



# WELSH CONNECTION

## Cervical Health Awareness Month

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## January is Cervical Health Awareness Month

and Welsh Mountain Health Centers wants you to know that there is a lot you can do to prevent cervical cancer.

### The good news?

The HPV vaccine (shot) can prevent HPV.

Cervical cancer can often be prevented with regular screening test (Pap tests) and follow-up care. In honor of National Cervical Health Awareness Month, Welsh Mountain Health Centers encourages:

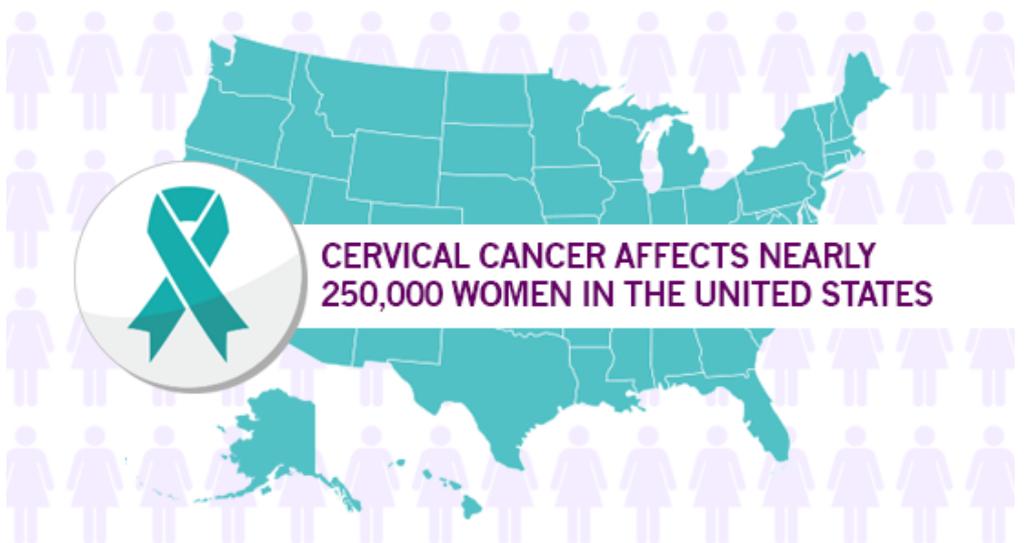
Women to start getting regular Pap tests at age 21.

Parents to make sure pre-teens get the HPV vaccine at age 11 or 12. Thanks to the health care reform law, you and your family members may be able to get these services at no cost to you.

Check with your insurance company to learn more. Taking small steps can help keep you safe and healthy.

◆ *Cervical cancer is most common in women 30-50 years old.*

◆ *All women aged 25+ need regular Pap smears until age 70.*

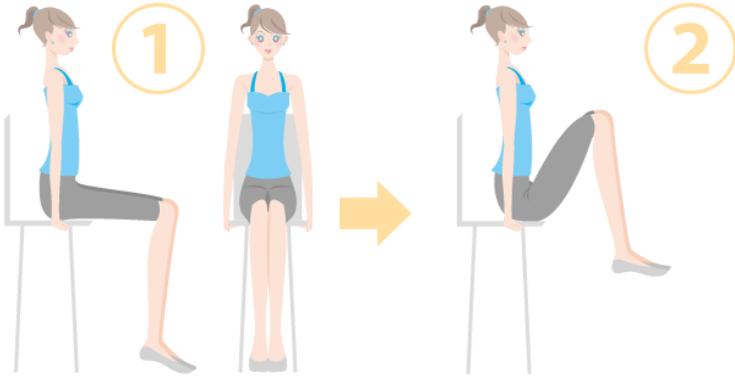


Keep scrolling for tips for starting 2016 off right!

## Quick and Easy Chair Workout

Get a quick ab-workout in while you're sitting at your desk. Workouts don't have to take up half your day. Squeeze this exercise in every hour, and you'll have a stronger core in no time!

### Work Your Abs in Your Chair



- Place hands at your side on edge of chair while keeping your elbows in
- Grip chair holding firmly holding

- While holding on to the chair bring your knees up towards your chest
- Hold in elevated position up to 5 seconds
- Slowly lower your legs (10-20 seconds)

### Veggie Avocado Quinoa Frittatas

#### Ingredients:

- 1 cup uncooked
- 3 large eggs
- 3 large egg whites
- 1 cup spinach, chopped
- 2 tablespoons chopped cilantro
- 1 small red bell pepper, diced
- ¼ cup diced red onion
- 1 ripe avocado, diced
- ¼ teaspoon salt
- Freshly cracked black pepper
- Optional: 1 jalapeño, seeded and diced
- Optional: 1/2 cup shredded cheese

#### INSTRUCTIONS

Place quinoa and 2 cups of water in a small pot over high heat. Bring to boil, cover, reduce heat to low and cook quinoa for 15 minutes or until all the water is absorbed. Fluff with a fork and transfer to a separate bowl to cool for 5-10 minutes.

Preheat oven to 350 degrees F. Line a 12 cup muffin pan with muffin liners and generously spray the inside of each liner with nonstick cooking spray.

In a large bowl, beat together eggs and egg whites. Fold in veggies, onion, avocado, salt and pepper and jalapeño and/or cheese (if adding). Fold in cooled quinoa. Divide evenly among prepared muffin pan. Bake for 20-25 minutes or until egg is set and edges are barely golden brown. Cool in pan for 5-10 minutes then immediately transfer to a wire rack to finish cooling. Store in fridge tightly wrapped or in a container; these will keep for 5-7 days.



Loaded Veggie Avocado Quinoa Frittatas

#### NOTES

It's important to use muffin liners in this recipe when baking as when I didn't my mini frittatas stuck to the pan. Be sure to spray the inside of the liners with nonstick cooking spray too!

Nutrition does not include shredded cheese, but if added, each frittata will be around 15 calories more.

You can play around with the veggies! Try adding mushrooms, zucchini, sweet potatoes or even black beans.

## 7 Tips for Highly Effective New Years Resolutions



- 1. Know Your Why.** For a resolution to stick, it has to be aligned with your core values. We all want to look better or get richer, but your resolutions have to go beyond superficial desires and connect with what truly matters most to you. In other words, you have to “*Know your why*” and feel truly passionate about the goals you set for yourself. If you don’t, then when the going gets tough or your alarm goes off at 5:30am, you won’t have the resolve to stick to your plan. Connect your resolutions to those things that give you a deeper sense of purpose and align with your core values. When your resolutions connect to a deeper sense of purpose, it compels you not to think small or play safe, but to dig deep and stay the course when the going gets tough – no matter how many hurdles.
- 2. Be Specific.** Resolutions to ‘eat better, get fitter, be happier, relax more or have better life balance’ are doomed for failure because they lack specificity. The more specific you are, the more likely you will be able to succeed. Describe your goals and resolutions in ways that allow you to track your progress and measure your success. For instance, if you want to build a better relationship with your partner, schedule at least one date night per month, or, as I’ve done with my husband, one weekend away – sans kids – per year. Likewise if you’re committed to a better health and exercise regime, schedule how many workouts you’ll fit into each week.
- 3. Don’t Just Think It, Ink it!** A Stanford University study found that when people wrote down their goal, it increased the probability of them achieving it by over 70%. But don’t just write down the specific goal, write down how you will feel when you’ve accomplished it. When you have finished penning your desires, jot down on sticky pads the words that inspire you most about your goal and put them around your home/office to remind you of why you are committed to doing what it takes to bring your goal into reality.
- 4. Design Your Environment.** Never underestimate the power of your environment to support or sabotage your success. Design your environment so that it’s hard NOT to do what you resolved. Create a progress chart, recruit a cheer squad among your family and friends, and find someone to hold you accountable, hire a trainer, join a group, and create a blog. Likewise, if there are people or things in your life that pull you down or off track, address them directly and set whatever boundaries you know you will need up front.
- 5. Narrow Your Efforts.** Trying to do too many things at once can make you so unfocused that you just bounce around like Tigger on Red Bull, not quite sure which direction you are going. Set yourself up for success and start with JUST ONE MAJOR UNDERTAKING come January 1<sup>st</sup>. Then break that goal down into small bite size steps. Small steps, strong start!
- 6. Focus On The Process.** It’s easy to get caught up in an initial wave of enthusiasm, only to come crashing down when your initial efforts don’t produce immediate and amazing results. So focus on the process itself, and develop greater competence of the actual activity, habit or skill you want to acquire. For instance, if you want to become fit, focus on being able to jog a little bit further every time you go for a walk, rather than being able to run 5 miles within a week. PERSISTENCE ALWAYS PAYS OFF.
- 7. Forgive Your Failures.** Your setbacks and failures will not define your success in the year ahead or any year. HOW YOU RESPOND WILL. If you happen to mess up, lose your resolve, press the snooze button or revert to a familiar well-practiced behavior, don’t beat up on yourself. Okay, so you didn’t get to the gym like you’d planned. How about 5 minutes of stretching? When it comes to slipping up and tripping up, you are in good company. It happens to everyone. Just don’t let your mishaps, setbacks and failures mean more than they do. Reflect on the lessons they hold, make adjustments accordingly, then tap your inner John Wayne and get back in the saddle. Life rewards those who work at it!



## New Years Resolutions For a Healthy Smile

With the New Year approaching, you may have already begun to think about your New Year's resolutions. You may be considering resolving to save money, get a better job or lose weight. Many people set new goals about having a healthier lifestyle in the New Year. Why not make one of your New Year's resolutions improving your dental health?

Healthy resolutions can keep your teeth healthy, and any of the following strategies will go a long way toward giving you a brighter, healthier smile in the coming year:

### Eat Plenty of Fruits and Vegetables

Eating well is important for your dental health. Poor nutrition can affect the entire immune system, increasing susceptibility to many common oral disorders, including gum (periodontal) disease. Antioxidants and other nutrients found in fruits, vegetables, legumes and nuts improve your body's ability to fight bacteria and inflammation, helping to protect your teeth and gums. In addition, crisp fruits and raw vegetables like apples, carrots and celery help clean plaque from teeth and freshen breath.

### Quit Smoking or Using Other Tobacco Products

Using tobacco can harm your mouth in a number of ways, increasing your risk for tooth discoloration, cavities, gum recession, gum disease and throat, lung and oral cancer. Smokers are about twice as likely to lose their teeth as non-smokers. It's not just smoking tobacco that has negative effects on your oral health: use of smokeless tobacco can be just as harmful to your oral health. The good news is that the risk of tooth loss decreases after you quit smoking or using smokeless tobacco.

### Limit Your Alcohol Intake

You may already know that excessive alcohol intake can have an effect on your overall health, but did you know that it may also affect your oral health? According to the Academy of General Dentistry, those who smoke, eat poorly and consume excessive alcohol also have increased gum recession (periodontal pocketing). Their studies show that smokers who regularly consume alcohol are less likely to brush their teeth on a regular basis and are less concerned about their basic health than nonsmokers.

### Brush at Least Twice a Day and Floss at Least Once a Day

Brushing and flossing protect your teeth from decay and gum disease, which is caused by your teeth's most persistent enemy, plaque – a sticky, colorless, invisible film of harmful bacteria that builds up on your teeth every day. Both brushing and flossing are equally important for good oral health: according to the Academy of General Dentistry, only flossing can remove plaque from between teeth and below the gumline, where decay and gum disease often begins.

Without proper brushing and flossing, you may develop bleeding gums, which may worsen to severely swollen, red, bleeding gums (gingivitis) and, eventually, gum disease. Because diseases of the mouth can affect the rest of your body, it is especially important to maintain good oral health.

### See Your Dentist for Regular Checkups

By seeing your dentist at least twice a year, you can help prevent any dental health problems before they cause discomfort or require more comprehensive or expensive treatment. Regular visits allow your dentist to monitor your oral health and recommend a dental health regimen to address areas of concern.

For this New Year, resolve to treat your mouth right: improve your diet, quit smoking and improve your oral hygiene habits – your teeth and your body will thank you for it!

Welsh Mountain is currently accepting new patients! We Accept ALL Insurances!



**UPCOMING EVENTS**  
Mark your calendars

**What's Happening?**  
Community and Local Events

**US Road Running New Year's Day 5K**  
City Island, Harrisburg, PA 17101  
Friday, January 1, 2016  
11:00 am, Register online at:  
<https://usroadrunning.com/Event.php?EventID=769>

**Health & Benefit Fair**  
Ephrata High School  
Friday, February 12, 2016  
10:00 am—12:30 pm



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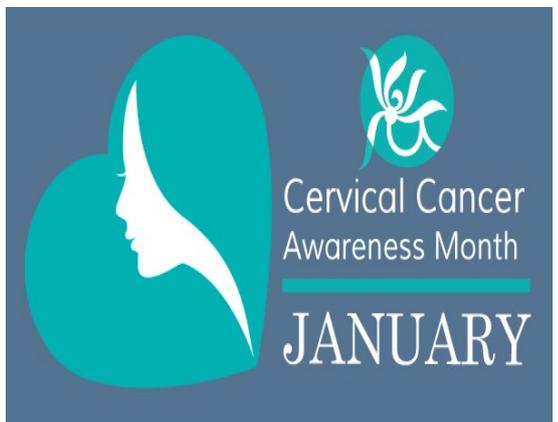
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Welsh Mountain Health



Cervical Cancer Awareness Month  
**JANUARY**



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Up Next: February 2016 is American Heart Month