

# City Of Mission's



## *Live Well, Work Well*

**June 2017**

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

## Preparing for the Great Outdoors

Camping is a great way to enjoy the outdoors, stay active and spend time with family and friends. Following these tips can help you make sure that your camping trip is not only fun but safe.

- Before going camping, it's a good idea to check with your doctor to see if you are current on your shots.
- Get the facts about your camp location, including security, rules and facilities on hand.
- Check the weather before you leave home.
- Make sure family or friends know your plans.
- Prepare for a crisis when packing.

### Packing Checklist:

- Bedding and extra blankets
- Bug repellent that has DEET for skin and permethrin for clothes
- Cell Phone
- Compass or GPS
- Copy of your health records and emergency contacts
- Extra Clothes
- First-aid kit
- Flashlight and extra batteries
- Hand-sanitizer
- Healthy snacks and food
- Insulated cooler
- Long Sleeves and pants in light colors; sturdy shoes
- Map
- Pocket knife and mirror
- Prescription medicines
- Special items such as a life jacket if you'll be near or in water
- Sunglasses
- Sunscreen
- Tent and plastic cloth for the ground
- Trash bag
- Water and water-purification tablets
- Whistle

**Source:** Centers for Disease control and Prevention; California Dept. of Parks & Recreation; Georgia Dept. of Natural Resources; American Red Cross

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**Next Month's Issue:**

**Emergency Planning**



Practicing water safety starts  
at home



# Accidental Drowning Can Be Avoided

One of the leading causes of death for young children is preventable. Drowning accounts for the most injury deaths of children ages 1 to 4. Swimming pools are the main place where young children drown, followed by bathtubs. Here are a few tips to keep in mind:

- 🏠 Never leave young children alone near any water.
- 🏠 Keep a young child within arm's reach in a bathtub.
- 🏠 After using a bucket, always drain it and store away from young children.
- 🏠 Keep bathroom doors closed or place locks on toilet seat covers in case a young child wanders into the bathroom.
- 🏠 Learn CPR. It can save a life.
- 🏠 Give your children life jackets when they are near or in water, such as lakes or the ocean. Don't use toys as a substitute.
- 🏠 Don't drink alcohol before or during swimming, boating, or water skiing, or while watching children.
- 🏠 If you don't know how to swim, learn.
- 🏠 Never swim alone.

*Source: Centers for Disease Control and Prevention & U.S. Consumer Product Safety Commission*

## Heating Up The Grill?

Keep safety first when heading to the barbecue. Before any outdoor cooking starts, make sure you know the facts about fire safety.

- 🏠 Both propane and charcoal grills pose fire dangers. They are also sources of carbon monoxide.
- 🏠 Grills should always be used away from the home, deck railings and out from under eaves and overhanging branches.
- 🏠 All grills should only be used outdoors.
- 🏠 Keep children and pets away from the grill area.
- 🏠 Keep your grill clean by removing grease or fat buildup.
- 🏠 Never leave your grill unattended.

### Propane grills:

- 🏠 Check hoses for any signs of damage like cracking, brittleness, holes and leaks. Replace if needed.
- 🏠 Make sure there are no sharp bends in the hose or tubing.
- 🏠 Check for gas leaks. Open the valve that carries the gas. Put a soapy solution with a brush at the connection point. If bubbles appear, you have a leak. Try making the connection tighter. If that does not help, close the valve and have the grill repaired by someone who is trained to do it.
- 🏠 If you have a leak that you cannot stop, call the fire department.
- 🏠 If you smell gas while cooking, get away from the grill and call the fire department. Do not move the grill.



### Charcoal Grills:

- 🏠 If you use a starter fluid, use only charcoal starter fluid.
- 🏠 Never add charcoal fluid or any other flammable liquids to the fire.
- 🏠 Keep charcoal fluid away from heat sources.
- 🏠 If you use an electric charcoal starter, be sure to use an outdoor extension cord.
- 🏠 Let the coals cool before throwing away in a metal container.

*Source: U.S. Consumer Product Safety Commission; U.S. Department of Agriculture*

# Question & Answer



## What is SPF?

**Answer:** SPF stands for Sun Protection Factor. This is a multiplier that tells you how much longer you can remain in the sun without a burn when wearing a sunscreen. For instance, if you can usually tolerate the sun for 10 minutes without a burn, an SPF 15 will provide you with 15 times that, or 150 minutes of protection without burning. Regardless of the SPF level you use, you should reapply sunscreen every two hours or immediately after swimming or sweating to help keep your skin protected.

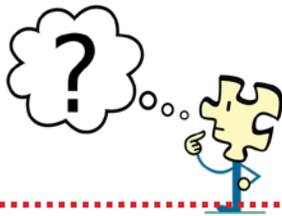
## Can heat-related illness strike even when it's not extremely hot?

**Answer:** Even when temperatures are not extremely high, humidity, sun exposure, exercise, and inadequate water intake can each help trigger and increase the risk of heat exhaustion. Exercising or drinking too little water can turn up the heat even further. When it's very hot or humid, limit your activities, seek shade, drink plenty of fluids, and consider staying indoors. Mild heat-related symptoms, such as fatigue, swelling of the hands and feet, prickly heat are signs that you need to cool off to avoid serious trouble.

## Are insect repellents that contain deet to risky to use regularly on children?

**Answer:** Products containing deet are safe if used properly. Serious side effects in adults have been confined mostly to people who ingested the chemical. In children, the risk of catching a dangerous disease, such as dengue or malaria, from an infected mosquito is far more worrisome than the very slight risks from deet, which is still the best way to prevent those illnesses. To minimize any possible risk from deet, choose a product with the lowest concentration that works for you. Use no more than the label directs. Don't apply it near the nose and mouth or on broken skin, and don't apply it beneath your clothes which increase skin absorption.

## Newsletter Quiz



1. How often should you reapply sunscreen?
2. What keeps your body at a normal temperature?
3. What is one of the leading causes of death in young children?
4. What is a source of carbon monoxide?
5. While in the water, it is recommended not to use what as a substitute?
6. Children and pets should not be allowed near what?
7. What is the time you should limit being out in the sun?
8. How long does it take for the sun's ultraviolet to harm your skin?
9. What should you use to protect your eyes from UV rays?
10. What should you learn that can save a life?

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

**Complete the Quiz and turn it in to Human Resources  
by June 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:

**June Abs of Steel Challenge**  
For the month of June, try this 30 Day Abs  
of Steel Challenge!

### June Abs of Steel Challenge

[www.stephanniestallardfitness.com](http://www.stephanniestallardfitness.com)

<b>1</b> 15 sit-ups 5 crunches 5 leg raises 10s plank	<b>2</b> 20 sit-ups 8 crunches 8 leg raises 12s plank	<b>3</b> 25 sit-ups 10 crunches 10 leg raises 15s plank	<b>4</b> REST DAY	<b>5</b> 30 sit-ups 12 crunches 12 leg raises 20s plank	<b>6</b> 35 sit-ups 15 crunches 15 leg raises 25s plank	<b>7</b> 40 sit-ups 20 crunches 20 leg raises 30s plank
<b>8</b> REST DAY	<b>9</b> 45 sit-ups 30 crunches 30 leg raises 35s plank	<b>10</b> 50 sit-ups 50 crunches 30 leg raises 38s plank	<b>11</b> 55 sit-ups 65 crunches 33 leg raises 42s plank	<b>12</b> REST DAY	<b>13</b> 60 sit-ups 75 crunches 40 leg raises 50s plank	<b>14</b> 65 sit-ups 85 crunches 42 leg raises 55s plank
<b>15</b> 70 sit-ups 90 crunches 42 leg raises 60s plank	<b>16</b> REST DAY	<b>17</b> 75 sit-ups 100 crunches 45 leg raises 65s plank	<b>18</b> 80 sit-ups 110 crunches 48 leg raises 70s plank	<b>19</b> 85 sit-ups 120 crunches 50 leg raises 75s plank	<b>20</b> REST DAY	<b>21</b> 90 sit-ups 130 crunches 52 leg raises 80s plank
<b>22</b> 95 sit-ups 140 crunches 55 leg raises 85s plank	<b>23</b> 100 sit-ups 150 crunches 58 leg raises 90s plank	<b>24</b> REST DAY	<b>25</b> 105 sit-ups 160 crunches 60 leg raises 95s plank	<b>26</b> 110 sit-ups 170 crunches 60 leg raises 100s plank	<b>27</b> 115 sit-ups 180 crunches 62 leg raises 110s plank	<b>28</b> REST DAY
<b>29</b> 120 sit-ups 190 crunches 62 leg raises 115s plank	<b>30</b> 125 sit-ups 200 crunches 65 leg raises 120s plank	<b>30-day AB challenge</b>				



# Food Tips for Your Trip

Keep your meals safe when on the road. When you take a trip, the last thing you want is to get sick. So before you leave, check out these food safety tips to make sure your time off isn't spoiled by foodborne illness:

- 🗑️ Don't leave food out for longer than an hour when it's more than 90 degrees farenheight outside.
- 🗑️ Keep food that can spoil in coolers with ice or freezer packs.
- 🗑️ If you have to pack raw meat and poultry, make sure it's frozen in an ice-filled cooler and kept away from other foods.
- 🗑️ Fill coolers to the top with ice and keep the lid closed.
- 🗑️ Keep outside coolers in the shade. Cover with a light colored blanket or other item to help reflect heat.
- 🗑️ Don't drink water from streams or rivers as germs in the water might make you sick. Bring along bottled water and water purifying tablets.
- 🗑️ Take moist throw-away hand wipes and clean your hands often.
- 🗑️ Throw away old canned goods from vacation homes or recreational vehicles.
- 🗑️ Make sure refrigerators and cooking tools are clean before using.

You don't want any bumps in the road when you are traveling. Follow food safety tips for healthy and happy travel.



*Source: United States Department of Agriculture; U.S. Department of Health & Human Services*

## Sip, Sip, Hooray!

A refreshing dip in the pool is just what your body needs during the sizzling summer months. And so is getting plenty of water. Water keeps your body at a normal temperature, protects body tissues, helps rid bodily wastes and cushions your joints.

Get enough H2O with these hydration how-tos:

- 🗑️ Choose water when eating out, which also saves calories and money.
- 🗑️ Perk up plain water by adding a lime, lemon or orange wedge
- 🗑️ Choose broth soups or foods that contain a lot of water, such as tomatoes, celery or melons
- 🗑️ Freeze several freezer-safe bottles of water, and have ice-cold bottled water ready to go throughout the hot summer days



Say "cheers" to drinking more water to help you stay hydrated and healthier!

*Source: Centers for Disease Control and Prevention; Food and Nutrition Board*

## Protect the Skin You're In

Summer is a good time to remember that the sun's ultraviolet (UV) rays can harm your skin in as little as 15 minutes.

Follow as many of these sun protections steps as you can:

- 🗑️ Limit time in the sun—especially between 10 a.m. and 4 p.m.
- 🗑️ Avoid sun tanning and tanning beds.
- 🗑️ Wear clothes and a hat to protect as much of your body as possible.
- 🗑️ Be careful in places where the sun is reflected like near water and sand.
- 🗑️ Use sunglasses to protect your eyes from UV rays.
- 🗑️ Find sunscreen with an SPF of 15 or more and reapply every two hours.



*Source: Centers for Disease Control and Prevention; U.S. Food & Drug Administration, U.S. Environmental Protection Agency*

# Healthy Recipe

## Date Walnut & Dark Chocolate Cookies

This recipe borrows the natural sweetness of dates, along with the rich flavors of walnuts and dark chocolate, to craft a delicious, healthy version of this classic cookie. Enjoy this sweet treat with your loved ones, pack them into a lunch box any day, or serve them with fresh fruit or sorbet the next time you host dinner guests.

### Makes 6 Servings

Per serving: **122 calories, 6 g total fat, 16 g carbohydrate, 2 g protein, 2 g dietary fiber, 82 mg sodium**



### Ingredients:

-  1/2 cup soft dairy-free margarine spread
-  1 tsp. vanilla extract
-  2 Tbsp honey
-  1 cup white whole wheat flour
-  1/2 cup all-purpose flour
-  1/2 teaspoon of baking soda
-  1-1/2 tsp egg replacer
-  1/2 cup finely chopped walnuts
-  1/2 cup diced, pitted dates
-  1/2 cup dark chocolate chips or broken dark chocolate pieces

### Directions:

1. Preheat the oven to 375 degrees.
2. Mix together margarine, vanilla, and honey in a small bowl.
3. Combine the whole-wheat flour, all-purpose flour, baking soda, and egg replacer in a separate bowl.
4. Add the flour mixture to the margarine mixture and mix well to form crumbly dough.
5. Stir in the walnuts, dates, and chocolate chips.
6. Shape the dough into walnut-sized balls and place about 3 inches apart on a baking sheet.
7. Bake for 15 minutes, or until golden brown.

# Save the Date!