

HEALTH SERVICES PROTECTION PLAN

FEBRUARY 2017

The Health Benefits of Strong Relationships

For many of us, the holidays mean family gatherings, getting together with friends, and participating in special religious, community, and workplace activities. Such occasions are an opportunity to check in with each other, exchange ideas, and perhaps lend a supportive ear or shoulder.

Social connections like these not only give us pleasure, they also influence our long-term health in ways every bit as powerful as adequate sleep, a good diet, and not smoking. Dozens of studies have shown that people who have satisfying relationships with family, friends, and their community are happier, have fewer health problems, and live longer.

What Makes Social Connection Healthful?

Scientists are investigating the biological and behavioral factors that account for the health benefits of connecting with others. For example, they've found that it helps relieve harmful levels of stress, which can adversely affect coronary arteries, gut function, insulin regulation, and the immune system. Another line of research suggests that caring behaviors trigger the release of stress-reducing hormones.

Research has also identified a range of activities that qualify as social support, from offers of help or advice to expressions of affection. In addition, evidence suggests that the life-

enhancing effects of social support extend to give as well as to receiver.

All of this is encouraging news because caring involvement with others may be one of the easiest health strategies to access. It's inexpensive, it requires no special equipment or regimen, and we can engage in it in many ways.

What Counts?

The quality of our relationships matters. For example, one study found that midlife women who were in highly satisfying marriages and marital-type relationships had a lower risk for cardiovascular disease compared with those in less satisfying marriages. Other studies have linked disappointing or negative interactions with family and friends with poorer health. One intriguing line of research has found signs of reduced immunity in couples during especially hostile marital spats.

Having a network of important relationships can also make a difference. A large Swedish study of people ages 75 and over concluded that dementia risk was lowest in those with a variety of satisfying contacts with friends and relatives.

http://www.health.harvard.edu/newsletter_article/the-health-benefits-of-strong-relationships

Consultant of the Month Chase Brown



Chase became a consultant in June 2015 at our Roseburg office. He wanted to give back to the community and help people enjoy their life again. "Helping people achieve their goal to hear again, and watching them become successful doing that, makes me excited to help as many patients as I can."

PCC of the Month Haillee Fuqua



Haillee works in our Roseburg office with her consultant Chase. She works hard not only to insure Chase and her patients get the best care possible, but also to teach her daughters that hard work can be very rewarding. She also enjoys teaching small classes to children. Her motto is, "Playing is not just for kids!"

RASPBERRY SWEET ROLLS

INGREDIENTS:

For the dough:

2 packages yeast (4 1/2 teaspoons),
dissolved in 1 cup lukewarm water
6 tablespoons shortening (Crisco)
1 cup granulated sugar
9 cups unbleached all-purpose flour
2 cups hot water
2 eggs, beaten
1 tablespoon salt

For the filling:

1/2 cup softened butter
1/2 cup light brown sugar
3 1/2 cups frozen raspberries
1/3 cup granulated sugar
Zest of 1 large lemon
1 1/2 teaspoons cornstarch

For the frosting:

4 ounces cream cheese,
at room temp
1/4 cup unsalted butter,
room temp
1 cup powdered sugar
1 teaspoon lemon zest

Yield: Makes 24-30 rolls

Cook Time: 17 Minutes



DIRECTIONS:

1. Add yeast to 1 cup of lukewarm water. Stir with a spoon and set aside for about five minutes.
2. In the bowl of a stand mixer, add shortening, sugar, and salt to hot water and beat for 30 seconds. Let cool to lukewarm temperature. Stir in 2 cups of flour and mix until smooth. Add yeast mixture and mix until well combined. Mix in the beaten eggs.
3. Gradually stir in the remaining flour and mix with the dough hook for about 2 minutes. Remove dough from the bowl and place on a lightly floured counter. Knead by hand, add a little flour if the dough is still sticky. Knead until dough feels satiny and smooth.
4. Put the dough in a greased bowl and cover with a towel. Let rise for 30 minutes or until dough doubles in size.
5. Remove dough from bowl and place on a lightly floured counter. Divide dough in half. With a rolling pin, roll one half of the dough into a rectangular shape. Spread dough evenly with 4 tablespoons of softened butter. Sprinkle dough with 1/4 cup brown sugar. In a medium bowl, carefully stir together the frozen raspberries, granulated sugar, lemon zest, and cornstarch. Sprinkle half of the raspberry mixture over the dough.
6. Gently roll up dough into one long roll. Cut rolls, using a piece of dental floss or thread, about two inches thick. Place rolls into a greased 9X13 baking pan.
7. Now follow the exact same steps with the other half of the dough, using the remaining ingredients.
8. Place rolls in a warm spot and cover with a towel. Let rolls rise until double in bulk, about an hour. Bake rolls at 425 degrees F for 10 minutes. Reduce temperature to 350 degrees F and bake for 7-10 more minutes or until golden brown. If the tops are browning too much and the centers aren't done, you can cover with foil and bake for a few more minutes. Remove pans from oven and let cool on a wire rack.
9. While the rolls are cooling, make the frosting. In a medium bowl, combine cream cheese, butter, powdered sugar, and lemon zest. Using electric mixer, beat until smooth. Spread frosting on rolls and serve.