

July 2016

Welcome to this month's edition of *Healthline*. In this issue, we will be focusing on the importance of *Emergency Planning*.

Save the Date!

Upcoming Events:

July 21, 2016

Health & Wellness Seminar

Topic: Emergency Planning

Where: Council Chambers

Time: 2:30p.m. – 3:30 p.m

Preparing a Disaster Supply Kit

Having a disaster supply kit ready to take with you at a moment's notice ensures that you will have necessary supplies no matter how fast you may need to evacuate. Pack supplies in duffel bags or backpacks and keep them in a designated place. Your kit will also come in handy if you must take shelter in your home. This list will help ensure that your disaster supply kit includes all of the essentials.

Water

- ♥ Pack at least one gallon per person per day for at least three days.
- ♥ Store water in tightly sealed, non breakable plastic, fiberglass or enamel-lined metal containers.
- ♥ Change your water every six months.

Food

- ♥ Pack enough food to last each family member at least three days.
- ♥ Include canned and boxed foods because they require little preparation and stay good for long periods of time. Remember to bring a manual can opener or to buy food in self-opening cans.
- ♥ Pack foods in sealed metal or plastic containers.
- ♥ Replace foods every six months.
- ♥ Include foods for infants and family members with special diets.

Tools & Equipment

- ♥ Battery-powered radio
- ♥ Flashlights
- ♥ Spare batteries
- ♥ Resealable plastic bags
- ♥ Washcloths and towels
- ♥ Paper cups and plates and plastic utensils
- ♥ Tooth brushes, toothpaste, shampoo, deodorant and other toiletries
- ♥ Heavy-duty plastic garbage bags
- ♥ Change of clothing and an extra pair of shoes and socks for each person
- ♥ Blankets or a sleeping bag for each person

Personal Items

- ♥ Personal Identification
- ♥ Copies of birth certificates, inventory of household goods, bank account numbers and other important documents
- ♥ Maps
- ♥ Extra car and house keys
- ♥ Prescription Medications



Source: Positive Promotions

Make A Fire Safety Plan For Your Home

What do you need to do if there is a fire? How can you prevent a fire in your home? Studies show fires cause about 3,500 deaths and 18,000 injuries in the U.S. each year.

It only takes about 30 seconds for a small flame to spark a major fire. Heat from a fire can be more dangerous than flames, rising from 100 degrees at floor level to 600 degrees at eye level. Fire also robs you of oxygen and makes smoke and toxic gases that can take your life even before flames reach you.

Follow these safety tips to help lower your chances of harm from a fire:

- 👉 Set up a fire escape plan before a fire strikes.
- 👉 Rehearse your plan often so each person knows what to do.
- 👉 Choose a safe meeting place away from the fire.
- 👉 Learn two ways to get out of each room.
- 👉 Rehearse escaping with your eyes closed since smoke from a fire can keep you from seeing well.
- 👉 Crawl under smoke rather than standing, and keep your mouth covered.
- 👉 Get away from your home first and then call for help.
- 👉 Don't return to a burning building for any reason.
- 👉 Don't add fuel to the fire by overlooking safety measures. Fight fire with your best weapons – know the facts; have a plan; be prepared.



Source:

*U.S. Fire Administration, Center
for Disease Control and
Prevention*

What To Do After A Disaster

Whether returning home or venturing outside for the first time, beware of new dangers that may have arisen because of the disaster. You may experience washed-out roads, downed power poles, contaminated drinking water or other hazards. Report problems promptly to local officials so that corrective measures can be taken.

Inspect your home for damage:

- 👉 Look for structural damage, loose or damaged electrical wires, and gas leaks before re-entering your home. If you doubt the safety of the structure, contact a professional before entering.
- 👉 Do not enter a fire-damaged house until authorities have inspected it.
- 👉 Check the refrigerator and discard spoiled food.
- 👉 Contact your insurance agent.



Source:

Positive Promotions

Thunderstorms

About 10% of the thunderstorms that occur annually in the United States are classified as severe. Even those that are not can still be dangerous. Lightning in particular is a threat, though it may seem that a thunderstorm is miles away.

Before Thunderstorms Strike:

- ✎ Cut down dead trees and clear branches from around your house.
- ✎ Secure loose outdoor objects such as patio furniture.
- ✎ Shutter the windows and secure the doors.

During A Thunderstorm:

- ✎ Get inside if, after seeing lightning, you cannot count to 30 before hearing thunder.
- ✎ Do not shower or bathe.
- ✎ Do not use a corded telephone, except in an emergency. Cellphones and cordless phones are OK to use during a storm.
- ✎ Unplug electronics and turn off air conditioners.
- ✎ If outside in a forest, take shelter under a thick growth of small trees.
- ✎ If outside in an open area, move to a low spot such as a ravine or valley—but beware of flash flooding
- ✎ Never stand under a tall isolated tree, on a hilltop, in an open field, on the beach or near open water.
- ✎ Stay away from metal equipment and apparatus such as fences, tractors, pipes and bicycles.
- ✎ If swimming or boating, get out of the water immediately and take shelter.



If You're About To Be Struck:

- ✎ Feeling your hair stand on end means lightning is about to strike nearby. Make yourself into a small target.
- ✎ Squat down on the balls of your feet—do not lie flat on the ground
- ✎ Place your hands over your ears and tuck your head between your knees.

Source:
Positive Promotions

Question & Answer

How close is the storm?

Answer: To determine how close a thunderstorm is to your, count the seconds between the lightning flash and the next rumble of thunder. Divide that number by five. The answer is the number of miles away the storm is.

Why prepare for disaster?

Answer: Disaster can strike without warning, forcing you to go for days without basic necessities or to evacuation from your home. Relief workers will be on the scene following a disaster, but may not be able to reach you immediately. You need to be prepared. Knowing the steps to take during a disaster—whether flooding, tornadoes, earthquakes or another crisis—can greatly reduce the danger and distress your family may face.

What are some things I can do before a flood?

Answer: Consider purchasing flood insurance through the National Flood Insurance Program. Regular homeowners' insurance does not cover flood losses. You also need to know, ahead of time, how to get to higher ground from your home. Learning your community's flood evacuation route is an excellent idea.

When is Hurricane Season?

Answer: Hurricanes are tropical cyclones that threaten areas of the United States along the Atlantic coastline and the Gulf of Mexico. They can cause extensive damage due to the winds, flooding and even tornadoes they produce. The hurricane season extends from June to November, and peaks from mid-August to late October.



Be Ready To Weather The Storm

Crisis events like a blizzard, tornado or blackout can happen with little warning. Planning before there is a problem can help keep you and your loved ones safe. When getting ready for a crisis, keep in mind what could strike where you are. Since you won't have time to stop and shop, here are some things to consider having on hand:

- 👉 Water for at least three days (If you can, have plenty of water to last for two weeks, at least 1 gallon for each person and pet per day.)
- 👉 Food for at least three days (A 2-week-stock of food that won't spoil is best.)
- 👉 Hand-operated can opener
- 👉 Flashlight and extra batteries
- 👉 Battery-powered or hand crank radio
- 👉 First aid kit
- 👉 A 7-day-supply of each person's medicines



Having a plan and the right things ready can help you stay safe during a crisis.

Source:

U.S. Department of Health & Human Services, Center for Disease Control & Prevention

Healthy Recipe

Layered Nachos Grandes

Homemade nachos are the perfect comfort food for a festive appetizer or a summer get-together. Fresh salsa, protein-rich beans and colorful avocado from decadent layers in this baked version of nachos grandes. Forming perfect tiers allows the cheese to melt evenly and each flavor to stand out in the dish.

Makes 4 Servings

Per serving: 192 calories, 12 g total fat (0 g saturated fat), 16 g carbohydrate, 7 g protein, 5 g dietary fiber, 105 mg sodium.



Ingredients:

Salsa Fresca

- 👉 1 cup, finely chopped tomatoe
- 👉 ½ cup drained, canned diced tomatoes
- 👉 ½ cup finely chopped onion
- 👉 ½ cup cilantro, chopped
- 👉 1 jalapeño or Serrano pepper, seeded and very finely chopped
- 👉 1 tsp. fresh lime juice
- 👉 Salt and freshly ground pepper

Refried Black Beans

- 👉 2 tsp. canola oil
- 👉 1 can, black beans, drained and rinsed
- 👉 1 tsp, ground cumin
- 👉 Cooking spray

Nachos

- 👉 24 Restaurant-style tortilla chips
- 👉 ½ cup shredded Pepper Jack Cheese
- 👉 8 tsp, reduced fat sour cream
- 👉 3 cilantro leaves
- 👉 1 lg jalapeno pepper sliced in rounds
- 👉 4 avocado slices, halved crosswise
- 👉 ½ lime

Directions:

1. Preheat oven to 350 degrees F. Line baking sheet with baking parchment and set aside.
2. To make salsa fresca, in mixing bowl, use fork to combine fresh tomato, canned tomato, onion, cilantro, chile pepper, and lime juice. Season to taste with salt and pepper. There will be 2 cups of salsa, set aside.
3. To make refried beans, coat cast iron other heavy medium skillet with cooking spray. Heat oil over medium-high heat. Add beans and cumin and ½ cup of water. Using sturdy fork, mash beans until lumpy and a bit soft. Season to taste with salt. Set aside ½ cup, reserving remaining beans for another use.
4. To assemble nachos, arrange 8 tortilla chips on prepared baking sheet. Top each chip with 1 tablespoon of refried black beans. Add ½ of tablespoon cheese. Top with second tortilla chip. Sprinkle on ½ tablespoon cheese.
5. Bake chips until cheese melts, about 4 minutes.
6. Using a wide spatula, transfer two stacked nachos to each of 4 plates. Spoon 1 tablespoon of salsa fresca on top of melted cheese and top each nacho with a third tortilla chip. Top with another tablespoon of salsa fresca, the sour cream, cilantro, jalapeno and avocado. Add a squirt of lime juice. Serve immediately.

Move Of the Month:

30 Day Flat Abs Challenge

In the month of July, challenge yourself to complete this 30 day FLAT ABS Challenge. For each day, there is a list of exercises that you can easily do at home, and at your own pace, as well as the amount of glasses of water you should drink to prevent bloating in order to strengthen your core and tone your abs.



30 DAY FLAT ABS CHALLENGE

Complete the puzzles and turn them to Human Resources by July 15, 2016 by 12:00 p.m. to be entered into a raffle for a \$10 gift card!

30 Day Flat Abs Challenge grid with 30 numbered boxes, each containing a list of exercises and a water intake goal.

Complete the puzzles and turn them to Human Resources by July 15, 2016 by 12:00 p.m. to be entered into a raffle for a \$10 gift card!

Puzzle

Congratulations to last month's winner:

Annette Zavala

5	3			7			
6			1	9	5		
	9	8					6
8				6			3
4			8		3		1
7				2			6
	6					2	8
			4	1	9		5
				8			7
							9

R	I	C	E	S	N	I	E	T	O	R	P	B	H	T	W	B
C	E	T	A	R	D	Y	H	O	B	R	A	C	T	D	H	H
A	R	F	L	E	X	I	B	I	L	I	T	Y	G	W	C	E
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D	E	T	N	I	S	S	R	T	W	B	K	Y	E	H	I	O
I	U	H	E	N	S	N	N	V	S	A	R	R	R	E	N	I
O	Q	M	A	E	Y	E	I	E	X	U	T	E	T	A	T	T
Z	I	Y	N	B	I	R	I	M	J	S	N	E	S	L	E	S
T	K	T	I	R	I	R	U	N	A	D	H	E	R	T	N	E
G	I	G	T	T	O	L	I	J	O	T	X	K	A	H	S	G
F	N	U	N	L	S	C	I	R	N	E	I	P	L	Y	I	I
Y	N	I	A	I	I	E	P	T	R	I	U	V	U	Q	T	D
S	T	C	M	N	L	H	B	C	A	M	E	N	C	X	Y	K
T	B	E	O	M	I	C	I	O	R	T	K	T	S	B	N	L
A	B	R	I	N	W	S	Y	A	U	G	I	E	U	A	U	O
F	H	H	S	D	E	S	W	C	I	E	H	O	M	C	W	R
C	E	Y	C	N	E	U	Q	E	R	F	S	Z	N	P	A	C

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| ACUTEINJURY | FATS | PROTEINS |
| CALORIES | FITNESS | REHABILITATION |
| CARBOHYDRATE | FLEXIBILITY | RICE |
| CARDIO | FREQUENCY | STRETCH |
| CHRONICINJURY | HEALTHY | SWMMING |
| CYCLING | INTENSITY | TIME |
| DIET | MINERALS | VITAMINS |
| DIGESTION | MUSCULARSTRENGTH | WARMUP |
| EXERCISE | ENDORPHINS | OBESITY |
| | NUTRIENT | WATER |

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Next Month's Issue:

Healthy Vision & Eye Care