

EMPLOYEE WELLNESS

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Spokane Regional Health District • 509.324.1500

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Aim for Health

TWO GREAT LOCAL RESOURCES FOR PHYSICAL ACTIVITY

Active Options

Activeoptions.org is great website for seniors to find local exercise classes. Simply go to the website and enter your zip code to find classes near you.

Spokane Regional Health District is promoting this website in an effort to increase the number of older adults who are physically active. Physical activity is a proven prevention strategy for falls among seniors, which are the leading cause of injuries, hospital admissions for trauma, and deaths due to injury among older adults. Information about SAIL classes (Stay Active & Independent for Life) is also available through this website.

Go to: www.activeoptions.org or call 458-7450

Spokane Area Walking Maps

Spring is a great time to get out and try a new walking route! New walking maps are available for downloading and printing on the Health District website.

Go to: www.srhd.org/topics/walkingmaps.asp

YOUR COMPANY NAME



Your Safety

SAFETY AT THE POOL

Recreational water illnesses are spread by swallowing, breathing, or having contact with contaminated water from swimming pools, spas, lakes, rivers, or oceans. These illnesses can cause a wide variety of symptoms, including gastrointestinal, skin, ear, respiratory, eye, neurologic, and wound infections. The most commonly reported illness is diarrhea.

Diarrheal illnesses can be caused by germs such as Cryptosporidium, Giardia, Shigella, norovirus and E. coli. Chlorine does kill these germs – but it doesn't work right away. Chlorine takes time to work and some germs can live in pools for days.

The CDC offers these tips to avoid illness at swimming pools:

- Don't swim when you have diarrhea. You can spread germs in the water and make other people sick.
- Don't swallow pool water. Avoid getting water in your mouth.
- Practice good hygiene. Shower with soap before swimming and wash your hands after using the toilet or changing diapers. Germs on your body end up in the water.

Additional Safety Reminders:

- Keep an eye on children at all times, kids can drown in seconds and in silence.
- Don't use air-filled swimming aids (such as "water wings") with children in place of life jackets or life preservers.
- Protect against sunburn by using a sunscreen with at least SPF 15 and both UVA and UVB protection, and be sure to re-apply it after swimming.

More info: www.cdc.gov/healthywater/



TEN WAYS TO RECOGNIZE HEARING LOSS

Answer the following questions yes or no:

1. Do you have a problem hearing over the telephone?
2. Do you have trouble following the conversation when two or more people are talking at the same time?
3. Do people complain that you turn the TV volume up too high?
4. Do you have to strain to understand conversation?
5. Do you have trouble hearing in a noisy background?
6. Do you find yourself asking people to repeat themselves?
7. Do many people you talk to seem to mumble (or not speak clearly)?
8. Do you misunderstand what others are saying and respond inappropriately?
9. Do you have trouble understanding the speech of women and children?
10. Do people get annoyed because you misunderstand what they say?

If you answered "yes" to three or more of these questions, you may want to see an otolaryngologist (an ear, nose, and throat specialist) or an audiologist for a hearing evaluation.

Calendar of Events

BLOOMSDAY

May 3, 9am–1pm, Downtown Spokane
www.bloomsdayrun.org

GARDEN EXPO

May 9, 9am–5pm, Spokane community College Lair
Over 200 garden-related vendors: artists, crafters, nurseries, seminars, door prizes and more!
535-8434

JUNIOR LILAC PARADE

May 9, 10 am, Downtown Spokane
536-1500, www.spokanejrlilacparade.com

SPOKANE LILAC FESTIVAL PARADE

May 16, 7:45 pm, Downtown Spokane
535-4554, www.lilacfestival.org

ARTFEST 2009

May 29–31, Coeur d'Alene Park – Browne's Addition
Three days of fine music, good food, the large and popular children's hands-on art making area, and over 130 fine artists and craftspeople.

HEALTHIER PRODUCE IS IN YOUR HANDS

Cook correctly to retain nutrients

Food preparation of any kind results in some nutrient loss. However, certain techniques can help you minimize nutrients lost. Try these methods next time you cook fruits or vegetables.

- Use a steamer or cook in small amounts of water. If possible, use the leftover cooking liquid in a soup or another dish.
- Cook fruits and vegetables "just until tender" and avoid over-cooking.
- Cut and cook fruits and vegetables in pieces that are as large as possible to reduce exposure to air that destroys some vitamins.
- Cook fruits and vegetables as soon as possible after cutting.
- Prepare fruits and vegetables as close to serving time as possible.



Wash well to reduce contaminants

- Wash your hands with warm water and soap for at least 20 seconds before and after handling food.
- Wash your cutting boards, dishes, utensils, and counter tops with hot soapy water after preparing each food item and before you go to the next food.
- Rinse produce under clean running water. Do not use detergents or bleach as these products are not intended for consumption.

www.fruitsandveggiesmatter.gov

TAQUITOS

2 cups frozen vegetables, thawed (peas, carrots, corn)
1/3 cup crumbled queso anejo or shredded Monterey Jack cheese
12 corn tortillas, warmed
2 tsp vegetable oil
2 cups fresh salsa
½ avocado, chopped

Heat oven to 450 degrees. In a medium bowl, mix vegetables and cheese. Spoon ¼ cup vegetable and cheese mixture down the center of each tortilla. Roll up tightly. Place taquitos on a baking sheet. Brush each lightly with oil. Bake until crispy, about 7 to 10 minutes. While taquitos are baking, mix fresh salsa with avocado. Spoon salsa mixture over each serving of taquitos. Serve.

Serving size = 3 taquitos – Nutrition per serving:

Calories 360, Fat 12g, Cholesterol 10mg, Sodium 230mg, Carbohydrates 56g, Fiber 8g, Sugar 3g, Protein 8g.