

# EMPLOYEE WELLNESS

Volume 9, Issue 1

Spokane Regional Health District • 509.324.1500

January 2010

## Your Safety

### ARE VACCINES SAFE?

Yes. Before vaccines are licensed, the FDA requires testing to ensure safety. This can take 10 years or longer. Once a vaccine is in use, the CDC and FDA monitor it through the [Vaccine Adverse Event Reporting System \(VAERS\)](#). If researchers find a vaccine may be causing a side effect, the CDC and FDA will initiate appropriate action that may include changing vaccine labels or packaging, distributing safety alerts, inspecting manufacturers' facilities and records, withdrawing recommendations for the use of the vaccine, or revoking the vaccine's license.

### Who Should Not Be Vaccinated?

Some people should not get certain vaccines or should wait to get them. For instance, children with compromised immune systems, as occurs with cancer patients, often need to wait to be vaccinated. Similarly, if a person has had a severe allergic reaction to a vaccine, a following dose is not recommended.

### What if Someone Has a Reaction to a Vaccine?

- Call a doctor. If severe, see a doctor immediately.
- Tell your doctor what happened, when it happened, and when the vaccination was given.
- Ask your doctor or health department to file a VAERS form, or call VAERS yourself at 1-800-822-7967.

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## YOUR COMPANY'S NAME

- ☛ Your Company's Info
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## Aim for Health

### 12 HEALTH AND SAFETY TIPS FOR THE NEW YEAR

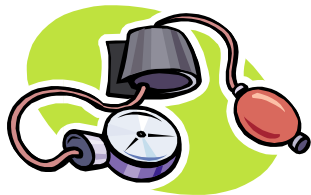
1. **Wash hands often** to keep yourself from spreading germs and getting sick.
2. **Bundle up** to stay dry and warm.
3. **Manage stress.** Don't over-commit yourself and keep spending in check.
4. **Don't drink and drive** or let others drink & drive.
5. **Be smoke-free.** Avoid smoking and secondhand smoke.
6. **Fasten seat belts** while driving or riding in a motor vehicle. Always buckle your child in the car using a child safety seat, booster seat, or seat belt according to height, weight, and age.
7. **Get exams and screenings.** Ask your doctor what exams you need and when to get them.
8. **Get your vaccinations,** which help prevent diseases and save lives.
9. **Monitor children.** Keep potentially dangerous toys, food, drinks, household items, etc. out of kids' reach. Make sure toys are used properly.
10. **Practice fire safety.** Most residential fires occur during winter. Never leave fireplaces, space heaters, stoves, or candles unattended. Have an emergency plan and practice it regularly.
11. **Prepare food safely.** Wash hands and surfaces often, avoid cross-contamination, cook foods to proper temperatures, and refrigerate promptly.
12. **Eat healthy, and get moving.** Eat plenty of fruits and vegetables. Limit your portion sizes and foods high in fat and sugar. Be active for *at least* 2½ hours a week and help kids and teens be active for at least 1 hour a day.



## DO YOU HAVE HYPERTENSION?

Almost one fifth (21.3%) of people with high blood pressure, or hypertension, don't know that they have it. And, about 90% of middle-aged adults will develop high blood pressure in the remainder of their lifetime.

High blood pressure is a primary or contributing cause of death for many Americans. It is also a major risk factor for heart disease, stroke, congestive heart failure, and kidney disease.



Blood pressure is written as two numbers. The top (systolic) number represents the pressure when the heart is beating. The bottom (diastolic) number represents the pressure when the heart is resting. Know your numbers:

- Normal blood pressure is 120/80 or less
- Pre-hypertension is 120–139/80–89
- High blood pressure is 140/90 or higher

What can you do? [Learn about the DASH diet.](#)

## Calendar of Events

### US FIGURE SKATING CHAMPIONSHIPS

Jan. 14-24; Spokane Arena

After hosting what many have called the best U.S. Championships in 2007, Spokane is ready to pull out all the stops and pave the road to Vancouver with GOLD!  
[www.spokane2010.com](http://www.spokane2010.com)

### RIVERFRONT PARK ICE PALACE

Daily through February 28; Riverfront Park  
Iceskating, lessons, plus the Imax and more.

### HEALTH & BEAUTY SPA SHOW

Jan. 16-17; Spokane Community College Lair  
Admission \$7; only \$5 with food donation to YWCA  
[www.healthbeautyshow.com](http://www.healthbeautyshow.com)

### DOWNTOWN INDOOR FARMERS MARKET

Thursdays from 11am–3pm  
Community Building Lobby, 35 W. Main Avenue  
Featuring bread, pastries, eggs, grass-fed beef and crafts  
(509) 475-1676; <http://community-building.org/>

## GO GREEN! COLLARD, KALE & MUSTARD GREEN - THAT IS!

Cooking greens is a Southern tradition – and superstitiously thought to bring good luck for the upcoming year when eaten on New Year's Day. They include any type of cabbage where the green leaves do not form a compact head. Collard, mustard, kale, Swiss chard, and broccoli rabe are all varieties of cooking greens.

Prior to cleaning greens, any wilted or yellow leaves should be removed. Next, dunk greens into a bowl of tepid water a few times to clean. Drain and use a salad spinner to dry greens for use in salads. For use in cooking, it is not necessary to completely dry leaves.

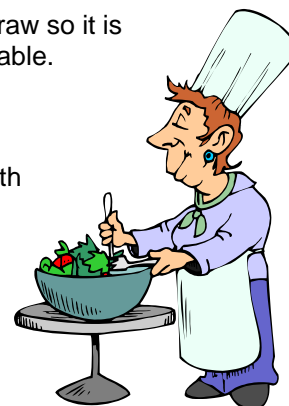
Traditionally, greens are boiled or simmered very slowly with a piece of ham hock for an extended period of time until they are quite soft. This softens the texture and decreases some of their bitter flavor. Greens can also be steamed, microwaved, added to soups, salads, stews, and other dishes.

To decrease the bitterness of greens, blanch them in boiling water for approximately one minute prior to cooking (though this does diminish some of their nutritional value), the color, flavor and texture will be preserved. Greens can then be sautéed (do not use aluminum or iron pans), or added to various dishes during cooking.

Broccoli rabe is very bitter when raw so it is recommended to cook this vegetable.

### SOULFUL GREENS

- ½ cup of low-sodium chicken broth
- ¾ cup water
- 2 pounds of collard greens,  
washed and stems removed
- 1½ cups sliced red onions
- 1 garlic clove, minced
- ¼ cup orange juice
- ½ tsp dried red pepper flakes



Heat chicken broth and water in a large pot. Bring to a boil. Add collards and cook for 10 minutes. Sauté garlic and onions for 5 minutes in a skillet. Add orange juice and wilted greens. Stir until well coated. Simmer for 5 minutes. Sprinkle with red pepper flakes and serve.

#### Serves 4 – Nutrition per serving:

Calories 100, Fat 1g, Cholesterol 0mg, Sodium 55mg,  
Carbohydrates 19g, Fiber 8g, Protein 7g, Vitamin A 430%,  
Vitamin C 100%, Calcium 40%, Iron 20%