

February 2016

Healthy Heart Month

Spotlight on Wellness

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# Benefit Fund *At a glance*

## Spotlight on Wellness

### Teen dating violence

Unhealthy relationships can start early and last a lifetime. Teen dating violence is defined as the physical, sexual, psychological, or emotional violence within a dating relationship, including stalking. It can occur in person or electronically and might occur between a current or former dating partner. Several different words are used to describe teen dating violence. Below are just a few.

- Relationship abuse
- Intimate partner violence
- Relationship violence
- Dating abuse
- Domestic abuse
- Domestic violence

Dating violence is widespread with serious long-term and short-term effects. Many teens do not report it because they are afraid to tell friends and family.

The ultimate goal is to stop dating violence before it starts. Strategies that promote healthy relationships are vital. During the preteen and teen years, young people are learning skills they need to form positive relationships with others. This is an ideal time to promote healthy relationships and prevent patterns of dating violence that can last into adulthood.

## February is Healthy Heart Month

### Know the signs of a heart attack

Some heart attacks are sudden and intense — the "movie heart attack," where no one doubts what's happening. But most heart attacks start slowly, with mild pain or discomfort. Often people affected aren't sure what's wrong and wait too long before getting help.

Immediately call 9-1-1 or your emergency response number so an ambulance (ideally with advanced life support) can be sent for you. As with men, women's most common heart attack symptom is [chest pain](#) or discomfort. But women are somewhat more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting, and back or jaw pain. Learn more about [heart attack symptoms in women](#).

**Learn the signs, but remember this: Even if you're not sure it's a heart attack, have it checked out (tell a doctor about your symptoms). Minutes matter! Fast action can save lives — maybe your own. Call 9-1-1 or your emergency response number.**

**American Heart Assoc** @American\_Heart 12h  
Meet Jane. You can be smart like Jane by visiting [goredforwomen.org](http://goredforwomen.org) #BeLikeBill #GoRed [pic.twitter.com/gEIZ32ACSi](https://pic.twitter.com/gEIZ32ACSi)

This is Jane.  
Jane had jaw pain.  
Jane felt pressure in her chest & back.  
Jane thought it was the flu.

She remembered women's heart attack symptoms.  
Jane called 9-1-1.  
Jane did the right thing.  
Jane was having a heart attack.  
Jane survived.

Jane is smart.  
Be like Jane.  
Learn the symptoms of a heart attack.

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

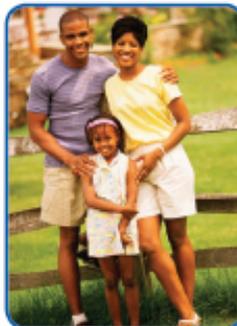
Stay tuned for information about our Food for Thought Cooking Education Classes!!

# Did you know?

## Take Control of Your Heart: It's All in the ABCS

Every year, Americans suffer more than **1.5 million heart attacks and strokes**. Nearly 44% of African American men and 48% of African American women have some form of cardiovascular disease that includes heart disease and stroke. But you can reduce your risk and improve your heart health by following the **ABCS**:

- A** Take **a**spirin as directed by your health care provider.
- B** Control your **b**lood pressure.
- C** Manage your **c**holesterol.
- S** Don't **s**moke.



### A: Take aspirin as directed by your health care provider.

Ask your health care provider if aspirin can reduce your risk of having a heart attack or stroke. Be sure to tell your health care provider if you have a family medical history of heart disease or stroke.

### B: Control your blood pressure.

Blood pressure measures the force of blood pushing against the walls of the arteries. If your blood pressure stays high, you may suffer from high blood pressure, also called hypertension. High blood pressure increases the risk of heart attack and stroke more than any other risk factor. African Americans are more likely than any other racial or ethnic group to have high blood pressure and to develop the condition earlier in life. To keep your blood pressure under control, find out what your blood pressure numbers are, and ask your health care provider what those numbers mean for your health. If you have high blood pressure, work with your health care provider to lower it.

### C: Manage your cholesterol.

Cholesterol is a waxy substance produced by the liver and is found in certain foods. Your body needs cholesterol, but when you have too much it can build up in your arteries and cause heart disease. There are different types of cholesterol. One type is high-density lipoprotein (HDL), or good cholesterol that can protect you from heart disease. Another type is low-density-lipoprotein (LDL), known as bad cholesterol that can increase your risk of heart disease. Talk to your health care provider about cholesterol and how to lower your bad cholesterol if it's too high.

### S: Don't smoke.

About 1 of 5 African American adults smokes cigarettes. If you smoke, quit. Talk with your health care provider about ways to help you stick with your decision. It's never too late to quit smoking. Call 1-800-QUIT-NOW today or visit [smokefree.gov](http://smokefree.gov).



National Center for Chronic Disease Prevention and Health Promotion  
Division for Heart Disease and Stroke Prevention

## Frequently Asked Questions >>>

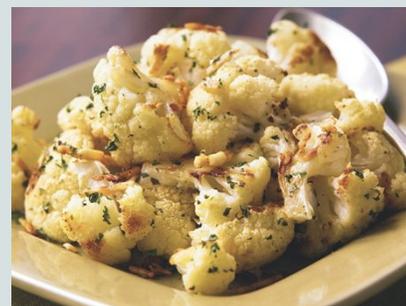
**Q:** How far out should I contact the Benefit and Pension Fund before my planned retirement?

Contact the Benefit and Pension fund between 3-6 months before your planned date to retire in order to begin the paperwork. For an estimate of your pension,

**A:** you can contact the Fund at any time by calling the office for a Pension Benefit Estimate Form (also available online [here](#).)

Have a question? Contact the Benefit Fund at (215) 735-5720.  
1319 Locust Street, 3rd Floor, Philadelphia, PA 19107

## Recipe of the Month



## Parmesan Roasted Cauliflower

### Ingredients

- 1 1/2 cups cauliflower florets (6 ounces)
- 2 tsp. grated, reduced-fat Parmesan cheese
- 1 tsp. chopped, fresh parsley leaves
- 1/4 tsp. garlic powder
- 1/4 tsp. ground black pepper
- salt, to taste
- 1 tsp. extra virgin olive oil

### Directions

1. Preheat the oven to 425°F.
2. In a medium bowl, combine the cauliflower, cheese, parsley, garlic powder, and pepper.
3. Season with salt. Toss to mix.
4. Drizzle on the oil and toss again.
5. Transfer the mixture to a small nonstick baking dish.
6. Bake for 15 to 17 minutes, tossing once, or until lightly browned and crisp-tender. Serve immediately.

### Nutritional Info

Nutritional Analysis	Per serving
Calories Per Serving	104
Total Fat	6 g
Saturated Fat	<1 g
Cholesterol	5 mg
Sodium	121 mg
Carbohydrates	11 g
Fiber	4 g
Protein	4 g

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