

EMPLOYEE WELLNESS

Volume 5, Issue 7

Inland Northwest Wellness Coalition (509) 232-8142

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Aim for Health

HEALTHY AGING

Myth: Health inevitably declines as we get older.

Reality: People of any age can improve their health by adopting healthy behaviors:

- **Live well** - Healthy lifestyle behaviors, such as being physically active, eating a healthy diet, and not smoking, are more influential than genetic factors in helping older people avoid the deterioration traditionally associated with aging.
- **Get screened** - Screening to detect chronic diseases early in their course, when they are most treatable, can save lives.
- **Get your shots** - About 36,000 people aged 65 or older die each year of influenza and invasive pneumococcal disease. Immunizations can reduce a person's risk for hospitalization and death from these diseases.
- **Prevent falls** - Falls are the most common cause of injuries to older adults. More than one-third of adults aged 65 or older fall each year, and of those who fall, 20%–30% suffer moderate to severe injuries that decrease mobility and independence.

www.cdc.gov

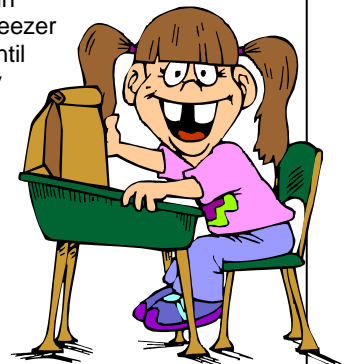
YOUR COMPANY'S NAME

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Your Safety

LUNCH-PACKIN' FOOD SAFETY

- Always keep it clean. Wash your hands with warm water and soap. Use hot, soapy water to make sure food-preparation surfaces and utensils are clean. Teach your children to wash their hands with warm water and soap before they eat. Also, rinse fresh fruits and vegetables under running tap water and blot dry with a paper towel before packing them in your child's lunch.
- Be sure to keep hot foods such as soup, chili or stew hot by using an insulated bottle. Fill the bottle with boiling water and let it stand for a few minutes. Empty the bottle and then fill it with piping hot food. Keep the bottle closed until lunchtime.
- Insulated, soft-sided lunch totes are best for keeping perishable food cold, but metal or plastic lunch boxes and paper bags can also be used. If using paper bags, create layers by double bagging to help insulate the food. After lunch, discard all used food packaging. Do not reuse paper or plastic bags.
- A cold source, such as a small frozen gel pack or frozen juice box, should be packed with perishable food in any type of lunch bag or box. Freezer gel packs will keep foods cold until lunchtime, but are not for all-day storage.
- Tell your child to use the refrigerator at school, if one is available. If not, make sure he or she keeps the lunch out of direct sunlight and away from radiators, baseboards and other heat sources found in the classroom.
- Any perishable food (such as meat, poultry, egg sandwiches, fresh-cut fruits and vegetables) not eaten at lunch should be thrown away.
- Have a supply of shelf-stable foods for easy packing. These include crackers, peanut butter sandwiches, packaged pudding and canned fruits or meats.
- If you make sandwiches the night before, keep them in the refrigerator until packing up to go in the morning.



WHAT YOU NEED TO KNOW: CHOLESTEROL

- Cholesterol is a fat-like substance that is made in your body. Cholesterol is also in some foods that you eat. Your body needs some cholesterol to work the right way. Your body makes all the cholesterol it needs.
- Lowering cholesterol is important for everyone—young, middle-aged, and older adults, and both men and women.
- Eating too much saturated fat and cholesterol raises the level of cholesterol in your blood.
- Too much cholesterol in your blood can build up in the walls of arteries. This is called plaque.
- There are no signs or symptoms of high blood cholesterol. Many people don't know that their cholesterol is too high.
- It is important that everyone age 20 and older get their cholesterol checked at least once every 5 years.
- Many people are able to lower their cholesterol levels by eating a low saturated fat and low cholesterol diet, exercising, and losing weight if needed.

www.nhlbi.nih.gov

Calendar of Events

SENIOR WELLNESS CONFERENCE

September 7, 2006

7:30am-4:30pm

Spokane Community College-Mission and Greene
509-326-1471 or PED1@netzero.com

APPLE FESTIVAL

Sept 16-Oct.29 – Spend weekends at Greenbluff enjoying a large variety of apples, fresh pressed cider and other produce, live music, craft booths, corn and straw mazes and animals. Free. www.greenbluffgrowers.com

VALLEYFEST!

September 22,23, and 24

Mirabeau Park-10814 E. Broadway - Free

A kid pleasing parade on Friday evening! On Saturday, music, arts, and crafts. On Saturday and Sunday, an Arts Show at CenterPlace and Loggingfest Timber Sports. Trailfest on the Centennial Trail is on Sunday.

NUTRITIOUS LUNCHES

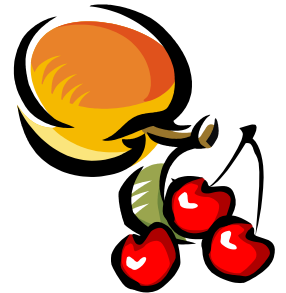
Healthy lunches are important for children, helping them concentrate and learn. Encourage children to help prepare their own lunch and to make a list of the foods they enjoy. Don't forget to set a good example with your own lunch.

Some great foods to put in a lunch box:

- Fresh fruit
- Crunchy vegetables
- A meat or protein food such as slices of lean meat, a hardboiled egg, or peanut butter
- A calcium-rich food such as cheese sticks or slices, milk or yogurt
- Whole-grain food such as bread, a roll, pita or flat bread, crackers, or popcorn
- Water and milk are the best drinks for children. 100% fruit juices are okay occasionally. Juice drinks, sports drinks, flavored mineral waters, and pop soft are high in sugar, increase the risk of tooth decay, and may contribute to an unhealthy weight.

APRICOT CHERRY COBLER

8 fresh apricots (1 lb), sliced
1/3 cup sugar
2 cups pitted fresh cherries (½ lb)
1 tbsp flour
1 cup all-purpose flour
½ cup yellow cornmeal
¼ tsp salt
1½ tsp plus
1 tsp sugar
2 tsp baking powder
½ tsp grated orange peel
4 Tbsp unsalted butter, chilled
¾ cup non-fat milk



Heat oven to 375°F. Combine apricots and 1/3 cup sugar; set aside.

Combine cherries and 1 Tbsp flour; set aside. Combine remaining dry ingredients; reserve 1 tsp sugar. Stir in orange peel. Cut in butter until mixture resembles coarse meal. Add milk; stir just to moisten dry ingredients.

Combine fruit in buttered 1½ quart baking dish; spoon batter over top. Sprinkle with remaining sugar. Bake 25 to 30 minutes or until golden brown. Cool slightly and serve.

Serves 8 / Nutrition per serving: Calories 190, Fat 6g, Saturated fat 4g, Cholesterol 15g, Sodium 220 mg, Carbohydrates 31g, Fiber 2g, Sugar 21g, Protein 3g, Vitamin A 25%, Vitamin C 10%, Calcium 10%, Iron 6%

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