

Calendar of Events

August 16th Families 4 Families Event—Picnic
October 18th Madison Heart Walk 2008
October 19th Milwaukee Heart Walk 2008
November Families 4 Families Event—Mosaics



HEART HEALTHY LIVING

Sponsored by CJ & Associates, Inc.

August 2008



UPDATE

The CJ Start! Walking Team has walked 1746 miles and is “walking through” New Era, West Virginia on our way to our second stop of New Life, North Carolina! We’re almost half way to our goal of 3092 miles, to be completed before the Oct. 19th Heart Walk!



CJ & Associates is pleased to announce that we have been selected as a 2008 Top Milwaukee Workplace for the second year in a row!

This award is given out by the Milwaukee Business Journal and is based on surveys completed by employees covering areas such as workplace environment, benefits and employee/employer relationships.

Our own Debra Myers competed in a triathlon on Saturday July 12th with Deb Metzger, a team member on our company softball team. There were 1800 participants who ran 1.5 miles, did a 15 mile bike ride and then did a 5k run. (Due to the flooding, the swim portion of the triathlon was cancelled). The winner finished in 1 hour and 19 minutes—wow!

People of all ages, sizes and shapes participated—what a truly inspirational event! Way to go ladies!!

Debra just crossing the finish line!



CJ & Associates would like to invite you and your family to our Customer Appreciation and Families 4 Families Picnic at Sunset Park in Waukesha, Saturday August 16th from 1-6.

Come join the Fun, Rain or Shine. There will be activities and games for adults and children. Food will be served at 3 pm.

Please RSVP by August 11 and include the number of adults and children that will be attending. We sent the invite to your email address so if you didn't receive it and would like to attend, please call us at 262-786-1772.

Looking forward to seeing you there!!

Hit the hay early

Your late-night love affair with Conan may seem innocent enough, but your body could lose out in the long run. Women who get less than five hours of sleep a night are nearly twice as likely to suffer from hypertension as those who log seven hours or more of nightly shut-eye. To ensure you get ample zzz's, go to bed and wake at the same time every day (even on the weekends) and establish a soothing bedtime ritual that helps you fall fast asleep, such as taking a bath or reading a book.



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Junk for Joy

There's a new reason to schedule snack time: Certain naughty-but-nice goodies can deliver up to 20 percent of your daily fiber requirements. Try Hershey's Kisses Brand Special Dark Chocolates. Three Kisses have 1 gram fiber, about 60 calories and 4 g fat. That's what we call love. For salty fans, try Half Naked Popcorn (Whole Foods). For only 120 calories and 3 g fat, you can feast on 4 cups and reap 4 g fiber. Fill 'er up!

Protective Tea

Several studies link drinking non-herbal green, black or white tea to lower incidence of heart disease, certain cancers and other disorders. Results seem to be better the longer people drink tea, although how much to drink for health is not clear. And decaffeinated brews contain the same protective compounds as caffeinated teas.



Anemia

The truth about this common condition

Anemia means you're not getting enough iron, right?

Not necessarily. Anemia is a condition in which you don't make enough red blood cells or those cells don't have enough hemoglobin, a protein that carries oxygen from the lungs to the rest of the body. Iron deficiency is the most common cause, but some people with anemia get plenty of iron and don't absorb it properly. A lack of folic acid or vitamin B12 can also prevent your body from making enough red blood cells and lead to anemia. In sickle-cell anemia, an inherited disease, the red blood cells are misshapen and unable to move through the body.

Who's at risk?

If you don't eat enough iron-rich foods (including beef, which is why vegetarians are prone to anemia) or if you have heavy periods, ulcers are pregnant or recently had surgery, you're more likely to develop it. People who are undergoing radiation or chemotherapy or battling an infection are also at risk.

Why is it dangerous?

Because your body isn't getting enough oxygen and if left untreated, this can damage the heart and other organs. Anemia can also cause fatigue, shortness of breath, dizziness, pale skin and concentration problems.

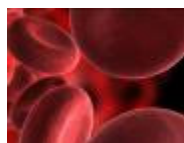
If I'm not tired, am I in the clear?

Unfortunately no. If it's mild or moderate, anemia may not have noticeable symptoms, which is why it's often discovered unexpectedly during blood tests looking for other conditions. It's diagnosed with a simple blood test called a complete blood count, or CBC.

How is it treated?

If you're missing a specific nutrient, dietary changes and supplements can help. If you have sickle-cell anemia, you may have to take a variety of medications, including a drug called hydroxyurea that can raise your hemoglobin level. Some rare forms of anemia may be best treated with a bone marrow transplant.

You may be able to fight off anemia by following a diet that includes lean red meat, fish, eggs, beans and dark leafy greens.



For more information, go to anemia.org

Tip Time

Your Anti-Aging Checklist!

FOOD

Antioxidants (5 servings a day)—*brightly colored foods like blueberries, sweet potatoes, broccoli and tomatoes.*

Green and white tea (4 cups a day)

Red wine or Concord grape juice (1 glass)

Fiber (25 grams a day)—*in fruits, vegetables, beans, brown rice, whole wheat pasta, and whole grain bread*

Omega 3 fatty acids—*in roasted or ground flax seeds, walnuts or salmon*

Olive Oil (1 to 2 tablespoons a day)

EXERCISE

Get your heart rate up (3 times a week)

Strength training (30 minutes per week)

MEDITATION

Yoga, prayer or meditation (5 mins. a day)—*releases nitric oxide, which relaxes blood vessels.*

SLEEP (7 to 8 hours a night)

VITAMINS

Vitamin D (1,000 units a day)

Calcium (600 mg twice a day)

DHA Omega03 (600 mg a day)

Baby aspirin (2 a day, 162 mg total)

Multivitamin (1/2 in the a.m., 1/2 in the p.m.)

Always consult a licensed medical practitioner before starting any nutrition or exercise program. The statements above are not meant to replace a medical professional.

How to Manage Anger

Frequently losing your temper not only alienates others, it can contribute to health problems, including headaches, upset stomach and heart attack. *To take control:*

Count to 10. When something angers you, give your body time to defuse before you react. Take three to four deep breaths. *Ask yourself:* "Will this really matter a week or a month from now?"

Walk it off. Go for a short stroll until you can calm down. *Helpful:* Find a quiet place where you can think things through calmly and take a second look at how you're reacting to a situation.

Distract yourself. Instead of pounding on the horn in a traffic jam, play soothing music or listen to an upbeat program. At work, dive into a task to turn negative energy positive.

Ask for help. In managing outbursts seems impossible, don't be afraid to try counseling, meditation, lifestyle changes or other kinds of ongoing psychological help. Your health—and your relationships—may depend on it.

The Mommy Track?

Chasing your toddler around the house won't make up for lost gym time. Women lost over an hour a week of exercise after having kids, reports a University of Pittsburg study. Investigators asked 525 people about their physical activity, then asked again 2 years later. Women initially averaged 4 hours a week. Those who married but had no children lost about 30 minutes of exercise a week, while those who had kids lost 80 minutes. A solution: Stock exercise balls, dumbbells, and jump ropes at home and bang out three 10-minute workouts a day.



August is Children's Vision and Learning Month

As parents ready millions of children across the US to start the new school year, the "August is Children's Vision and Learning Month" campaign is working to raise awareness about the important connection between vision and learning.

Current research shows that vision problems afflict millions of American children and thereby impact their ability to learn:

- One in four school-age children have vision problems, according to the American Foundation in Vision Awareness.
- 18 million children will not have had eye exams by a certified vision care professional prior to entering school.
- 60 percent of students identified as "problem learners" have undetected vision problems, according to the American Optometric Association.

Vision disorders are one of the leading impediments to successful learning in children. Many vision problems go undetected because a child is told he or she has 20/20 vision and healthy eyes. This can be misleading because their visual skills like tracking, eye teaming, and focusing may not have been evaluated and this is really where the problem lies. Exams using only the eye chart do not measure how well a child can see at near distances, nor do they evaluate depth perception, eye coordination or numerous other visual skills.

Parents and teachers are encouraged to make a comprehensive eye examination part of their preparations for the new school year and to look for the following indications that vision problems may be contributing to learning challenges of their children and students:

- Frequent loss of place when reading.
- Poor reading comprehension
- Sloppy handwriting
- Confusing similar looking words
- Failure to recognize the same word in sequential sentences
- Complaints of eyes hurting or headaches after reading
- Avoidance of close-up work (such as reading)
- Attention problems



Any of the above symptoms may be a sign that your child may be struggling with a learning-related vision problem. Fortunately, through vision therapy, many learning-related vision problems can be corrected. Protocols typically involve a prescribed program aimed at eliminating faulty vision skill patterns and rebuilding them correctly.

August is National Immunization Awareness Month

August is National Immunization Awareness Month! Too many adults become ill, disabled, and die each year from diseases that could have been prevented by vaccines. Everyone from the very young to senior citizens can benefit from immunizations. While many consider this to be a time to ensure that children are immunized for school, *National Immunization Awareness Month* is the perfect time to remind patients, health care employees, family members, friends, co-workers and others to take advantage of opportunities to get up to date on their vaccinations.

Medicare covers both the cost of pneumococcal and influenza vaccine and their administration by recognized providers. No beneficiary co-insurance or co-payment applies and a beneficiary does not have to meet his or her deductible to receive an immunization. Medicare also covers hepatitis B vaccination for persons at high or intermediate risk. The co-insurance or co-payment applies for hepatitis B vaccination after the yearly deductible has been met.

Disease prevention is key to public health. It is always better to prevent a disease than to treat it. For all persons, 65 or older, the Advisory Committee on Immunization Practices and other leading authorities recommend lifetime vaccination against pneumococcal disease and annual vaccination against influenza.

August is also _____ National Awareness Month:

- Cataract Awareness Month
- Medical Alert Awareness Month
- National Road Victim Month
- National Peach Month
- National Sandwich Month
- National Investors Month
- National Hair Loss Month
- National Psoriasis Awareness Month
- National Catfish Month
- National Golf Month
- National Eye Exam Month
- National Romance Awareness Month

Skillet Tofu Parmigiana

Ingredients:

- 1/4 cup plain dry breadcrumbs
- 1 teaspoon Italian seasoning
- 1 14-ounce package firm or extra-firm water-packed tofu, rinsed
- 1/4 teaspoon garlic powder
- 1/4 teaspoon salt
- 2 teaspoons plus 1 tablespoon extra virgin olive oil, divided
- 1 small onion, chopped
- 8 ounces white mushrooms, thinly sliced
- 1/4 cup grated Parmesan cheese
- 3/4 cup prepared marinara sauce, low sodium
- 1/2 cup shredded part-skim mozzarella cheese
- 2 tablespoons chopped fresh basil



Makes 4 servings

Per serving: 255 calories; 15 g fat; 4 g sat fat; 7 g monosat fat; 13 mg cholesterol; 15 g carbohydrate; 16 g protein; 2 g fiber; 584 mg sodium; 584 mg potassium

Instructions:

1. Combine breadcrumbs and Italian seasoning in a shallow dish. Cut tofu lengthwise into 4 steaks and pat dry. Sprinkle both sides of the tofu with garlic powder and salt and then dredge in the breadcrumb mixture.
2. Heat 2 teaspoons oil in a large nonstick skillet over medium heat. Add onion and cook, stirring, until beginning to brown, about 3 minutes. Add mushrooms and cook until they release their juices and begin to brown, 4 minutes more. Transfer to a bowl.
3. Add the remaining 1 tablespoon oil to the pan. Add the tofu steaks and cook until browned on one side, about 3 minutes. Turn over and sprinkle with Parmesan. Spoon the mushroom mixture over the tofu, pour marinara over the mushrooms and scatter mozzarella on top. Cover and cook until the sauce is hot and the cheese is melted, about 3 minutes. Sprinkle with basil and serve.

www.cjassociatesinc.com

www.americanheart.org

Watermelon & Goat Cheese Salad with Citrus Vinaigrette



Makes 5 servings,
2 cups each

Ingredients:

- 3 tablespoons extra-virgin olive oil
- 3 tablespoons orange juice
- 1 tablespoon red-wine vinegar
- 1/4 teaspoon salt
- Freshly ground pepper to taste
- 8 cups watercress, tough stems removed, or mixed salad greens
- 4 cups diced seedless watermelon, about 3 pounds with rind
- 1/4 cup very thinly sliced red onion
- 2 ounces goat cheese, crumbled
- 1/2 cup chopped hazelnuts, toasted

Per serving: 224 calories; 18 g fat, 3 g sat fat; 12 g monosat fat; 5 mg cholesterol; 13 g carbohydrates; 5 g protein; 2 g fiber, 171 mg sodium

Instructions:

Whisk oil, orange juice, vinegar, salt and pepper in a large bowl until well combined. Add watercress, watermelon and red onion; toss to coat. Top with goat cheese and hazelnuts to serve.

Tips:

To toast walnuts, pecans or hazelnuts, spread nuts onto a baking sheet and bake at 350 degrees F, stirring once, until fragrant, 7 to 9 minutes. To toast sliced almonds, cook in a small dry skillet over medium-low heat, stirring constantly, until fragrant and lightly browned, 2 to 4 minutes.

Melon selection: Look for symmetrical unblemished melons, without flat sides, that have a creamy yellow spot on the bottom indicating ripeness. Pre-cut melon flesh should be dense, firm and appear moist.

Peach Upside-Down Cake

Ingredients:

- 4 cups peeled, sliced fresh peaches (about 6)
- 2 tablespoons brown sugar
- 1 tablespoon cornstarch
- 2/3 cup sifted cake flour
- 1/2 cup pecan halves, toasted
- 1 teaspoon baking powder
- 1/4 teaspoon salt
- 2 large egg whites
- 2/3 cup granulated sugar, divided
- 2 large eggs
- 1 1/2 teaspoons vanilla extract
- 1 teaspoon cinnamon



Makes 10 servings

Per serving: 183 calories; 5 g fat; 1 g sat fat; 3 g monosat fat; 4 g protein, 36 g carbohydrate; 42 mg cholesterol; 140 mg sodium; 2 g

Instructions:

1. Preheat oven to 350 degrees F. Coat a 9-inch round cake pan with cooking spray.
2. Toss peaches, brown sugar and cornstarch in a bowl. Spoon the fruit into the prepared pan, arranging it in an even layer; set aside.
3. Combine flour, pecans, baking powder and salt into a food processor; process until the pecans are ground to a fine meal.
4. Beat 2 egg whites in a mixing bowl with an electric mixer until soft peaks form. Gradually beat in 1/3 cup sugar, continuing to beat until the egg whites are stiff and glossy; set aside. Beat whole eggs with the remaining 1/3 cup sugar in another mixing bowl until thick and pale, about 5 minutes. Beat in the vanilla and cinnamon. Whisk one-fourth of the reserved egg whites into the whole-egg mixture. Sprinkle half of the flour mixture over the top and fold in with a rubber spatula just until blended. Fold in the remaining beaten whites, then the remaining flour mixture.
5. Spread the batter over the fruit in the pan. Bake until the top springs back when lightly touched and the "toothpick test" comes out clean, 35 to 40 minutes. Let cool in the pan for 5 minutes, then invert onto a serving plate, rearranging any stray fruit. Serve warm or at room temperature.