

EMPLOYEE WELLNESS

Volume 6, Issue 1

Inland Northwest Wellness Coalition (509) 232-8142

January 2007

Aim for Health

OPPORTUNITIES TO GET FIT!

Spokane Public Schools is offering adult fitness classes designed to meet the needs of busy schedules and to keep everyone a bit healthier. Classes are now open to all! Each class provides a qualified and certified instructor to teach proper movements, tone muscles, improve flexibility and build cardio respiratory endurance – at a very affordable price. New classes are starting in January, see below for times and locations.

Pilates – \$60.00 for the entire 11-week session!

Bemiss Elem. Gym	4–5:00	T,TH	1/16– 3/28
Browne Elem. Gym	4–5:00	M,W	1/17– 3/27
Sheridan Elem. Gym	5:15-6:15	T,TH	1/16– 3/28

Spinning / Circuit Training –

\$80.00 for the entire 11-week session!
North Central HS fitness center
5:00-6:15 M,W,TH 1/17-3/27

Yoga –

\$55.00 for the entire 11-week session!
Jefferson Elementary Gym
4:15-5:15 M,W 1/17–3/27

For more information please email

heidib@spokaneschools.org



Your Safety

GIVE YOUR HOME A SAFETY CHECK-UP

If there are children in your home, or visiting:

- Look for small things children can choke on – keep them out of reach.
- Keep knives, glasses and scissors out of reach.
- Cover electrical outlets that are not in use.
- Install smoke alarms on every level of your home and in every sleeping area. Test once a month.
- Plan and practice several ways to escape from each room if a fire starts. Identify a safe place to meet outside.
- Lock up matches, lighters and gasoline.
- Keep space heaters away from curtains, beds and papers.
- Never put electrical cords under rugs.
- Keep the hot water heater at low-medium or less than 120 degrees.
- Never leave a child unattended in the bath.
- Keep toilet lids closed and locked, and doors to bathrooms and utility rooms closed, when not in use. Put razors, curling irons and hair dryers out of reach.
- Lock up potential poisons out of children's reach, including cleaning supplies, pet food, medicine, vitamins, beer, wine and liquor.
- Read labels and follow directions when giving medicine to children.
- Know which houseplants are poisonous and keep them out of reach.
- Install carbon monoxide detectors in every sleeping area and test monthly.
- Make sure heating systems are vented outside and checked every year.
- Keep furniture away from windows. Install guards or stops on windows that are not emergency exits.
- Install safety gates at the top and the bottom of stairs.
- Never use baby walkers.
- Keep emergency numbers by every telephone.
- Call 911 if a child is choking, collapses, can't breathe or is having a seizure.
- If you suspect a child has been poisoned, call 1-800-222-1222.

YOUR COMPANY'S NAME

- ☛ Your Company's Info
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JANUARY IS THYROID AWARENESS MONTH

The thyroid gland is a small, butterfly-shaped gland found just below the Adam's apple. It makes thyroid hormones that affect the function of many of the body's organs including the heart, brain, liver, kidneys and skin. More than 8 out of 10 patients with thyroid disease are women.

Hypothyroidism symptoms:

Fatigue, mood swings, forgetfulness, weight gain, depression, hoarse voice, heavy menses, dry coarse skin and hair, constipation.

Hyperthyroidism symptoms:

Heat intolerance, sweating, menstrual disturbance, weight loss, impaired fertility, alterations in appetite, mental disturbances, frequent bowel movements, sleep disturbances, changes in vision, tremors, fatigue and muscle weakness, thyroid enlargement.

Over 27 million Americans - more than the number of Americans with diabetes and cancer combined - have overactive or underactive thyroid glands, but more than half remain undiagnosed. Check with your healthcare provider about getting screened.

Calendar of Events

"IS YOUR HOME HEALTHY FOR YOU AND YOUR FAMILY?"

January 10; Free; 6-6:30 Dinner, 6:30 - 8:30 Presentation
Valley Hospital Health and Education Center
Presenter: Leyna Odell, B.S., CHES - with the American Lung Association.
Call 509-232-8138 for registration and information.

NATURAL WELLNESS FAIR

January 13-14 – Saturday 10-8, Sunday 11-6
Spokane Community College Lair
\$5.00; Call 244-1712 or www.healthbeautyshow.com

"I KNOW I NEED TO EXERCISE, BUT . . ."

Do you have diabetes or pre-diabetes?
January 16; 6-8pm; Free; Pre-registration required.
Deaconess Health and Education Center
Call 509-232-8145 for information and registration.

WINTERFEST 2007

January 20; 8am – 10pm
Deer Park Civic Center and City Hall
Frostbite 5K footrace, breakfast, Outhouse race, treasure hunt, free children's activities, chili cookoff, music, bonfire, dance, art exhibit, karaoke, book sale, & much, much more.
More info: 276-2006, or go to
http://deerparkchamber.com/Area_Events1.htm

BOOST YOUR MOMENTUM & ENJOY YOUR JOB MORE

Doing your best not only increases your self-confidence, it ultimately brings you success. But, sometimes it's hard to stay focused and energetic. By practicing the following tips, you'll feel happy and satisfied that you have done your best.

Challenge yourself

Set goals for yourself to find your maximum potential. Make yourself an expert in a specific area. The knowledge you gain will make you a valuable resource to others. No matter how much you have done something, you can always get better. You will be amazed at the gratification you get when you reach your new goal.

Add order to your life

You get things done, but maybe not in the most orderly manner. Perhaps the monotony of your routine has lessened your enthusiasm for staying organized. Step back and look at how you accomplish each task. Find ways to improve and share your ideas – making your job much easier.

Show you care

It's time for another meeting and you find yourself anxious to let out your frustrations. Stop and question whether your complaints are for the greater good of the department or just minor problems that can be solved by other means. Be a positive influence on others' attitudes. By complimenting your coworkers for their successes, you will find yourself more excited about your own.

You have only one life, so make the best of it. Don't settle for mediocrity. If you strive to be on top, before you know it, you'll find yourself there!

www.umich.edu/~fasap

APPLE RAISIN FLAPJACKS

3 egg whites
1 cup fat-free milk
2 cup reduced fat buttermilk baking mix
4 medium Granny Smith apples
(peeled, cored and coarsely chopped)
1 cup raisins
½ tsp nutmeg



In large bowl, whisk whites until foamy; whisk in milk, then stir in baking mix. Add remaining ingredients; mix just to blend. Heat griddle or heavy skillet over medium heat; coat with vegetable cooking spray.

Portion batter onto griddle with 1/4-cup measure. Cook until nicely browned, turning once, about 3 minutes on each side. Serve hot with maple syrup or nonfat yogurt.

Serves 4 / Nutrition per serving: Calories 450, Fat 2g, Saturated fat 1g, Cholesterol 0g, Sodium 55 mg, Carbohydrates 107g, Fiber 8g, Protein 5g, Vitamin A 2%, Vitamin C 15%, Calcium 8%, Iron 8%

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