



September 2024 Newsletter

## Secrets to a Long Healthy Life

September is designated as Healthy Aging Month, focusing on the positive aspects of growing older, and encouraging everyone to take personal responsibility for their health.

Here's a question related to aging: Do you think you'll live to be 100? Use the Life Expectancy Calculator to get an estimate. About one in every 5,000 people in the U.S. is a centenarian, someone who's 100+ years old, and about 85% are women. Experts say that about 25-30% of longevity can be attributed to genetics, but the rest relates to where you live, your diet, how much you exercise, and your support network of friends and family.

You can add years to your life expectancy by making improvements in diet and activity levels. Those who study centenarians offer these tips to improve your odds:

Dr. Perls, director of BU's New England Centenarian Study, talks about why some people live to be 90+ years old.

He offers five daily practices that can increase your longevity:

- 1. Manage your stress levels
- 2. Get good sleep
- 3. Eat healthy
- 4. Exercise often
- 5. Refrain from smoking

Go to [www.NexGenEAP.com](http://www.NexGenEAP.com) to explore some aging-related self-help tools, including:

- **Aging and Elder Care Resources** – Healthy aging, memory loss, daily living & more
- **Late Life Planner** – Retirement planning, wills, insurance, and financial matters
- **Eldercare Locators** – Find local assisted living, nursing homes, in-home services & more
- **Caregiver Resources** – Counseling, wellness, information resources & more
- **Wellness & Physical Health** – Healthy aging, diet, fitness & more

## Get your flu shot early!

- September and October are the best times for most people to get vaccinated.
- This season, all flu vaccines will target the four flu viruses that research indicates will be most common.
- The annual flu vaccine is recommended for everyone 6 months and older, but it is most important for people at higher risk of flu complications.

## Featured Benefit for September



**Personal & Professional Coaching** – Coaching can be complementary, independent of, or an introductory step to therapy.

Coaching helps employees develop healthier, more sustainable, and less costly behaviors that drive improvements personally and professionally.

[Flyer Here](#)



# September Observances

- 9/4 – Labor Day
- 9/15 - 10/15 – National Hispanic Heritage Month
- 9/18 - 9/22 – Falls Prevention Week
- National Suicide Prevention Month
- National Preparedness Month
- World Alzheimer's Month

## Suicide Prevention Month

The stigma around mental health care can cause individuals to delay or avoid seeking care. Suicidal thoughts, much like mental health conditions, can affect anyone regardless of age, gender or background. In fact, suicide is often the result of an untreated mental health condition. Suicidal thoughts, although common, should not be considered normal and often indicate more serious issues.

September is Suicide Prevention Month — a time to raise awareness of this stigmatized, and often taboo, topic. We use this month to shift public perception, spread hope and share vital information to people affected by suicide. Our goal is ensuring that individuals, friends and families have access to the resources they need to discuss suicide prevention and to seek help.

### The importance of conversations

To bring suicide rates down, it's important to have open and honest conversations. It's also important to dispel any myths. For example, a common misconception is that talking about suicide may increase the risk. However, studies show the opposite is true. Talking about suicide helps mobilize support, increases the likelihood of proper treatment, and sheds the stigma

### Help is here

For anyone experiencing difficult emotions or for anyone looking to help a loved one who may be struggling, reach out to your Assistance Program to speak with a mental health clinician for personalized support and compassionate care.

[Suicide Prevention Toolkit Here \(Google Drive\)](#)

## Accessing Your EAP Google Drive

As a **PLUS Member** you have a dedicated Google drive with access to articles, self-care techniques, coping tools, tip sheets and more —anytime, anywhere.

### JUST ADDED:

- Step Wisely Falls Prevention
- Balance during burnout
- Conflict deescalation tips
- Delegating your To-Do List
- Becoming an effective mentor

[Access Drive Here](#)

Questions or concerns?  
Contact Jennifer Mills  
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## Learn More!



*Scan the QR code with your device or smart phone to explore more of your employee benefits!*



### How to Scan a QR Code

1. Open the camera app.
2. Select the rear-facing camera in Photo mode.
3. Center the QR code you want to scan on the screen and hold your phone steady for a couple of seconds.
4. Tap the notification that pops up to open the link. (You will need to be connected to the internet to do this.)

