

Wellness Newsletter

Augusta Technical College

January 2006 is National Volunteer Blood Donor Month

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Winter 2006—January

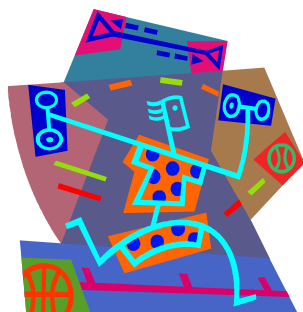
Blood is traditionally in short supply during the winter months due to the holidays, travel schedules, inclement weather and illness. January, in particular, is a difficult month for blood centers to collect blood donations. A reduction in turnout can put our nation's blood inventory at a critical low.

Every day in our country, approximately 38,000 units of blood are required in hospitals and emergency treatment facilities for patients with cancer and other diseases, for organ transplant recipients, and to help save the lives of accident victims. The goal is to help ensure that blood is available to patients whenever and wherever it is needed because it is the blood on the shelves that helps saves lives.

If you are at least 17 years of age (some states permit younger people to donate with parental consent), weigh at least 110 pounds and meet other donor requirements, you

may be eligible to donate blood. Celebrate National Volunteer Blood Donor Month by "Giving the Gift of Life" and encouraging others to donate as well.

<http://www.aabb.org/Pressroom/NVBDM01/nvbdm0101.htm>



Healthy Weight Week January 15-21, 2006

Traditionally Americans begin a diet the first week in January and "blow" it the second week. By the third week most reasonable people are ready to live in healthier ways and feel good about themselves again.

Healthy Weight Week celebrates a healthy non-diet lifestyle for everyone. It helps people move ahead to health-promoting habits they can live with the rest of their lives – sound habits that prevent eating and weight problems instead of intensifying them.

"Diets don't work. Neither do pills or potions. What works is to develop a sound, healthy lifestyle that allows excess weight to come off naturally. This takes time, but it is the healthy and lasting way to deal with weight," says Frances Berg, from the organization Healthy Weight Network.

Healthy Weight Week features two sets of awards: the Annual Slim Chance Awards, for the "worst" diet products of the year; and Women's Diversity Awards for businesses that honor size diversity in women.

<http://www.healthyweight.net/hww.htm>

National Health Observances January

- Cataract Awareness Month
- Cervical Health Awareness Month
- Healthy Weight Week (15-21)
- National Birth Defects Prevention Month
- National Volunteer Blood Donor Month



Inside this issue:

Healthy Recipe

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Websites To Checkout

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<http://www.aao.org>

<http://www.nccc-online.org>

<http://www.marchofdimes.com>

<http://www.healthyweightnetwork.com>

Veg-Head Three-Bean

2 tbsp olive or vegetable oil
1 med yellow onion, chopped
1 large red pepper, green pepper & jalapeno pepper, seeded & chopped
4 cloves garlic, crushed & chopped
1cup vegetable stock/broth
1 (32oz) can black beans
1 (14oz) can dark red kidney beans
1 tbsp ground cumin
2 tbsp chili powder
1 tbsp cayenne hot pepper sauce
1 tsp coarse salt

1 cup spicy vegetarian refried beans
Toppings:
8 oz (2 cups shredded) spicy Monterey jack or smoked cheddar
Chopped scallions, whites and greens
Diced fresh seeded plum tomato
Blue and red corn tortilla chips or black bean tortilla chips, for dipping
Over moderate heat, add oil to a deep pot and combine onion, peppers, and garlic. Sauté for 3-5 minutes to soften vegetables. Deglaze pan with broth, add tomatoes, black beans, red kidney beans, and stirring to combine. Season chili with cumin, chili powder, hot sauce, and salt. Thicken chili by stirring in refried beans. Simmer over low heat about 5-10minutes longer, then serve up bowls of chili and top with shredded cheese, scallions, and tomatoes. Place bowls on plates piled with assorted tortilla chips.

Recipe courtesy of Rachael Ray; Copyright© 2003 Television Food Network, G.P. ,
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