

# City Of Mission's

## *Live Well, Work Well*



**July 2017**

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

## Hurricanes

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.

### During a Hurricane Threat

- Stay tuned to radio or TV for updates
- Shutter or board the windows in your home.
- Secure outdoor objects or bring them inside.
- Stock up on food and water in case you must take shelter in your home.
- Fuel up your car in case an evacuation is ordered.
- Turn off utilities at the main valves or switches if instructed by authorities.

### During a Hurricane

- Take a refuge on the ground floor in a small central room or hallway.
- Get under a table or similar strong object.
- Keep away from windows and glass doors
- Close all inside doors. Brace all outside doors.

### After a Hurricane

- Remain in a secure location until you are notified it is safe to leave.
- Do not drive unless necessary.
- Do not drink tap water until authorities say it's safe.
- Stay away from waterways until potential flooding has passed.
- Report down power lines and broken gas and sewer mains to officials.
- Inspect your home for damage.
- Report damage to your insurance agent.



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**Next Month's Issue:**

**Healthy Vision & Eye  
Care**



**Source: Positive Promotions**

# Creating a Basic Emergency Plan

Having a plan is one of the most important steps you can take in disaster preparedness. Knowing what to do and how to do it can help your family manage disasters with less worry, fear and uncertainty.

- ✿ Decide what you and your family would do in each potential emergency situation.
- ✿ Draw a floor plan of your home showing escape routes.
- ✿ Choose a place away from your neighborhood where family members can meet in case you are separated and cannot return home due to a disaster.
- ✿ Identify a friend or relative who lives out of the area for family members to contact if you are separated.
- ✿ Post emergency numbers by every phone and teach children how and when to dial 911.
- ✿ Know how to shut off the water, gas and electricity at the main switches in your home.
- ✿ Plan how to help elderly or disabled neighbors in a disaster.
- ✿ Check that your insurance policies are up-to-date and provide good coverage.



Source: Positive Promotions

## Preparing for a Tornado

Tornadoes are violent, rotating storms with winds that can exceed 300 miles per hour. The product of thunderstorms and sometimes hurricanes, they can be highly destructive. Injuries or deaths from tornadoes most often are due to collapsed buildings, flying objects, or people caught trying to outrun the funnel cloud.



### Preparing for a Tornado

- ✿ Designate a shelter area in your home. Basements or storm cellars are the safest. Otherwise, use an interior room or hallway on the ground floor.
- ✿ Practice getting to your home shelter area.
- ✿ If you live in a mobile home, find a sturdy building nearby where you can take shelter. Mobile homes offer little protection in a tornado.
- ✿ Contact your local emergency management agency to find out if there are any public safe rooms or shelters nearby.
- ✿ Know the locations of designated shelter areas in places like schools and shopping centers.

### During a Tornado Watch

- ✿ Stay tuned to radio or TV for updates.
- ✿ Be prepared to take shelter at any time, since some tornadoes develop so quickly that advance warning is impossible.
- ✿ Watch the sky for funnel-shaped clouds and pay attention to tornado danger signs—dark, greenish sky, large hail and a loud roar similar to a freight train.
- ✿ Stay off of large, flat buildings with wide-open areas such as supermarkets or shopping malls.
- ✿ Stock your home shelter area with a flashlight, a battery-powered radio, extra batteries, water and a first aid kit.

### During a Tornado Warning

- ✿ Head for the designated shelter or a central area on the lowest floor of a nearby building.
- ✿ IN a high-rise, get to the lowest floor possible and go to an interior room
- ✿ Leave vehicles and mobile homes at once. Seek shelter in a sturdy building.
- ✿ If you are caught outside, lie flat in a ditch and cover your head. Do not get under bridges or overpasses.
- ✿ Never attempt to outrun a tornado.

### After a Tornado

- ✿ Watch out for debris—especially broken glass—and downed electrical lines.
- ✿ Be careful when entering a tornado-damaged structure. Make sure the walls and roof are in place and the foundation is sound.

Source: Positive Promotions

# Question & Answer



## How safe is it to use candles indoors during an emergency?

**Answer:** Candles pose a fire hazard and must never be burned unattended. For safety reasons, battery powered flashlights may be a better option. That said, candles are an inexpensive light source and are often readily accessible. Keep lit candles in sturdy containers on level surfaces. If possible, place a glass shade over them. Candles can be easily knocked over, so keep them out of the reach of children and pets, and away from anything that can burn.

## What stations should an emergency radio be able to pickup, i.e. AM/FM and SW or Weather Alert?

**Answer:** A good emergency radio will include: AM (530-1710 KHZ), FM 88-108 MHz, TV VHF channels and "Weather Alert". SHORTWAVE (SW) (3-12 MHz) could be useful but not found on most emergency radios as it usually requires an optional antenna.

## What is a grab-and-go emergency kit?

**Answer:** A grab-and-go kit is an emergency kit that you can easily take with you if you need to leave your home. Make sure your kit is easy to carry and everyone in the household knows where it is. Keep it in a backpack, duffel bag or suitcase with wheels, in an easy-to-reach place, such as your front hall or closet. If you have a large household, your emergency kit could get heavy, so it's a good idea to separate some of these supplies in backpacks. That way, your kit will be more portable and each person can personalize their own grab-and-go emergency kit.

## In case of an emergency what should I do with my pets?

**Answer:** You should personalize your basic emergency kit items according to your needs. If you have pets include special items such as food, water and medication for your pets or service animal. Whether you decide to stay put in an emergency or evacuate to a safer location, you will need to have a plan ready for your pets. If you evacuate, take your pets with you if possible.

## Newsletter Quiz



1. What are hurricanes?
2. What are tornados?
3. What should you do in case of a hurricane? List 3 things.
4. When should you stay away from windows and glass doors?
5. Is it recommended to use an elevator in case of a fire?
6. During a tornado, what should you stay off of?
7. What should you do if your clothes catch fire?
8. List 3 things you should do during a hurricane threat?
9. What can you do to help your family manage disasters with less worry?
10. Where should you take refuge during a hurricane?

**Congratulations to  
last month's winner:  
Elia Tijerina**

**Complete the puzzle and turn it in to Human Resources  
by July 16, 2017 by 12:00 p.m. to be entered into a  
raffle for a \$10 gift card!**

## Let's Get Moving! Move Of the Month:

### Jiggle Free July

For the month of July, try this 30 Day Jiggle  
Free challenge!

**Jiggle Free JULY**

|    |  |    |  |    |  |
|----|--|----|--|----|--|
| 1  | 0:30 sec Plank<br>10 x Reverse Crunch<br>10 x Scissor Crunch each side               | 2  | 10 x Wide Squat<br>10 x Single Leg Deadlift each side<br>10 x Curtsy Lunge each side         | 3  | 15 x Push up<br>10 x Bent Row<br>10 x Front Raise                                    |
| 4  | 0:15 sec Side Plank<br>10 x V-Sit Twist each side<br>10 x Bicycle Crunch each side   | 5  | Rest Day! Stretch  | 6  | 15 x Squat<br>15 x Deadlift<br>15 x Reverse Lunge each side                          |
| 7  | 15 x Bicep Curl<br>15 x Triceps Extension<br>15 x Lateral Raise                      | 8  | 0:35 sec Plank<br>15 x Reverse Crunch<br>15 x Scissor Crunch each side                       | 9  | 15 x Wide Squat<br>15 x Single Leg Deadlift each side<br>15 x Curtsy Lunge each side |
| 10 | 10 x Push up<br>15 x Bent Row<br>15 x Front Raise                                    | 11 | 0:20 sec Side Plank each side<br>15 x V-Sit Twist each side<br>15 x Bicycle Crunch each side | 12 | Rest Day! Stretch  |
| 13 | 20 x Squat<br>20 x Deadlift<br>20 x Reverse Lunge each side                          | 14 | 20 x Bicep Curl<br>20 x Triceps Extension<br>20 x Lateral Raise                              | 15 | 0:40 sec Plank<br>20 x Reverse Crunch<br>20 x Scissor Crunch each side               |
| 16 | 20 x Wide Squat<br>20 x Single Leg Deadlift each side<br>20 x Curtsy Lunge each side | 17 | 15 x Push up<br>20 x Bent Row<br>20 x Front Raise  | 18 | 0:25 sec Side Plank<br>20 x V-Sit Twist each side<br>20 x Bicycle Crunch each side   |
| 19 | Rest Day! Stretch  | 20 | 25 x Squats<br>25 x Deadlift<br>25 x Reverse Lunge each side                                 | 21 | 25 x Bicep Curl<br>25 x Triceps Extension<br>25 x Lateral Raise                      |
| 22 | 0:50 sec Plank<br>25 x Reverse Crunch<br>25 x Scissor Crunch each side               | 23 | 25 x Wide Squat<br>25 x Single Leg Deadlift each side<br>25 x Bicycle Lunge each side        | 24 | 20 x Push up<br>25 x Bent Row<br>25 x Front Raise                                    |
| 25 | 0:30 sec Side Plank<br>25 x V-Sit Twist each side<br>25 x Bicycle Crunch each side   | 26 | Rest Day! Stretch  | 27 | 30 x Squat<br>30 x Deadlift<br>30 x Reverse Lunge each side                          |
| 28 | 30 x Bicep Curl<br>30 x Triceps Extension<br>30 x Lateral Raise                      | 29 | 1:00 min Plank<br>30 x Reverse Crunch<br>30 x Scissor Crunch each side                       | 30 | 30 x Wide Squat<br>30 x Single Leg Deadlift each side<br>30 x Curtsy Lunge each side |
| 31 | 25 x Push up<br>30 x Bent Row<br>30 x Front Raise                                    |    |  |    |  |

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www.bodyafter.com

# Emergency Exit

There are fire drills at work and school. Shouldn't your home be as safe? Creating an escape plan before a fire strikes is vital to your family's safety and well-being. All the people who live in your home should know the plan. They should know the fire department emergency number or when to call 9-1-1.

Try to get out of the home in less than three minutes. That's the time it can take for an entire house to catch fire. Here are some safety tips to know in case of a fire:

- Never open a door that feels warm. Use the second exit.
- Keep calm and walk fast. But don't run and take a chance on falling.
- If there is smoke, crawl low to the ground.
- If you live in a building with elevators, do not use one if there is a fire.
- If your way out is blocked by smoke, heat or flames, stay in the room and keep the doors closed. Put a wet towel under the door if you can. Covering your mouth and nose with a clean cloth will help keep you from breathing in smoke . Call the fire department or 9-1-1. Then open a window and use a flashlight or cloth to let rescuers know where you are.
- Once outside the building, do not go back in.
- If your clothes catch fire: stop, drop to the ground and roll.

Practice the plans at least twice a year.




**Source:** The U.S. Consumer Product Safety Division; American Red Cross; The Nemours Foundation; U.S. Fire Administration

# Home, Safe Home

It can be easy to forget basic safety measures, even in our homes. Now is a good time to take a look at how your home safety measures up. Do you have working smoke alarms, carbon monoxide detectors, child safety locks and fire extinguishers? Do have a first aid kit?

Here are some items the Red Cross suggests you keep in your first aid kit:

- Two pairs of non-latex gloves
  - Sterile dressings to stop bleeding
  - Cleansing agent/soap or wipes
  - Antibiotic ointment
  - Burn ointment
  - Bandages in a number of kinds, sizes and shapes
  - Oral thermometer
  - Aspirin
  - Scissors
  - Tweezers
  - Blanket
- 
- A collection of medical supplies is shown in the bottom right corner. It includes a white bag of 'Burn-All First Aid' powder, a small bottle of 'Burn-All' ointment, and a pair of metal scissors.



**Source:** U.S. Department of Health and Human Services; American Red Cross

# 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

# Healthy Recipe



## Berry Nutty Breakfast Parfait

If you're looking for a quick and healthy breakfast, try this easy berry parfait. Plain yogurt is sweetened with fresh strawberries and blueberries, fiber-rich granola and a few walnuts for crunch. Berries and walnuts are rich in ellagic acid, a compound that acts as an antioxidant and anti-inflammatory. This is sure to convert even the most steadfast breakfast-skippers.

## Makes 4 Servings

Per serving: 257 calories, 8 g total fat, 41 g carbohydrate, 10 g protein, 5 g dietary fiber, 118 mg sodium

## Ingredients:

- 🌸 2 cups of blueberries
- 🌸 2 cups sliced strawberries
- 🌸 1 Tbsp honey, softened by placing the jar in a pan of water over low heat.
- 🌸 2 cups low-fat plain yogurt
- 🌸 ½ cup low-fat granola
- 🌸 4 Tbsp chopped walnuts (pecans or almonds can be substituted)

## Directions:

1. Place berries in mixing bowl. Drizzle with softened honey and toss gently to coat.
2. Spoon ¼ cup yogurt into four parfait glasses (tall, narrow wine glasses will do) and top with layer of berry mixture. Repeat Layers with remaining yogurt and berry mix. Top with granola and nuts. Serve.

## Last Month's Events

### March's Nutrition Seminar



### May and June Birthday Celebration



# Save the Date!

Health & Wellness Seminar - July 20, 2017