



# S.H.A.P.E



## October Issue

### Inside this issue:

Oil Change & Recipe	1
Back exercises	2
Health Insurance	3
Holiday Exercises	4
Recipe Substitutions	5

### Upcoming Events...

#### Winter In the Village

December 1, 2012

**Location:** Main St. Dansville, NY

Start the holidays off with our annual Winter Street Festival filled with music and bustling crowds. Admire the decorations, shop for handmade treasures from area artists 10 a.m. - 9 p.m. in the Town Hall. Holiday lights sparkle throughout the village all evening with special events 4 - 9 p.m. in the Central Business District.

#### Weight Watchers

Every Thursday

**Location:** Room 205, Government Center

Weigh-Ins begin at 4:15  
Meeting starts at 4:30

Continuous open enrollment. Monthly pass is \$39.95. This includes weigh-ins, attending the meetings and the Weight Watchers e-tools (online tracking). It is encouraged that you stay for the meetings but it is not mandatory. **Come check it out!**



## Time for an Oil Change?

What type of oil do you use at your house? Olive oil? Coconut oil? Canola? Vegetable? Here are some quick facts that may help you decide which oil is best for you:

**High Monounsaturated Fat –**  
The AHA recommends increasing your intake of healthful monounsaturated fats. Olive oil is comprised of 75% monounsaturated fats, while canola contains 61%.

**Low Saturated Fat –**  
The American Heart Association (AHA) recommends no more than 10% of our calories come from saturated fat.

**Healthful Omega 3 Fatty Acids —**  
The oil with the most omega 3 fatty acids is flax seed oil at 57%. Canola oil contains 11%, soy oil contains 8% while olive oil is just 1%.

**High Smoke Point –**  
Fat, especially the unsaturated fatty acids, can break down in heat. Not only can this negatively affect the taste of the oil, the breakdown caused by oxidation is thought to increase your risk of cancer. Canola's (even the expeller press) smoke point is well over 400 degrees. Therefore your best choice for cooking...CANOLA!

### Read the Label –

A bottle of "Vegetable" oil simply means that the oil is from a vegetable source – you'd have to turn the bottle over to find out WHICH vegetable oil is used. Often it's soy oil (or whatever is cheapest on the market at the time).

## Low Calorie Baked Apple Crisp

The tart granny smith apples in this low calorie baked apple crisp are complimented nicely with the sweet crumb topping and creamy frozen vanilla yogurt. This apple crisp truly makes a superb fall treat.



Kimberley K. Eggleston

**Prep Time:** 15 minutes

**Cook Time:** 30 minutes

**Total Time:** 45 minutes

### Ingredients:

- 4 cups peeled, cored, sliced granny smith apples (3-4 medium apples)
- 1 Tbsp granulated sugar
- 2 tsp lemon juice
- 3/4 cup rolled oats
- 1/4 cup flour
- 2 Tbsp brown sugar
- 2 Tbsp melted butter
- 1 tsp ground cinnamon
- 1/4 tsp salt
- 1 cup low-fat frozen vanilla yogurt

3. To complete the crisp, in a medium-sized bowl, combine the remaining ingredients and stir until the mixture resembles of course meal. Top the apples evenly with the oat mixture.

4. Bake the crisp at 350°F for 30 minutes.

5. Top each apple crisp serving with 2 tablespoons of frozen vanilla yogurt.

Serves 8

**Per Serving** (1/2 cup apples with 2 Tablespoons of frozen yogurt) Calories 190

### Preparation:

1. Preheat the oven to 350°F.
2. Place the apples evenly in the bottom of a 11x7 inch baking dish coated with cooking spray.

## BACK TO HEALTH- Intermediate Exercise Program

In the last issue of the SHAPE newsletter, we provided information about exercises for those who were ready to start an exercise program following a back injury. In this edition, we are providing information regarding an intermediate exercise program. These exercises will help take you to the next step in your recovery. As always, be sure to consult with your doctor to make sure it's safe for you to do these exercises. If so, read the directions carefully and give them a try.

### Single Knee to Chest Stretch

Lie on your back with both knees bent. Hold thigh behind knee and bring one knee up to chest. Hold 20 seconds, then relax and repeat 5 times on each side.



### Hamstring Stretch

Lie on your back with legs bent. Hold one thigh behind knee. Slowly straighten knee until a stretch is felt in back of thigh. Hold 20 seconds. Relax. Repeat 5 times on each side.



### Lying on Floor

Lie on your back with knees bent and calves resting on ball. Slowly raise arm over head and lower arm alternating right and left sides. Slowly straighten one knee and relax, alternating right and left sides. Slowly straighten one knee and raise opposite arm over head. Alternate opposite arms and legs. Slowly "walk" ball forward and backward with legs.



### Sitting on Ball

Sit on ball with hips and knees bent 90° and feet resting on floor. Slowly raise arm over head and lower arm, alternating right and left sides. Slowly raise and lower heel, alternating right and left sides. Slowly raise one heel and raise opposite arm over head. Alternate opposite arm and heel. Marching: Slowly raise one foot 2 inches from floor, alternating right and left sides.



### Standing

Stand with ball between your low back and wall. Slowly bend knees 45° to 90°. Hold 5 seconds. Straighten knees. Slowly bend knees 45° to 90° while raising both arms over head.



### Lying on Ball

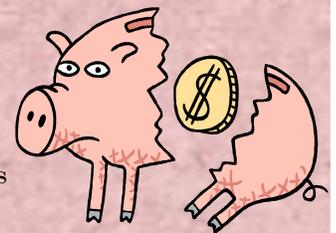
Lie on your stomach over ball. Slowly raise alternate arms over head. Slowly raise alternate legs 2 to 4 inches from floor. Combine 1 and 2, alternating opposite arms and legs. Bend one knee. Slowly lift this leg up, alternating right and left legs.



## Why do health insurance costs keep rising?

You may have wondered why health insurance costs rise at a rate exceeding inflation each year. There are many factors that affect cost. A few of them are:

1. **The aging of America** – As the population ages, individuals have more health issues and increase their use of health care services.
2. **Government regulation** – As both the State and Federal governments require coverage of certain conditions, this increases the cost of coverage.
3. **Increased utilization and consumer demand** – Utilization continues to increase. This is based upon things such as: improvements in medical technology, elevated consumer awareness and demand for health care, increased prescription drug demand and the development of new, expensive medications.



## What can you do to help control costs?

1. **Preventive health** – Take good care of yourself to avoid preventable health conditions. Eat healthy foods, exercise, and seek preventive care services from your doctor. Comply with your doctor's treatment plans. Also avoid harmful behaviors like tobacco use, illegal drug use, and other unhealthy behaviors.
2. **Access health services appropriately** – Start by going to the right provider. Avoid accessing services at an Emergency Room for non-emergency conditions. Consider utilizing the mail order drug program for maintenance medications. This is more convenient and less expensive than using a retail pharmacy for these medications. Fill your prescriptions with generic medications whenever possible. Consider costs when determining the best course of treatment for a health condition. Discuss costs and options with your doctor so you can make the best decisions about your health care.



## POMCO Website

POMCO is the County's new third party administrator for medical benefits under the County's health insurance plans. POMCO has a website that has numerous features of interest to participants. The website address is: [www.MyPOMCO.com](http://www.MyPOMCO.com). Three features you may want to check out are:

1. **Provider Finder:** Participants should click on Physician Finder on the welcome page, and then choose the "POMCO – PHCS/Multiplan" network to locate participating physicians and hospitals.
2. **ID cards:** Once a participant is registered on the site, the participant may request ID cards and even print a temporary ID card to use until the permanent ID card arrives.
3. **Explanation of Benefits:** If a participant has questions about a claim, the participant may review claims that are in process, and also review the POMCO explanation of benefits once a claim has been handled.

These are just a few of the features on the website. Take a look at the website to explore and discover the many features that are available to you.

## Your Express-Scripts.com Account

Take full advantage of the care and convenience you get from Express Scripts. Activate your account for **secure access** to tools that help you manage your prescription plan.

### Ordering Prescriptions

No trips to the pharmacy, no lines, no waiting — order your prescriptions online through the Express Scripts Pharmacy... At Home.

### Saving Money

Learn how to make cost-effective prescription choices. Switch to home delivery, generics or a lower-cost drug and save.

### Staying Healthy

Make choices that lead to your best health. Get drug facts, reviews, drug images and much more.

On or after 10/1 members may register @ Express-Scripts.com with the Express-Scripts ID# located on your Medical ID card. By creating your online account, you can manage your medications your way.

## The Benefits of Chocolate and Cocoa



The news just keeps getting better and better. A recently published study in the Journal of Hypertension (American Heart Association 2012, August 9) indicated that regular consumption of high amounts of cocoa flavonoids significantly improved mental functioning in seniors experiencing mild cognitive impairment. The subjects of the experiment also experienced an improvement in insulin sensitivity and blood pressure. It may be that these last two findings were what was responsible for the improvement in memory and other indices of mental functioning. Other studies had already shown a beneficial effect of dark chocolate on blood pressure, glucose tolerance, and cardiovascular health.

# DO SWEAT THE HOLIDAYS!

The holidays are a wonderful, but very busy time. How can you squeeze in some exercise to stay healthy? Try these special holiday exercises which will fit right into your holiday preparations.



## Cranberry Raises

While preparing a holiday dinner - Hold two cans of cranberry sauce, one in each hand, palms down. Raise your arms straight out in front of you until they are parallel to the floor. Pause, then slowly return to the starting position. Repeat 15 times. *The benefit:* Strengthens shoulder muscles, grip.

## Holiday Card Squats

While addressing holiday cards - Stand in front of a sturdy chair as if you're going to sit down; raise your arms straight in front of you. Bend your knees and slowly lower yourself onto the chair; lightly touch down and then stand back up. Repeat 10 to 15 times. *The benefit:* Strengthens thighs and glutes.



## Pre-heating Kicks

While waiting for your oven to pre-heat - Stand facing a counter (hold on for balance). Shift your weight to one leg, and bring your other heel up toward your buttocks. Hold and squeeze for a few seconds. Return your leg to the starting position, then lift it straight out to the side, and again back down. Repeat 15 times with each leg. *The benefit:* Works hamstrings and outer-thigh muscles.

## Pumpkin Pie Toners

If you're still waiting for that oven to pre-heat - Hold two 14-oz cans of pumpkin in each hand, palms up, arms at your side. Slowly bring the cans toward your shoulders, bending your arms at the elbows. Hold for a few seconds, then return to the starting position. Repeat 15 times. *The benefit:* Strengthens and tones biceps.

## Long Line Calf Lifts

While waiting in line at the mall - Rise up on your toes and hold for 3 seconds. Lower; repeat 15 times. *The benefit:* Tones and strengthens calf muscles.



## Shopping Balance Challenge

While standing near a counter - Shift your weight to one foot and raise the opposite foot. See how long you can keep your balance. Repeat with the other leg. *The benefit:* Strengthens and tones the supporting leg and improves balance.



## Buffet Table Crunches

While standing at the buffet table - Tighten your abdominal muscles as if preparing to take a punch. Hold and squeeze for 5 to 10 seconds. Release and repeat 10 times. *The benefit:* Strengthens abdominal and core muscles.

***THIS HOLIDAY SEASON TRY THESE HEALTHY SUBSTITUTIONS IN YOUR RECIPES!***

*Same great taste, but better for you!*

<b>If your recipe calls for this ingredient:</b>	<b>Try substituting this ingredient:</b>
Bread, white	Whole-grain bread
Bread crumbs, dry	Rolled oats or crushed bran cereal
Butter, margarine, shortening or oil in baked goods	Applesauce or prune puree for half of the called-for butter, shortening or oil; butter spreads or shortenings specially formulated for baking that don't have trans fats
Cream	Fat-free half-and-half, evaporated skim milk
Cream cheese, full fat	Fat-free or low-fat cream cheese, Neufchatel, or
Eggs	Two egg whites or 1/4 cup egg substitute for each
Flour, all-purpose (plain)	Whole-wheat flour for half of the called-for all-
Fruit canned in heavy syrup	Fruit canned in its own juices or in water, or fresh
Ground beef	Extra-lean or lean ground beef, chicken or turkey breast (make sure no poultry skin has been added
Lettuce, iceberg	Arugula, chicory, collard greens, dandelion greens, kale, mustard greens, spinach or watercress
Milk, evaporated	Evaporated skim milk
Milk, whole	Reduced-fat or fat-free milk
Oil-based marinades	Wine, balsamic vinegar, fruit juice or fat-free
Rice, white	Brown rice, wild rice, bulgur or pearl barley
Sour cream, full fat	Fat-free or low-fat sour cream, plain fat-free or
Sugar	In most baked goods you can reduce the amount of sugar by 1/2; intensify sweetness by adding
Syrup	Pureed fruit, such as applesauce, or low-calorie,
Yogurt, fruit-flavored	Plain yogurt with fresh fruit slices



Please send your newsletter contributions to Yvonne Beardsley at [ybeardsley@co.livingston.ny.us](mailto:ybeardsley@co.livingston.ny.us)