

EMPLOYEE WELLNESS

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Spokane Regional Health District • 509.324.1500

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Aim for Health

PROMOTE HEALTH & WELLNESS WHERE YOU WORK

The Centers for Disease Control and Prevention offer five “toolkits” as part of their “Healthier Worksite Initiative.” They include:

- General Workforce Health Promotion
- Nutritious Eating
- Physical Activity
- Preventive Health Screenings
- Healthy Choices

With these toolkits you can encourage employees to use the stairs, measure the “walkability” of your building and location, plan an employee health fair, establish discounts for employees at health clubs, plus much more.

All are available on their website at:

www.cdc.gov/nccdphp/dnpa/hwi/index.htm



YOUR COMPANY'S NAME

- ☛ Your Company's Info
- ☛ Your Company's Info
- ☛ Your Company's Info

Your Safety

KEEP YOUNG CHILDREN SAFE FROM POISONING

- Put the poison control number, 1-800-222-1222, on every home phone and save it on your cell phone.
- Keep all drugs in childproof medicine cabinets that young children cannot reach.
- Turn on a light when you prepare medicines for children so that you know you have the correct amount of the right medicine.
- Avoid taking medicine in front of children because they often copy adults.
- Never call medicine “candy.”
- Be aware of any drugs that guests may bring into your home. Do not let guests leave drugs where children can find them (in a pillbox, purse, etc.).
- Never leave children alone with household products or drugs. If you have to do something else, such as answer the phone, take any young children with you.
- Do not leave household products out after using them. Return the products to a childproof cabinet as soon as you are done with them.
- Identify poisonous plants in your house and yard and place them out of reach or remove them.
- Read how to prevent lead poisoning.

What to do if a poisoning occurs

1. Remain calm
2. Call 911 if you have a poison emergency and the victim has collapsed or is not breathing. If the victim is awake and alert, dial 1-800-222-1222. Try to have this information ready:
 - the victim's age and weight
 - the container or bottle of the poison if available
 - the time of the poison exposure
 - the address where the poisoning occurred
3. Stay on the phone and follow the instructions from the emergency operator or poison control center.

WHAT A DIFFERENCE A FRIEND MAKES...

Myth: Once people develop mental illnesses, they will never recover.

Fact: Studies show that most people with mental illnesses get better, and many recover completely.

Myth: Mental illnesses are brought on by a weakness of character.

Fact: Mental illnesses are a product of biological, psychological, and social factors. Social influences, like the loss of a loved one or a job, can also contribute to the development of various mental health problems.

Myth: I can't do anything for a person with mental illness.

Fact: You can do a lot, starting with how you act and speak. You can create an environment that builds on people's strengths and promotes understanding.

Find out more: www.whatadifference.samhsa.gov/index.html



TIS THE SEASON FOR A LITTLE SPICE

Adding a few new spices and herbs to your kitchen can help you create flavorful ethnic-inspired dishes at home. Most of these ingredients can be found in your local grocery store.

Basil • This versatile herb is used in a many cuisines, including Italian and Thai. Add fresh or dried basil to sauces, soups, and stir-fries.

Cilantro • Cilantro's fresh flavor complements hot foods. This makes it great in spicy Asian, Latin American, and Caribbean dishes. Toss with lime, onions, and tomatoes for a quick pico de gallo.

Curry powder • Common in Indian dishes, curry powder is several spices combined—coriander, cumin, turmeric, fenugreek, ginger, garlic, nutmeg, red pepper. Different curries have special spice blends - use to season vegetables, including peas, squash, potatoes, broccoli, or spinach.

Ginger • Peppery and slightly sweet, ginger is used in many Asian and Indian dishes. Use fresh gingerroot in stir-fries, salad dressings, and steamed vegetables. Choose ginger powder for baked goods.

Hoisin sauce • Also known as Peking sauce, Hoisin sauce is used mainly in Chinese cooking. Add to vegetable stir-fries and rice dishes.

Calendar of Events

HEALTH BEAUTY SPA SHOW

January 5-6; Spokane Community College Lair
Experience a buffet of healthy cooking ideas, sample spa sessions to include massage, skin care, anti-aging treatments, hair removal, manicures, airbrush tanning, hairstyles, facials and more. Cost is \$5.00.
509-218-6519 / www.healthbeautyshow.com

MEET THE MUSICAL FAMILIES

January 19; 2-3:15 pm; Fox Theater
Do you like to bang, pluck, buzz and blow on real instruments? You can do this and more at this "instrument petting zoo" being held before the first Family Concert in the Fox Theater, which features music by the instrument families of the Orchestra. Call for more information: 624-1200 or www.spokanesymphony.org

SOUPER BOWL SNOWDAY FOR WOMEN

February 3, 10 a.m. – 1:00 p.m.
Mt. Spokane State Park – Selkirk Lodge
Cross country ski race and guided ski and snowshoe tours followed by tasty soup and bread, benefitting the Women's and Children's Free Restaurant.
Questions call (509) 869-4136

BABA GHANOUSH

Use this popular Middle-Eastern dish as a dip or spread. Serve with pita bread or use on a sandwich in place of mayonnaise.

- 2 large eggplants (1¼ lbs)
- 2 Tbsp tahini
- 4 cloves of garlic, peeled and crushed
- ½ cup diced onion
- 1 cup chopped tomato
- 3 Tbsp fresh lemon juice or more to taste
- 4 Tbsp cold water
- ¼ tsp salt
- 1/8 tsp freshly ground black pepper
- ½ tsp olive oil



Pierce the eggplants in several places with a toothpick or fork. Wrap each eggplant in aluminum foil and place on a gas grill or in the oven at 500°F. Cook until the eggplants collapse and begin to release a lot of steam, about 10-15 minutes. Remove the foil and place the eggplants into a bowl of cold water. Peel while eggplants are still hot and allow them to drain in a colander until cool. Squeeze pulp to remove any bitter juices and mash the eggplant to a puree.

In a food processor, mix tahini, garlic, onion, tomato, lemon juice, and water until mixture is concentrated. With the blender running, add the peeled eggplant, salt, pepper, and olive oil. Serve in a shallow dish and garnish with tomatoes and parsley if desired.

Serves 8; Nutrition per serving: Calories: 70; Fat 2.5g; Sodium 80mg; Carbohydrates 11g; Fiber 5g; Protein 2g; Vitamin A 4%; Vitamin C 15%; Calcium 4%; Iron 4%