

JANUARY IS NATIONAL BLOOD DONOR MONTH

The Need

Blood is traditionally in short supply during the winter months due to the holidays, travel schedules, inclement weather and illness. January, in particular, is a difficult month for blood centers to collect blood donations. A reduction in turnout can put our nation's blood inventory at a critical low.

Every day in our country, approximately 39,000 units of blood are required in hospitals and emergency treatment facilities for patients with cancer and other diseases, for organ transplant recipients, and to help save the lives of accident victims. There is no substitute for human blood—it cannot be manufactured, it can only be given by generous volunteer donors.



"Blood donors bring hope and promise to hospital patients who may need blood for their very life,"

Diane E. Ward, CEO for the Southeastern Michigan Blood Services Region of the American Red Cross.

The Donation

According to the American Red Cross, donations take about 8-10 minutes, depending on the donation type. Donating platelets, red cells or plasma can take longer.

Blood donors must:

- Be in good general health and feeling well
- Weigh at least 110 lbs.

To find the nearest blood donor location, visit the link below:

<http://www.americasblood.org/where-to-donate.aspx>

FEBRUARY IS AMERICAN

Cardiovascular disease is the leading cause of death and disability in the United States. Heart disease contributes to 1 in every 4 deaths every year. Often times heart disease can be preventable with healthy choices. It is important to understand the risk factors of heart disease and the actions that can be taken to control them.

ARE YOU AT RISK?

Predisposed factors of heart disease include:

- **Gender:** Men are twice as likely as women to die from heart disease.
- **Family History:** Having close relatives with heart disease increases your risk.
- **Race/ethnicity:** African Americans are more likely to develop cardiovascular disease than any other racial or ethnic group.
- **Geography:** Death rates from cardiovascular disease are highest in the South and lowest in the West.

CONTROLLING YOUR RISK

Despite many uncontrollable factors, there are still ways to managing your risks of heart disease.

Diet: Limit the intake of sodium, saturated fat, trans fat cholesterol. Increase the intake of fiber.

Physical activity: Engage in at least 150 minutes of moderate-intensity exercise per week.

Tobacco use: Smoking increases your risks of cardiovascular disease. Don't start or quit smoking.

Obesity: Obesity greatly increases your risks. Use exercise and a good diet to maintain a healthy weight.



RECIPES FOR THE NEW YEAR



Kale and White Bean Soup with Golden Beets and Spicy Sausage

Ingredients:

1/2 lb. spicy chicken sausage, casing removed and thickly sliced
2 medium sized golden beets, peeled and diced
2 large carrots, diced
1 stalk celery, diced
1 leek, thinly sliced
1 Tbsp. olive oil
2 quarts low-sodium chicken broth
2 15-oz cans white beans, drained and rinsed
1 large bunch green kale, chopped
1 tsp salt
1/4 tsp red pepper flakes
1/4 tsp pepper

Directions:

Heat the olive oil over medium high heat and add the thinly sliced leeks. Sauté for five minutes then add sausage.

Brown sausage then add carrots, beets and celery. Toss to combine and continue cooking for another six minutes. Add kale and beans and cook until kale just starts to wilt.

Add chicken broth, salt, red pepper flakes and pepper and bring to a boil. Cover, reduce heat and simmer for 25 minutes.

Serve with warm crusty sourdough bread on the side.

Yield: 6-8 servings

Source: Eat, Live, Run



Linguine with Roasted Broccoli, Pine Nuts and Goat Cheese

Ingredients:

8 oz. dry linguine pasta
12 oz. broccoli florets (about 4 cups)
5 oz. soft goat cheese
1/4 cup toasted pine nuts
2 garlic cloves, minced
1 1/2 tbsp. olive oil, divided
salt and pepper to taste

Directions:

Preheat oven to 400 degrees. Line a baking sheet with tin foil and place the broccoli florets on top. Drizzle with a half tablespoon of olive oil and toss to coat. Roast broccoli for about 25 minutes, tossing occasionally.

Bring a large pot of water to a boil. Add a big pinch of salt and the linguine. Cook until pasta is al dente. Drain, reserving 1 cup of pasta cooking water.

In a large skillet, heat up the remaining tablespoon of olive oil over medium heat. Add the minced garlic and sauté for about 30 seconds until fragrant and toasty. Add the goat cheese and stir to melt, drizzling in some pasta water to create a smooth sauce. Add the hot linguine and roasted broccoli. Toss well, adding more pasta water if dish seems dry. Season with salt and pepper and scatter pine nuts on top. Enjoy immediately.

Yield: 4 servings

Source: Eat, Live, Run

Congratulations Lou V. B. Smith! 2014 Member of the Year

Lou Smith has been a GAO Wellness and Fitness member since January of 2013. Lou was encouraged by Cliff Douglas to join when two of her co-workers passed away shortly after their retirement.



Lou exercises seven days a week. On Monday, Wednesday, and Friday she takes a class at the fitness center, such as Step and Strength, Body and Balance, Kickboxing, or Step Challenge. “If I am in the office, I make it a priority to go to the fitness center and workout,” she says. Tuesdays, Thursdays, and Sundays she completes a 30-45 minute workout on her treadmill at home. On Saturdays, she takes an hour-long walk by the Wilson Bridge. Lou’s favorite workout of the week is the Step Challenge class because it always provides her with a fantastic workout.

When asked why she makes health and wellness a priority, Lou replied, “I had two co-workers that died shortly after their retirement. Once that happened, I made the decision to live a healthier lifestyle so I could enjoy my retirement.”

Lou is motivated to make exercise a priority in her life because she wants to live twenty to thirty more years. She says, “In the future, I plan to travel and to see the world, instead of sitting at home.”

During Lou’s health and wellness journey, she has accomplished amazing goals! She says, “Since I began exercising and eating healthier, I have lost 40-50 pounds. I am the smallest I have ever been --even in high school.” Her proudest accomplishments are the amount of inches she has lost, as well as, her ability to maintain her weight loss. If she could improve any health related behavior, she commented “Overall, to be more consistent with my workouts. Consistency is key!”

She encourages all members of the GAO Wellness and Fitness Center to make the time to exercise. She believes that there is no excuse not to exercise for 30 minutes a day if the fitness center is open from 6am-7:30pm. “Once you complete your workout, you have accomplished something.”

Congratulations on being selected as one of the GAO Members of the Year, Lou!

Congratulations Thomas Kearns!

2014 Member of the Year

Tom Kearns has been a GAO Wellness and Fitness Center member since January 2013, when the Executive Office for U.S. Trustees relocated to the GAO Building. On average, Tom exercises 6 days a week. During those 6 days, he likes to keep his workouts varied, running for two of those days and weight training, spin class, strength/ stretching class, and cross training for one day each. Tom likes to work out in the morning

and enjoys taking the morning classes. He comments, “The 6:30 a.m. spinning class is my favorite, even if Abby and Roxy are tough!”



When asked about why he makes health and wellness a priority in his life, Tom replied, “My mother passed away in her early 60s, and it made me realize that health and wellness is important no matter what your age. At this point, I am trying to push off my inevitable decline for at least a few more years.”

Tom is also very active outside of the GAO Wellness and Fitness Center; he participates in races and hikes, he generally has one coming up. A notable race in Tom’s future is the Berlin Marathon in September of 2015, which he plans to run for his 50th birthday! Tom enjoys the feeling he gets when he exercises, a feeling that can last the whole day, he states that this is the benefit of exercise that matters the most to him. He adds, “Anyone in my

family can attest that I am no fun to be around if I haven’t been able to exercise for a few days.”

In recent years, Tom has had a number of accomplishments that he is proud of. He set a personal record in a half marathon in 2012 and in a 10 miler in 2014. Tom has been running these two distances since his 20s, and is still setting personal records into his 40s, he commented, “It’s kind of like sticking it to the younger version of you!”

When asked about what health related behaviors he’d like to improve on, Tom joking replied, “I would really like to get rid of the part of my brain that craves pizzas, cheeseburgers and French fries.” In all seriousness, he intends to add more biking to his routine; setting a goal to eventually participate in Ride the Rockies and Triple Bypass with a friend of his.

In parting, Tom has a few words of encouragement to fellow members, “It doesn’t matter what you do to exercise, how fast you do it or for how long. The important thing is to just go out there as often as you can. And if you didn’t get out there today, then tomorrow will be here in no time. Cubs Hall of Famer Ernie Banks once said, ‘When I wake up in the morning, I feel like a billionaire without paying taxes.’ We should all feel like that.”

Congratulations on being selected as one of the GAO Members of the Year Tom, and good luck on the Berlin Marathon!

January

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Closed for New Years!	2
5	6 Seated Massage	7	8	9
12	13 Seated Massage	14	15 Reflexology 2-6:30pm Triple Threat	16
19 Fitness Center Closed!	20 Seated Massage	21	22	23
26	27 Seated Massage	28	29 Triple Threat	30

February

Monday	Tuesday	Wednesday	Thursday	Friday
2	3 Seated Massage	4	5	6
9	10 Seated Massage	11	12 Triple Threat	13
16 Fitness Center Closed!	17 Seated Massage	18	19	20
23	24 Seated Massage	25	26 Triple Threat	27