

IMPACT

Employee Newsletter

July—September 2007

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- Claremont EAP provides legal referrals for family law, consumer issues, traffic violations, and personal injury
- Referrals are available for child care, adult/eldercare, adoption assistance, school/college selection, and pet care

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REFRESHING SUMMER MEALS

Turn off the stove. Put away the pots and pans. Forget about cooking. It's time for the cool, easy foods of late summer.

There's a good reason to make the switch, if you haven't already this season. When the mercury is high, we all crave meals that are cool and refreshing, nutrition experts say. We instinctively turn to meals that have a high water content to replace the steady water loss that we experience in the summertime.

Where to begin? Start with soups. Experts say that buttermilk (with only 2 grams of fat per cup, compared with 3 for 1 percent low-fat milk) is the perfect base for whatever you want to add. Puree your favorite fruit with buttermilk, sprinkle with nutmeg or cinnamon, and you're done. Or blend leftover vegetables with buttermilk and get creative with seasonings.

Tempting transformation

The art of cooking cool and easy is, in part, based on the ability to turn a salad into an entree. This dish lends itself to a glorious range of improvisation.

Don't forget to think "green." The deeper the green of your salad fixings, the more nutrients they hold, experts say. For instance, iceberg lettuce is not very high in vitamins and minerals, but romaine and spinach are full of them.

To turn that salad into a main dish, you'll need to add protein. Try cubes of reduced-fat cheese, tuna packed in water, sliced turkey or chicken or low-fat cottage cheese. Other protein sources include nuts (caution: nuts can be full of fat), seeds, chickpeas and kidney beans.



Add another dimension to your salad by using pasta. Start your salad with noodles, rice, couscous or bulgur wheat, and begin to build from there.

Don't spoil your salad by pouring on a creamy, high-fat dressing. Look for the many alternatives. Blend seasoning mixes into low-fat yogurt instead of mayonnaise. Or look for low-fat or reduced-fat salad dressings at the store.

Bread will further add complex carbohydrates to your cool and easy meal. Choose whole wheat for its extra fiber and nutrients. Or try French and Italian bread, bagels or English muffins.



Refreshing Summer Meals

A good summer dessert can be made by pouring a little orange juice or honey over your favorite fruits. You can also puree raspberries or strawberries with just a touch of honey or sugar as a topping. For company, you could start with an angel food cake and top with pureed fruit.

Here are some cool and easy recipes:

Gazpacho

- 1/2 cup peeled, diced cucumbers
- 3/4 cup diced green and red bell peppers
- 3/4 cup diced onion
- 1 cup peeled, diced tomatoes
- 2 1/2 cups tomato juice
- 1/2 teaspoon garlic powder
- 1/4 teaspoon freshly ground black pepper
- 1/4 teaspoon Worcestershire sauce
- 2 tablespoons freshly squeezed lemon juice
- Chopped chives or green onion tops
- 2 lemons, cut into 4 wedges each

In a large bowl, combine all ingredients except chives or green onion tops and the lemon wedges, and mix thoroughly. Prepare in advance and chill overnight.

Serve in chilled bowls and garnish with the chopped chives or green onion tops and the lemon wedges.

Makes about 4 cups or 8 (1/2 cup) servings. Each serving contains about 30 calories, 0.2 grams fat, 0 mg cholesterol, 13 mg sodium and 1 gram fiber.

Source: "The Canyon Ranch Cookbook," by Jeanne Jones and the Canyon Ranch Staff

Oriental Turkey Salad

- 1 pound cooked turkey (pick up at deli)
- 1/2 cup sliced celery
- 1/2 cup snow peas
- 1/4 cup diced red bell pepper
- 1/4 cup sliced scallions
- Dressing: 2 cloves garlic, 1 tablespoon soy sauce, 1 tablespoon rice vinegar, 1 tablespoon finely chopped fresh ginger or 1 teaspoon ground ginger, 1 teaspoon sugar, 1 tablespoon dry sherry, dash Tabasco

For the dressing, crush garlic cloves. Combine with remaining ingredients and stir until sugar is completely dissolved.

For the salad, dice the turkey. Toss the diced turkey with the vegetables. Pour the dressing over the turkey and vegetables and toss to combine.

Makes 5 servings. Each serving contains about 200 calories, 7 grams fat and 283 mg sodium.

Source: Mona Sutnick, Ed.D., R.D.

Yogurt Parmesan Salad Dressing

- 1 cup plain nonfat yogurt
- 2 tablespoons grated Parmesan cheese
- 1 small clove of garlic or 1/4 teaspoon garlic powder
- White pepper, preferably freshly ground, to taste

Combine all ingredients and allow to stand for an hour or more for flavors to blend.

Each tablespoon of dressing contains about 12 calories, 0.3 grams fat and 40 mg calcium.

Source: Mona Sutnick, Ed.D., R.D.



Hot Tips for Mid-Summer

Celebrate our country's birthday all summer long by following these tips.

- Wear reflective workout gear -- headbands, vests and tape -- when you exercise outdoors at night. It will be easier for motorists to see you.
- Perform a home-security audit. Make sure all locks are working, and trim bushes and trees away from windows and doors.
- Don't confuse your body clock; get up at the same time on weekends as you do on weekdays.
- Eat an extra serving of fruit or vegetables each day. Doing so can reduce your cancer risk.
- If you're going boating, make sure you have life jackets for everyone and make sure everyone wears one.
- For people who live in humid climates, clean your dehumidifier weekly; otherwise, it can harbor mold and mildew that can aggravate allergies.

Living a Life in Balance

Do you feel like your life is too complicated? Are you often torn between your work and home responsibilities?

"If so, you're not alone, and you don't have to despair," says Odette Pollar, president of Smart Ways to Work, a personal productivity firm in Oakland, Calif., and author of *Take Back Your Life*. "You can gain peace and relief by making a conscious effort to reduce the complexities in your life and achieve balance."

Given all you have to do, it's easy to lose sight of what's probably your ultimate goal: to enjoy your life as you follow through on your personal and professional responsibilities in satisfying ways.

Here are Ms. Pollar's suggestions for successfully balancing your time and life.

Learn to streamline

Speeding up and trying to force more and more into the same blocks of time isn't the best way to have more time in your life. According to Ms. Pollar, the best way to "get it all done" is to have fewer things to do by consciously streamlining your ongoing responsibilities.

Being selective about your choices and how you spend your time is important. And it's vital to keep your perspective and establish realistic expectations for yourself.

"Regaining balance starts with the awareness that something is out of kilter, that you have too much going on," she says. "From there you can identify what you want less of in your life."

Ask yourself questions

You can achieve balance by setting your priorities and creating a life around them. This is a long-term process and requires thought and insight.

As a way to get started, take some time to list three to five answers to these questions:

What physical needs are important to you and why?

What emotional needs are important to you and why?

What mental needs must be filled to make you content?

What causes the sense of frustration or depression you may feel?

What does success -- both personal and professional -- mean to you?

Your answers will provide information you can use to make changes in your life.

Living a Life in Balance



Respect the process

Achieving balance is an ongoing process that requires your regular attention. As you move forward, talk with others about how they have achieved balance in their lives and share your successes.

As you continue on your road to a more satisfying life, remember the following.

Keep your job and your life in perspective. Success at the expense of relaxation and enjoyment is not success.

Take yourself less seriously. Learn to see and appreciate the lighter side of life.

Learn to say "no." Be firm without apology or guilt.

"It's easier to balance a simpler life," says Ms. Pollar. "For a life worth living, eliminate the unimportant, whether it be relationships, tasks, responsibilities, possessions or beliefs."

Determine what you want

Before making any big changes, consider the results you want to achieve. This will give you a starting point from which to choose a direction and set goals.

For example, you might want to:

- Enjoy work and have enough energy left at the end of the day to enjoy your home life.
- Cultivate a better relationship with your children, partner, friends and extended family.
- Do more things you'd like to do and feel more content.

By reacquainting yourself with your needs, desires and feelings, you can make a plan with a systematic approach for achieving your goals.



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