

# EMPLOYEE WELLNESS

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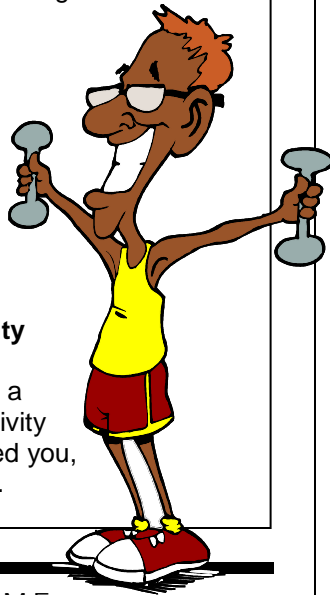
January 2009

## Aim for Health

### 5 HEALTHY RESOLUTIONS

The start of a new year often means the start of new habits. Set realistic goals for yourself this year! A healthy diet and regular physical activity can easily be achieved by making some of these easy, conscious decisions:

- **Eat breakfast every day.** Many people who maintain long-term weight loss eat breakfast daily.
- **Prepare a healthy lunch at home and take it to work.** Taking your lunch to work helps you avoid last-minute lunch choices, which often result in selecting high-fat and high-calorie options.
- **Drink water.** Keep it cold in the fridge or add a slice of fruit for flavor.
- **Eat smaller food portions.** When eating out, save some of your meal and take it home for another meal or split one meal between two people. At home, put only the amount you want to eat in a small bowl and don't go back for more.
- **Maintain your physical activity routine.** If you need extra encouragement, be active with a friend or relative or start an activity that may have always interested you, such as gardening or bicycling.



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## Your Safety

### WINTER SAFETY TIPS – INDOORS AND OUT

Extremely cold temperatures often accompany a winter storm, so you may have to cope with power failures and icy roads. Although staying indoors as much as possible can help reduce the risk of car crashes and falls on the ice, you may also face indoor hazards. Many homes will be too cold—either due to a power failure or because the heating system isn't adequate for the weather. When people must use space heaters and fireplaces to stay warm the risk of household fires increases, as well as the risk of carbon monoxide poisoning. Find out what you can do to protect yourself and your family.

#### INDOORS

- Use fireplace, wood stoves, or other combustion heaters only if they are properly vented to the outside and do not leak flue gas into the indoor air space.
- Never use a charcoal or gas grill indoors—the fumes are deadly.
- Never leave lit candles unattended.
- Keep as much heat as possible inside your home.
- Check the temperature in your home often during severely cold weather.
- Leave all water taps slightly open so they drip continuously.
- Eat well-balanced meals to help you stay warm.

#### OUTDOORS

- Dress warmly and stay dry.
- Wear a hat, scarf, and mittens.
- Avoid frostbite.
- If you have to do heavy outdoor chores, dress warmly and work slowly.
- Avoid walking on ice or getting wet.
- Notify friends and family where you will be before you go hiking, camping, or skiing.
- Avoid traveling on ice-covered roads, overpasses, and bridges if at all possible.
- If you are stranded, it is safest to stay in your car.

More detailed information at:

[www.bt.cdc.gov/disasters/winter/duringstorm/](http://www.bt.cdc.gov/disasters/winter/duringstorm/)

## TREATMENT WORKS: GET HELP FOR DEPRESSION AND ANXIETY

Mental conditions such as depression and anxieties affect about 1 in 5 Americans. Someone who is depressed has feelings of sadness or anxiety that last for weeks at a time. He or she may also experience:

- Feelings of hopelessness and/or pessimism
- Feelings of guilt, worthlessness, and/or helplessness
- Irritability, restlessness
- Loss of interest in activities or hobbies
- Fatigue and decreased energy
- Difficulty concentrating, remembering details, and making decisions
- Insomnia, early-morning wakefulness, or excessive sleeping
- Overeating, or appetite loss
- Thoughts of suicide, suicide attempts
- Persistent aches or pains, headaches, cramps, or digestive problems that do not get better

### Effective Treatment Exists

People who suffer from depression or anxiety should seek help as early as possible. Most adults see an improvement in their symptoms when treated with antidepressant drugs, psychotherapy, or both. It is often difficult for depressed or anxious people to believe that things can get better. Try not to let hopelessness or shame stop you or a friend from getting medical help. Take action.

## Calendar of Events

### "RELAX, PAMPER, ESCAPE" HEALTH BEAUTY SPA SHOW

January 10-11; 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. Saturday, 10 a.m.-7 p.m. and Sunday, 11-5 p.m. [www.healthbeautyshow.com](http://www.healthbeautyshow.com)

### 49 DEGREES NORTH WINTERFEST

January 10-11; Ski demos, tours, telemark demonstrations, a winter safety course, barbeque and live music, cross-country ski and skate classes, snowshoe tours, bonfire, nighttime headlamp cross-country and snowshoe tours, and race events. More information: (509) 935-6649 [www.ski49n.com](http://www.ski49n.com)

### FAMILY YOGA

January 24–March 21; 11 a.m.-12 p.m. Centerplace –2426 N. Discovery Place  
Learn fun yoga poses that the whole family can do together. Classes are every other Saturday. Cost: \$20 (one parent & child, \$5 for each additional person)  
More information: 688-0300, [www.spokanevalley.org](http://www.spokanevalley.org)

## LEARN MORE ABOUT VITAMIN A

Vitamin A is a group of compounds that play an important role in vision, bone growth, reproduction, and cell division. Vitamin A helps regulate the immune system and promotes healthy surface linings of the eyes and the respiratory, urinary, and intestinal tracts. When those linings break down, it becomes easier for bacteria to enter the body and cause infection. Vitamin A also helps the skin and mucous membranes function as a barrier to bacteria and viruses.

In general, there are two categories of vitamin A. Vitamin A found in foods that come from animals is called preformed vitamin A. It is absorbed in the form of retinol, one of the most usable forms. Retinol is found in whole eggs, milk, liver, and other meats. Most fat-free milk and dried nonfat milk are fortified with vitamin A to replace the amount lost when the fat is removed. Fortified foods such as breakfast cereals also provide vitamin A.

Plant-based sources of vitamin A, or Provitamin A carotenoids, are abundant in darkly colored fruits and vegetables, such as carrots, cantaloupes, sweet potatoes, and spinach. Vitamin A in foods that come from plants is not as well absorbed as animal sources of vitamin A.



## CURRIED BUTTERNUT APPLE SOUP

- ¼ cup reduced fat margarine
- 2 cups chopped onion
- 1 rib celery
- 4 tsp curry powder
- 2 medium butternut squash (about 2 ½ – 3 lbs) peeled, seeded, and cut into cubes
- 3 medium apples—peeled, cored, and chopped
- 3 cups water (chicken stock or vegetable broth)
- 1 cup cider

In a heavy kettle, combine onions, celery, margarine and curry powder. Cover and cook over low heat until vegetables are tender (10–15 minutes), stirring often. Add cubed squash, chopped apples, and liquid (water, stock or broth) and bring to a boil. Reduce heat and simmer 20–30 minutes or until squash and apples are cooked thoroughly.

Strain liquid and set aside. Puree the apple-squash mixture with one cup of the strained liquid. Add cider and remaining liquid to reach desired consistency. Garnish with grated apple, yogurt or low fat sour cream.

Servings: 10  
Nutrition per serving:  
Calories 130, Fat 4g, Cholesterol 0mg, Sodium 55mg, Carbohydrates 26g, Fiber 4g, Sugars 11g, Protein 2g, Vitamin A 250%, Vitamin C 45%, Calcium 8%, Iron 6%