

THE BRIGHT SIDE

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LECOM HEALTH

Boost your immune system

Eating healthy and exercising, taking your vitamins and getting your immunizations are important steps toward boosting your immune system. Make sure you are protected from the flu and the different viruses circulating this season.

- ▶ **Routine vaccinations** are essential in preventive care for you and your children. Make sure your children's immunizations are up to date for school to help protect them, their friends and their communities from potential diseases or outbreaks. Schedule an appointment with your LECOM Health provider today!
- ▶ **Flu vaccines** are recommended for everyone over the age of 6 months. The LECOM Institute for Successful Aging is once again offering flu vaccines, with a kickoff event taking place Friday, Sept. 2, at the Zem Zem Shrine Club. Learn more at <https://lecomisaging.com/flu/>.
- ▶ **COVID-19 vaccines** are an important defense against the virus. Continue to wear a mask, wash your hands frequently, keep your distance from others, stay home if you are feeling ill and get tested.



SEPTEMBER 2ND
9 AM - 3 PM

ZEM ZEM SHRINE CLUB
2525 WEST 38TH ST

COVID-19 Test-To-Treat Site

LECOM Center for Health and Aging

3910 Schaper Ave.
Erie, PA 16508

(814) 812-9851

(814) 812-9848

vaccineinfo@lecomslc.org

Hours:

M, W, Th, F: 9 a.m. - 5 p.m.
Tu: 9 a.m. - 7 p.m.

COVID-19 Vaccinations:

Tu: 9 a.m. - 7 p.m.
F: 9 a.m. - 5 p.m.

Services:

- Testing is available at the site daily via drive thru
- Therapeutics will be provided free of charge
- All ages can be treated

If you are unsure about any vaccinations for you, speak to your healthcare provider.



PHYSICAL



MENTAL



EMOTIONAL



SPIRITUAL



FINANCIAL



ENVIRONMENTAL



SOCIAL



VOCATIONAL

Featured Recipe

Hearty Chicken & Corn Chowder

INGREDIENTS

- ✓ 1 tablespoon butter
- ✓ 1 medium onion, chopped
- ✓ 2 medium celery stalks, chopped
- ✓ 2 garlic cloves, minced
- ✓ 1 (32 oz.) container reduced-sodium chicken broth
- ✓ 2 Yukon Gold potatoes, diced (about 2 cups)
- ✓ 2 cups fresh or frozen corn kernels
- ✓ 1 tablespoon fresh thyme or 1 teaspoon dried thyme
- ✓ 1/2 teaspoon salt
- ✓ 1/4 teaspoon freshly ground black pepper
- ✓ 2 cups rotisserie-cooked chicken breast, shredded

INSTRUCTIONS

In a large Dutch oven or soup pot, melt butter over medium-high heat. Add onion, celery and garlic; sauté 2-3 minutes, or until tender.

Add broth, potatoes, corn, thyme, salt and pepper. Bring mixture to a boil, reduce heat to medium-low, and cook, stirring occasionally, 10-15 minutes until potatoes are tender.

Stir in chicken; cook 2 minutes until mixture is heated through. Transfer 3 cups to a large blender. Remove stopper, and cover hole with a folded towel; blend until almost smooth. Stir into remaining soup mixture. Ladle soup into serving bowls.



Serves: 4 | Serving Size: 1 3/4 cups

Per serving: Calories: 308; Total Fat: 7g; Saturated Fat: 3g; Monounsaturated Fat: 2g; Cholesterol: 71mg; Sodium: 663mg; Carbohydrate: 33g; Dietary Fiber: 5g; Sugar: 6g; Protein: 29g

Nutrition Bonus: Potassium: 982mg; Iron: 18%; Vitamin A: 10%; Vitamin C: 49%; Calcium: 7%

Resource: [myfitnesspal blog](#)

Sleep Tip

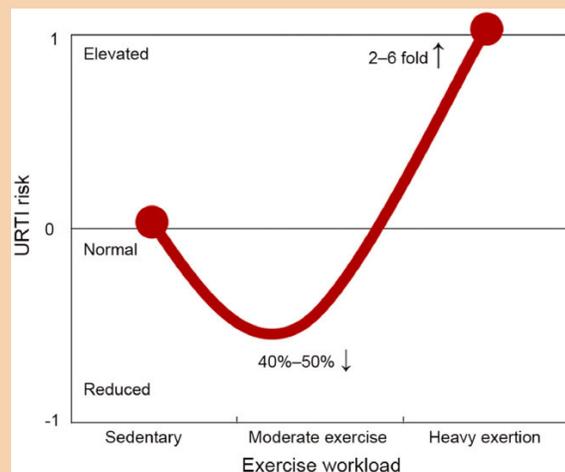
Restricting sleep to four hours per night for six days, followed by sleep for 12 hours per night for seven days, resulted in a greater than 50% decrease in production of antibodies to influenza vaccination, in comparison with subjects who had regular sleep hours.

Tips for better sleep habits:

<https://www.uchealth.com/en/media-room/covid-19/better-sleep-habits-to-strengthen-immunity>

Fitness Tip

Moderate exercise reduces the risk of upper respiratory tract infections by 40%-50%.



J-curve model of the relationship between the exercise workload continuum and risk for upper respiratory tract infection (URTI). Other factors such as travel, pathogen exposure, sleep disruption, mental stress, and dietary patterns may influence this relationship. This figure was adapted from Nieman.

Resource: *National Library of Medicine*

Regain Your Calm



Take a moment to reset for yourself and your loved ones. It's not always easy to manage your own stress and help those around you — but there are tools to help.

One of those is meQ's Breathe Coach. It turns your smartphone into a heart rate sensor so you can tap into a powerful breathing technique called "Resonance Breathing."

And the best part — you can use it when and where you need it on the meQ mobile app. Visit getmeq.com/lecom