

Compliments of Stacey Shanner

*start*HEALTHY

ISSUE 33



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Front of Tear Out Card 1

MARY'S
asparagus soup

- 1 stick (8 tbsp.) butter
- 1 onion, chopped
- 3 lb. asparagus, trimmed, and chopped
- 2 cloves garlic, minced
- 3 c. chicken stock
- 1 tsp. dried tarragon
- 1 tsp. dried thyme
- 1¼ tsp. salt
- ½ tsp. white pepper
- 1 c. heavy cream
- Chopped fresh chives, to garnish



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Back of Tear Out Card 1

1. In a medium heavy stockpot over medium-high heat, melt the butter. When the foaming has subsided, add the onion, and let it sauté until it's translucent, 8 to 10 minutes. Add the asparagus and garlic. Stir the mixture frequently to prevent the vegetables from browning. Continue to sauté until the asparagus just starts to get tender. This process should take another 6 to 8 minutes. Add the chicken stock, tarragon, thyme, salt, and pepper, turn the heat to high, and when the mixture has reached a boil, let it boil for 12 minutes until the asparagus are very soft. Add the cream. Bring the mixture to a boil again for another 2 minutes, before removing it from the heat.

2. Puree the soup, in batches, if necessary, let it cool, cover, and refrigerate for at least 24 hours, but up to three days, to allow the flavors to really get to know each other. Remove the soup from the refrigerator, pour it into a stockpot, and reheat it until it just starts to bubble. Garnish it with chives just before serving.

MAKES 8 SERVINGS

Recipe excerpted from *Occasions to Celebrate* by Alex Hitz, Rizzoli New York, 2022. Photograph © Iain Bagwell.





startHEALTHY

ISSUE 33

Dear Bill and Judy,

There are a lot of factors that contribute to good health. Proper nutrition and frequent exercise are often considered the most important, but they certainly aren't the only ones. This issue of Start Healthy explores the many ways you can prioritize your wellness by diving into a variety of topics, including success stories of second acts, a look at a breast cancer organization making a difference for thousands of people, and impactful ideas for giving back with a packed schedule.

It's never too late to pursue your dreams, as illustrated in this issue by the tales of two talented individuals. Whether you want to make more time for a lifelong hobby or pursue a new career path, a second act can bring renewed purpose and positivity to your life.

Sharsheret is a breast cancer organization with a unique mission: to educate people of all ages about the important role genetics can play in the disease, particularly for people of Ashkenazi-Jewish descent. Find out more about Sharsheret's origins and the many ways it's making an impact worldwide.

Donating your time to a charitable organization can be incredibly rewarding, but it may be hard to do so with a busy schedule. The enclosed guide can help you prioritize your volunteer efforts.

Give yourself a gift by focusing on your health. As always, it's a pleasure to send you this magazine.

Stacey Shanner



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Sharing the Fight

Learn all about the Sharsheret organization's mission to support women with breast and ovarian cancers at every stage of their journeys.

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EDUCATION *and Empowerment*

written by:
alexa bricker



Breast cancer is the second most common type of cancer diagnosed in women in the United States, so women of all ages need to be educated about its risk factors and warning signs. However, routine testing only begins at or around age forty in most cases, which is unfortunately too late for many women. In 2022, approximately 12,000 women under forty were estimated to be diagnosed with the disease—and more than 1,000 were projected to succumb to it.

Young Survival Coalition (YSC) is a nonprofit working to expand awareness of the disease within this group as well as provide support for young people currently undergoing treatment for breast cancer. It focuses on four main areas that cater to the unique needs of young people with breast cancer: increased rates of aggressive forms of breast cancer in people under forty, a lack of research for this age group, financial hardship incurred from the treatment process, and challenges with body image.

including educational materials, local meetups, fertility- and family-planning guides, and updates on clinical trials.

With such limited research and funding for breast cancer in women under forty, YSC’s mission is a critically important one. Early education about this disease and its impact is the key to supporting women and families who have to navigate it—and YSC helps thousands of people do just that each year.

For more info, visit
youngsurvival.org

YSC offers a wealth of resources for those living with the disease and their caregivers,

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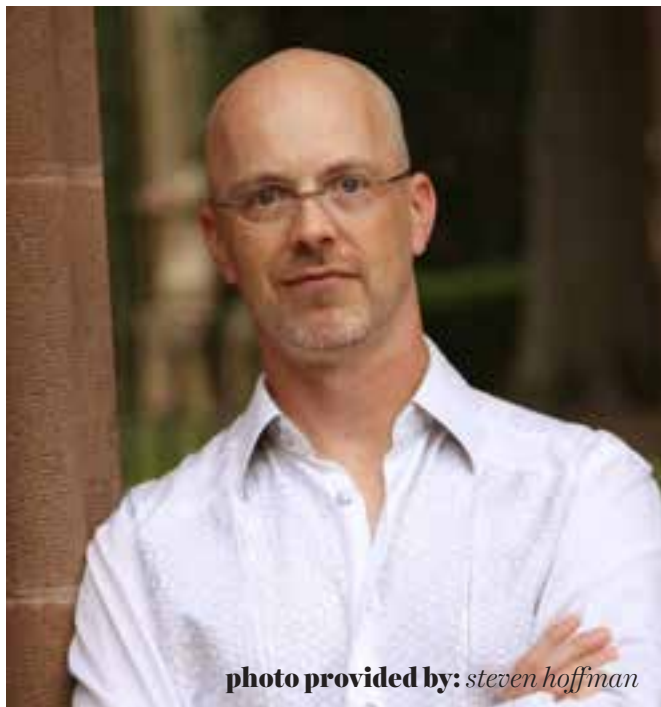
second acts: *following your passion*

written by: *lauren kim*

photos provided by: *getty images, unless otherwise noted*

If you think it's too late in life for you to try something new, think again. Many people successfully pursue what's called a "second act," either by switching careers or going deep into an avocation in retirement. A second act can be whatever you want: personally fulfilling and creative, professionally driven, or altruistic. The only way to discover the exciting possibilities that await is to go after them.





Finding your second act

There are many different paths you can take to create a second act. Read about a pair of professionals who switched gears to find more satisfying pursuits after their initial careers.

Contractor to practitioner

Steven Hoffman, LAc, Dipl. OM, had worked sixteen years in environmental contracting and owned his own company when he decided to go in a new direction. His business, which removed outdated underground fuel storage tanks, was lucrative, but he found that it wasn't always fulfilling. "People were never really happy to see me because removing a leaky storage tank can be expensive," he says. "It was draining even though I was doing a good job."

Hoffman had studied martial arts for years and originally wanted to open his own studio for his second act. But an injury opened his eyes to a whole new career possibility. One day, his martial arts master spotted his swollen thumb in class and pulled him aside. "After he inserted some needles, I



almost had full range of motion in my thumb again," Hoffman shares.

Inspired, Hoffman studied acupuncture and herbal medicine over the next five years, using the proceeds from the sale of his business to work on his degree full-time without having to take out student loans. In 2011, he finally opened his practice, Princeton Acupuncture & Oriental Medicine, where he treats patients' anxiety, depression, pain, stress, and sleep problems. "It's very rewarding seeing them recuperate from even serious illnesses and get their lives back," he says.

Painting new landscapes

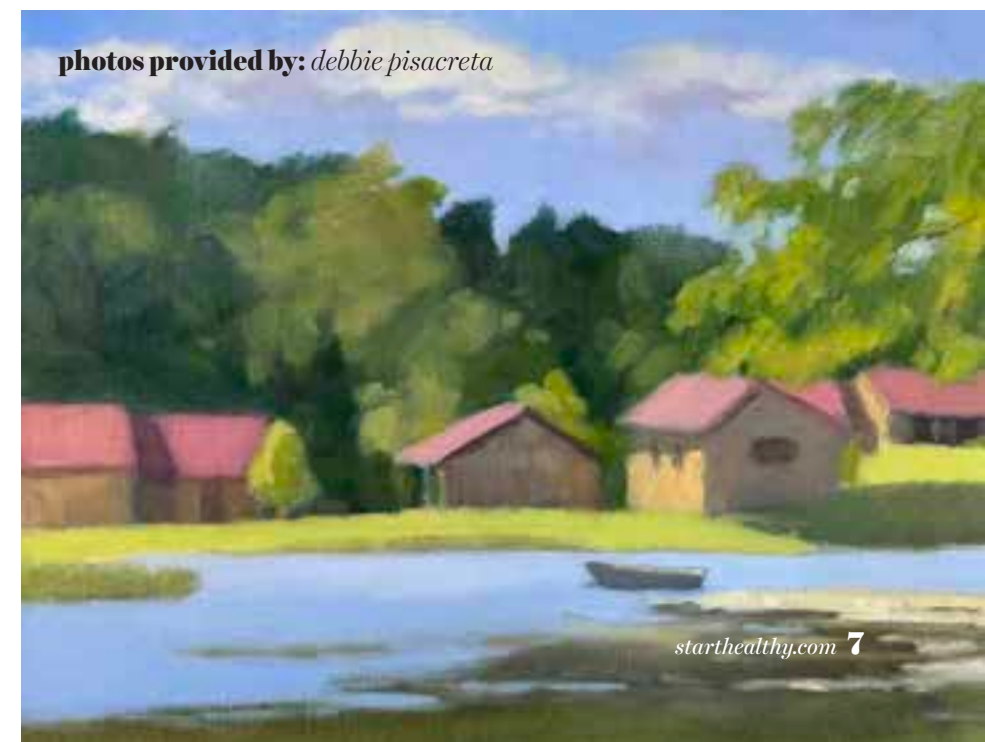
Plein-air painter and art instructor Debbie Pisacreta first discovered her love for painting in an art class in college. But it was only just before retiring as a graphic artist that she considered pursuing painting more passionately. "I always wanted to paint, but I didn't know how to make a living out of it," she explains. She took painting classes while she was still employed, began teaching at the Arts Council of

Princeton in New Jersey, and was juried into the Artists' Gallery in Lambertville, New Jersey, before she retired.

Today, Pisacreta loves being part of a community of like-minded, artistic people. "We all get each other," she says. "It's hard to talk about art with people who aren't artists because they don't understand; their eyes glaze over." She also sells her paintings each year at the gallery, which covers the costs of taking more classes and traveling to paint in beautiful locations like Maine, her favorite locale to capture on canvas. "Painting is meditational for me," she says. "It's a passion. I get so much out of it and am always trying to improve—I'm driven!"



photos provided by: debbie pisacreta





Start your second act

Do you want to make a midlife career change or pursue a hobby in retirement? Whatever your choice, follow these steps to help ensure a smooth transition.

Do your research

Before embarking on your new journey, determine how doing so could potentially impact you financially. Also consider other details, such as whether you will need to learn new skills, relocate, or pursue additional education. If you can, consult with individuals who have already taken the second-act leap to get advice.

Plan

It can take a fair amount of time and money to change careers. One option you could consider is continuing your career a little longer so you have time to save up, make plans, and acquire the knowledge, degree, or certification you'll need.



Test it out

You could also dip your toes in the water before diving in to ensure your new path suits you and that you're willing to commit to it. You could work at your new passion or career after hours, as a volunteer, or part-time until you know it's a good fit.

Find your niche

If you don't have a specific second act in mind, take a close look at your skills and interests. Consider completing a career aptitude test, seeking the guidance of a career or life coach, or tapping into your own personal and professional networks for advice and support.

Have courage

No matter how much planning you do, however, you have to be willing to go for it. "Don't hesitate to take the leap," Hoffman says. "You don't always get another shot. You might have to take a salary cut or take out a student loan, but doing something fulfilling is a reward in itself."

interview with: elana silber written by: alexa bricker photography courtesy of: sharsheret

Sharing the FIGHT

Elana Silber, CEO of Sharsheret (shar-SHEH-ret), shares the impact this organization has made on raising awareness for breast and ovarian cancers over the last twenty-two years.

Why was Sharsheret founded? Sharsheret was founded in 2001 by a young Jewish woman named Rochelle Shoretz, an otherwise healthy mom who was diagnosed with breast cancer at twenty-eight. After her diagnosis, she searched for answers to her most important questions. She received many offers to consult with aunts and grandmothers in her community, but they didn't seem to understand her unique issues. Eventually, she was introduced to another young mom with breast cancer, Lauryn Weiser, who helped carry Rochelle through the early days of her diagnosis, surgery, and chemotherapy.

The pair realized they couldn't be the only young Jewish women going through this, so in 2002, they set a goal to help at least five others. By the end of the year, they had worked with 1,000 women, at which point they knew there was a need that wasn't being met.

They chose the name Sharsheret because it's Hebrew for "chain." Sharsheret is based on a peer support network—the same way Lauryn was a peer supporter for Rochelle. They wanted to help connect women with similar diagnoses, backgrounds, ages, and concerns and match them one-on-one, all by phone and email.



What were some of the unique concerns they wanted to address? Rochelle and Lauryn found that women loved having a peer supporter, but they also heard things like “I’m worried about my appearance. Is there anything you can give me to help with losing my hair?” or “Can you help me with the changes in my skin?” So they created a program to address those cosmetic side effects. Then they had women asking for resources to help them care for their children while in treatment, so they created what we call a Busy Box filled with toys and educational materials. All Sharsheret programs have been developed as a direct response to the needs of the women we serve.

How has the organization grown since 2001?

Today, we have forty staff members, a budget of \$5.1 million, and women calling people all over the country—even internationally. We serve on the CDC’s Advisory Committee on Breast Cancer in Young Women, and a few years ago I was its chair. We also have an ongoing partnership with the CDC and NIH to develop programs for young breast cancer survivors.

In the last twenty-plus years, we’ve been able to take Sharsheret from a support group to a national network, and we are very proud of that. Even though we’ve grown into a larger organization, we pride ourselves on being a very warm and compassionate place. When you call us, you feel like you’re the only person in the room.

What are some of the other assistance programs and services Sharsheret offers?

Sharsheret has three areas of focus. We educate the community through five hundred to six hundred annual events, including those held at high school and college campuses. We provide financial assistance for low-income patients for nonmedical services that improve

quality of life, such as high-quality wigs and cold caps. And we offer one-on-one support for women and families facing cancer treatment.

How do your programs foster breast cancer awareness among young people? We believe in starting education early. Sharsheret offers programs starting at the high school level that center on what we call Pink Day; it’s a way to raise awareness in teenagers on the importance of healthy living and understanding family history. In addition, a lot of diagnosed women have children in high school, so we launched another program in schools to help students interact with peers who have a parent with breast cancer. We also created a film called *My Second Backpack*, in which kids share their families’ experiences with breast cancer.

At the university level, Sharsheret is a national philanthropy for AEPi, the largest Jewish fraternity in the world. Every chapter is required to host a charity event for us, but we also continue our theme of education and teach these students about healthy living as they shift from adolescence into adulthood. Family history is hugely important with this group—a twenty-three-year-old student whose mother was diagnosed with breast cancer at thirty-three really needs to be working with a doctor to start screening herself early.

What role do genetics and genetic testing play in your education programs? We have twelve social workers and a genetic counselor on-site who work with people across the country and from all demographics to make sure they have the information they need. Our goal is to empower women and families with this knowledge to help prevent or catch cancer early.



Our goal is to empower women and families

with knowledge [on genetics] to help prevent or catch cancer early.



elana silber



The average woman might not need a mammogram or ultrasound until she's forty, but everything changes depending on family history. Many people think this is only important on the mother's side, but that's not the case. When there's a genetic mutation—the most well-known being the BRCA gene mutation—it can come from the mother or the father. Also, one in forty Jewish women of Ashkenazi descent carries the BRCA mutation versus one in five hundred in the general population. Jewish families are at a much higher risk for hereditary breast or ovarian cancer. This is important for men, too, because this gene mutation poses an increased risk of prostate, pancreatic, and male breast cancers.

You mentioned that Sharsheret holds hundreds of events annually. What are some of these initiatives?

In addition to our peer-to-peer support programs and youth education, our five offices in New York, New Jersey, Los Angeles, Chicago, and Florida hold many annual fundraisers. In LA, for example, we've done a 5K dash, and in New Jersey and Long Island we've held a barbecue in the summer.

Each year, typically starting in October, we also do what we call Teal and Pink Shabbat. We work with people at the community level to help them organize their own events at a synagogue or community kitchen, and we provide a calendar on our website so that people might find an event near them. This event is for the purpose of education, but it also serves as a platform for people in the community to share their experiences. We even provide a recipe for making your own pink challah.

Also in October, we hold a summit called Pink, Teal, and You, which incorporates information from a lot of our other programs. Over the course of a week, we work to spread awareness through national webinars and partner with about one hundred different organizations to get the word out.

For more info, visit [sharsheret.org](https://www.sharsheret.org)



fitness

Dance Your Way to Better Health

written by: *andre rios*

Fun, engaging, and calorie burning, dancing may be one of the greatest exercises for just about anyone.

Dancing isn't just an enjoyable way to spend an evening or a beautiful bonding activity with a partner. It's also an excellent form of exercise with various mental, physical, and even emotional perks. Whether you can tear up a dance floor or have two left feet, there are many reasons you should add dance to your regular exercise routine.

Dancing for the body

According to the NIH, dancing offers a vast range of physical benefits, including improved heart health, greater muscle development, and stronger bones. One hour of ballroom



dancing can burn about 260 calories—and more-intense dance styles up to 500 calories. Further, increasing your heart rate as you move can trigger your body’s fat-burning response, leading to the many benefits related to weight loss. In fact, dance’s combination of aerobic and resistance-based exercise makes it an all-around excellent workout for the whole body.

“I’m forty-four years old, and I feel younger now than when I first started dancing,” says Johnny Gonzales, co-owner of the Arthur Murray Dance Studio of Temple, Texas. Once an avid athlete, Gonzales took up dance training at age twenty-eight. “I used to suffer from aches and pains, symptoms of old injuries, and other issues with my knees, ankles, and hips,” he shares. “Learning how to move correctly and use my body more fluidly has helped take so much pressure off those joints, I don’t have nearly as much pain.”

Studio co-owner MJ Kirchhoff, meanwhile, began with ballet and tap as a child and has been dancing professionally ever since. But even with such advanced dance experience, Kirchhoff has never taken the benefits of dance for granted. “Dance challenges your balance, flexibility, range of motion, mind-body connection, spatial awareness, strength, and endurance all at once,” she says.

Rhythm for the mind

Dance may be one of the best ways to exercise because the music and potential bonding experience with a partner can be incredibly motivating. Those averse to working long fitness routines into their weekly schedules may appreciate that dance doesn’t seem like exercise; rather, it’s just a fun activity that happens to have added health benefits.

But the perks of dance are even greater than you might expect. Perhaps somewhat surprisingly, Kirchhoff recommends dance for its psychological advantages. For instance, because trained dance styles require thoughtful movement and a



mind-body connection, they may help slow the progression of Alzheimer’s and Parkinson’s diseases. “I had a dance student who was diagnosed with Parkinson’s and considered backing out of classes,” Gonzales shares. “Instead, she turned up her involvement. She’s seeing that dance has actually helped slow the progression of her symptoms.”

In fact, the NIH confirms that dance can decrease one’s risk of mental illnesses like dementia, improve memory, and reduce stress—all while providing the mood boost of embracing good music. That makes dance one of the rare activities that is as beneficial to your mind and body as it is exhilarating.

Starting your routine

The best way to start dancing is to simply get moving. Just turn on your favorite music, and embrace the rhythm. As with any other form of exercise, you’ll notice your skills and health improve the more you practice. You can certainly do so on your own, but you may prefer attending a studio class for formal training, especially if you are inexperienced, less rhythmically inclined, or need guidance to prevent injuries. Gonzales states that the hardest step for beginners is getting into a studio. But once you’re there, just follow the teacher’s instructions to get the best workout and most fun out of each class.

Gonzales recommends that beginners start their dance training by learning what he refers to as the “core six” ballroom dances: the waltz, tango, foxtrot, cha-cha, rumba, and swing. “Learning basic skills in those six dance styles will help you with the principles of the frame, moving with your partner, understanding movement to a rhythm, and building the mind-body connection,” he explains. In addition, Kirchhoff recommends barre training, a guided technique that uses a ballet barre to develop fundamental dance skills. Besides improving these skills, it can build flexibility, stability, balance, and stamina.

After some experience, you can work your way up to physically demanding dances that offer a more challenging exercise, such as samba or jive. At advanced levels, these high-energy dances involve twirls, lifts, fast steps, and more intense partner work.

Protecting the body

There is a slight risk of injury from dance, although Gonzales states the worst injury he has experienced in over fifteen years of dance training is an occasional pulled muscle. To

prevent injuries, devote ample time to warming up your body. “Dancing is exercise,” Kirchhoff confirms. “You’re pushing your body to its limits, so it’s crucial to warm up. The purpose of a warm-up is to elevate your body temperature to the point that your muscles can move safely.” She recommends spending at least five minutes warming up by doing simple movements or calisthenics to lubricate your joints and loosen your muscles. She also stresses that a good warm-up routine should make you perspire.

Stretching is also vital to helping prevent pulled muscles or strain. According to Kirchhoff, however, you shouldn’t stretch at either the beginning or the end of a dance session because your body is in a cool state. She states that the best time to stretch is actually in the middle of your dance workout, when your joints and muscles are warm and active.

When you establish a safe and mindful dance routine that includes a warm-up, a midroutine stretch, and the proper

mind-body connection, you may notice the benefits quickly. “I have students talk about how they’re using muscles they’ve never used before,” says Gonzales. “They’re sore the next day, and it’s a good soreness—they enjoy it. All my students see dance as a great form of exercise as well as entertainment.”

Consult with a doctor before beginning any new exercise regimen.



Meal Prep Made Easy

written by: *allison gomes*

Food is one of life's basic necessities, but when your schedule fills up, cooking can easily fall to the bottom of your to-do list. Luckily, there's a simple way to help save time throughout the week—meal prepping. Whether you're new to planning and prepping your meals in advance or looking to streamline your current system, these tips can help you make the most of the process.

What is *meal prepping*?

Traditionally, meal prepping is a form of meal planning where you prepare in advance what you're going to eat in a given week, which can ultimately save you time, money, energy, and stress. However, you can approach it in a variety of ways. You could prepare all your lunches for work on Sundays but still cook your dinners throughout the week. You could also simply cook your meats and veggies on the weekend

and then prepare the rest of your ingredients each day. This activity is meant to make your life a little easier, so take whatever approach accomplishes that for you.

Meal prepping can also simplify your shopping. For example, you could opt for simpler recipes to cut back on the number of ingredients you need to get or buy frequently used items like beans, grains, and veggies in bulk rather than in small weekly batches, which can add up to a greater expense. Also, consider finding ways to use more pantry staples that you may already have on hand. Whatever the case, meal prepping is a great choice for people who may not want to prepare three meals a day every day.

Prep like *a pro*
While there's a lot of freedom within meal prepping, there are certain key elements that will make any method a success. Whether you're preparing a week's worth of lunches and dinners, cooking just the basics to use in different ways throughout the week, or simply looking to find out more, here are a few tips to keep in mind.

Limit your ingredients
In addition to saving you money, picking simple recipes that utilize fewer ingredients can also save you time—if you're choosing to make a week's worth of meals in one day, you don't want to have three different recipes that each use



dozens of different ingredients. Rather, opt for quicker and easier recipes or even ones that have one or more ingredients in common.

Use the proper tools
When you lack the proper equipment, meal prepping can become a major headache. Make sure you have a good set of knives, a variety of cutting boards, and plenty of pots and pans to use. It also helps if you clean as you go so you can avoid having to deal with a huge pile of dishes at the end.

Time everything
No matter what you cook, chances are some items will simply take longer to prepare than others. For efficiency's sake, start with the foods that need to bake, simmer, or boil the longest, and then move on to items that require less cooking.

Be creative
Choosing simple recipes doesn't necessarily mean that you must make the same meals every time. Get imaginative with how you mix and match your items, such as by preparing meats, veggies, and grains that you can use in a variety of bowls, wraps, or salads. This can help keep you excited about the new and different possibilities of meal prepping.

Store everything properly
It's essential that you use high-quality, reusable containers for the meals that you prep. Glass containers are a must-have for every meal prepper since they are more eco-friendly and tend to be microwave safe for a quick reheat when it's time to eat. Also, label each container with what's in it and when you should eat it by. And if you have any extra soups, doughs, or uncooked meats, utilize your freezer to save them for another week's meals.





A sample *meal plan*

Your meals will vary greatly depending on your personal preferences and dietary restrictions, but here's one example of a meal plan you can use as a reference for your future meal prep.

- **Breakfast:** Make blueberry muffins or overnight oats that you can enjoy throughout the week. These are generally easy to prepare ahead of time, and you can simply grab them on your way out the door.
- **Lunch:** Bake a casserole such as one with hamburger, cheesy chicken and broccoli, or spaghetti squash. Divide the dish into microwave-safe containers once it's ready, and store them in your fridge to quickly reheat when it's mealtime.
- **Dinner:** Cook chicken, steak, or tofu via your preferred cooking method along with a variety of veggies like bell peppers, broccoli, cauliflower, or onions. Use these ingredients throughout the week in different ways, such as on a bed of romaine lettuce, in a whole-wheat wrap, or over your favorite grain or pasta. Add in different sauces and dressings, and you're set for a week of tasty dinners.

No matter your lifestyle, meal prepping can help to save you time and money. Plus, it's a wonderful way to try unique recipes and sharpen your skills in the kitchen.



PERFECT party plates

Autumn ushers in a time of gatherings and celebrations, and these recipes from *Occasions to Celebrate* are perfect for any fall festivities—and beyond.



recipes by: *alex hitz*

photos by: *ian bagwell, unless noted*

Recipes excerpted from *Occasions to Celebrate* by Alex Hitz, Rizzoli New York, 2022. Photographs © Iain Bagwell.

MAKES 18 SMALL HORS D'OEUVRES

FIGS stuffed with goat cheese and almonds

..... **measure**

- 4 tablespoons butter
- 2 ounces goat cheese
- 9 mission figs, cut in half
- 36 almond slices, to garnish
- 1 tablespoon plus 1½ teaspoons honey (¼ teaspoon for each fig)

..... **make**

1. In a food processor fitted with the metal blade, process the butter and goat cheese together until they are smooth. Press your thumb into each halved fig, making a slight indentation.
2. Place the goat cheese mixture into a pastry bag fitted with a star tip, and pipe the mixture equally into the indentations in the fig halves. Pipe any excess filling onto the top of each fig, garnish each fig with 2 almond slices, drizzle them with the honey, and serve.





MAKES 8 SERVINGS

MARY'S asparagus soup

measure

- 1 stick (8 tablespoons) butter
- 1 onion, chopped
- 3 pounds asparagus, trimmed, and chopped
- 2 cloves garlic, minced
- 3 cups chicken stock
- 1 teaspoon dried tarragon
- 1 teaspoon dried thyme
- 1¼ teaspoons salt
- ½ teaspoon white pepper
- 1 cup heavy cream
- Chopped fresh chives, to garnish

make

1. In a medium heavy stockpot over medium-high heat, melt the butter. When the foaming has subsided, add the onion, and let it sauté until it's translucent, 8 to 10 minutes. Add the asparagus and garlic. Stir the mixture frequently to prevent the vegetables from browning. Continue to sauté until the asparagus just starts to get tender. This process should take another 6 to 8 minutes. Add the chicken stock, tarragon, thyme, salt, and pepper, turn the heat to high, and when the mixture has reached a boil, let it boil for 12 minutes until the asparagus are very soft. Add the cream. Bring the mixture to a boil again for another 2 minutes, before removing it from the heat.
2. Puree the soup, in batches, if necessary, let it cool, cover, and refrigerate for at least 24 hours, but up to three days, to allow the flavors to really get to know each other. Remove the soup from the refrigerator, pour it into a stockpot, and reheat it until it just starts to bubble. Garnish it with chives just before serving.

WILD RICE

MAKES 8 TO 10 SERVINGS

with mushrooms, pecans, and cranberries

measure

- 1½ sticks (12 tablespoons) butter, divided, plus more for the baking dish
- 1 onion, diced
- 8 ounces fresh mushrooms, sliced
- 2 tablespoons dry sherry
- 1¼ teaspoons salt, divided
- 1 teaspoon ground black pepper, divided
- 2 cups cooked wild rice
- 2 cups cooked jasmine rice
- 4 strips bacon, cooked crisp, and crumbled
- ½ teaspoon dried thyme
- 1 bay leaf, the stem removed, and the leaf crumbled
- 2 tablespoons chopped flat-leaf parsley, plus more to garnish
- 1½ cups chicken stock
- ½ cup chopped pecans
- ½ cup dried cranberries

make

1. Preheat the oven to 325°F. Butter a 9 by 13-inch baking dish.
2. In a large heavy skillet over medium-high heat, melt 4 tablespoons of the butter. Add the onion, and sauté it for 8 to 10 minutes until it becomes translucent, and then add the mushrooms, sherry, ¼ teaspoon of the salt, and ¼ teaspoon of the pepper. Let the onions and mushrooms sauté until the mushrooms are soft, approximately 10 more minutes. Remove the vegetables from the heat, and set them into a large mixing bowl.
3. Melt the remaining 1 stick (8 tablespoons) of the butter, and add it to the bowl along with the remaining 1 teaspoon of salt, the remaining ¾ teaspoon pepper, the two types of rice, the bacon, the thyme, the bay leaf, the 2 tablespoons of the parsley, and the rest of the ingredients, stir them well to combine them, and place them into the prepared baking dish. Cover the dish with aluminum foil, and place it in the oven for 20 to 25 minutes before serving. Garnish the rice with fresh parsley.



THE BENEFITS of a Wellness Coach

written by: lauren kim
photos provided by: getty images,
unless otherwise noted

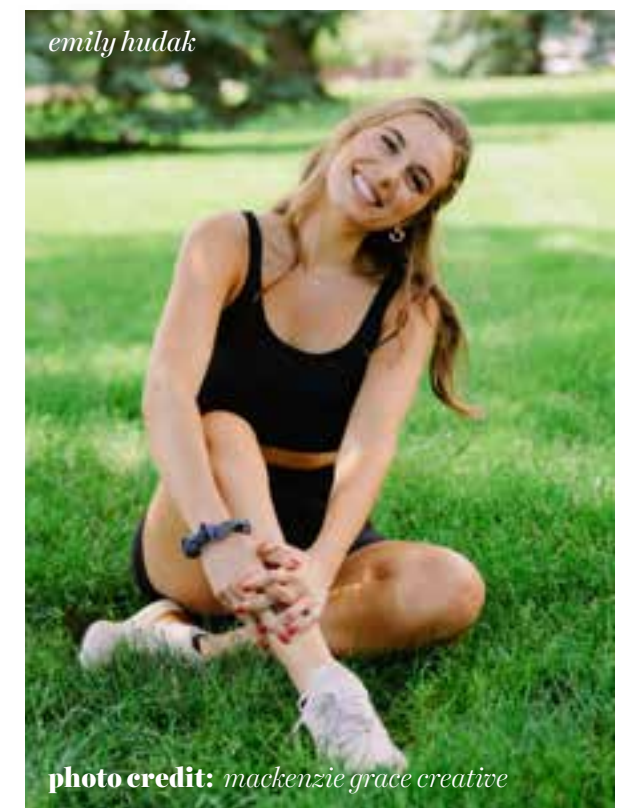
Part instructor and part cheerleader, a wellness coach can guide you to better health.

We all have negative personal habits in our daily lives that affect our overall physical and emotional wellness, whether it's eating when we are stressed, staying up too late, or bottling up our feelings. But it can be difficult to know how to alter those habits or find the motivation we need to make positive changes. That's where a wellness coach can help.

WHY WORK WITH A WELLNESS COACH?

A coach can shine an objective spotlight on factors in your life that are negatively impacting your well-being. "We are here to examine things you do every day and help you fine-tune or troubleshoot them," says Emily Hudak, MA CDSP, a personal trainer at Whole with Emily in Clinton, New Jersey. For example, Hudak may offer suggestions to her clients about how they can positively tweak their diets or get better sleep.

Depending on their background and certification, a wellness or health coach may be knowledgeable about nutrition, fitness, or other health-related topics and can supplement the medical care given to you by your doctor or mental health professional. In addition to their expertise, a coach can provide the motivational support you may need to lose weight, quit smoking, or be more active. "Most people need someone who can cheer them on and be a mentor," explains yoga practitioner and coach Marianne Crooch of Nspired Living in Lorton, Virginia. "Even wellness coaches could use coaches."





One way a coach can help you reach your wellness goals
is by holding you accountable
for the changes you promise to make.

As Crooch points out, one way a coach can help you reach your wellness goals is by holding you accountable for the changes you promise to make. For instance, if you pledge to cut back on sugar, you'll be more likely to stay committed and follow through if your coach is tracking that goal with you than if you attempted to do it solo.

HOW TO FIND A WELLNESS COACH

Wellness coaches can get certified through various private organizations in numerous fields, such as mental health, nutrition, or fitness, but no state requires a specific license. "There are a wealth of certifications out there," Crooch says. "Some people are trained by wellness-coach companies. It's not regulated, so anybody can call themselves a wellness coach."

Because of this, it's important to look for a coach who has certification and a background in a field that can address your needs. For example, Crooch is certified in yoga, meditation, and obesity prevention, while Hudak has a master's degree in mental health counseling and is a certified dietary supplement professional. To find a coach that's right for you, Crooch suggests asking your physician, friends, or coworkers for recommendations.

You could also do your own research to find a good match. Hudak advises scheduling an informational phone call with any coaches you are considering. "Spend time on the phone together, and ask questions to determine if you're comfortable with them and whether their approach aligns with your needs," she says. Also, keep in mind that because not all wellness coaches are licensed health care practitioners, their services may not be covered by insurance.

HOW IT WORKS

Depending on your coach and how they practice, you may meet with them in person, virtually via phone or Zoom calls, or through a combination of both. The type of meetings you have can also vary; for example, Crooch offers both one-on-one sessions and periodic group sessions with her clients. How long and often you'll meet with your coach may be contingent on your coach's approach and your needs. For instance, Hudak typically meets once a week with her clients in a forty-five-minute Zoom session. "A big piece of the puzzle is teaching my clients how to maintain the healthy habits they've acquired," Hudak adds.

In your sessions, your coach might work with you to lay out steps for tackling your goals. "We would develop a customized plan together and work through it," Crooch says. The guidance she'd then provide to help you

complete that plan would be dependent on your needs. "I can help clients lose weight, make better food choices, improve their sleep habits, or improve their mindset with meditation and mindfulness," she says.

However, regardless of who you work with, your dedication to achieving your goals may be the biggest factor in how successful coaching will be for you. "Some people think they want to change, but once they get started, they are not ready for it," Crooch points out.

"It really is an investment," Hudak says. "It's not a quick fix. It's worth it, though, since there is no better investment than your health."

For more info, visit mariannecrooch.com and wholewithemily.com



our amazing muscles

written by: matthew brady



We all have our daily routines, especially during the work week. For example, on a typical morning, you may wake up, hit the alarm (or snooze button), drag yourself out of bed, eat breakfast, go to the gym, shower, and then start work.

One important common denominator? You need your muscles to do every single one of those activities. We tend to take muscles for granted, associating them with the brawn of bodybuilding, but they literally get us moving every day. So understanding what they are, how they work, what they do, and how to care for them is key to maximizing your health.

muscle types

The human body has three primary groups of muscles, and each performs different vital functions. Skeletal muscles are the most recognized ones, and for good reason: they're the only types of muscles that we voluntarily control. We actively use them to



do everything from looking and laughing to walking and wiggling our toes.

Just as important are our involuntary muscles: smooth muscles and cardiac muscles. These work behind the scenes to keep our bodies running, and they arguably work harder than skeletal muscles. After all, typical cardiac muscles produce approximately 100,000 heartbeats a day every day while smooth muscles allow for processes like digestion and breathing.

mind-blowing muscle facts

The more you learn about muscles, the more you realize that they're anatomical marvels. Here are some of the coolest—and most helpful to know—details about them.

- Humans have at least 600 total muscles.
- Much like the rest of the body, muscles are composed mostly of water (around 80 percent).

- Muscle mass can vary from person to person, but, in general, muscles account for about 40 to 50 percent of all body weight.
- The largest muscle in the body is the gluteus maximus, and the smallest muscles are in the ear.
- To read this sentence, you need muscles—specifically, your eye muscles. It’s estimated that they make 10,000 coordinated movements in just one hour of reading.
- When you feel warm and cozy, thank your muscles: they create around 85 percent of your body heat.
- Despite the common misperception, your muscles don’t push; they only pull.



three ways to maximize your *muscles*

1. Drink up

There are many reasons why a cool, refreshing drink feels so good after a workout. In addition to replenishing the fluid you sweat away, water helps your muscles recover and repair themselves more quickly. Conversely, not being adequately hydrated can easily lead to pulled muscles and cramps.

2. Eat protein-packed meals

It’s common knowledge that protein is the primary building block of muscles, regardless of whether you’re aiming to maintain your muscle mass or build on it. However, *how* you get your protein is just as important. Try to avoid powders, if possible, and rely on whole foods. Animal-based proteins such as meat, dairy products, and eggs are ideal because they contain all nine essential amino acids. If you don’t favor animal products, foods like quinoa, soy products, beans, and nuts are good sources of protein, though you might need to supplement them with other protein sources. And sorry, Popeye: spinach is not nearly the best choice for a protein-packed vegetable. Instead, opt for peas, which have about eight grams of protein per cup.

3. Exercise

Physical activity is important to your overall health, but it may impact your muscles the most. Especially because they keep vital organs humming, you need to ensure that your muscles get adequate oxygen and nutrients—which is exactly what activity provides. Aim to get the CDC’s recommended 150 minutes of moderate-level physical activity per week to keep your muscles in good shape.

In addition, heed the age-old wisdom of warming up and stretching before any workout. Limbering up allows for a fuller range of motion during your workout and can reduce the chance of a cramp or pulled muscle. So whether you’re power walking or powerlifting, make sure that you leave adequate time for stretching.





muscles and *aging*

Caring for your muscles is even more important as you age because as you get older, you gradually lose muscle mass. This naturally starts to happen at around age forty and intensifies in your seventies, but some research indicates that you can lose 3 to 5 percent per decade starting as early as your thirties. (This can also help to explain why older people tend to be colder—less muscle function reduces the body's ability to produce heat.) So when it comes to caring for

your muscles, the earlier you do so, the better. And if you're already in your golden years, the best ways to fight age-related muscle loss include eating well (and eating enough), staying active, and reducing stress.

A popular adage can summarize the importance of muscle: use it or lose it. Care for your muscles adequately and strengthen them, and they will literally carry you through life.





How to Make Time *for Volunteering*

written by:
andre rios

Getting involved in good causes may seem like quite the time commitment, but with these tips, even the busiest individuals can make time to volunteer.

Numerous studies have shown that charitable acts can improve emotional well-being, lower blood pressure, and even extend one's life span. In other words, volunteering may be the healthiest activity you aren't doing. Even if you have a busy schedule with multiple commitments, there are still plenty of ways to make time for helping others.

Do what you love

Research volunteer opportunities in your area that align with your interests. If you enjoy books, read to children at your local library. If you're into staying fit, consider a physically demanding event like stocking inventory at a food bank. And if you love pets, sign up to volunteer at a nearby animal shelter. Find ways to serve that put your passions and talents to use, and you'll be more motivated to pursue them.

Add it to your calendar

Once you find an organization that speaks to you, reach out about its next volunteer event. Sign up for a slot, and immediately put it in your calendar. Once you do, it will feel like a commitment you can't back out of.

Bring company

When you invite friends or family to volunteer with you, you'll find that community service is an excellent bonding activity. Consider making your workday charitable as well. Talk to your employer about a cause in your area, and take the initiative to plan a business volunteer event. Giving back is great for both team building and company marketing, so few employers are likely to refuse.

Donate instead

If you truly can't sacrifice your time, consider giving resources like money or supplies instead. Even when short on cash, you can always donate gently used furniture, nonperishable foods, clothing, and unopened hygiene products to local shelters.

The difference between wanting to be charitable and being charitable is taking action. Think of one major step you can take today to give to those in need, then start researching opportunities to get involved.

For more info, visit [volunteermatch.org](https://www.volunteermatch.org)

recommendations & referrals

are the core of my business and always greatly appreciated.
Thank you for your continued support!



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Front of Tear Out Card 2

WILD RICE WITH
*mushrooms, pecans,
and cranberries*

- 1½ sticks (12 tbsp.) butter, divided, plus more for the baking dish
- 1 onion, diced
- 8 oz. fresh mushrooms, sliced
- 2 tbsp. dry sherry
- 1¼ tsp. salt, divided
- 1 tsp. ground black pepper, divided
- 2 c. cooked wild rice
- 2 c. cooked jasmine rice
- 4 strips bacon, cooked crisp, and crumbled
- ½ tsp. dried thyme
- 1 bay leaf, the stem removed, and the leaf crumbled
- 2 tbsp. chopped flat-leaf parsley, plus more to garnish
- 1½ c. chicken stock
- ½ c. chopped pecans
- ½ c. dried cranberries



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Back of Tear Out Card 2



1. Preheat the oven to 325°F. Butter a 9 by 13-in. baking dish.
2. In a large heavy skillet over medium-high heat, melt 4 tbsp. of the butter. Add the onion, and sauté it for 8 to 10 minutes until it becomes translucent, and then add the mushrooms, sherry, ¼ tsp. of the salt, and ¼ tsp. of the pepper. Let the onions and mushrooms sauté until the mushrooms are soft, approximately 10 more minutes. Remove the vegetables from the heat, and set them into a large mixing bowl.
3. Melt the remaining 1 stick (8 tbsp.) of the butter, and add it to the bowl along with the remaining 1 tsp. of salt, the remaining ¾ tsp. pepper, the two types of rice, the bacon, the thyme, the bay leaf, the 2 tbsp. of the parsley, and the rest of the ingredients, stir them well to combine them, and place them into the prepared baking dish. Cover the dish with aluminum foil, and place it in the oven for 20 to 25 minutes before serving. Garnish the rice with fresh parsley.

MAKES 8 TO 10 SERVINGS

Recipe excerpted from *Occasions to Celebrate* by Alex Hitz, Rizzoli New York, 2022. Photograph © Iain Bagwell.

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The Smith Family
Philadelphia

Stacey is the best of the best! Our family was very pleased with her services, especially Snowball, our little pup! She listened to all of our concerns, wants, needs, and dreams. Stacey is totally awesome! I will be sharing her information with everyone that I know.



The Miller Family
Manayunk

Stacey was very patient with us, even though we were very picky. She knew how important it was for us to have a great experience and great service. We would definitely refer Stacey to all of our friends and family.



The Austin Family
Manayunk

Stacey is truly a very impressive person. She works fast, efficiently, and effectively. Her services are top of the line and we were very satisfied with her work. We love Stacey!



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