

June/
July
2019

NEWSLETTER OF THE
CITY OF TACOMA

HealthVine

City of Tacoma Wellness Champions

YOU ARE
GREAT!

Our Wellness Champion team deserves a huge **THANK YOU** for all that they have done and continue to do to help ensure that the Tacoma Employee Wellness program is successful, fun, and engaging for all.

Current Team Members:

Andy Bartels, Library Assistant,
Kobetich Library (TPL)

Beverly Pinkerton, Training Analyst,
Customer Services Training/Performance
Solutions (TPU)

Chris Hartman, Management Analyst II,
Environmental Services (CTP)

Christina Chelf, IT Senior Analyst (TMB)

Kristin Ely, Program Development
Specialist, Neighborhood and Community
Services (TMB)

Michelle Davidson, Financial Assistant,
Tacoma Water (TPU)

Michele Nelson, Utility Services Rep II,
T&D Services Engineering (TPU)

Michelle Petrich, Court Administrator,
Tacoma Municipal Court (TMC)

Richelle Krienke, Senior Buyer,
Finance, Procurement & Payables (TPU)

Troy Wells, Custodian, TPU Building
Maintenance (TPU)



Pictured: Shannon Carmody's husband, Ryan, and their two dogs (Piper and Sophie) after they (and Shannon) completed a (challenging) hike near Mt. Rainier.

Summer Incentive Campaign

Don't Miss Your Chance(s) To Win!

Summer in the Pacific Northwest is a great time to start or continue healthy habits. The region's natural beauty and agricultural abundance is sure to inspire you to explore new activities, such as hiking, biking, rowing, or incorporating more fruits and vegetables into your diet. The Tacoma Employee Wellness (TEW) program wants to help keep you engaged in your health. For every RedBrick Journey you complete (or have completed), you will be entered to win a **\$100 gift card**. **One winner will be selected at each draw date.**

Drawing Dates: July 24, July 31, Aug. 7, Aug. 14 and Aug. 21

Example: If you have completed one Journey by the first draw date, you will get one entry into the July 24 drawing. But, if you complete another Journey before the next draw date you will get TWO entries into that drawing because you have now completed two Journeys. In short, you get entered into each drawing based on the total number of Journeys you have completed by the draw date.

Stay tuned for more information about the Summer Incentive. In the meantime, visit <https://tew.redbrickhealth.com> to work on Journeys or other incentive requirements.

Interested in becoming a Wellness Champion and/or sharing your wellness story/pictures?

Please email Shannon Carmody at wellness@cityoftacoma.org.

Alzheimer's: What You Need to Know

Alzheimer's is the most common cause of dementia, a general term for memory loss and other cognitive abilities serious enough to interfere with daily life. The majority of people with Alzheimer's are 65 and older. But, there are nearly 200,000 Americans suffering from early-onset Alzheimer's as well.

Warning Signs Checklist

- ☐ **Memory loss:** Forgetting learned information, dates, events, and asking for the same information over and over.
- ☐ **Challenges in planning or solving problems:** Some people may experience changes in their ability to develop and follow a plan or work with numbers.
- ☐ **Difficulty completing familiar tasks at home, at work or at leisure:** People with Alzheimer's disease often find it hard to complete daily tasks. They may have trouble concentrating and completing tasks that they have done before.
- ☐ **Confusion with time or place:** People with Alzheimer's can lose track of dates, season and the passage of time. They may have trouble understanding something if it is not happening immediately. Sometimes they may forget where they are or how they got there.
- ☐ **Trouble understanding visual images and spatial relationships:** For some people, having vision problems is a sign of Alzheimer's. They may have difficulty reading, judging distance, and determining color or contrast, which may cause problems driving.
- ☐ **New problems with words in speaking or writing:** People with Alzheimer's disease may have trouble following or joining a conversation. They may stop in the middle of a conversation and have no idea how to continue or they may repeat themselves. They may struggle with vocabulary, have problems finding the right word or call things by the wrong name (e.g., calling a "watch" a "hand clock").

My Inspiration, My Gramma

My Gramma is inspiring in so many ways: beauty, strength, kindness, intelligence, wittiness, selflessness, passion, and memory. In regards to the latter, she is now 92 years young and still tells us stories from her childhood and the amazing adventures that she and my Papa had experienced in their 67 years of marriage.

Since June is Alzheimer's Awareness Month, I thought I would share some of the healthy habits my Gramma has practiced her entire life to help prevent this disease.



Pictured: Dorothy Carmody

She does crossword puzzles every day. Cognitive activity is incredibly important for brain health. Not only does she tackle the New York Times crosswords each day, she has multiple books to practice these important brain skills while traveling. She also enjoys knitting.

She is physically active. She and my Papa walked every day and/or played either tennis or golf. We are from Eastern WA and continuing these activities can be challenging during Winter and Spring (oh the wind). So, they came up with alternatives. When it was difficult to be outside, they would go to the local Fred Meyer in Ellensburg and do laps around the perimeter. Everyone knew them by name and when I was in college, my Papa would send me home with so much food that he had put in the freezer because 1) he was so sweet and 2) he was such a sucker for discounted food that he would collect multiple items during his walk. So, I guess you could say that this was a triple win because they socialized while being physically active and I always got cinnamon rolls out of it.

She is socially engaged. My Gramma and Papa have always been socially active within clubs and groups. When Papa passed away at the age of 92, Gramma continued going to a breakfast club, Friday night dinner club, etc. to remain social. She is incredibly strong.

She is a healthy eater. Gramma makes sure to eat a healthy, well-balanced diet and to drink in moderation. You can certainly tell by the pic!

- ☐ **Misplacing things and losing the ability to retrace steps:** A person with Alzheimer's may put things in unusual places and be unable to go back over their steps to find them again.
- ☐ **Decreased or poor judgement:** People with Alzheimer's may use poor judgement when dealing with money (e.g., giving large amounts to telemarketers). They may pay less attention to grooming or keeping themselves clean.
- ☐ **Withdrawal from work or social activities:** A person with Alzheimer's may start to remove themselves from hobbies, social activities, work projects or sports.
- ☐ **Changes in mood and personality:** They can become confused, suspicious, depressed, fearful or anxious. They may be easily upset with others or when they are out of their comfort zone.

Learn more on Page 3 about the resources available and ways to help prevent Alzheimer's disease.

Alzheimer's Disease (AD), Cont.

Many diseases, such as diabetes, heart disease, and arthritis, are complex. They develop when genetic, environmental, and lifestyle factors work together to cause a disease process to start and then progress. The importance of these factors may differ for each person. AD is one of these complex diseases. It develops over many years, and it appears to be affected by a number of factors that may increase or decrease a person's risk of developing the disease. We have no control over some of the risk factors for AD.

Age is the most important known risk factor for AD. The risk of developing the disease doubles every 5 years over age 65. Several studies estimate that up to half the people older than 85 have AD and there are currently more than 34 million Americans who are now 65 or older. Even more significant, the group with the highest risk of AD—those older than 85—is the fastest growing population group in the country.

Genetics is the other known AD risk factor that a person can't control. Scientists have found genetic links to the two forms of AD. Early-onset AD is a very rare form of the disease that can occur in people between the ages of 30 and 65. If a parent has any of these genetic mutations, his or her child has a 50-50 chance of inheriting the mutant gene and developing early-onset AD.

Late-onset AD, the more common form, develops after age 65. In 1992, researchers found that certain forms of the apolipoprotein E (APOE) gene can influence AD risk.

Researchers are now intensively searching for other risk factor genes that may be linked to late-onset AD. Discovering these genes is essential for understanding the very early biological steps leading to AD and for pinpointing targets for drug development and other prevention or treatment strategies. It's also critical for developing better ways to identify people at risk and determining how AD risk factor genes may interact with other genes or with lifestyle or environmental factors to affect AD risk in any one individual.

What Can You Do?

There are some things that we can do about the possible AD risk factors. The effect on any particular person of risk factor changes will likely depend on his or her genetic makeup, environment, and lifestyle. Even though no treatments, drugs, or pills have yet been proven to prevent AD or even delay its development, people can take some actions that might reduce the effect of possible AD risk factors. These actions include:

- Eating a heart-healthy diet and exercising regularly to help maintain low cholesterol and blood pressure levels.
- Controlling diabetes.
- Engaging in social and intellectually stimulating activities.

All of these strategies are good to do anyway because they lower risk of other diseases and help maintain and improve overall health and well-being. However, it is important to remember that pursuing any of these strategies will not necessarily prevent or delay AD in any one individual. Even if the strategies were eventually proven to be effective, they might not offset a person's individual genetic and other risk factors enough to prevent AD from developing.

Get More Information

Becoming well informed is another important thing that people can do to protect their health. Health websites sponsored by the Federal Government are good sources of information, as are websites of large professional organizations and well-known medical schools. Some excellent Internet sources of AD and other health-related information for consumers are:

Alzheimer's Association: This nonprofit association supports families and caregivers of patients with AD and funds AD research.

Website: www.alz.org

City of Tacoma Employee Assistance Program (EAP): Here you can find information about AD and talk with a counselor for guidance and local resources.

Website: www.firstchoiceeap.com; Password: cityoftacoma

National Institute on Aging Information Center: This website features popular health topics for older adults, including a portal for information about AD research and support.

Website: <https://www.nia.nih.gov/health/alzheimers>

**Information in this section was adapted from the Alzheimer's Disease Education and Referral (ADEAR) Center.*

Recommended Webinars

Navigating the Health Food Maze — This webinar will review the health food claims by clarifying marketing around nutrition and health, as well as the curious fad diets. **July 16 from 11 to 11:30 a.m.** [Register today!](#)

Brain Boost — Find out how to protect your brain from natural wear and tear as you age with your food and lifestyle choices. **Aug. 14 from 12 to 12:30 p.m.** [Register today!](#)

Healthy Living for Your Brain & Body — Science can provide insights into how to make lifestyle choices that may help you keep your brain and body healthy as you age. Learn about research in the areas of nutrition, exercise, cognitive activity, and social engagement. [Watch the recording!](#)

Summer Hiking Options

Source: This information was provided by the Washington Trails Association. Please visit their website at wta.org for more information on hiking safety, etiquette, trail options and MORE!

The Washington Trails Association's (WTA) hiking guide is the most comprehensive database of hikes in Washington, and comprises content from eight guidebooks, user submitted info, and data compiled by WTA.

This is worth sharing again! Below is a random selection of Washington hikes that are both dog and kid-friendly and have a 4+ rating.

Bertha May and Granite Lakes

Where: South Cascades—White Pass/Cowlitz River Valley
Distance: 4 miles, roundtrip

Visit several charming lakes just south of Mount Rainier National Park using a pleasant little trail. Granite Lake is a beautiful place for a dip, while Bertha May and Cora Lake offer good fishing.

Beckler Peak

Where: Central Cascades—Stevens Pass—West
Distance: 7.6 miles, roundtrip

Hike a re-built trail adjacent to the Wild Sky Wilderness. The trail takes you through an old-growth forest to summit views of Glacier Peak, Baring, Index, the Monte Cristo Range, and Evergreen Mountain. It's easy to get to and provides great rewards for your effort. The trail has a gentle grade, it is well built, and suitable for kids.

Des Moines Creek Trail

Where: Puget Sound and Islands—Seattle/Tacoma Area
Distance: 4 miles, roundtrip

Hike along a steep-sided ravine with some highly eroded banks. Enjoy the deciduous forest with a few large trees, and appreciate the moss and ferns along the creek. There's also an option to extend your hike to include the historic district of Des Moines Beach Park, and stroll out onto the Des Moines Public Fishing Pier for the view.

Franklin Falls

Where: Snoqualmie Region—Snoqualmie Pass
Distance: 2 miles, roundtrip

Hiking with kids, new to hiking, or just looking for an easy day hike with a spectacular endpoint? Look no further than Franklin Falls! At just 2 miles and 400 feet in elevation gain, it is the perfect destination for any hiker.

Greenwater Trail to Lost Lakes

Where: Mount Rainier Area—Chinook Pass—Hwy 410
Distance: 12 miles, roundtrip

Take the trail less traveled by and visit some quiet lakes near Mount Rainier. Or, continue on to extensive views afforded by Noble Knob.

Heliotrope Ridge

Where: North Cascades—Mount Baker Area
Distance: 5.5 miles, roundtrip

If you'd like nose-to-nose access to Mount Baker, this first-rate woody walk delivers. Over a relatively short, well-maintained trail with mild elevation gain, you can be glacier-side in no time ... if the creek crossings allow.

Lacamas Park—Lacamas Creek

Where: Southwest Washington—Vancouver Area
Distance: 4.5 miles, roundtrip

Lacamas Lake Park is a diverse natural area. Picnic by the lake, check out the Camas meadow in bloom, or explore the forest and creeks along the many trails. This hike describes a "lollipop" loop starting at the south end of the park, visiting the Lower Falls, then circling around through the park past Round Lake and returning along Lacamas Creek.

Marmot Pass—Upper Big Quilcene

Where: Olympic Peninsula—Hood Canal
Distance: 11.5 miles, roundtrip

Marmot Pass offers great views and a gentle hike through old-growth forest as well as high meadows. It is a great day hike, but also offers a great starting place for a variety of overnight options.

RedBrick Sync Options

Simplify your progression towards your 1,000 points (deadline of Sept. 30, 2019) by syncing a device or app!

RedBrick Health App

First and foremost, we would like to remind you that there is a RedBrick Health app that you can easily use on-the-go. Download the app by going to your play store and searching "RedBrick Health" and then entering the sponsor "City of Tacoma".

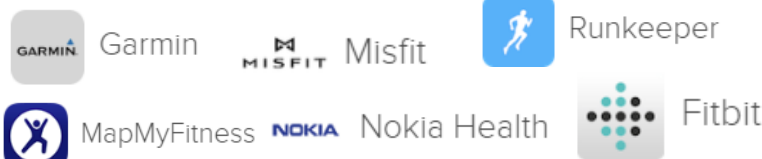
Apple Health App

This app syncs directly with the RedBrick Health app.

Google Fit

This single integration opens up an ability for Android users to also automatically pull data from over 40 other apps and devices such as Nike+ Run Club, various Under Armour apps, Strava and Polar devices. [See the full list here.](#)

Other Sync Options



Remember, as long as you get 30 minutes of physical activity or 3,000 steps a day, that is enough to earn daily points through Track ([2020 Incentive Requirements](#)).