

# EMPLOYEE WELLNESS

Volume 8, Issue 8

Spokane Regional Health District • 509.324.1500

August 2009

## Aim for Health

### IMPROVE STRENGTH & BALANCE TO PREVENT FALLS & INJURIES

As people age, poor balance and muscle weakness can lead to falls and broken bones. A broken bone can cause pain, disability, and make it hard to do daily activities without help. Hip fractures are a major cause of health problems and death among older adults - more than 1 in 3 older adults falls each year.

Aim for 2 hours and 30 minutes of activity a week - minimum. Exercises that improve your balance, like Tai Chi, are the most helpful. Do strengthening activities at least 2 days a week. These include lifting weights or using resistance bands.

#### What can you do starting today?

- Sign up for an exercise class.
- [This home fall prevention checklist](#) will help you find and fix the dangers in your home.
- Try these [simple exercises](#) to improve your balance and strength.
- Get your eyes checked.
- [Take this quiz.](#)

[www.nia.nih.gov](http://www.nia.nih.gov)



## Your Safety

### THRIFT STORE SAFETY CHECKLIST

Buying gently used merchandise is a great way to recycle and save money, but be sure to follow these safety tips:

**Cribs** - Make sure cribs meet current national safety standards and are in good condition. Look for a certification seal; crib slats no more than 2 3/8 inches apart; and a snugly-fitting crib mattress.

**Clothing Drawstrings** - Be sure there are no drawstrings around the hood and neck of children's clothing. Drawstrings can catch on playground and other equipment, and can strangle young children.

**Hair Dryers** - Look for hair dryers with large rectangular shaped safety plugs. These immersion protection plugs prevent electrocution by shutting off if the hair dryer comes into contact with water.

**Halogen Floor Lamps** - Make sure halogen torchiere floor lamps have glass or wire guards over the bulb shield and the bulb is 300 watts or less. Wire guards are free. Call CPSC - Toll-free hotline: 1-800-638-2772

**Playpens** - Check that playpens and play yards have not been recalled.

**Car Seats** - Check to make sure any car seat has not been recalled. Carrier handle locks on recalled models can unexpectedly release when used outside a car. Infants can fall forward and strike the ground if the handle disengages.

**Bunk Beds** - Make sure all spaces between the guardrail and bed frame and all spaces in the bed headboard and foot boards of the top bunk are less than 3 1/2 inches. Make sure there are guardrails on both sides of the top bunk.

**Toy Basketball Nets** - CPSC has recalled millions of hazardous toy basketball nets. Check before you buy.

**Accordion Style Safety Gates** - Do not buy older accordion-style child safety gates.

**Bean Bag Chairs** - Do not buy bean bag chairs with zippers that can be opened. CPSC has recalled more than 12 million bean bag chairs.

Consumer Product Safety Commission [www.cpsc.gov](http://www.cpsc.gov)

## YOUR COMPANY'S NAME

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

## CIGARETTE SMOKING

### FAST FACTS:

- Cigarette smoking is the leading preventable cause of death in the United States.
- In the United States, cigarette smoking is responsible for about one in five deaths annually, or about 443,000 deaths per year.
- An estimated 49,000 of these deaths are the result of secondhand smoke exposure.
- On average, smokers die 13 to 14 years earlier than nonsmokers.
- Approximately 19.8% of U.S. adults (43.4 million people) are current cigarette smokers.
- Each day, about 1,100 persons under age 18 become regular smokers; that is, they begin smoking on a daily basis.
- **Get free help:** Washington State Department of Health

**Tobacco Quit Line**  
**1-800-QUIT-NOW**  
toll-free 1-800-784-8669  
**QUITLINE.COM**

## Calendar of Events

### CONCERT UNDER THE PINES

August 6; Audubon Park, 6-8:30pm  
Enjoy a free concert with Men of Rhythm

KITCHEN GARDENS AROUND THE  
WORLD August 6; Decades – 10502 E. Sprague,  
6:30-9pm; Call 535-8434

### HIKING WITH SPOKANE PARKS & REC

August 7; Riverside State Park 7-8:30pm  
Free; Registration required, call 625-6200  
[www.spokaneparks.org](http://www.spokaneparks.org)

### KIDS DAY

August 8, Riverfront Park, 11am-4pm  
[www.spokaneriverfrontpark.com](http://www.spokaneriverfrontpark.com)

### GARLAND STREET FAIR

August 15; Free  
Live music and entertainment, food, art, crafts, and activities  
and a tribute to Judy Garland and The Wizard of Oz

### UNITY IN THE COMMUNITY

August 15; Riverfront Park, 10am-4pm; [www.nwunity.org](http://www.nwunity.org)

## HOLD THE SALT!

Too much sodium is bad for your health and can increase your blood pressure and risk for a heart attack or stroke. Current dietary guidelines recommend that adults consume no more than 2,300 mg of sodium per day. However, you should consume no more than 1,500 mg per day if you are age 40 or older, African American, or if you have high blood pressure.

### How much is 2300 mg?

1 teaspoon salt = 2300 mg sodium

½ teaspoon salt = 1200 mg sodium

¼ teaspoon salt = 600 mg sodium

### Where does all our sodium we eat come from?

Processed and restaurant food	77%
Naturally occurring	12%
Added at the table – salt shaker	6%
Added during cooking	5%

**Read labels to avoid too much salt.** If you are watching your salt intake, the following are sodium compounds to be aware of and avoid:

- Salt (sodium chloride)
- Monosodium glutamate (MSG)
- Baking soda (sodium bicarbonate)
- Baking powder
- Disodium phosphate
- Sodium alginate, Sodium benzoate, Sodium hydroxide, Sodium nitrite, Sodium propionate, and Sodium sulfite

## PASTA PRIMAVERA

1 cup broccoli florets  
1 cup sliced carrots  
1 cup sliced zucchini  
1 cup rotini or other pasta  
1 Tbsp flour  
1 Tbsp margarine  
1 cup skim milk  
1/4 tsp dried basil  
1/8 tsp black pepper  
2 Tbsp Parmesan cheese



Steam vegetables until crisp-tender, and cook pasta according to package directions. In a small saucepan, melt margarine and blend in flour. Gradually stir in milk and seasoning. Cook over medium heat, stirring constantly, until sauce thickens. Remove from heat and blend in cheese. Pour over hot vegetables. Add pasta and mix together.

### Serves 2 – Nutrition per serving:

Calories 360, Fat 8g, Cholesterol 5mg, Sodium 200mg,  
Carbohydrates 56g, Fiber 5g, Sugar 11g, Protein 15g,  
Vitamin A 180%, Vitamin C 80%, Calcium 25%, Iron 15%