

EMPLOYEE WELLNESS

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Inland Northwest Wellness Coalition (509) 232-8142

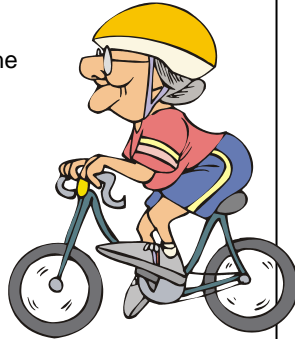
October 2006

Aim for Health

OCTOBER IS NATIONAL PHYSICAL THERAPY MONTH

This year's National Physical Therapy Month is focusing on proper bike fit. Whether for recreation or competition, proper bike fit minimizes discomfort and helps to prevent pain and injury. The American Physical Therapy Association offers these tips:

- Change hand position on the handlebars frequently for upper body comfort. Keep a controlled but relaxed grip of the handlebars.
- When pedaling, your knee should be slightly bent at the bottom of the pedal stroke. Avoid rocking your hips while pedaling.
- Be sure the saddle is level. A forward-tilting saddle can cause too much weight on your hands, arms, and lower back. If the seat is tilted backwards, you may place undue strain on your lower back.
- Good flexibility of the hamstrings, quadriceps, and gluteal muscles is crucial. Proper stretching, balance, and flexibility exercises help with coordination of cycling-related skills such as breaking and cornering.



More fitting tips at: www.apta.org

Your Safety

DRIVING SAFELY IN WINTER WEATHER

The leading cause of death during winter storms is transportation accidents. Many accidents could be avoided if drivers took time to learn and practice these tips for driving safely during snowy and icy conditions.

Perhaps the deadliest danger of all is "black ice." Black ice forms on roadways, usually due to snow melting and re-freezing. Since it is almost invisible, drivers fail to recognize black ice and drive at normal speeds, often resulting in serious accidents. Always be alert to the possibility of black ice when temperatures are near or below freezing. Pavement that looks dry but appears darker in color and dull-looking should alert you to the presence of black ice.

Failing to allow yourself enough time to stop is a major cause of accidents. During slippery conditions stopping distances can triple. Driving at a slower speed, anticipating stops at traffic lights and intersections, and applying brakes sooner than normal will help ensure accident-free stops. When braking, brake carefully with short, rapid application of the brakes. Allow plenty of extra space between you and other vehicles to minimize the need for quick stops.

Acceleration, turning, and passing also present dangers during winter. Accelerate slowly to avoid loss of traction and subsequent loss of control. Turn slowly, with caution, to avoid sliding into a stationary object or the path of an oncoming vehicle. Avoid sudden movements. Pass with care because passing lanes are not maintained as well as driving lanes.

Other winter driving safety tips:

- Always use your seatbelt.
- Turn on your headlights during adverse weather conditions. Overcast skies and falling snow limit visibility. It is important to see and be seen.
- Like all the signs say, bridges and overpasses freeze before the roadway. Use extra caution on these.
- Get plenty of rest and adequate nutrition. Don't drive while you're sleepy or on medication that causes drowsiness.
- Check fluid levels, tire pressure, lights, and the battery. Have a mechanic give your vehicle a winter check-up and make any necessary repairs.
- Stock an emergency kit containing heavy clothes and a blanket, traction material such as sand or kitty litter, tire chains, a small shovel, first aid kit, flashlight, jumper cables, and a bright cloth to use as a flag.

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ALCOHOL AWARENESS

How can you tell whether you may have a drinking problem? Answering the following four questions can help you find out:

- Have you ever felt you should cut down on your drinking?
- Have people annoyed you by criticizing your drinking?
- Have you ever felt bad or guilty about your drinking?
- Have you ever had a drink first thing in the morning (as an "eye opener") to steady your nerves or get rid of a hangover?

One "yes" answer suggests a possible alcohol problem. If you answered "yes" to more than one question, it is highly likely that a problem exists. In either case, it is important that you see your doctor or other health care provider right away to discuss your answers to these questions. He or she can help you determine whether you have a drinking problem and, if so, recommend the best course of action.

Even if you answered "no" to all of the above questions, if you encounter drinking-related problems with your job, relationships, health, or the law, you should seek professional help. The effects of alcohol abuse can be extremely serious—even fatal—both to you and to others.

www.niaaa.nih.gov/Publications

Calendar of Events

WALK YOUR CHILD TO SCHOOL

DAY

October 4th

APPLE FESTIVAL

Through October 29th at Greenbluff

Spend weekends enjoying a large variety of apples, fresh pressed cider and other produce, live music, craft booths, corn and straw mazes, animals, and more.

Call (509) 238-1258, or www.GreenbluffGrowers.com

HOME IDEAS SHOW

October 13-15; Friday 12-8pm, Sat. 10am-8pm, Sun. 11am-5pm; Cost \$3.00

At the Spokane County Fair & Expo Center

Call (509) 939-8017

THE PUMPKIN BALL

October 21 at the Group Health Exhibition Hall – 334 West Spokane Falls Boulevard

Black tie fundraising gala to benefit the Vanessa Behan

Crisis Nursery and Sacred Heart Children's Hospital

Cost is \$150.00 each, Corporate tables for eight are \$2000.00

HALLOWEEN TREAT OPTIONS THAT KIDS WILL LOVE

- Small boxes of raisins or other dried fruits
- Packaged cheese and crackers
- Individual sized yogurt pretzels
- Single serving of hot chocolate mix
- Goldfish crackers
- Sugar-free gum
- Granola bars
- Graham or animal crackers
- Trail mix
- Corn nuts
- 100% fruit juice boxes or fruit leather
- Coupons from local businesses
- Stickers or party favors
- Pencils
- Temporary tattoos
- Glow sticks



AUTUMN VEGETABLE SUCCOTASH

- ¼ cup unsalted butter
- 1 cup onion, cut into ¼ -inch dice
- 2 cloves garlic, finely chopped
- 2 cups red bell peppers, cut into ¼ -inch dice
- 2 cups, zucchini, cut into ¼ -inch dice
- 2 cups, yellow summer squash, cut into ¼ -inch dice
- 3 cups, frozen lima beans
- 3 cups, fresh or frozen corn kernels
- 2 Tbsp, fresh sage, coarsely chopped

In a skillet over medium-high heat, melt butter. Add onion; cook until translucent (2 minutes). Add garlic, bell peppers, zucchini, squash, lima beans, and corn.

Season as desired; cook, stirring, until vegetables are tender (10 minutes). Stir in sage, and serve.

Serves 8 / Nutrition per serving: Calories 250, Fat 7g, Saturated fat 4g, Cholesterol 15g, Sodium 101 mg, Carbohydrates 44g, Fiber 9g, Sugar 8g, Protein 9g, Vitamin A 130%, Vitamin C 170%, Calcium 6%, Iron 15%

www.cdc.gov/nccdphp/dnpa/5ADay/recipes/index.htm