

City Of Mission's



Live Well, Work Well

June 2018

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

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 railing 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: Blue Resource, BCBSTX

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Next Month's Issue:

Arthritis

A Fine Time for Safe Grilling

It's summertime, and the weather is fine for grilling. But outdoor food preparation can add safety hazards. Avoid these with some simple safe food-handling methods.

- Marinating? Do it in the fridge, not on the kitchen counter or outdoors. To use the marinade as a sauce on cooked food, keep some separate before adding the raw meat.
- Keep it hot. Partial or pre-cooking is fine, but keep the heat on by finishing it on the grill right away. When your food is done, move it to the side of the grill away from the heat until it is served. Undercooking is also a no-no. Use a food thermometer to check.
- Different stages, different platters. The juice from raw meat, chicken or seafood is a breeding ground for bacteria. Don't reuse platters or utensils that touched raw food. Use a clean platter and utensils to serve.

Take fun with you! When carrying food to your picnic, pack it in you cooler so that it stays below 40 degrees. Before you unpack, make sure your hands and your picnic table are clean.

Sources: U.S. Food & Drug Administration

Preparing for the Great Outdoors

Stay healthy and safe with camping

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



Summer-safety smarts

Make pool time safe this summer. Choose an adult who can swim and knows CPR to watch swimmers. Be sure the adult doesn't text, read or talk on the phone.

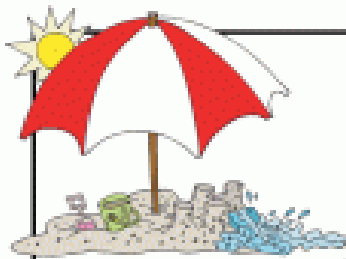
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|--------------|-------------|------------|-----------|
| Bathing Suit | Pelican | Scuba | Surfboard |
| Bikini | Sailboat | Seagull | Tropical |
| Boardwalk | Sandals | Seashell | Vacation |
| Lifeguard | Sand Castle | Sunglasses | Waves |

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Let's Get Moving!

Move Of the Month:

30 DAY FULL BODY CHALLENGE					Day 1	Day 2
					Push-ups: 5 Squats: 25 Crunches: 10 Lunges: 20	Push-ups: 5 Squats: 25 Crunches: 15 Lunges: 21
Day 3 Push-ups: 6 Squats: 30 Crunches: 20 Lunges: 22	Day 4 REST	Day 5 Push-ups: 7 Squats: 35 Crunches: 25 Lunges: 23	Day 6 Push-ups: 8 Squats: 40 Crunches: 30 Lunges: 24	Day 7 Push-ups: 9 Squats: 45 Crunches: 35 Lunges: 25	Day 8 REST	Day 9 Push-ups: 10 Squats: 50 Crunches: 40 Lunges: 25
Day 10 Push-ups: 10 Squats: 50 Crunches: 45 Lunges: 26	Day 11 Push-ups: 11 Squats: 55 Crunches: 50 Lunges: 27	Day 12 REST	Day 13 Push-ups: 12 Squats: 60 Crunches: 55 Lunges: 28	Day 14 Push-ups: 13 Squats: 65 Crunches: 60 Lunges: 29	Day 15 Push-ups: 14 Squats: 70 Crunches: 65 Lunges: 30	Day 16 REST
Day 17 Push-ups: 15 Squats: 75 Crunches: 70 Lunges: 30	Day 18 Push-ups: 15 Squats: 75 Crunches: 75 Lunges: 31	Day 19 Push-ups: 16 Squats: 80 Crunches: 80 Lunges: 32	Day 20 REST	Day 21 Push-ups: 17 Squats: 85 Crunches: 85 Lunges: 33	Day 22 Push-ups: 18 Squats: 90 Crunches: 90 Lunges: 34	Day 23 Push-ups: 19 Squats: 95 Crunches: 95 Lunges: 35
Day 24 REST	Day 25 Push-ups: 20 Squats: 100 Crunches: 100 Lunges: 36	Day 26 Push-ups: 21 Squats: 100 Crunches: 100 Lunges: 37	Day 27 Push-ups: 22 Squats: 105 Crunches: 110 Lunges: 38	Day 28 REST	Day 29 Push-ups: 25 Squats: 110 Crunches: 115 Lunges: 39	Day 30 Push-ups: 30 Squats: 115 Crunches: 120 Lunges: 40

Make Summer Safe for Kids

Summer is a great time for kids to enjoy different indoor and outdoor activities. Whether they are young children or teens, learn ways to keep your kids safe and healthy while they enjoy the summer fun.

Master water safety.

Water-related activities are popular for getting physical activity and have many health benefits. Here are some tips to stay safe while having fun.

- Learn how to prevent recreational water illness and help protect yourself and your kids.
- Help kids get [H2O Smartz](#) about water safety.

Drownings are the leading cause of injury death for young children ages 1 to 4, and three children die every day as a result of drowning.

- Always supervise children when in or around water. A responsible adult should constantly watch young children.
- Teach kids to swim. Formal swimming lessons can protect young children from drowning.
- Learn cardiopulmonary resuscitation (CPR). Your CPR skills could save someone's life.
- Install a four-sided fence around home pools.

Recreational boating can be a wonderful way to spend time with family and friends. Make boating safety a priority.

- Wear a properly fitted life jacket every time you and your loved ones are on the water.



Source: U.S. Department of Health and Human Services: Centers for Disease Control and Prevention

Summer Safety

Tips on how to enjoy summer fun without getting hurt.

Burns

Keep children and pets away from outdoor grills and at a safe distance from campfires and fire pits. Watch them carefully.

Set up the grill, fire pit or campfire in an open area away from walls, fences and other structures.

Bugs

Use an insect repellent that contains citronella or DEET. Repellents with up to 30 percent DEET provide the longest protection, up to five hours.

Change clothes and wash off repellent when you come inside.

Choose a product by the Environmental Protection Agency

Source: Loyola Medicine

Sun

Use sunscreen of at least 15 SPV (30 SPV for better protection), whether dark – or light-skinned, even on cloudy days.

Apply sunscreen every 2 hours, more frequently when swimming or sweating.

Keep babies out of direct sun as much as possible. Sunscreen is safe to use after age 6 months; protect younger babies with hats and light clothing.

Heat

On hot days, take a break every 20 to 30 minutes to drink water or an electrolyte sports drink.

Watch for heat exhaustion: dizziness, nausea, fatigue, headache, confusion and dark-colored urine. Get out of the sun and cool off.



Healthy Recipe

Mediterranean White Bean and Sorghum Salad

Meal prep this healthy, delicious combination based on white beans, carrots, cauliflower, sorghum, pistachios, kale, and Mediterranean herbs. In about 45 minutes, you can put together 4 plant-based, gluten-free entrée salads for a week of healthy eating.

Makes 4 Serving

Per Serving: 410 calories, 12 g total fat (1.5g saturated fat), 68 g carbohydrate, 17 g protein, 13 g fiber and 100 mg sodium.

Ingredients:

Sorghum:

- 3 cups water
- 1 cup whole grain sorghum, uncooked

Roasted Vegetables and White Beans:

- 2 medium carrots, sliced
- 1 small green bell pepper, sliced
- 1 small red onion, sliced
- 1 15.5 oz. can white beans, rinsed, drained
- 1 small head cauliflower, separated into small florets
- 1 1/2 Tbsp. extra virgin olive oil
- 1/2 lemon, juiced
- 1 tsp. dried oregano
- 1/2 tsp. garlic powder
- 2 Tbsp. fresh chopped parsley (or 1 teaspoon dried)
- 1 Tbsp. fresh chopped rosemary (or 1 teaspoon dried)
- 1/4 tsp. black pepper
- Sea salt (as desired, optional)

Add-ons:

- 4 cups baby kale
- 1/2 lemon, sliced into 4 wedges
- 1/4 cup roasted pistachios

Directions:

1. Bring 3 cups of water to a boil. Add sorghum, cover, and simmer over medium for about 45 minutes, until just tender. Remove from burner. Drain any remaining liquid.
2. While sorghum is cooking, prepare roasted vegetables and white beans.
3. Preheat oven to 375 F.
4. On a baking sheet, arrange a thin layer of vertical sections of: carrots slices, green bell pepper slices, red onion slices, white beans, and cauliflower florets.
5. Drizzle oil and lemon juice evenly over the vegetables.
6. Sprinkle the vegetables evenly with: oregano, garlic powder, parsley, rosemary, black pepper, and sea salt (if desired).
7. Mix the seasonings into the vegetables with tongs (or your hands) to distribute well.
8. Place on top rack of the oven and roast for about 30 minutes, until golden brown and tender. Remove from the oven.
9. Prepare each salad: In each of four glass rectangular containers, arrange kale, and top with one-fourth of the cooked sorghum and one-fourth of the roasted vegetables and white beans. Garnish with roasted pistachios. Add a lemon wedge. Cover and refrigerate for up to 5 days
10. To serve, squeeze lemon wedge over salad and enjoy!

Last Month's Events

Mental Illness Seminar



Upcoming Events:

**Health and Wellness Seminar:
Summer Safety
Thursday, June 28, 2018
2:30 p.m. – 3:30 p.m.
Council Chambers**