

# The Buzz



## New year, new beginnings, ...new resolutions?

### Write it down, make it happen!

With approximately half of all Americans making new resolutions every year, it is very likely that some of us may choose to do so as well. Studies have shown that people who write down their goals on paper (or on their

phone apps these days!) are significantly more likely to achieve them, compared to those who only make mental vows. It's even better when these are S.M.A.R.T goals!

**Visualize it, make it happen!** For those more visual folks, creating a Pinterest board, or a more traditional "hard copy" vision board, may

be a valuable alternative! Your subconscious mind works in pictures and images, so making an image-filled vision board can help your Reticular Activating system filter

Read more research-based tips to make your New Year's Resolutions **stick!**

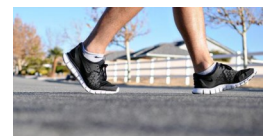
what you see, so you are more attentive to those things that are more in line with

what you aim to achieve. You can supplement your pictures with words and phrases to increase the emotional response you get from it. Try to place it in a location that gives you maximum exposure to it. The sight of your vision board should fuel your motivation to turn your vision into action!

### HAPPENING NOW AT BE WELL!

#### 10k-a-day Club

Can you really walk your way to wellness? Absolutely! Grab a good pair of walking shoes and start thinking about ways in which you can incorporate more steps in your daily schedule! All employees are invited to join & track their daily walking with Be Well! If in need, you may opt to purchase a quality pedometer at a deeply discounted price from Be Well. The 10k-a-day club will run from January 2014 to May 2014. Find out more here.



## Radon Awareness Month

**Radon is a colorless, odorless gas** that has been **linked to lung cancer** in non-smokers and smokers alike. The Surgeon General and EPA recommend testing for radon and reducing radon in homes that have high levels (4 picocuries per liter or higher). Radon levels less than 4 pCi/L still pose a risk, and in many cases may be reduced.

The Eastern Highlands Health District (EHHD) located in the

Mansfield Town Hall and serving the towns of Andover, Ashford, Bolton, Chaplin, Columbia, Coventry, Scotland, Tolland, and Willington, has a limited number of **free radon testing kits available** for use by residents. You may email ehhd@ehhd.org, call (860) 429-3325, or visit the office in person to receive one.

Find out more about Radon, as well as what can be done to reduce radon levels in your home.

**"Follow your bliss, and the universe will open doors for you, where there were only walls."**

- Joseph Campbell

**"Don't compare your beginning to someone else's middle."** - Jon Acuff

- Jon Acuff

**"Just begin."** - Ali Edwards



## Be Well !

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Be Well is an employee wellness program provided through Eastern Highlands Health District with funding from the CT Dept. of Public Health. The goal of the program is to improve the overall health and wellness of employees through wellness initiatives that target risk factors and wellness issues that influence health.

Do you usually start the New Year with new goals or resolutions?



Click on the yellow button to the left to take the Be Well poll!

Last month's poll: Do you generally experience additional stress during the Holiday Season? 75% said YES!



We're on the web at  
[http://www.ehhd.org/  
be\\_well](http://www.ehhd.org/be_well)

## Here's what's happening in January!

**Winter Training Hike Schedule** Sat, Jan. 4, 2014, 9am - 3pm: Woodstock Monitoring Training Hike and Sat., Jan. 18, 9 a.m. to 3 p.m.: Bafflin Sanctuary Training Hike - Winter is a great time to discover the tracks and sign of local wildlife such as bobcat, fox, fisher, otter, bear and porcupine. You can become a trained wildlife monitor and help a team of volunteers monitor study sites (quarterly), collecting important conservation data. Begin or continue training to become a [CAS Citizen Science](#) wildlife monitor this winter. Find out more and register with Paula Coughlin, Citizen Science Coordinator (860) 928-4948 or email at [paulacoughlin@charter.net](mailto:paulacoughlin@charter.net) for information. Cost: Training fee per hike: \$50 CAS members/\$60 non-members.

**Third Sunday Walks** Sun, January 19, 2014, 2pm - 4pm—93 Kenyon Rd. Hampton, CT. Cost: Free [CAS](#) members; \$5 non-members - See more [here](#).

**Full Moon Walk** Sat, Jan. 18, 7:00 pm—93 Kenyon Rd., Hampton, CT. Pull yourself away from the demands of the day, and slow down for a bit on the trails of Trail Wood. Cost: Free CAS members; \$5 non-members . More [here](#).

### Recipe



#### EGGPLANT CAPONATA

Makes 6 servings

**Ingredients and Directions:** Cook 1 chopped **onion** in a skillet with 1/4 cup **olive oil**, 3 minutes. Add 1 each chopped **celery stalk** and **eggplant**; cook 4 minutes. Add one chopped **red bell pepper** and cook 3 minutes. Add 2 tablespoons **golden raisins**, some chopped **oregano** and 1/2 cup **water**; simmer 8 minutes. Add 1 cup halved **grape tomatoes** and 1 tablespoon each **cider vinegar** and **capers**; cook 7 minutes. Season with **salt** and **pepper** and top with torn **basil**.

**Nutritional Information:** Cal 138, Tot. Fat 9 gr, Sat. Fat 1 gr., Protein 2 gr., Tot. Carb. 14 gr., Sugar 7 gr., Fiber 4.5 gr., Chol. 0 mg., Sodium, 199 mg.

Source: [The Food Network](#)

## Health tip:

In the midst of cold and flu season, let us remind you about your precious and powerful immune system, which helps you defend against bacteria and viruses.

- ⇒ Learn more about the [myths and facts](#) about your immune system
- ⇒ [View a short video demonstration](#) on how to make a nutrient-packed **Restorative Ginger Chicken Soup** to boost your immune system during cold and flu season. It uses several ingredients known as [immunity-boosting foods](#).
- ⇒ Brush up on the [difference between cold and flu symptoms](#), so you may better choose your course of action!