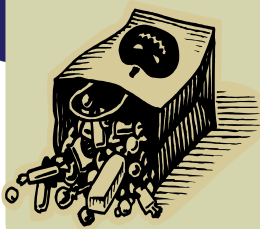


**SPECIAL  
POINTS OF  
INTEREST:**

- Spiritual Care
- Healthier Halloween
- Sleep & Weight Loss
- Breast Cancer Awareness
- Halloween Hummus?
- Get out and get active!
- Health Fair Season

**INSIDE  
THIS ISSUE:**

- Cancer Awareness 2
- Healthy Recipe 2
- Calendar of Events 3
- About NBG 4
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- Call for Submissions 4

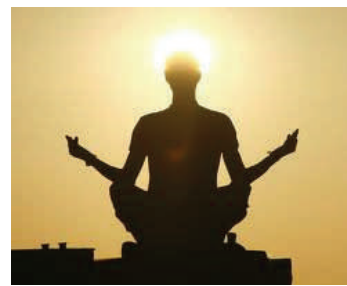


## Spiritual Wellness: What, Why, How...

Wellness is a term that refers to more than just physical health. One area that is rarely addressed, yet fundamental to our well-being is spiritual health. Whether you consider yourself “religious” or not, spirituality is applicable to everyone and is often neglected. To get more insight into this topic, I spoke with Reverend Ellen Johnson, Chaplain Resident in the Spiritual Care Department at Providence Hospital.

**First we talked about the definition of spiritual wellness.** The spirit, or soul as some would say, is the deep down core essence of who you are. Spiritual wellness, or taking care of your soul, is taking care of the deepest part of yourself and being at peace with who you are in that place. It also involves a sense of connection and belonging – knowing who you are and where you fit in the bigger picture. Some might call this being centered, being grounded, or rooted; it’s something you feel in your gut. While some might see this as dealing with emotions, Rev. Johnson says mental health is taking care of your head. Emotions, on the other hand, are centered in your heart; when someone speaks about feeling moved, they commonly motion to their chest. Spiritual care is about the soul (or gut). Of course these are generalizations and there is overlap; for example, you can be very sad, or experience intense grief, yet still be spiritually healthy. Many people

who have a deeply rooted faith can go through very challenging things and later talk about their faith as what pulls them through and gives them a deeper sense of connection and rootedness. It doesn’t mean they feel the emotions any less, but they are equipped with a coping mecha-



nism.

**This led to the discussion about why spirituality is important.** Emotionally, everyone will go through difficult times in their lives. By being grounded spiritually, you can more easily cope with the emotional challenges. It makes the hard times more bearable and provides a sense and source of hope. Even in happy times, you feel joy more deeply, making the good times more meaningful and powerful.

**Religion versus spirituality.** I asked Rev. Johnson if someone who is religious is also considered spiritual and vice versa – and what is the difference? People claim all the time to be “spiritual but not religious” – but the accuracy of that statement really depends on how you define religion. Some

define being religious as being part of an organized church, synagogue, or congregation; but religion is actually any set of formal beliefs to which you adhere that frame the way you view the world. It’s almost impossible not to have a religion – it could be Christianity, Islam, or Mormonism, for example; or it could be science, capitalism, consumerism, or some other set of beliefs that many people don’t traditionally consider as being religion but actually shape the way people live their lives. Essentially, it’s a set of values and beliefs that guide how you act in the world and in which you place most of your trust. Most people have a religion even if they don’t label it as such. The thing that many of these people are lacking is actually spirituality. They often don’t have a deeper, intentional sense of connection. In the more traditional sense of (institutional) religion, people can be spiritual without being a part of a community but it’s harder without that community to provide guidance, support, and encouragement, especially during difficult times. This community also holds you accountable to the values that you use to define your deeper sense of self. That is the importance of institutional religion and community.

**How does someone embark on a path to spiritual wellness or finding that set of values that speaks to ones soul?** It is a continual process, a journey that has no

*(Continued on page 4)*

## Healthier Halloween Handouts

From a wellness perspective, Halloween is a spooky holiday seemingly all about stocking up with candy to give out to children. Not only is this bad for the kids, but how many adults end up over-indulging on all that left-over Halloween candy? In an era of record levels of obesity and diabetes in children, why not take this opportunity to set a good example for children, both your own and those who come to your door, and offer different kinds of treats. Your own waistline may benefit too!

Here are some ideas and examples of alternative goodies to hand out to trick-or-treaters:

- Plastic insects, ghosts, skeletons
- Fun or scary pencil toppers

- Halloween themed pencils/pens
- Temporary tattoos or stickers
- Halloween bracelets or rings
- Bouncy balls, bubbles, or whistles



- Halloween mini-note pads
- Plastic vampire teeth/fangs
- Goofy fake plastic lips
- Sugar free gum or lifesavers

The other upside of giving out non-edible items is that those kids with allergies can

enjoy them without worrying. If you really want to give out edible treats, here are some alternatives to traditional candy:

- Low fat/sugar granola bars
- Fruit cups
- Mini packs of nuts or raisins
- Mini mandarin oranges
- Homemade baked goods - may not be “health foods” but better than processed candy bars!

As an added challenge, try coming up with a fun, active Halloween tradition for your family. Some ideas might be decorating your yard or house; having a Halloween relay race (involving costumes of course); having a “spooky” treasure hunt; or simply walking the neighborhood together looking at decorations.

**Breast Cancer**

**Factoid:**

**There are seven different types of breast cancer, affecting both men and women.**

**1 in 2 men will develop cancer in their lifetime. For women, it's 1 in 3.**



# October is Breast Cancer Awareness Month

It is estimated that in 2010, 207,090 new breast cancer cases are expected to be found in females in the United States.

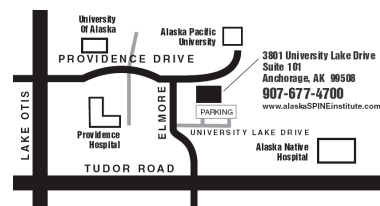
Source: National Cancer Institute

University Imaging Center is offering an **Early Bird Special** on mammograms. Have your annual screening mammogram done on our state of the art digital mammography unit.

Beat the rush by scheduling your **FREE Mammogram** appointment for as early as September 27<sup>th</sup>.



By appointment only,  
**CALL TODAY!**  
677-4700 or 563-8876



## Pro Active Care for Active People

### New Information on Sleep & Weight Loss

It's been known that lack of sleep can hinder weight loss efforts, however, a new study in the Annals of Internal Medicine reveals more specifically how sleep deprivation can sabotage people. In this study, all the participants were overweight and following the same calorie-restricted diet, but half of the group got around 8 hours of sleep and the other half only got about 5 hours each night. Everyone lost weight but those who got less sleep tended to lose their weight from their lean muscle mass versus from their fat tissues. They found that in two weeks of sleep deprivation, people already had significant changes in two hormones that regulate appetite and satiation - called ghrelin and leptin. This was a small study but emphasizes the importance getting your Zzzs! *Source: NPR Science Friday radio show*

### Pumpkin Pepper Hummus

This easy recipe comes from a magazine called Living Without (Oct/Nov 2010) which is a publication for people with food sensitivities and allergies. It is a great dip to serve with chips, crackers, or bread (consider the gluten-free variety). You can even make it ahead and refrigerate until used.

- 1 (15 oz) can chickpeas, rinsed & drained
- 5 Tbsp pumpkin puree
- 1/4 cup roasted red peppers
- 3 Tbsp lemon juice
- 2 Tbsp extra virgin olive oil
- 2 Tbsp sunflower seeds, hulled
- 1/2 tsp coarse sea salt
- 1/4 tsp minced garlic
- Allspice, to sprinkle on top

Combine all ingredients except allspice in the bowl of a large food processor. Puree until smooth. Spoon dip into a serving bowl and sprinkle with allspice.  
Each tablespoon contains: 22 calories, 1g total fat, 0g saturated fat, 0g trans fat, 0mg cholesterol, 94mg sodium, 3g carbohydrate, 1g fiber, 1g protein.



# Calendar of Upcoming Active Events:



## **ANCHORAGE/VALLEY IN OCTOBER/NOVEMBER**

**Mondays/Thursdays** - 6:30 PM Alaska Outdoors Weekly Hiking. Monday for beginners/families, Thursday is more challenging. \$1.00 for non-members. [www.alaska-outdoors.org/\\_sgg/f10000.htm](http://www.alaska-outdoors.org/_sgg/f10000.htm)

**Wednesdays** - Run or walk with friends! Meet at Westchester Lagoon to walk or run for 1 hour on the coastal trail. 6 PM ([www.anchoragerunningclub.org](http://www.anchoragerunningclub.org))

**Tuesdays** - Tues Night Race Series 6PM, distances up to 10K, races start 6:30, \$5, <http://home.muni.org/parks/tuesday.cfm> family event, goes through fall.

**Oct 20 GPS 201**, Beyond the Basics, REI, FREE, 6PM

**Oct 21 Nordic Skiing Prep** 6PM, FREE clinic, REI, Getting you and your skis ready for ski season

**Oct 23 Zombie 1/2 Marathon, Marathon, & Kids Boogie Man 2K**, times vary, see website for details. Learn to avoid being eaten! [www.anchoragerunningclub.org](http://www.anchoragerunningclub.org)

**Oct 28 Winter Bike Commuting**, 6PM, REI, FREE

**Oct 30-31 West High Ski Swap**, Sales Noon-5PM Sat & 9AM-3PM Sun; Used alpine & Nordic gear; more info at [www.alyeskaskiclub.org/](http://www.alyeskaskiclub.org/)

**Nov 3 Avalanche Awareness**, 6PM, REI, FREE

**Nov 4 Team in Training**, 6PM, REI, FREE, learn how you can train for a marathon & raise \$\$\$ to cure cancer

**Nov 6 Ski Swap**, NSAA annual meeting, **Celebration of Snow!** 2PM ski swap, 4PM live music, 6PM potluck; Kincaid Chalet. [www.anchoragenordicski.com](http://www.anchoragenordicski.com)

## **FAIRBANKS IN OCTOBER/NOVEMBER**

**Multiple Recurring Days** - Fairbanks Cycle Club organizes lots of rides. Road rides, women's only rides, co-ed rides, you name it. More info at [www.fairbankscycleclub.org](http://www.fairbankscycleclub.org)

**Tuesdays (NOV)—Snowshoe training runs**, 5:30 PM, check website for locations. [www.lathroprunning.com](http://www.lathroprunning.com)

If you know of active events, classes, or other happenings around Alaska throughout the year, please email me with the details to include in the newsletter!

[cfairbanks@northrimbenefits.com](mailto:cfairbanks@northrimbenefits.com)

**Wednesdays—Fahrenheit-Be-Darned Winter Training Runs**, meet 5:30, UAF Patty Center, distances vary, in any weather

[www.runningclubnorth.org](http://www.runningclubnorth.org)

**Fridays/Saturdays** - Borealis Contra Dance hosts dances at Pioneer Park. <http://contraborealis.latitude65.org>

**Oct 16 Winter Bike Clinic** FREE, 2PM, Beaver Sports, All levels and abilities welcome! 479-2494 for info.

**Oct 16 Nordic Ski Lessons Registration** Adult & Juniors, 10AM-2PM, Randy Smith Middle School, [www.nscfairbanks.org](http://www.nscfairbanks.org)

**Oct 16 Running Club North** social and potluck, 6PM, Birch Hill XCcountry Ski Facility,

**Oct 23 Cache Creek Warmup** 10 AM, Cache Crk Road at junction with mile 8.6 Murphy Dome Rd. 10K, out/back, hills. Running Club North.

**Oct 24 West Valley Ski Swap** 10am-1pm, West Valley HS, Check in Friday 7-9 PM, Sat 8-9:30AM

**Oct 30 Halloween Family Fun Run** Race time 10AM, UAF Patty Ctr, 2 or 10 miles, short flat or long hilly. Family event, FREE. Call Jane 457-3910. [www.runningclubnorth.org](http://www.runningclubnorth.org)

**Nov 13-14 Ski Swap & Ski Movie**, Pioneer Park, 451-8595

## **AROUND ALASKA IN OCTOBER/NOVEMBER**

**Fridays (HOMER) Friday Night Fives**, 5PM race time, Bishop's Beach 5K, town loop, Rachel 235-3250

**Oct 16 Walk a mile in her shoes (Juneau)** meet 9:30AM Sandy Beach log shelter, 1mi & 5K trail. Benefit for domestic violence awareness. contact Paul 586-6709. [www.southeastroadrunners.org](http://www.southeastroadrunners.org)

**Oct 23 Saturday Barn Dance (Juneau)** St. Ann's Hall 7:30-11PM

**Oct 31 Halloween Costume Crawl (HOMER)** 10 AM Baycrest Trailhead trails & road, downhill, FREE, Contact Andy Haas [yatra@ak.net](mailto:yatra@ak.net)

*"People say that exercise is no walk in the park.  
When I hear that I think, yeah, that's the problem!"  
- Chris Adams*

# Northrim BENEFITS Group

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Northrim Benefits Group, an affiliate of Northrim Bank, is a dynamic employee benefits agency. We specialize in developing customized benefits solutions for small to mid-size businesses. We act in an advisory role for the purchase of your benefit services and the ongoing maintenance of your benefit plans.

Our staff is responsive to the special needs of Alaska businesses. We are technology-driven and service-oriented. We pride ourselves on thinking outside the box to find the right package of benefits for your business. We are not an insurance company; instead we act as your business advisor.

Please note: This newsletter and all its contents are for informational purposes only and is not intended as medical advice or professional tax advice.

## Community Corner: Know Your Numbers - Attend a Local Health Fair

The Alaska Health Fair is a non-profit organization dedicated to a mission of promoting statewide health education and medical screenings. They provide opportunities for Alaskans to participate in health fairs, both at worksites and in the community. These health fairs offer high quality, affordable medical screenings. All fairs are staffed by trained volunteers. They offer comprehensive blood tests for \$40 (fast for 12 hours prior), Thyroid blood test for \$30, Prostate blood test for \$25, and new this year a Vitamin D blood test for \$50. **Upcoming community fairs are listed below - please go to the website at [www.alaskahealthfair.org](http://www.alaskahealthfair.org) for the latest dates, times and locations. Or you can call AK Health Fair at (907)278-0234.**

**You can also set up a health fair specially for your business or group of businesses! Call for details.**

- Oct 16 - Change Point & ADA Step Out, Sports Dome, **Anchorage**, In conjunction with American Diabetes Assoc. event, 8 AM-1 PM
- Oct 16 - **North Pole** Health Fair, North Pole Mall, sponsored by NP Rotary, will also offer A1C tests, 8AM-12Noon
- Oct 23 - **Seward** Community Health Fair, AVTEC Center, 8:00 AM-12:00 PM
- Oct 23 - **Chugiak/Eagle River** Community Health Fair, Chugiak Senior Center, 8AM-Noon
- Nov 5 - **Fairbanks** Senior Health Fair (Tentative), North Star Council on Aging, 1424 Moore Street, 7:30AM-11AM
- Nov 6 - **Girdwood** community health fair, Girdwood Community Center, 9AM-1PM
- Nov 10 - **Fairbanks** community health fair, Credit Union 1, 1453 University Ave, 7:30-9:30 AM
- Nov 12-13 - University Mall Community Health Fair, **Anchorage**, Lots of exhibitors, 8AM-12Noon
- Nov 12-13 - **Nome** Health Fair, Rec Center, Friday 10AM-6:30PM and Sat 8:30 AM-2PM

## Spiritual Wellness Cont'd.

end. The circumstances around you change so you are constantly re-evaluating, redefining, and applying beliefs to different situations, which may cause you to modify them or address issues that never arose previously. As far as how to get started, go exploring! Read about different traditions to get a basic background understanding, but recognize that that is just head knowledge. Talk to people with different backgrounds and belief systems. Visit different types of communities and expose yourself to different sets of beliefs to see what resonates on that deep level. Ask yourself what feels right in your gut. Reverend Johnson said there are many opportunities, particularly in larger areas like Anchorage, but also acknowledges that it is challenging because it's not something we talk a lot about in our society. It is not always socially acceptable to ask someone about their religious views, but most people would actually be happy to talk about it. Unfortunately, the people who tend to talk about it most regularly tend to be the type trying to

push their views on other people so talking about this topic tends to make people put up a defensive guard. She says, you have to be brave; being a seeker is hard – there's a lot to explore and you face social taboos. One might worry what other people will think. Consider approaching people who are in a public position to talk about spirituality, i.e. chaplain, pastor, or other person who is publicly connected with a faith community. Many institutions (fire, police, military, etc) have chaplains on staff who minister to people with a variety of different religious backgrounds. Not only would they be good resources, but clearly these organizations have recognized the value of addressing spiritual wellness with their employees.

**Daily, weekly or other regular practices one can do to address their own personal spiritual wellness.** It's important to constantly check in with yourself because if you don't pay attention, things may go awry or fall out of balance internally. While it may have

different names, prayer or meditation exists in just about all religions, and is an ongoing practice that helps one to "check in." Reverend Johnson says it is important to have some sort of intentional time of inner reflection where you quiet yourself and focus on your spirit, your place in the world and your connection to whatever you see as sacred and holy. Additionally, a regular connection with a community where you can ask questions, learn from one another, find support, and provide support to others is very helpful in addressing spiritual health.

### Call for submissions!

Have you had a wellness related success story? Share your story (and picture if you'd like) and you may be featured in the Wellness Matters newsletter. Please email any submissions to Cara Fairbanks at cfairbanks@northrimbenefits.com and please indicate if you would like me to use your name or make it anonymous. Thanks!