

GOOD for you

Health and Wellness
for Magna Employees

Generosity It's In Our Blood



Every minute of every day, someone in North America needs blood, plasma or platelets to survive. One unit of blood can help as many as three people. A pint of blood can mean the difference between life and death.

In 2014, Magna Corporate in Aurora, Ontario was invited to join the Canadian Blood Services 'Partners for Life' program, an initiative designed to bring blood donor awareness into the workplace.

We were delighted to surpass our initial pledge of 25 units and end the year with 47 units donated. This year we're aiming higher with a pledge of 80 units, and with the support we've been getting from employees, it shouldn't be hard to attain.

Senior Tax Manager, Rob Moore Ede, was instrumental in initiating the corporate endeavor. He recalls his first time donating blood: "The engineering pub sold first time donors a pint of beer for a dollar. I was a 'first time donor' many times over the next few years." Rob has a wonderful sense of humor, but in reality, he had many visits to the hospital during his youth for allergy-related injections. "It was a minor issue for me, but I saw that there were lots of people, including kids my age, who had far more serious needs for being at the hospital. When I donated years later, I felt as if I was helping them out." Rob has since donated 62 times.

Kent Flemming, Corporate HSE Coordinator for Magna International, made his first donation when he was in high school.



"They used to arrange clinics in the gym and cots were everywhere. You didn't have to go to class and there were cookies and drinks. It was a social gathering, the 'in thing' to do, but gave us a sense of contributing to society."

- KENT FLEMMING

Kent has given blood 44 times, officially. "I started donating before they started counting," he clarifies, and tries to give blood as close to the 56 day allowance as possible. Between long work hours, family life and kite-boarding, how does the family man find the time? "It only takes about an hour of your time every two months. Not a big deal."

Donating, whether it's money to a local charity or a pint of blood, can have intangible benefits. Knowing that you're making a difference in the lives of others can help strengthen your tie to the community, exposes you to neighborhood resources and even has some unexpected health benefits:

Above: Dave Deonarine (left) and Rob Moore Ede

continue reading

"If blood has a high viscosity, or resistance to flow, it will flow like molasses," says Phillip DeChristopher, MD, Ph.D, Director of the Loyola University Health System blood bank. Repeated blood donations may help the blood flow in a way that's less damaging to the lining of the blood vessels and could result in fewer arterial blockages. That may explain why the American Journal of Epidemiology found that blood donors are 88% less likely to suffer a heart attack.

Magna employees from around the world know the benefits of donating blood. Jack Crawford from Norplas Industries, Ohio started giving at age 16.



"It can be scary to sit in a chair while someone sticks you and takes your blood. But once you realize that an hour of your time and a pint of your blood could give someone else the chance to live because of a choice you make, it's one of the best feelings in the world. It's an easy way for me to feel like a hero."

- JACK CRAWFORD

His colleague at Norplas, Pete Wojtkowiak, a 24 time donor, also got his start during a high school blood drive. Why did he get involved? "To meet girls, of course," he jokes. Pete adds, "Someday you or someone you love will need it. Give it while you can."

"A regular donor has safe blood because they get periodic health surveys and tests," says 40 time donor Maxim Titov, from Magna Exteriors in Kaluga Russia. He's absolutely right. Before your blood is released into the blood bank, it's sent off to a lab where it will undergo a series of tests for infectious diseases, like HIV and West Nile virus. If anything comes back positive, you'll be notified.

Tom Koralewski, a Tooling Tech at TEAM Systems Ohio, experienced this first hand when he was turned away from a blood drive because his heart was in AFib (atrial fibrillation). "I didn't even know I had a problem," he says. On their recommendation, he saw his doctor and was diagnosed with a thyroid issue. "So not only does your donation save lives, it might in some way help you, too."

STORY CONTINUED ON PAGE 4

IN THIS ISSUE

PAGE ONE

Generosity: It's In Our Blood

PAGE TWO

The Top Three Health Numbers You Should Know

PAGE THREE

Put Down the Salt Shaker
Feet First

PAGE FOUR

Hummus for real
Generosity: It's In Our Blood, continued

More Generous Magna Employees



ALEXANDER NIKISHOV, Magna Exteriors, Kaluga Russia, 86 time donor: "Even donating once, you save a life."



CHARLES DUSZYNSKI, a TEAM Systems Quality Engineer has been giving blood since 1989. "My father was a recipient. I felt that I should give back to the Red Cross for them helping him in a time of need."



VICTOR GRISHUNIN, Magna Exteriors, Kaluga Russia, first donated out of simple curiosity. He's since given blood about 20 times.



DEAN PARKS, of Norplas Industries, Ohio, 70 donations. "If you are able to give, I encourage you to do it."



VERA MANOKHINA, Magna Exteriors, Kaluga Russia: "My first blood donation was for a child with hemophilia." She has since donated 59 times.



DANIELLE DELGADO, TEAM Systems: "Yes, I'm afraid of needles... I still donate every chance I get." Danielle, a 17 time donor, advises others with needle-aversion to "just close your eyes, don't look and take a deep breath."



RUSLAN MOISEEV of Magna Exteriors, Kaluga Russia – 275 time donor!

the
top 3

HEALTH NUMBERS YOU SHOULD KNOW

Sources heartandstroke.com, webmd.com

Beside your height and weight the top three numbers you should know are your blood pressure, cholesterol levels, and waist circumference.

Do you know your numbers?

1

BLOOD PRESSURE

Blood pressure is a measure of the pressure of force of the blood against the walls of your arteries.

High blood pressure is the number one risk factor for stroke and a major risk factor for heart disease.

Normal adult values for blood pressure are between 120/80 and 129/84. The first number (systolic) represents the pressure when your heart contracts and pushes blood out. The second number (diastolic) is the lowest pressure when your heart relaxes in between beats. If your blood pressure is over 140/90 you are considered to have high blood pressure.

2

CHOLESTEROL

Cholesterol is one of the fats in our blood. It is used in our body for making cell membranes, vitamin D and some hormones. There are several types of cholesterol of which the total cholesterol, LDL ("lousy" cholesterol) and HDL ("healthy" cholesterol) are the most important to know. Too much LDL in the blood can promote the buildup of plaque in artery walls, which can lead to heart disease and stroke while too little HDL also increases your risk.

Ideally, your cholesterol levels should be:

	MEN	WOMEN
HDL (Healthy) Cholesterol	1.2 mmol/L (46 mg/dl) or higher	1.4 mmol/L (55 mg/dl) or higher
LDL (Lousy) Cholesterol	3.0 mmol/L (115 mg/dl) or lower	3.0 mmol/L (115 mg/dl) or lower
Total Cholesterol	5.2 mmol/L (200 mg/dl) or lower	5.2 mmol/L (200 mg/dl) or lower

3

WAIST CIRCUMFERENCE

Waist circumference is a better predictor than your weight or body mass index (BMI) for heart disease risk. If your waist size is close to or above the following cutoffs for your gender and ethnicity, then you are at increased risk of heart disease, diabetes, metabolic problems, high blood pressure and abnormal cholesterol.



Caucasian, Sub-Saharan African, Eastern Mediterranean and Middle Eastern



South Asian, Chinese, Japanese, Malaysian and Central American

*these measurements do not apply to pregnant or nursing women, those under the age of 18 or over 65.

The Heart and Stroke Foundation tells us how to take a proper waist measurement:

1

Clear your abdominal area of any clothing, belts or accessories. Stand upright facing a mirror with your feet shoulder-width apart and your stomach relaxed. Wrap the measuring tape around your waist.

2

Use the borders of your hands and index fingers – not your fingertips – to find the uppermost edge of your hipbones by pressing upwards and inwards along your hipbones.

Tip:

Many people mistake an easily felt part of the hipbone located toward the front of their body as the top of their hips. This part of the bone is in fact not the top of the hip bones, but by following this spot upward and back toward the sides of your body, you should be able to locate the true top of your hipbones.

3

Using the mirror, align the bottom edge of the measuring tape with the top of the hipbones on both sides of your body.

4

Make sure the tape is parallel to the floor and is not twisted.

5

Relax and take two normal breaths. After the second breath out, tighten the tape around your waist. The tape should fit comfortably snug around the waist without depressing the skin.

Tip:

Remember to keep your stomach relaxed at this point.

6

Still breathing normally, take the reading on the tape.



Knowing your numbers can keep you informed on the status of your health. If you are in normal range for these 3 measures, good for you! If not, use this as an opportunity to turn your lifestyle around. Healthy eating, exercise and avoiding smoking can improve your numbers dramatically.

FAST FIX
for fatigue

If you experience mild fatigue that isn't linked to a medical condition, you may want get moving.

Research shows that tired, healthy adults can get a significant energy boost from a modest exercise program. One study showed that riding a stationary bike for 20 minutes a day, 3 days a week at a mild pace was enough to overcome fatigue.

PUT DOWN THE SALT SHAKER



Salt is actually 2 minerals combined; sodium and chloride. It is the sodium in salt that is a cause for concern. Canadians consume about 3400 mg of sodium a day, which is more than double the amount that we need to stay healthy. Too much sodium can lead to high blood pressure, a major risk factor for stroke, heart attack and kidney disease.

WHERE DOES OUR SODIUM COME FROM?

77%

of the sodium we consume is from the processed foods that we purchase at the grocery store

11%

is added at the table or while cooking

12%

comes from sodium that naturally occurs in foods such as milk, meat, poultry, shellfish, bottled water and tap water.

Take a look at the following list of high sodium foods:



TABLE SALT,
BAKING SODA,
AND BAKING POWDER



BOUILLON CUBES,
POWDERED BROTHS, SOUPS,
AND GRAVIES



SOY SAUCE,
OTHER SAUCES,
AND SALAD DRESSINGS



YEAST EXTRACT SPREAD
(Marmite)



SALAMI,
BACON, AND CURED MEATS



SUN-DRIED TOMATOES



CHEESE



SNACK FOODS
(pretzels, cheese puffs, and popcorn)



PICKLED FOODS



SALTWATER CRAB

It is recommended that children (over 1 year) and adults limit their salt intake to 1000–1500 mg of sodium per day.

HOW TO REDUCE THE SALT IN YOUR DIET

1 Read food labels – check out the Nutrition Facts table that will include the amount of sodium in one serving. If there is no Nutrition Facts table look at the list of ingredients. Ingredients are listed from top to bottom according to the amount in the food product. Watch for salt, monosodium glutamate, baking soda, disodium phosphate and sodium nitrate

2 Look for low, reduced, or salt-free products

3 Cook with no salt or less salt – try using lemon, lime juice, or spices and herbs such as garlic, onion, or sage to add flavor to your food

4 Keep the salt shaker off the table

5 Limit processed foods – choose fresh foods more often, such as chicken breasts over packaged chicken fingers

6 Use in moderation: salad dressings, condiments and sauces

7 Limit ready-to-eat convenience foods and fast foods

8 Select unsalted, fat-free broths, bouillons or soups – try unsalted chicken cooking stock for 80% less sodium than most other broths

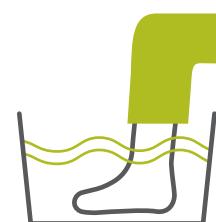
Source hc-sc.gc.ca

FEET FIRST

Let's face it, after a long day working on your feet there is nothing better than a nice, relaxing foot massage.

For one thing, it feels great. But massage also makes your feet healthier. It is a great preventative strategy to exercise muscles and encourage blood flow, which will help to prevent injuries in the future. Learn how to massage your own feet for a relaxing unwind to your day. Once you master it, you can even teach someone to do it for you!

1



Before any foot massage, relax your foot muscles by warming them up. You can do this with a heating pad or by soaking them in warm water.

2



Begin the massage by propping one foot up on the other leg's knee and turning the sole of your foot in towards you.

3



Spread moisturizing cream on the sole of your foot or your hands and use your thumbs to massage the soles in a deep, circular motion.

4



Start at the area just behind your toes and work backwards to your heels. Focus your efforts on one small area at a time. Once you've covered the entire sole, turn your foot over and massage the top, still using your thumbs.

5



Now it's time for your toes. Give each toe a slow, gentle tug. Massage it by twisting its sides, working from the base of the toe outward; then wiggle it back and forth.

If you would like a more intense massage that will further increase circulation, try these tricks:

- Pinch along the outside edges of your foot
- Gently pound the sole with a relaxed fist; follow this with a stroking motion along the length of the sole
- Use both hands to twist the foot in opposite directions, wringing it like a sponge
- If one spot on your foot is tight and achy, instead of massaging it, just press down hard on the spot with your thumbs, hold for several seconds, then release
- You may also want to try a cream or rub that contains menthol during your foot massage for a refreshing touch

Source health.howstuffworks.com/wellness/hygiene-tips/how-to-care-for-your-feet5.htm

HUMMUS *for real*



INGREDIENTS

1 pound Slow Cooker Chickpeas, cooled
See recipe on right
2 cloves garlic, minced
1 ½ teaspoons kosher salt
5 tablespoons freshly squeezed lemon juice
¼ cup water
½ cup tahini, stirred well
¼ cup extra-virgin olive oil, plus extra for serving
Powdered sumac, optional

DIRECTIONS

1. Place the chickpeas, garlic, and kosher salt in the bowl of a food processor. Process for 15 to 20 seconds. Stop, scrape down the sides of the bowl, and process for another 15 to 20 seconds. Add the lemon juice and water. Process for 20 seconds. Add the tahini. Process for 20 seconds, then scrape down the sides of the bowl. With the processor running, drizzle in the olive oil.
2. To serve, transfer the hummus to a bowl and drizzle with additional olive oil and sprinkle with sumac, to taste, if desired.

Slow Cooker Chickpeas

7 cups water
1 pound dry chickpeas, sorted and rinsed
¼ teaspoon baking soda

Place the water, chickpeas, and baking soda in a 2 ½-quart slow cooker. Cover and cook on high heat for 4 hours, or on low heat for 8 to 9 hours, or until tender. Drain and serve immediately, or use in desired dish.

NUTRITIONAL ANALYSIS

Per ¼ cup serving:

257 calories
12 g of total fat
1 g of saturated fat
10 g of protein
30 g of carbohydrates
5 g of sugar

Recipe courtesy of Food Network's Alton Brown, 2010. Read more at: foodnetwork.com/recipes/alton-brown.

Generosity: It's In Our Blood

STORY CONTINUED FROM COVER

Claudia Maddalena, Financial Manager with the Corporate Tax Group, was recruited by colleague Rob Moore Ede. "Being a mother has changed my mindset," Claudia explains. "It's no longer about me. If I can help another child, mother, father, or brother, than the world can be a little happier. For years the fear of needles had me avoiding shots, blood work, etc... but then I imagined the sick individuals who need blood transfusions and how brave they are in the face of surgery, chemo and all other invasive procedures."

FOR MORE INFORMATION:

CANADIAN EMPLOYEES:

Find a donor clinic in your area through the Canadian Blood Services website, www.blood.ca. If you'd like to become a champion at your division, email our Partners-for-Life regional representative, Elaine St. Pierre at elaine.stpierre@blood.ca.

US EMPLOYEES:

For more information on donating blood in your area, visit redcrossblood.org, americasblood.org or unitedbloodservices.org.

 Magna employees around the world are generously giving. For more employee experiences, please visit our website magnawellness.ca.

 **JENNIFER CHARLES**, Medical Administrator at the Magna Health Centre, was initially motivated by curiosity. "I wanted to know what my blood type was," says this 14 time donor. "And I thought it was an easy way to help others in need."



ALEXEY KOTSENKO, Magna Exteriors, Kaluga Russia, 3 time donor: "This is neither scary nor painful as it might seem at first."

We would love to hear from you!
Send your suggestions / comments to:

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