



Not Just The Blues

Gender, Age and Depression

Depression has many faces, some of which may be masks. Actor Robin Williams tried to keep a happy face on his depression, but ultimately his feelings were too much to bear and he committed suicide. Actress Ashley Judd has been more open about her struggles with depression, writing in her 2011 memoir, *All That Is Bitter and Sweet*, about the 42 days she spent in a rehab clinic for depression. Williams' and Judd's stories remind

us about the seriousness of depression and how it affects different people in different ways.

Symptoms of depression often differ between men and women. In older people, depression symptoms like forgetfulness, trouble sleeping and changes in appetite are often mistaken for signs of aging.

No matter your age or gender, depression commonly produces feelings of sadness and a loss of interest in things once enjoyed. Knowing these and other symptoms of depression can be the first step in getting help for yourself or a loved one.

A Question of Gender

Women are about twice as likely as men to develop depression in their lifetimes, according to the National Alliance on Mental Illness. Hormone changes during puberty, pregnancy and menopause all increase a woman's risk for developing depression. Women also react differently to stress and anxiety than men, tending to stew over things and blame themselves for their feelings. Genetics, balancing work and home, and acting as a caregiver are also depression risk factors for women.

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ISSUE FOCUS

Mental Health

Upcoming Lab Schedule

Friday, Sept. 11
Wednesday, Sept. 23
Thursday, Oct. 8
Saturday, Oct. 10—Layton
Saturday, Oct. 17—Morgan

See page 5 for details

H2U Day Trip

Centerpoint Legacy Theatre
Saturday, Oct. 24
"Aida"

See page 8 for details

Don't Forget!

"42nd Street"
Saturday, Sept. 26, 2 p.m.
Capitol Theatre

Not Just the Blues

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Men suffering from depression, on the other hand, may feel ashamed or pressured to hide their feelings. Depression in men also can surface as anger, drinking too much, drug abuse, gambling or other risky behaviors that distract from or mask their feelings. That means depression can be hard to pinpoint and may be severe by the time it's recognized. This could be the reason that more men than women attempt suicide.

The Mask of Age

When people 60 or older are depressed, they rarely discuss their feelings with family, friends, caregivers or doctors, says the Geriatric Mental Health Foundation. Depression in

seniors is also underdiagnosed because symptoms like memory problems, slowed movements or speech, and withdrawing from society are seen as a normal part of aging. In fact, depression is not a symptom of age, though it may be a side effect of illness or medications. In those cases, treatment of the underlying illness or changing a medication can quickly improve symptoms.

Differentiating between grief and depression can be hard in older people since symptoms are similar. When a close friend or relative dies, feeling sad for a long time is normal. However, grieving people usually have moments of pleasure and happiness, while those experiencing depression constantly feel sad, empty or despairing.

If you or a loved one is experiencing symptoms of depression, don't ignore them. Depression is treatable. ■

Fight Depression

If you struggle with unrelieved feelings of sadness, hopelessness or anxiety, talk to your healthcare provider about how to alleviate them. Your doctor may recommend medication, counseling or both. There are also steps you can take to ease depression or prevent relapses:

- Get regular check-ups and treat any underlying conditions
- Stay active
- Keep up with friends and family
- Try making new friends
- Find a new hobby or activity
- Learn something new
- Get plenty of sleep
- Volunteer
- Spend time with children or pets ■

6 Secrets of the **Mentally Strong**

Some people just seem more resistant to adversity and more capable of dealing with stress. Studies show people who are mentally strong generally share characteristics like optimism, perseverance and even stubbornness. If those traits don't come naturally, you may still be able to increase your mental strength by learning and practicing the following behaviors.

1. Embrace change. Refuse to become complacent and stagnant, and embrace any change that comes your way. Mentally strong people recognize that change is inevitable and a part of life—they don't shy away from it.

2. Take responsibility. Don't blame others for a grouchy mood or bad day. Acknowledge that some things are out of your control and how you respond



is your choice. People who are mentally strong take responsibility for their behavior, thoughts, actions and feelings.

3. Look forward. Instead of clinging to “what could have been,” focus on the present and look to the future.

A desire to cling to the past can negatively affect your life, says *Psychology Today*. Thinking too much about past troubles, mistakes or missed opportunities can lead to feelings of anger, guilt, resentment or shame.

4. Keep trying. Don't give up the first time you fail. Adhere to the old motto: “If at first you don't succeed, try again.” Mentally strong people look at failure as a chance to grow and improve.

5. Celebrate others. Instead of feeling bitter or resentful when other people succeed or find happiness, celebrate with them. The mentally strong express genuine happiness for other people's successes or achievements.

6. Spend time alone. Don't rely on others for entertainment and happiness. When you're by yourself, use the time to reflect, plan or rest. Mentally strong people are content with being alone or with others. ■



Overcome Stress Eating

Beat Emotional Eating With A Few Simple Steps

When the going gets tough, many of us go straight to the fridge or pantry. That's because cortisol, the stress hormone, can trigger cravings for foods that activate our brain's reward system. Unfortunately, these cravings are often for the high-fat, salty or sweet foods that should only be enjoyed in moderation.

Emotional hunger—or stress eating—often causes us to seek immediate satisfaction by eating specific comfort foods like chocolate, pizza or potato chips. Succumbing to these urges may feel good at first, but often leads to feelings of shame and regret. If you find yourself reaching for potato chips or Rocky Road ice cream when you're feeling emotionally ragged, try these techniques to fight cravings.

Identify feelings that trigger overeating. Boredom, anxiety and loneliness are some examples. Then make a list of food-free activities to do when these feelings arise. For example, go for a walk, call a friend, or play a game on your smartphone, tablet or computer.

Stop before giving into a craving. Emotional hunger can strike suddenly and unexpectedly. Instead of immediately trying to satisfy cravings, delay action for 10 minutes. Sip water, take a walk or journal your feelings. Take some time to process your emotions and your cravings will probably pass.

Develop healthy habits. Stress is inevitable, but a healthier lifestyle will help you effectively manage whatever comes your way. Start by getting at least 8 hours of sleep at night, exercise for at least 30 minutes a day, and eat well-portioned, balanced meals. When you're living and eating healthily, a bump in the road isn't as likely to drive you toward the refrigerator. ■

Prescription: Exercise

Staying Active Linked to Better Mental Health

Exercise does more than improve physical health—it's good for mental health, as well. Running, lifting weights and aerobics are all linked to better mental health, cognitive function and self-esteem, says the *Journal of Clinical Psychiatry*. Here are four other benefits of staying physically active.

Exercise reduces symptoms of depression. Exercise releases chemicals in the body called endorphins, which can trigger positive feelings. Some studies suggest that regular exercise works as well as medication in reducing symptoms of anxiety and depression for some people.

(Source: *Anxiety and Depression Association of America*)



Exercise helps prevent cognitive decline. While

exercise won't cure Alzheimer's disease, it can help protect the brain from cognitive decline. Physical activity in midlife has been associated with a lower risk of dementia and Alzheimer's disease later in life. (Source: *Alzheimer's Research Center*)

Exercise boosts energy. If you're frequently tired, the last thing you probably feel like doing is exercising. But researchers have found that individuals who completed a regular exercise program reported less fatigue compared to those who did not exercise. (Source: *Psychotherapy and Psychosomatics*)

Exercise improves sleep. People sleep better if they get at least 150 minutes of exercise each week. Better sleep can also reduce symptoms of depression, anxiety disorders and ADHD. (Source: *Mental Health and Physical Activity*) ■

Calendar of Events: September

Walking Club at the
Newgate Mall
Tuesdays & Thursdays
8:30 a.m.

Sept. 4: Bunco, 11 a.m.
Sept. 10: Book Club, 10:30 a.m.
Sept. 11: H2U Blood Lab, 8 - 11 a.m.
Sept. 16: Chat 'N Chew, Eastern Winds,
11:30 a.m.

Sept. 17: Foot Clinic, 1 - 3 p.m.
Sept. 23: H2U Blood Lab, 8 - 11 a.m.
Sept. 26: "42nd Street" Capitol Theatre,
2 p.m.

Ogden Regional Medical Center Exercise Classes

5475 S. 500 E.
801-479-2075

Body Ball Yoga

Monday
9:30 - 10:30 a.m.
Oak Room
\$5 per session
Bring large stability ball.

Yoga

Tuesday and Friday
9:30 - 10:30 a.m.
Oak Room
\$5 per session

Tai Chi

Wednesday
9 - 10 a.m.
Oak Room
\$5 per session

Wasatch Physical Therapy & Fitness Exercise Classes

5349 S. Adams Ave., Suite A
801-479-9865

Pilates

Monday
4:30 - 5:30 p.m.
Thursday
5:30 - 6:30 p.m.

Smooth Cardio

Monday and Friday
8 - 9 a.m.

Zumba

Wednesday
8 - 9 a.m.
Thursday
8 - 9 a.m.

Smooth Movement

Monday, Wednesday and Friday
Noon - 1 p.m.

Social Activities

Book Club

Thursday, Sept. 10, 10:30 a.m.
H2U Classroom

September's book is *All The Light We Cannot See* by Anthony Doer. This is a story about a blind French girl and a German boy whose paths collide in occupied France as both try to survive the devastation of World War II. October's read is *Dead Wake* by Erik Lawson.

Chat 'N Chew

Wednesday, Sept. 16, 11:30 a.m.
Eastern Winds, 3740 Washington Blvd.
\$5 - 15

With more than 20 years in Ogden, Eastern Winds has been offering the finest in Chinese food.

Foot Services

Thursday, Sept. 17, 1 - 3 p.m.
H2U Classroom
\$15

Foot service includes: foot soak, toenail trim, nail smoothing, corn/callus buff and foot massage. The provider is unable to perform this service for those with a diabetic condition, foot wound or vascular disease. Appointments are required.

Call Jeanne at (801) 645-4111.

H2U Walking Club

Tuesdays and Thursdays, 8:30 a.m.
Newgate Mall

H2U Mall Walkers meet at Newgate Mall Food Court. Stop by anytime to join. Walk at your own pace in a comfort controlled environment that is safe for walking.



H2U Blood Labs

The road to better health is yours to travel. H2U will help you every step of the way by providing valuable screenings to aid with early detection or risk factors.

Schedule

On-Site Labs

8 - 11 a.m.

Oak Room

Friday, Sept. 11

Wednesday, Sept. 23

Thursday, Oct. 8

Offsite Blood Labs

8 - 11 a.m.

Saturday, Oct. 10

Layton Family Medicine

Saturday, Oct. 17

Morgan Health Ctr.

*H2U blood work is only available at these events.

H2U provides members the opportunity to have their blood drawn and tested at the H2U Annual Blood Labs. **No appointment necessary.** Select a day that works best for you, register at the event, receive your pre-printed label and have your blood drawn and tested. Make sure you drink plenty of water to avoid dehydration. For accurate results please do not eat anything 8 - 12 hours before your test. Take prescriptions as needed. A light refreshment will be available as you depart or visit the Ogden Regional Terrace Café just down the hall for an H2U breakfast special.

Lab Results

Lab results will be mailed to the H2U member's address within seven to ten days. It is the member's responsibility to

follow-up with their personal physician on lab results whether normal or abnormal. Even if you are healthy, it is a good idea to have your blood drawn for a baseline. We encourage members to compare their results year after year to track trends in your health.

Blood Testing Includes:

- Cholesterol (LDL, HDL, VLDL)
- Triglycerides
- Potassium
- Glucose
- Sodium
- Hemogram (blood cell count)
- Prostate (PSA) for men over 40



New Members

H2U membership is available to anyone 21 and older. New members can register the day of the blood labs and get their blood drawn. H2U membership is just \$20 a year or \$35 for a couple at the same residence. In addition to the free blood work, members also receive:

- Monthly Newsletter
- Free Flu Vaccine Shots
- Health Screenings
- Physician Presentations
- Exercise Classes, Social Events
- Travel and Discount Show Tickets

Members may renew the day of the event. Bring a friend or family member with you! Don't miss this opportunity to know your health numbers!

I Know a Song That Gets on Everybody's Nerves ...

Have a jingle stuck in your head? Researchers in England found the best method to get that melody out of your head: chewing gum. The study reports that people who chewed gum after listening to catchy songs ended up thinking less about the songs they'd just heard than people who didn't chew gum.



Delectable Mushroom Sauce

This flavorful sauce is not only easy and delicious, it also lends itself to many variations. Try tossing in fresh herbs like thyme, rosemary or chives. Finish off with a teaspoon or so of lemon juice or balsamic vinegar. For an Asian flare, sauté in peanut oil with a dash of sesame oil and add a tablespoon of soy sauce to the liquid. Stir in a pinch of dried red pepper if you like a little heat.

Ingredients

¼ cup extra virgin olive oil or half olive oil and half butter
 1 lb. button mushrooms, sliced
 1 oz. dried porcini mushrooms, reconstituted
 ¼ cup dry white wine and/or mushroom water
 1 tsp. minced garlic
 1–2 Tbsp. fresh parsley, chopped (optional)
 ¼ tsp. salt
 Fresh ground pepper to taste

Directions: Place porcini mushrooms in a glass bowl and pour about 1 cup of boiling water over them. Let sit for 20 minutes. Remove from water and chop, retaining liquid to use in sauce. (Or freeze liquid for homemade soup stock.)

Heat oil in a large skillet. Add mushrooms and sprinkle with salt and pepper. Cook, stirring occasionally until tender, about 10–15 minutes. Add wine and/or mushroom water. Reduce heat and let simmer for a couple of minutes until sauce thickens. Remove from heat and add parsley or other herbs. Serve as a side dish or topping for meat. For a main dish, spoon it over pasta and sprinkle with fresh Parmesan cheese. Makes 6 servings.

Nutrition info: Calories 114; Total Fat 9 g; Protein 4 g; Sodium 102 mg; Fiber 2 g; Sugars 2 g; Carbs 5 g ■

Just Say 'More' to Mushrooms

Everyone knows colorful veggies are dietary superstars, but in their own quiet, nondescript way, mushrooms also pack a lot of nutrition—and flavor. A member of the fungi kingdom, mushrooms are low in calories and a good source of B vitamins and minerals that are uncommon in other foods.

Mushrooms contain a type of fiber called beta glucan, which has been associated with lowering cholesterol, managing diabetes and preventing infections. Additionally, antioxidants such as selenium and vitamin D found in mushrooms are believed to ward off cancer.

While the thought of eating fungi may sound unappealing, there are many tasty

ways to incorporate mushrooms into your diet.

> Sauté mushrooms with diced onion for a quick and easy side dish.

> Add sliced, raw mushrooms to a green salad.

> Add diced or sliced mushrooms to a quiche or omelet.

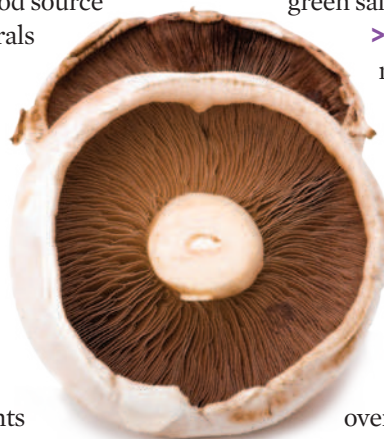
> Stuff portabella mushrooms with your favorite healthy ingredients and bake.

> Substitute mushrooms for meat in various dishes.

> Make a sauce to serve over meat, pasta, rice or potatoes. (See the recipe on the left!)

When purchasing mushrooms, choose ones that are firm, dry and unbruised.

Store them in the refrigerator, and don't wash or trim them until ready to use. ■



MONTHLY CHALLENGE:

Become a Mentor

You can make a big impact on someone's life by becoming a mentor. Good mentors help their protégés achieve goals, make better career and life choices, gain self-esteem and much more.

And those being mentored aren't the only ones benefiting from the relationship—mentors themselves often enjoy greater self-esteem, a sense of accomplishment, improved supervisory skills, and even more patience.

This month, step up to share your wisdom and guidance with an individual interested in being mentored. You only need to commit to a few hours a month, and opportunities will abound to make a positive difference.



Some options to consider: Spend time with youth through Big Brothers Big Sisters of America; share business advice through the entrepreneur mentoring group SCORE; or connect with others through schools, faith-based organizations or mentoring groups. On a less formal basis, you also can help guide someone at work or in your neighborhood. ■

Save Money on Prescription Drugs

Prescription drugs can be expensive, but with a little effort



you can avoid paying full price. Here are some tips to help you save:

> Ask your doctor for samples, especially if you're starting a new drug and want to be sure you can tolerate the drug before you pay to fill a prescription.

> Use generics when possible. They have the same active ingredients as their pricier brand-name counterparts.

> Check your health plan's formulary. Different medications for the same problem may have different co-pays.

> Search for coupons online, but note these are usually only available for expensive brand-name drugs and cannot be used with Medicare Part D.

> Consider mail-order medications, but only from a VIPPS-certified pharmacy. You'll probably get a better deal by ordering a 60- or 90-day supply.

> Use discount cards like H2U's CVS Caremark card, which comes in your member welcome kit. The CVS Caremark discount can be used when you don't have prescription insurance or a drug is not covered by your insurance. More than 60,000 pharmacies participate in the program. Learn more on the Discount pages at H2U.com.

> If you have Medicare Part D, review plan options during open enrollment, which starts in October and ends in mid-December. Compare plan premiums as well as the cost of drugs you use.

> To really cut prescription costs, adopt healthy habits. Exercise and a well-balanced diet can improve your health to the point that you may be able to reduce your need for pricey prescription meds. ■

All About Health ... All About You



Join H2U today, and we'll help you reach your health goals—and live life to the fullest! With H2U membership, you receive valuable resources you can use at home, at work or on the go, including these:

- * H2U magazines and newsletters
- * Online library, health tools and other resources at H2U.com
- * National savings on travel, health services, gifts and more
- * Benefits at local affiliated hospitals

Learn more at www.h2u.com.



MEMBER APPLICATION

New Member Renewing Member Date _____

Membership Term (check one) 1 year for \$20 2 years for \$35 (Best Value!)

First Name _____ MI _____ Last Name _____

Address _____

City/State _____ Zip Code _____

Home Phone (____) _____ Cell Phone (____) _____

Email Address _____

Gender Male Female Date of Birth _____

If you'd like to join the H2U program at a local, H2U-affiliated hospital, please enter the hospital's name here. _____

(Members who do not belong to a local program still receive all the national H2U benefits.)

Payment Type (Check one)

Check or money order payable to H2U enclosed

Visa/MasterCard/AmEx/Discover (#) _____

Credit Card Expiration Date Month _____ Year _____

Signature _____ Date _____

Print Name (as it appears on credit card) _____

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With the submission of my membership application, I understand that \$8 of my annual membership fee contributes to the H2U Magazine subscription. Memberships are non-refundable and non-transferable, and privileges are subject to change without notice. Special rates for two-person households are available. Contact H2U at (800) 771-0428 for more information. For additional new member applications, please photocopy this form or download forms at H2U.com.

Upcoming Trips

Scenic Route to Rose Parade

Dec. 28 - Jan. 1

Deposit: \$250 pp/\$500 couple

Cost: \$1,428 pp Dbl Occ. (Includes round trip airfare from Salt Lake to San Francisco)

Travel from Highway 1 from San Francisco to Los Angeles.

Highlights:

- San Francisco Cable Car & Harbor Cruise
- Golden Gate Bridge
- Guided Tour Hearst Castle
- 17 Mile Drive
- Highway 1

Make check payable to Knight Tours & Cruise.

Hawaiian Island Cruise

April 23 - May 7, 2016

15-Day Cruise on the Celebrity Solstice

Deposit: \$600 per person \$1,200 couple

Cost: \$2,995 pp Dbl. Occ.-Inside

\$3,194 pp Dbl. Occ. for Window

\$394 pp Dbl. Occ. for Balcony

(Includes round-trip airfare from SLC-Honolulu)

Highlights:

- Three nights in Waikiki
- Pearl Harbor Tour
- Stanley Park Tour (Vancouver)
- Pikes Market Tour

Makes check payable to Brian Judd Tours.

H2U Day Trip to "Aida"

Saturday, Oct. 24

11 a.m. - Bus depart from Women's &

Children's lobby to lunch at Iggy's

2:30 p.m. - Showing of "Aida"

5 p.m. - Return to ORMC

\$52 (bus, lunch, play and tips)

Join H2U for a day trip to lunch at Iggy's in Centerville and Elton John's Classic "Aida" at Centerpoint. Please call 801-479-2075 for reservations



**Mail travel payments to: Attn: Trudy, Ogden Regional H2U
5475 S. 500 E., Ogden, UT, 84405.**



Flu Vaccine

The flu vaccine is offered free to H2U members annually (as available). If you have easy access to the vaccine through work, a physician, senior center, or otherwise, we suggest you take advantage of the early opportunities, especially if you are high risk due to age or illness.

H2U will be offering the 4-in-1 Fluzone Quadvalent vaccine in October. Once the vaccine arrives, H2U members will immediately be notified of the flu clinics via a newsletter insert or a postcard. New members 21 and older may join at the event and receive the vaccine.