

MCSIG Livin' Well Newsletter



Alzheimer's and Brain Awareness Month

This June: understand the link between Alzheimer's disease and gum health.

Did you know your oral health affects your overall health and regular dental cleanings can help lower your risk for some diseases, including heart disease and stroke? A dental cleaning is a great way to prevent cavities, stop tooth loss, and brighten your smile.

Routine cleanings are covered by MCSIG Delta Dental plans up to *three times* per calendar year.

If you are pregnant, the dental plans provide for one additional cleaning (up to four) and one additional exam (up to three). Refer to the Evidence of Coverage document applicable to your specific plan for additional details regarding regular cleanings, periodontal cleanings, or the additional coverage for members who are pregnant. Find your dental plan details at the [MCSIG website](#).

Brain Food...

According to the [National Institute on Aging](#), what we eat affects our brain health and function. Wondering what you should eat to maintain a healthy brain? The **Mediterranean diet** has some evidence that indicates it is beneficial to brain health. This diet emphasizes fruits, vegetables, whole grains, legumes, and fish; unsaturated fats such as olive oils; and low amounts of red meat and sweets.

Get out and find whole foods: **Find a farmers' market near you!**



SPOTLIGHT

WELLNESS EMPLOYEE OF THE QUARTER

Robin Voss

District Accountant - Carmel USD



Robin Voss
(Pictured working out)

Exercise routine: "I weight train 4 times a week from 5:30-6:30 am and most days walk for 30 minutes on my lunch break. I also love reformer Pilates and if I can make it to a couple classes a week straight after work, I am a happy lady. I also like to get a good sweat in and hop on the spin bike 1-2 times a week. Always a variety of things so I don't get bored."

Favorite activities: "Hiking, spectating at my kids sporting events: baseball, softball, lacrosse."

Favorite healthy snack: "Fuji apple and peanut butter."

Stress buster tip: "Pilates is my go-to. Deep breathing, stretching, and strengthening leaves me feeling 1,000 times better and more accomplished than sitting and relaxing."

Current wellness goal you have: "Keep working on my endurance so I can keep up with my kids!"

Accomplishment: "Currently at CUSD full time, a part-time side gig on weekends, and working on an online MBA program I am halfway done with."

GET READY FOR SUMMER!

- Four gym packages available starting at \$19/month, with a one-time enrollment fee of \$19
- Visit as many gyms as you want, wherever you live, work and play with access to 10,000+ fitness locations.
- Digital-only package also available for just \$10 a month (All digital content included with gym packages. Digital-only membership not subject to offer.)
- On-Demand videos available 24/7 and live virtual classes like cardio, boot camps, barre and yoga

Learn more at

<https://fitnessyourway.tivityhealth.com/bsc> and use code BSCJUNEPROMO when you sign up.

Longer Days. Fitter You. AND A SPECIAL OFFER



Join for two months and get your THIRD MONTH FREE through June 30th.

Wellness Resources

FREE SUMMER MENTAL FITNESS CLASSES

Ohana, Montage Health's child and adolescent behavioral health center has several resources that can be helpful to parents in supporting their child's mental health and wellbeing. First, they are offering free, virtual classes on topics such as mental fitness, raising resilient children, wellness at college, and more. Second, they are offering a summer resource guide which shares summer camps and activities for kids in Monterey County. And, they have a new website that offers mental health education for parents on a wide range of topics.

Website: www.montagehealth.org/ohana

Classes: www.montagehealth.org/ohanaclasses



JUNE WELLNESS CHALLENGE: MOVE FOR BRAIN HEALTH

*Complete 30 minutes of cardio
exercise 5 days a week in June.**

Physical activity helps your brain not only by keeping the blood flowing but also by increasing chemicals that protect the brain. Physical activity also tends to counter some of the natural reduction in brain connections that occurs with aging and increases the size of the part of the brain that's associated with memory formation.

Exercising for at-least 30 minutes a few days a week may keep thinking, reasoning and learning skills sharp for healthy individuals. It can also improve memory, reasoning, judgment and thinking skills for people with mild Alzheimer's disease or mild cognitive impairment and delay progression of the disease.

**Modify as needed and always check with your doctor first before beginning a new physical activity regimen.*

SOURCE: CDC.WEBSITE



Healthy Man *Summer*

The average man pays less attention to his health than the average woman. Men are more likely to: drink alcohol and use tobacco, make risky choices, and not see a doctor for regular checkups. Don't be average - check your health!

Check your risk for heart disease, stroke, diabetes, cancer, and depression with your doctor and keep up with men-unique health checks such as prostate screenings.

source: <https://www.health.harvard.edu/topics/mens-health>