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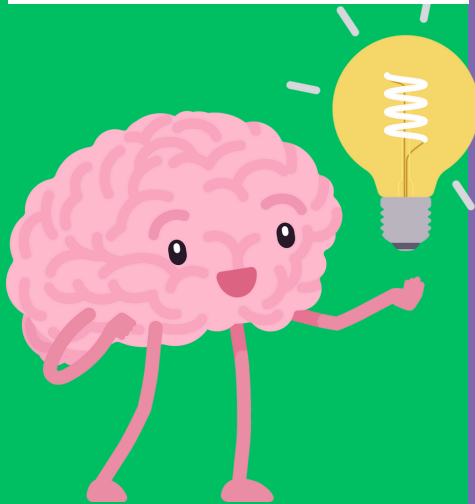
The B.E.E.T Newsletter

June 2025/ Vol 6



Don't Forget About Your Brain!

Your brain is your body's control center— Your brain health matters!



The cerebrum supports remembering, problem solving, thinking, and feeling.

The cerebellum regulates coordination and balance.

The brain stem controls functions such as breathing, digestion, heart rate, and blood pressure.

FOR BOTH SHORT-TERM AND LONG-TERM BENEFITS...FOCUS ON THE FOLLOWING POSITIVE ACTIONS TO KEEP YOUR BRAIN HEALTHY:

- Eat a balanced diet.
- Be physically active.
- Monitor your blood pressure, glucose, and cholesterol levels.
- Prioritize sleep.
- Engage in brain-boosting activities, such as learning a new skill.
- Don't start smoking, vaping, or using tobacco products, and quit if you do.
- Protect your head from injury.

Men's Health Week 2025

The purpose of Men's Health Week is to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys.

This week gives health care providers, public policy makers, the media, and individuals an opportunity to encourage men and boys to seek regular medical advice and early treatment for disease and injury.

Is Man-o-pause real?

Men's testosterone levels generally fall about 1% a year after age 40. But most older men still have testosterone levels within the standard range. Only about 10% to 25% of men have levels thought to be low.

Low testosterone levels in older men often go unnoticed. A blood test can check testosterone levels. However, tests aren't often done. And many men who have low testosterone levels have no symptoms. Also, the signs and symptoms related to low testosterone aren't specific to low testosterone.

A person's age, medicines or other conditions can cause symptoms. For example, having a body mass index of 30 or higher can cause symptoms like those of low testosterone.

Symptoms that suggest low testosterone include:

- Lowered sexual desire and activity
- Erectile dysfunction or decreased erections
- Breast tenderness or swelling.
- Infertility
- Height loss, low-trauma broken bones, called fractures, or low bone mineral density
- Hot flashes or sweats

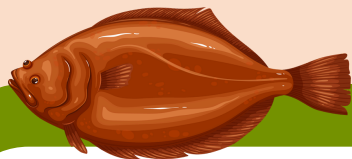
Supporting Men's Health in the Workplace

Men are less likely than women to seek routine medical care or engage in preventive health practices (CDC, 2022), often leading to late diagnoses of serious conditions like heart disease, hypertension, and diabetes—top causes of death and disability among men (American Heart Association, 2023). In the workplace, these conditions can drive absenteeism, reduced productivity, and higher healthcare costs.

Mental health is just as important. Men frequently encounter stigma and professional pressures that discourage open dialogue around stress, anxiety, and depression, yet they're less likely to seek support and more likely to die by suicide (NIMH, 2023). Promoting access to mental health resources, employee assistance programs (EAPs), and fostering a culture of psychological safety can improve morale and retention.

Employers play a key role. Encouraging exercise, balanced nutrition, sleep hygiene, and regular screenings helps reduce age-related risks and supports long-term well-being. Corporate wellness initiatives—like gym memberships, on-site screenings, and health education—can empower men to take charge of their health.

Investing in men's health is an investment in a stronger, healthier workforce.



Halibut and Broccoli

Makes 4 servings

- 3 cups small broccoli florets (fresh or frozen)
- 1 tablespoon olive oil or coconut oil
- ¼ cup finely ground almonds
- 2 teaspoons minced fresh tarragon or basil (or 1 teaspoon dried)
- 1 pound halibut filets (cut into 4 filets)
- ½ cup low-sodium chicken broth
- ½ cup lemon juice
- ¼ teaspoon sea salt
- ¼ teaspoon ground black pepper

Nutrition (per serving):
Calories: 228
Fat: 10 g
Saturated Fat: 1 g
Cholesterol: 36 mg
Sodium: 207 mg
Carbohydrate: 7 g
Fiber: 3 g
Protein: 28 g

1. Steam broccoli until slightly tender, but not too soft. While broccoli is cooking, heat oil over medium heat in a large skillet.

2. In a pie plate, mix together ground almonds and herbs. Coat each halibut filet with the almond-herb mixture and place in pan.

3. Cook halibut filets for about 4 minutes on each side. Transfer to a serving dish and cover loosely to keep warm.

4. Add chicken broth or fish stock to skillet. Use a wooden spoon to scrape up any bits that may still be stuck to the pan. Stir in the cooked broccoli, lemon juice, sea salt, and black pepper.

5. Remove cover from halibut. Spoon broccoli, with juices, on top of halibut filets and serve.

Tip: If desired, serve garnished with fresh or dried herbs.

Dehydrated Kale Chips

Makes 12 servings (1 serving=½ cup)

- 2 bunches kale (Dino or curly varieties)
- ¼ cup olive oil
- ¼ teaspoon sea salt

Nutrition (per serving):
Calories: 45
Fat: 5 g Saturated Fat: 1 g
Cholesterol: 0 mg
Sodium: 83 mg
Carbohydrate: 1 g
Fiber: 0 g
Protein: 0 g

1. Rinse kale and pat dry. Cut away kale from large main veins and chop into 2- inch pieces.

2. Place chopped kale into a mixing bowl. Pour ¼ cup of olive oil over the chopped kale, and toss well to coat. Massage the olive oil and salt into the kale for about 3 minutes. (Can put it in a plastic bag and shake it up first.)

3. Place kale evenly over dehydrator trays. Close the dehydrator and turn on.

4. Dehydrate for 2 hours at 145° F.

Black Bean Hummus

Makes 5 servings (1 serving=1 ½ cup)

- 1 can (15 ounces) black beans, drained & rinsed
- 1 clove garlic
- 2 tablespoons lemon juice
- 2 tablespoons tahini
- 1 teaspoon cumin
- 1 teaspoon sesame oil 1 teaspoon olive oil
- ¼ cup chopped roasted bell peppers (optional)
- ¼ teaspoon sea salt

1. Puree all ingredients in a food processor. Add water if needed.

Tip: Serve with vegetables, pita bread, or seed crackers.



Nutrition (per serving):
Calories: 124
Fat: 5 g
Saturated Fat: 1 g Cholesterol: 0 mg
Sodium: 259 mg
Carbohydrate: 17 g
Fiber: 5 g
Protein: 6 g



Writing for Wellness



Scan the QR code for
the June playlist!



As the year reaches its midpoint and the days stretch longer, what am I leaving behind—and what am I stepping into?

Use this question as a journaling prompt or creative exercise to explore personal growth, clarity, or the emotional shifts that come with seasonal change. Whether you write a list, a letter to yourself, or a short story, the goal is to make space for inner check-ins that support your well-being.



JUNE BIRTHDAYS

Patricia Kimber June 7th
Paulette Spener June 12th
Dibyendu Karmakar June 14th
Saran Traore June 14th
Destiney Feliciano June 28th



Boots on the Ground: Line Dancing for Your Health

Line dancing isn't just fun—it's fitness. Rooted in Black Southern traditions, line dancing offers a full-body workout that supports heart health, balance, and memory.

Whether you're at a trail ride or a cookout, those synchronized steps keep you moving—and connected. No gym, no equipment. Just rhythm, repetition, and real joy.

So pull on your boots, hit the floor, and stay hydrated. Your body will thank you.

Ready to move? Scan the QR code below for a beginner-friendly Boots on the Ground tutorial that breaks down the trail ride line dance, step by step.



Federal Holidays in June

Juneteenth National Independence Day
June 19

Juneteenth commemorates the emancipation of enslaved Black Americans in the United States. First observed in Texas, it became a federal holiday in 2021.



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- IFM.org Recipes
- Centers for Disease Control and Prevention. (2022). Men's Health. <https://www.cdc.gov/men/index.htm>
- American Heart Association. (2023). Men and Heart Disease. <https://www.heart.org>
- National Institute of Mental Health. (2023). Men and Mental Health. <https://www.nimh.nih.gov/health/topics/men-and-mental-health>



B.E.E.T members

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