



American Heart Month

Heart disease is the leading cause of death for both men and women. To prevent heart disease and increase awareness of its effects MaroonsRWell is participating in American Heart Month. You can make healthy changes to lower your risk of developing heart disease. Controlling or preventing risk factors is also important to those already impacted by heart disease. To lower your risk:

- Watch your weight.
- Quit smoking and stay away from secondhand smoke.
- Manage your blood pressure and cholesterol.
- Drink alcohol in moderation.
- Get active and eat healthy.

Are you dealing with a chronic condition such as heart disease? As an Anthem member you have access to the [Condition Care program](#) for expert guidance at no cost.

February Events

With February being American Heart Month, this month's MaroonsRWell activities will be focused on keeping you heart conscious and heart healthy.

The Heart Truth Live and Learn will take place on **Tuesday, February 19th at 12 p.m. in the Wortmann Ballroom**. This session will be presented by Edie Naughton from Carilion Clinic's Well Said Speakers Bureau to raise awareness and start the road to heart health. This national campaign is sponsored by the National Heart, Lung, and Blood institute partnering with the American Heart Association.

The **Caring for the Caregiver Support Group** began yesterday and will meet again on **Thursday, February 21st at 4:45 p.m. in Morehead Hall Meeting Room**. Mary Beth Boyes, gerontologist, will discuss tips for caring for yourself as you provide a caregiving role. Mary Beth Boyes will facilitate this group two times per month every other Thursday to provide a proactive approach to caring for yourself and those in your care. All benefit-eligible employees and spouses are welcome to attend. If you plan on attending, please complete the anonymous survey [here](#) to provide her with some more information about your needs.

Weekly **faculty and staff only fitness classes** are in full swing! Please see the calendar below. You can also participate in any of the classes offered through Campus Recreation. See their webpage for details of class types and times.

FEB 2019



SUN	MON	TUE	WED	THU	FRI	SAT	
					01	02	
	03	04 yoga 12 P.M. BAST 138	05	06 BODYPUMP 12 P.M. BAST 138	07 CAREGIVER SUPPORT GROUP 4:45 P.M. MOREHEAD HALL MEETING ROOM	08	09
10	11 yoga 12 P.M. BAST 138	12	13 BODYPUMP 12 P.M. BAST 138	14	15	16	
17	18 yoga 12 P.M. BAST 138	19 LIVE & LEARN HEART TRUTH 12 P.M. BALLROOM	20 BODYPUMP 12 P.M. BAST 138	21 CAREGIVER SUPPORT GROUP 4:45 P.M. MOREHEAD HALL MEETING ROOM	22	23	
24	25 yoga 12 P.M. BAST 138	26	27 BODYPUMP 12 P.M. BAST 138	28			

Recipe of the Month

Baked Mustard-Lime Chicken

- ½ c lime juice
- ½ c chopped cilantro
- ¼ c Dijon mustard
- 1 tbs olive oil
- 1 tbs chili powder
- ½ tsp sea salt
- ½ tsp pepper
- 1 lb. skinless boneless chicken breasts

Preheat oven to 350°F.

Combine lime juice, cilantro, mustard, olive oil, chili powder, salt, and pepper in a food processor or blender to combine.

Rinse chicken, pat dry, and place in a baking dish.

Pour the marinade over the chicken, cover, and refrigerate for at least 15 minutes or up to 6 hours.

Bake in the oven for 18-20 minutes, uncovered until internal temperature reaches 165°F.

Serve with extra sauce spooned over chicken with rice or veggies.

Makes 4 servings. Per serving: 190 calories, 27g protein, 7g fats, 5g carbs



CPR and Defibrillators: What You Need to Know!

In an emergency situation, using CPR or an automated external defibrillator (AED) on someone in need can increase their chance of survival by 40%.

About half of the U.S. workers surveyed by the American Heart Association said that they had no idea where their company's AED was located.

While OSHA does not require that companies provide AED instruction, get trained if you can. Make sure you review these guidelines from the American Heart, Lung, and Blood Institute – just in case.

- 1.) **Call 911.**
- 2.) **Check** that there is no standing water near the unresponsive person. If there is water move the person to a dry area **ONLY** if it is safe to do so.
- 3.) **Turn on** the AED's power and **listen for instructions.**
- 4.) **Expose the person's chest.** Make sure their chest is dry and free of piercings or jewelry.
- 5.) **Follow the AED prompts:**
 - a. Place 1 adhesive electrode pad on the person's right upper chest and the other pad on the left side. Note: On some AED models, the pads and cables are connected to the AED. If yours aren't, connect them after you place the pads on their chest.
 - b. The AED will automatically analyze the person's heart rhythm to determine if a shock is required. To ensure accuracy do not touch the person while it is analyzing their heart rhythm.
 - c. If the AED determines a shock is necessary, it will automatically charge itself and tell you when to press the shock button.
 - d. Once the shock is delivered, or if no shock is deemed necessary, you will be prompted to check to see if the person has a pulse and is breathing normally. If not, you will need to administer CPR.

Note: If an AED is not readily available, check pulse and breathing and, if absent or irregular, begin CPR.



- 1.) **Push hard, push fast for 30 chest compressions.** Place your hands, one on top of the other, in the middle of the chest. Use your body weight to administer compressions that are at least 2 inches deep at a rate of at least 100 compressions per minute. Compressions should occur to the beat of the song Stayin' Alive.
- 2.) **Deliver 2 rescue breaths** by tilting the person's head back slightly while lifting the chin, pinch the nose shut and place your mouth over the person's mouth to make a complete seal. Blow into the person's mouth to make the chest rise. After two rescue breaths, continue compressions.
- 3.) **Continue CPR** until the person exhibits signs of life, such as breathing, an AED becomes available, or a trained medical professional arrives on the scene.



Tip of the Month:

Cut down on drinks with added sugar.

One way to cut back is to avoid them altogether; the sugars from one leave your body craving more. The list includes:

- Sodas
- Iced Tea
- Fruit juices
- Sweetened coffee drinks
- Energy drinks
- Water additives

Added sugar includes white and brown sugar, added sweeteners (honey, syrups, etc.) and any foods made with these items. The sugar in milk, vegetables, and fruit is naturally occurring.

One 12-ounce can of a sugary beverage contains, on average, 9-12 teaspoons of sugar. Try to get in the habit of drinking water instead.

The AHA recommends no more than 6 teaspoons of added sugar for women, and 9 for men per day. But most Americans get around 22 teaspoons daily. – that is way too much.

Excess sugar consumption is linked to heart disease. For those who consume 25% or more of their calories from added sugar nearly triple their risk of death from heart disease or stroke.



On-campus CPR/AED Training

Adult and Pediatric CPR/AED and First Aid training is offered through Campus Recreation at a cost of \$65 per person. Those interested should complete the interest form to gain access to the online training module. The form is available [here](#) or on the Form Finder under Campus Recreation. After receiving your form, Todd Bowyer will be in touch with you regarding scheduling an in-person skills session, which takes approximately 90 minutes, and methods of payment. You must complete the online module to be eligible to attend the required in-person skills session.

Roanoke College AED Locations:

Alumni Hallway by the Pool
Bast - Gymnasium & 138
Colket Center Atrium
Health Services Center
Campus Safety Patrol Car
Cregger Center -
Indoor Track
Belk Fitness Center
HHP Entrance
Arena Concourse
Field Level Entrance
1st Floor Hallway Outside of
Arena Tunnel

Pocket Adult CPR Instructions:

1.) **Check for Consciousness and Breathing, Call 9-1-1.**

2.) **Get in Position** - Place the heel of your hand on the center of the victim's chest. Center your shoulders and weight directly over victim's chest.

Compressions

Push fast and hard for 30 chest compressions to the beat of the song Stayin' Alive.



Airway

Tilt the victim's head back and lift the chin to open the airway.



Breathing

Give 2 mouth-to-mouth rescue breaths.



3.) **Continue CPR** until victim is breathing or professional help arrives.

Printable CPR Instruction Card & AED Locator

Above, is the simple CPR Instruction card and on-campus AED Locator information. This card can be printed and cut out to make a wallet-sized card to carry with you or have in your office. Please share with your coworkers, family, and friends. Preparation is key in an emergency situation.



MaroonsRWell 3rd Annual Wellness Fair - Save the Date

Thursday, March 21st 11 a.m. – 3 p.m., Fieldhouse

Kate Smith's Office Hours:

Tuesdays 9 a.m. – 1 p.m.
Thursdays 11:30 a.m. – 3:30 p.m.

Contact Kate via phone at (540)855-7784 or email wellness@roanoke.edu for Health Coaching or Wellness Inquiries.



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