

EMPLOYEE WELLNESS

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Aim for Health

KEEPING YOUR JOINTS HEALTHY

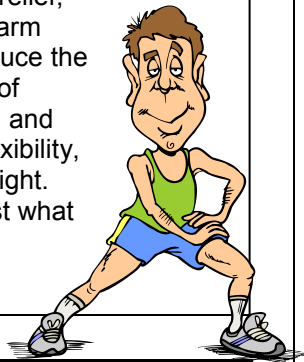
What you should know about Osteoarthritis

Osteoarthritis occurs when cartilage, the tissue that cushions the ends of the bones within the joints, breaks down and wears away. By age 65, half the population has x-ray evidence of osteoarthritis in at least one joint. Osteoarthritis may be caused by a combination of factors including being overweight, the aging process, joint injury, and sports activities.




Osteoarthritis causes pain, swelling and reduced motion in your joints. It can occur in any joint, but usually it affects your hands, knees, hips, or spine. Common signs include joint pain, stiffness after getting out of bed, and a crunching feeling or sound of bone rubbing on bone.

Current treatments can relieve symptoms, but there is no cure. For temporary relief, use warm towels, hot packs, or a warm bath or shower. Cold packs can reduce the inflammation of swollen joints. And of course, exercise can improve mood and outlook, decrease pain, increase flexibility, and help you maintain a healthy weight. Ask your doctor or physical therapist what exercises are best for you.

www.nlm.nih.gov



YOUR COMPANY'S NAME

-  Your Company's Info
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Your Safety

PROTECTING KIDS FROM ELECTRONIC AGGRESSION

The recent explosion in new technology does not come without possible risks. Youth can use electronic media to embarrass, harass or threaten their peers. Increasing numbers of teens and pre-teens are becoming victims of this new form of violence. Although many different terms-such as cyberbullying, Internet harassment, and Internet bullying-have been used to describe this type of violence, electronic aggression is the term that most accurately captures all types of violence that occur electronically.

Electronic Aggression is any type of harassment or bullying that occurs through e-mail, a chat room, instant messaging, a website (including blogs), or text messaging. Examples include:

- Disclosing someone else's personal information in a public area (e.g., website) in order to cause embarrassment
- Posting rumors or lies about someone in a public area (e.g., discussion board)
- Distributing embarrassing pictures of someone by posting them in a public area (e.g., website) or sending them via e-mail
- Assuming another person's electronic identity to post or send messages about others with the intent of causing the other person harm
- Sending mean, embarrassing, or threatening text messages, instant messages, or e-mails

Stay informed about the new devices and websites your child is using. Technology changes rapidly, and many developers offer information to keep people aware of advances. Continually talk with your child about "where they are going" and explore the technology yourself. Technology is not going away, and forbidding young people to access electronic media may not be a good long-term solution. Together, parents and children can come up with ways to maximize the benefits of technology and decrease its risks.

www.cdc.gov/ViolencePrevention

FAST FACTS ABOUT HEADACHES

- The most common type of headache is a tension headache. These usually are due to tight muscles in your shoulders, neck, scalp, and jaw.
- Migraines, the most serious of headaches, can cause intense pain and nausea, and occur again and again. There are medicines that can help.
- Sometimes, but not often, headaches warn of more serious problems. If you suffer sudden, severe headaches, tell your healthcare provider. Get immediate medical help if you have a headache after a blow to your head, or if you have a headache along with stiff neck, fever, confusion, loss of consciousness, or pain in the eye or ear.

Find out more:

- Go to the Headache and Migraine pages on MedlinePlus www.medlineplus.gov
- The Web site for the National Institute for Neurological Disorders: www.ninds.nih.gov
- The National Headache Foundation's Web site: www.headaches.org
- The American Headache Society's Web site: www.achenet.org

Calendar of Events

SPOKANE BRIDGE WALK

June 6, 9:30 am, Riverfront Park; \$10-17; children 4 and under free. Start at Monroe Street Bridge and weave around 16 other bridges that cross the river, ending at the fountain. Get a pin and special discounts at Riverfront Park!
<http://spokaneparks.org/>

SPRING PLANT SALE

June 13, 10am-4pm, Manito Park
Select from a huge array of grasses, perennials, vines, shrubs and tropicals – proceeds benefit the park.
www.thefriendsofmanito.org

SPOKANE RIVER RAFTING TRIPS THE

June 1 – July 6, \$59
Paddle through the beauty of the lower Spokane River gorge, the spectacular Bowl & Pitcher rapids and the mischievous Devil's Toe Nail. Enjoy thrills, fantastic scenery and our experienced, interpretive guides!
ROW Adventures, (800) 451-6034;
www.rowadventurecenter.com

HOOPFEST 2009

June 28-29, Downtown Spokane
www.hoopfest.org

ARE YOU A SUGAR JUNKIE?

The United States is the largest consumer of sweeteners, including high fructose corn syrup, and is one of the largest global sugar importers. The United States ranks among the top sugar producers, and is one of the few countries with significant production of both sugar beets and sugarcane.

Unfortunately, there are no recommendations for the total amount of sugar you should eat in one day. The sugars listed on the Nutrition Facts label include natural sugars (like those in fruit and milk) as well as those added to a food or drink. If you are worried about getting too much sugar, read labels to avoid added sugars – which are found in nearly all processed foods. Added sugars include: corn syrup, high-fructose corn syrup, fruit juice concentrate, maltose, dextrose, sucrose, honey, and maple syrup.

What about artificial sweeteners? Although artificial sweeteners have been safety tested, recent studies show they may do more harm than good when it comes to our nation's obesity epidemic. Initial studies show that people who drink diet pop tend to consume more calories overall throughout the day and that children who drink artificially sweetened beverages tend to crave more sweets.

What can you do? Try fruit when you get a craving for something sweet; drink water and unsweetened beverages; read labels and eat less processed foods; and limit desserts to once a day.

CARROT COOKIES

- ½ cup soft margarine
- 1 cup honey
- 1 cup grated raw carrots
- 2 well beaten egg whites
- 2 cups all purpose flour
- 2 teaspoons baking powder
- ¼ teaspoon baking soda
- ¼ teaspoon salt
- 1 teaspoon cinnamon
- 2 cups raw oatmeal, quick cooking
- 1 cup raisins



In a large bowl, cream together margarine and honey. Stir in carrots and egg whites. Stir together flour, baking powder, baking soda, salt, cinnamon, oatmeal and raisins. Gradually stir flour-oatmeal mixture into creamed mixture, just until all flour is mixed. Do not over mix.

Drop from teaspoon on greased baking sheet. Flatten slightly and bake at 350 degrees for 10 minutes, or until lightly browned.

Makes 30 cookies; Serving size = 2 cookies

Nutrition per serving:

Calories 130, Fat 3.5g, Cholesterol 0mg, Sodium 100mg, Carbohydrates 24g, Fiber 1g, Sugar 13g, Protein 2g, Vitamin A 15%, Calcium 2%, Iron 4%