

EMPLOYEE WELLNESS

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Your Safety




TIPS TO PREVENT POISONINGS- HOUSEHOLD CHEMICALS

- Always read the label before using a product that may be poisonous.
- Keep chemical products in their original bottles or containers.
- Never mix household products together. For example, mixing bleach and ammonia can result in toxic gases.
- Wear protective clothing (gloves, long sleeves, long pants, socks, shoes) if you spray pesticides or other chemicals.
- Turn on the fan and open windows when using chemical products such as household cleaners.

If a poisoning occurs:

- Call 911 if you have a poison emergency and the victim has collapsed or is not breathing.
- If the victim is awake and alert, dial 1-800-222-1222. Try to have this information ready:
 - the victim's age and weight
 - the container or bottle of the poison if available
 - the time of the poison exposure
 - the address where the poisoning occurred
- Stay on the phone and follow the instructions from the emergency operator or poison control center.

YOUR COMPANY'S NAME

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

AIM for Health

TRACKING RESOLUTIONS: STEP UP SPOKANE

Did you recently make a resolution to be more physically active, lose holiday pounds, or be healthier? A new resource in Spokane can help. Step Up Spokane (www.stepupspokane.org) is a new website where you can track how much physical activity you do each day - steps, miles, minutes, skiing, walking, yoga, snowshoeing, running and more - you can track it all.

There are two current challenges on the site, one for people just starting physical activity and one to encourage people to keep going. Tracking your progress is fun and easy. You will see a graph with your daily activity and your physical activity is turned into miles so you can see how far you go on a trek to Glacier National Park and back.

The website also has a calendar of Spokane physical activity opportunities – everything from rock climbing indoors to cross country skiing. If you are sponsoring an event, you can post it here too. In the “Health News You Can Use” section there are articles on what local people just like you are doing for fitness. Check out how the Mayor and other community leaders are stepping up on the home page slide show.

Step Up Spokane is also on Facebook where you can talk about your progress, get ideas on how to stay on track, and announce your successes.

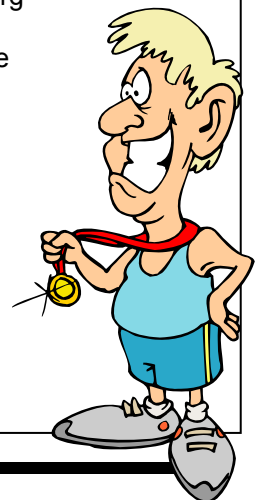
The website is new and will be adding more features over time. You will be able to build your own challenges and engage your friends and colleagues.

Spokane cardiologist Dr. Hal Goldberg started Step Up Spokane. He sees firsthand the result of lack of exercise and poor eating on the heart.

Step Up Spokane is proudly sponsored by Premera Blue Cross, Providence Health Care, Spokane Cardiology, The Spokane County Medical Society and Inland Northwest Health Services (INHS).

Check it out... It's free!

www.stepupspokane.org



TEST YOUR KNOWLEDGE: HEALTH AND SAFETY QUIZZES AND TOOLS

- Are you at risk for certain diseases and conditions?
- What is your BMI?
- Do you want to learn more about diabetes, immunizations, or child development?

Perhaps you're ready to lose weight and want to figure out what keeps you from being more active. Or maybe you want to test your knowledge on a particular health topic that affects a family member or friend.

These tools are not a substitute for seeing your doctor or nurse for exams, tests, and health counseling. However, you may want to bring your results with you when you visit him/her to start a discussion about your health and safety.

www.cdc.gov/family/quiz/

Calendar of Events

RIVERFRONT PARK ICE PALACE

Open now through Feb 27

Admission prices, days and times are available here:

<http://spokaneriverfrontpark.com/>

INTRO TO SNOWSHOEING

Jan. 13; 7-8:30pm • REI, 1125 N. Monroe

Focus on the appropriate selection of gear and the initial skills needed to get you outside and on the trails. In addition, we will talk about some places to go. If you ever thought about getting into snowshoeing, this is a great introduction to the sport! www.rei.com/spokane

HEALTH & BEAUTY SPA SHOW

Jan 15-16; Spokane Community College Lair

\$7/general, \$5/with a donation on non-perishable food or hygiene item. Buffet of sample spa sessions including massage, skin care, anti-aging treatments, hair removal, manicures, hairstyles, facials and more. Proceeds benefits YWCA's Alternatives to Domestic Violence Program.

www.healthbeautyshow.com/

MLK JR. CELEBRATION

Jan. 17; 10am-2pm, Downtown Spokane

Unity March at 10am at the INB Performing Arts Center;

Resource Fair from 11am-2pm at River Park Square,

Children's Fair on the second floor of the STA Plaza.

Free; (509) 455-8722

ENJOYING EGGS SAFELY

From May 1 to September 14, 2010, over 1600 reported cases of Salmonella Enteritidis infections were associated with contaminated shell eggs. Eggs are one of nature's most nutritious and economical foods, but you must take special care with handling and preparing fresh eggs and egg products to avoid food poisoning.

Use these Egg Safety Tips:

- Keep eggs refrigerated at $\leq 45^{\circ}\text{F}$ at all times.
- Discard cracked or dirty eggs.
- Wash hands and surface areas with soap and water after contact with raw eggs. Then disinfect the surfaces using a sanitizing agent, such as bleach, following label instructions.
- Eggs should be cooked until both the white and the yolk are firm and eaten promptly after cooking.
- Do not keep eggs warm or at room temperature for more than 2 hours.
- Refrigerate unused or leftover egg-containing foods promptly.
- Avoid eating raw eggs.
- Avoid restaurant dishes made with raw or undercooked, unpasteurized eggs. Restaurants should use pasteurized eggs in any recipe (such as Hollandaise sauce or Caesar salad dressing) that calls for raw eggs.
- Consumption of raw or undercooked eggs should be avoided, especially by young children, elderly persons, and persons with weakened immune systems or debilitating illness.

More at: www.foodsafety.gov/keep/types/eggs/

MINI VEGGIE QUICHES

1 tablespoon olive oil
1/2 leek, finely sliced
5 eggs, beaten
1 cup skim milk
1/2 cup low-fat cottage cheese
1 tablespoon grated parmesan cheese
1/2 cup corn
1 large zucchini, grated
1 cup mushrooms, sliced
1 cup baby spinach leaves



Pre heat oven to 200°C. In a saucepan, heat oil and cook leek, mushroom, zucchini and spinach until just tender. Set aside. In a large bowl, combine eggs, milk, cheese and corn. Add leek mixture to bowl and stir well. Season with salt, pepper or herbs if desired. Spoon the mixture into greased muffin tray (large -6cup). Place in the oven for 15-20 minutes or until golden brown and firm. Allow to cool then remove from tray and serve.

Makes 6 servings – Nutrition per serving:

Calories 137, Fat 7.2g, Cholesterol 180mg, Sodium 173mg, Carbohydrates 8g, Fiber 1g, Sugar 1g, Protein 10.5g