask about drug substitution: When your doctor prescribes a drug, ask if a cheaper alternative is available or if an over-the-counter drug will work just as well.

Consider using a generic version of your prescription drug: Generic medications work just as well as brand-name drugs and can cost up to 80% less.

Look into discount card programs: Some drugstore chains offer discount prescription cards that provide additional discounts on your prescriptions for a small monthly or annual fee.

WOMEN'S VERBAL MEMORY SKILLS May Mask Early Signs of Alzheimer's

A new study has shown that women's higher level of verbal memory skills may be covering up some of the damage that Alzheimer's Disease does to their brains. The study found that women may have better verbal memory skills than men, even when their brains show the same level of problems metabolizing glucose, which occurs in people with Alzheimer's disease, according to research published in the October 5, 2016, online issue of *Neurology*[®], the medical journal of the American Academy of Neurology.

"Women perform better than men on tests of verbal memory throughout life, which may give them a buffer of protection against losing their verbal memory skills in the precursor stages of Alzheimer's disease, known as mild cognitive impairment," said study author Erin E. Sundermann, PhD, of the University of California. "This is especially important because verbal memory tests are used to diagnose people with Alzheimer's disease and mild cognitive impairment, so women may not be diagnosed until they are further along in the disease."

The study included people from the Alzheimer's Disease Neuro-imaging Initiative: 254 people with Alzheimer's disease, 672 people with mild cognitive impairment that included memory problems, and 390 people with no thinking or memory problems. Participants' verbal memory skills were tested and PET brain scans measured how well their brains metabolized glucose, which is the primary energy source for the brain. Poor metabolism is a sign of dysfunction in brain cells.

The memory test asked participants to recall a list of 15 words read to them, both right away and 30 minutes later. Women scored better than men on the memory tests when they had no problems, mild problems, or moderate problems with brain metabolism. However, once the participants had more advanced metabolism problems, there was no difference in test scores between women and men.

"These results suggest that women are better able to compensate for underlying changes in the brain with their 'cognitive reserve' until the disease reaches a more advanced stage," Sundermann said.

He also stated that "if these results are confirmed, adjusting memory tests to account for the differences between men and women may help diagnose Alzheimer's disease earlier in women."

Sundermann said that limitations of the study include that it was a snapshot in time, with one set of tests and images that do not show changes over time. Additionally, most of the participants were white and well-educated, so the results may not be relevant to the overall population.



UNDERSTANDING CURRENT Flu Vaccine Recommendations

As the 2016-2017 flu season approaches, now is a great time to get vaccinated against the flu. The U.S. Centers for Disease Control and Prevention (CDC) recommends that everyone 6 months of age and older get a flu vaccine.

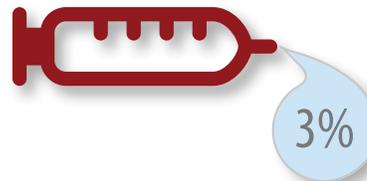
Unlike their recommendations during past flu seasons, the CDC and the American Academy of Pediatrics (AAP) are not recommending the nasal spray vaccine, FluMist, for the 2016-2017 season because of concerns about its effectiveness, especially in children. The CDC and AAP are now only recommending the injectable flu vaccine.

Some flu shots protect against three flu viruses, while others protect against four. Consult your physician to determine which shot is best for you. If you don't have a regular doctor, you can get a flu vaccine at your local health department, pharmacy, or urgent care clinic.

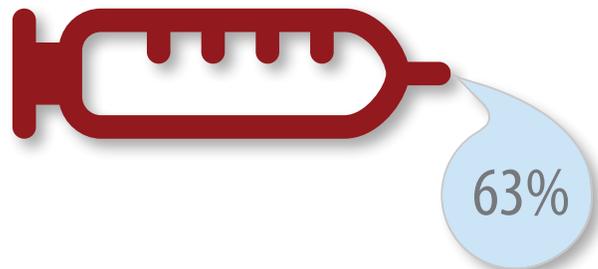
Getting an annual flu vaccine is the first and, arguably, best way to protect your family during the flu season. For more information on the 2016-2017 vaccine, click [here](#).

Effectiveness of Flu Vaccines

FluMist Nasal Vaccines



Injectable Flu Vaccines



NOVEMBER RECIPE

Apple Crisp

- 4 medium-sized apples
- 1/4 cup quick-cooking oatmeal
- 1/4 cup flour
- 1/2 cup brown sugar
- 1 Tbsp. cinnamon
- 1/4 cup margarine, cut into small pieces



Preheat the oven to 350 degrees. Grease the bottom and sides of an 8x8 inch pan. Next, core and slice the apples and spread the sliced apples on the bottom of the prepared pan. In a medium-sized bowl, combine the oatmeal, flour, brown sugar, and cinnamon. Using a knife, cut the margarine into the mixture until it looks like small crumbs. Sprinkle the crumb mixture over the apples and bake in the oven for 20-30 minutes or until the apples are tender and the oatmeal mixture is bubbly. Serve warm.

Yield: 8 Servings. Each serving provides 170 Calories, 6 g of Fat, 28 g of Carbohydrates, 2 g of Saturated Fat, 50 mg of Sodium, 2 g of Dietary Fiber, 1 g of Protein.

* Percentage daily values are based on a 2,000 calorie diet. Source: USDA

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