



January 2016

An exploration of health and wellness in and around our community.

A Breath of Fresh Air: Happy, Healthy Teams

As our culture becomes more health focused, we are encouraged to use our work breaks as an opportunity to exercise to get our blood pumping. However, physical activity doesn't have to be the singular focus of our break time. Taking a walk with co-workers can enhance comradery, spark creative brainstorming, and encourage team approaches to other aspects of work.



At DJJ's Central Office, many employees use their fifteen minute break to get a dose of sunshine and their lungs flushed with fresh air. They chat about work, life, and everything in between. In fact, The DJJ Healthy Way newsletter features are often developed out of enthusiastic team conversations during walk breaks. While not always fashion forward, keeping a pair of walking shoes and a positive attitude on hand can spark a healthy walk and a happy team.



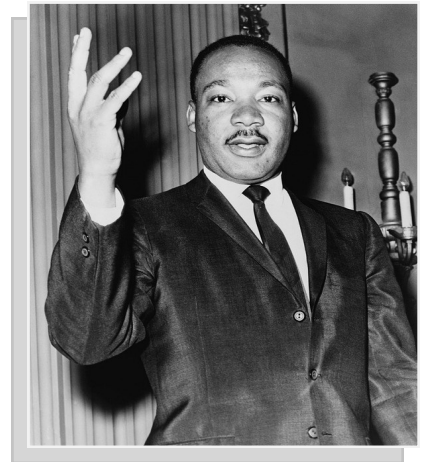
Walking isn't the only way to boost health and teamwork. At the Bob Richards RYDC, employees kicked off a challenge to participate in a seven day diet that nixed foods (such as sweets, sodas, and alcohol), required hydration, encourage healthy eating (fruit, vegetable and lean meat consumption), and encouraged a daily thirty minute workout. Several staff lost weight and one employee in particular stood out as he continued the diet beyond the challenge; Assistant Director of Security, Mr. Bill Ricks lost a whopping 80 pounds!

Congratulations to Bob Richards RYDC staff and Mr. Ricks on your outstanding initiative and accomplishment!

Experiencing Martin Luther King Jr. Day

On November 2nd, 1983, President Ronald Reagan signed a bill creating a federal holiday to honor Dr. Martin Luther King, Jr. Since 1986, Americans have taken this day to remember and honor the life, achievements, and memories of Dr. King. For Georgians, we're especially lucky to be so close to the monuments and memorials of this true American hero.

If you'd like to serve on your day off, visit www.allforgood.org and scroll down to "Find A Place to Serve," or contact Hands On Atlanta at 404-979-2820. If you'd like to observe on your day off, below is a list of events and places of interest in Atlanta.



What	When	Where
Martin Luther King, Jr., March & Rally	1/18, 1:15 pm	Peachtree and Baker Streets
MLK Day Commemoration	1/18, 10 a.m. (arrive very early)	Ebenezer Baptist Church (Marta/streetcar for easiest access)
MLK Museum Day at Atlanta History Center	1/18, Free all day	130 West Paces Ferry Road NW , Atlanta, 30305
The King Center		449 Auburn Avenue, NE, Atlanta, 30312 (Marta/Streetcar for easiest access)

Getting to Know Our Staff: DeShawn Henderson

DeShawn is an AOCI in the Office of Health Services.

I've been with the DJJ for: 1.5 Years

After work each day, you'll find me: Working out or skating

My advice for our youth: Never give up on your dreams, regardless of what anyone says

Interesting fact about me: I am terrified of deer and mascots!

My guilty pleasure TV shows are: Scandal & How to Get Away with Murder



Recipe of the Month:

Kale and Cannellini Smash

A fiber packed, heart healthy dish to kick start your perfect plate

Ingredients:

2 tablespoon olive oil

2 garlic cloves, thinly sliced

1/2 teaspoon red pepper flakes

2 15-oz. cans cannellini beans, rinsed & drained well

1 bunch kale, ribs removed, leaves torn into bite-size pieces

1/2 cup low-sodium vegetable or chicken broth

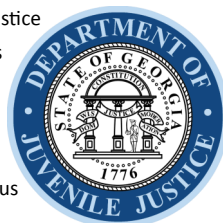
1 tablespoon fresh lemon juice

Directions:

Heat olive oil over medium high heat in a large skillet. Add garlic and red pepper flakes and cook, stirring until fragrant, about 30 seconds. Next, add beans and cook, stirring occasionally, until beans begin to blister, about 3 minutes. Using a spoon, lightly mash about half of the beans. Add kale and broth and cook, tossing often, until kale is wilted, about 2 minutes. Add lemon juice; season with salt and pepper. Serve mixture over whole grain toast or crackers.



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Spotlight on Food Trends: Cleansings & Detoxing

Cleanses and detoxes focus on the idea that, in order for you to achieve health goals, you must make a timed commitment to a diet of only juices, teas, or tinctures. Modern science tells us that we can survive otherwise.



Although it happens continuously, we probably aren't aware that our body is in a constant state of detoxification without us doing anything. Our liver, kidneys, skin, lungs, intestines are working in a coordinated effort to keep our bodies detoxified far better than any herbal tea diet or master cleanse, despite the powerful marketing that suggest otherwise. While quick weight loss from cleanses and detoxes can be alluring, what is not said often enough is how quickly weight is regained once ending the diet.

If you'd like to repent for holiday indulgences or simply start the year off on the right foot, you have better options. Ditch the deep fried comfort food and drive-through convenience for a while because there is no better treatment for your body than feeding it high quality fuel. Planning portioned controlled meals also goes a long way on the road to a healthy lifestyle. Meals packed with fresh produce, whole grains, lean protein, and low fat dairy will undoubtedly result in higher energy, weight management, and a feeling of accomplishment.

Have more questions? Feel free to contact your in-house registered dietitians!