

# WELLNESS NEWSLETTER

Volume 1, Issue 48

October 2017

## Protect Yourself and Others: Get the Flu Vaccine!

Whether you love fall or not—the changing leaves, shorter days, longer nights, and pumpkin spice everything—it is here. So, too, is flu season.

Influenza (flu) is a highly contagious viral infection of the respiratory passages causing fever, severe aching, and congestion, and often occurring in epidemics. People with flu can spread it to others as far as 6 feet away. Mainly by droplets made when people with flu cough, sneeze, or talk.

Millions of Americans (143.2 million in 2013-2014) take the advice of the Centers for Disease Control and Prevention in that the best protection from the virus is to be vaccinated annually. With good reason, too as an infected person can spread the virus one day before showing symptoms (or even knowing they are sick) and up to seven days after they get sick.

There are many misconceptions about the vaccine, what it does, and its side-effects. For example, some may think you can get influenza from the vaccine (you can't). In fact, if you get flu immediately following your vaccination, it's likely that you were exposed to the virus just before or during

## Flu Shot Schedule

- **October 11 Andrus Dr. Conference Room  
7:00 AM to 9:00 AM**
- **October 13 City Hall  
1:00 PM to 3:00 PM**
- **October 18 Andrus Dr. Conference Room  
7:00 AM to 9:00 AM**

**Call Doris @ ext 1145 to schedule your appointment.**



## In This Issue

- Benefits of Quitting Smoking Over Time
- The Ultimate Fit Kid Challenge Calloway County American Cancer Society
- Crunchy Fall Salad Recipe
- Defend Yourself Against Germs
- Learn to Disconnect



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## Protect Yourself and Others: Get the Flu Vaccine!

The two-week waiting period after receiving the vaccine (it can take up to two weeks to take effect).

WellLiving highly encourages all people to speak to their family physicians about their concerns of receiving the vaccine, prior to making their final decision.

### Who, When and Where?

#### The Centers for Disease Control and Prevention Recommend the Following:

##### Who should receive vaccine?

- Those 6 months or older. Consult your doctor prior to receiving the vaccine if you're severely allergic to eggs, are feeling ill, or have ever had Guillain-Barre Syndrome.

##### When to receive the vaccine.

- You should get vaccinated annually. The flu season gets stronger in October, peaking between December and February. Remember, vaccinations take up to two weeks to start working.

##### Where to receive the vaccine.

- Depending on medical history, you may be able to get the vaccine at your place of employment in addition to your physician's office. Those with severe allergies to eggs are to receive the shot in a medical setting.



## Family Flu Shot Night\*

OCC MED

October 24th

4:00 PM to 6:00 PM

\*Dependent must be covered under City of Murray health insurance.

Call Doris @ ext 1145 to schedule your appointment.



## Kentucky Agency for Substance Abuse

“Plan to be Tobacco-Free” program

December 5, 5:30 PM

Center for Health and Wellness

More information in the next issue.



American Cancer Society

## Benefits of Quitting Smoking Over Time

It's never too late to quit using tobacco. The sooner you quit, the more you can reduce your chances of getting cancer and other diseases.

### Within minutes of smoking your last cigarette, your body begins to recover:

#### 20 minutes after quitting

Your heart rate and blood pressure drop.

(Mahmud A, Feely J. Effect of smoking on arterial stiffness and pulse pressure amplification. *Hypertension*. 2003;41 (1):183-187

#### 2 weeks to 3 months after quitting

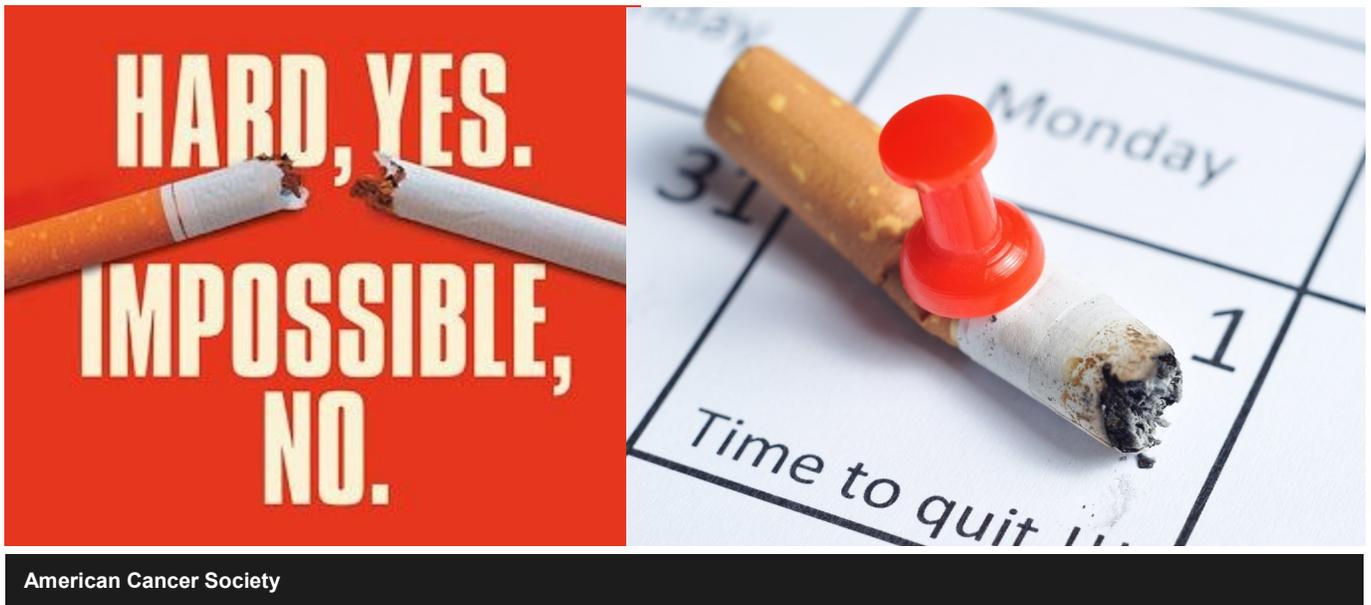
Your circulation improves and your lung function increases.

(US Surgeon general's Report, 1990, pp.193, 194, 196, 285, 323)

#### 1 to 9 months after quitting

Coughing and shortness of breath decrease. Tiny hair-like structures that move mucus out of the lungs (called cilia) start to regain normal function in your lungs, increasing their ability to handle mucus, clean the lungs, and reduce the risk of infection.

(US Surgeon General's Report, 1990, pp. 285-287, 304



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## Benefits of Quitting Smoking Over Time

### 1 year after quitting

The excess risk of coronary heart disease is half that of someone who still smokes. Your heart attack risk drops dramatically.

(US Surgeon General's Report, 2010, p. 359)

### 5 years after quitting

Your risk of cancers of the mouth, throat, esophagus, and bladder is cut in half. Cervical cancer risk falls to that of a non-smoker. Your stroke risk can fall to that of a non-smoker after 2 to 5 years.

(US Surgeon General's Report, 2010 and World Health Organization. Tobacco Control: Reversal of Risk after Quitting Smoking. IARC Handbooks of Cancer Prevention, Vol. 11. 2007, p. 341).

### 10 years after quitting

Your risk of dying from lung cancer is about half that of a person who is still smoking. Your risk of cancer of the larynx (voice box) and pancreas decreases.

(US Surgeon General's Report, 2010 and US Surgeon General's Report, 1990, pp. vi, 155, 165)

### 15 years after quitting

Your risk of coronary heart disease is that of a non-smoker's.

(World Health Organization. Tobacco Control: Reversal of Risk After Quitting Smoking. IARC Handbooks of Cancer Prevention, Vol. 11. 2007, p. 11.)

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## Benefits of Quitting Smoking Over Time

These are just a few of the benefits of quitting smoking for good. Quitting smoking lowers your risk of diabetes, lets blood vessels work better, and helps your heart and lungs.



Life expectancy for smokers is at least 10 years shorter than that of non-smokers. Quitting smoking before the age of 40 reduces the risk of dying from smoking-related disease by about 90%.

Quitting while you're younger will reduce your health risks more, but quitting at any age can give back years of life that would be lost by continuing to smoke.

### Are there benefits of quitting that I'll notice right away?

Kicking the tobacco habit offers some rewards that you'll notice right away and some that will show up over time.

Right away you'll save the money you spent on tobacco! And here are just a few other benefits you may notice:

- Food tastes better.
- Your sense of smell returns to normal.
- Your breath, hair, and clothes smell better.
- Your teeth and fingernails stop yellowing.
- Ordinary activities leave you less out of breath (for example, climbing stairs or light housework).
- You can be in smoke-free buildings without having to go outside to smoke.

Quitting also helps stop the damaging effects of tobacco on how you look, including premature wrinkling of your skin, gum disease, and tooth loss.

<https://www.cancer.org/healthy/stay-away-from-tobacco/benefits-of-quitting-smoking-over-time>

# American Cancer Society's **THE ULTIMATE FIT KID CHALLENGE**

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## **OF CALLOWAY COUNTY**

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The UFKC is an age-specific race with obstacles to encourage healthy living and cancer prevention.

**RACE DATE:**

November 4, 2017

**AGES:**

4-18 years of age

**TIME:**

8:30am-Noon

**REGISTRATION INFO:**

Complete and return the form on the back.

**LOCATION:**

Rotary Amphitheater  
Central Park -Murray,

**REGISTRATION Donation:**

\$20/child early registration

\$25/child day of event

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**For more information please contact:**

**Janel Tate 270-444-0748 or [janel.tate@cancer.org](mailto:janel.tate@cancer.org)**

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[fb.me/ACScalloway](https://fb.me/ACScalloway)

[cancer.org](http://cancer.org) | 1.800.227.2345





# American Cancer Society's **THE ULTIMATE FIT KID CHALLENGE**

Official use only:  
 Event \_\_\_\_\_ # \_\_\_\_\_  
 Checked-in \_\_\_\_\_ pd \_\_\_\_\_  
 Sponsor \_\_\_\_\_

### Participant's information:

LAST NAME \_\_\_\_\_ FIRST NAME \_\_\_\_\_  
 MAILING ADDRESS \_\_\_\_\_  
 CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_ PHONE \_\_\_\_\_  
 EMAIL \_\_\_\_\_  
 MALE \_\_\_\_\_ FEMALE \_\_\_\_\_ BIRTHDATE \_\_\_\_\_ AGE (as of 11-4-17) \_\_\_\_\_  
 EMERGENCY CONTACT \_\_\_\_\_ PHONE NUMBER \_\_\_\_\_

**\*Early Registration (Must be received by 10-20-17 to be guaranteed a UFKC drawstring bag)**

### PLEASE SELECT AN EVENT:

- \_\_\_\_\_ 4-6 yr old event      8:40-8:55am
- \_\_\_\_\_ 7-9 yr old event      9:05-9:25am
- \_\_\_\_\_ 10-12 yr old event    9:35-10:00am
- \_\_\_\_\_ 13-15 yr old event    10:10-10:40am
- \_\_\_\_\_ 16-18 yr old event    10:50-11:20am

Registration Fee: \$20 Donation per person  
 Extra Donation: + \$ \_\_\_\_\_  
 Total Donation: = \$ \_\_\_\_\_  
 Type of payment Cash ( ) Check ( ) Credit/Debit Card ( )  
 All proceeds benefit American Cancer Society to lead the fight against Cancer!

*Release: I should not enter in the UFKC unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the event. I assume all risks associated with participating in the event. Having read this waiver, I myself, or anyone entitled to act on my behalf, waive and release the American Cancer Society, Murray Parks Department, and all members thereof, and all sponsors from all claims of any kind arising from my participation in the afore mentioned event. (Check here if I do NOT want my child's picture taken and published )*

Participant Signature \_\_\_\_\_ Date \_\_\_\_\_  
 If Under 18 Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

*(Keep this bottom portion for your information.)*

**American Cancer Society's THE ULTIMATE FIT KID CHALLENGE** is an age-specific race with obstacles to encourage healthy living and cancer prevention.

Nov 4, 2017      Central Park-Murray, KY

### Schedule

- Registration Begins      8:00am
- Opening-Amphitheater    8:30am
- 4-6 yr old event          8:40-8:55am
- 7-9 yr old event          9:05-9:25am
- 10-12 yr old event        9:35-10:00am
- 13-15 yr old event        10:10-10:40am
- 16-18 yr old event        10:50-11:20am
- Closing- Amphitheater    11:30-12:00pm

Registration will close for each age category  
5 mins prior to the start of that race.

### Things to Know

- When arriving at the event, please go to the registration table located to the left of the Rotary Amphitheater to check in. (Only those who have registered, paid and checked in will be eligible for awards.)
- Awards will be given out after each race located at the end of the obstacle.
- At 11:30am, once the events are finished, all participants will be recognized.
- Appropriate attire must be worn, including closed-toed shoes.
- Please check ([fb.me/ACScalloway](http://fb.me/ACScalloway)) for any changes /cancellations.
- If a participant's age is questioned, proof may be required.
- Nutritious concessions will be available to purchase.

More info: Janel Tate 270-444-0748 [janel.tate@cancer.org](mailto:janel.tate@cancer.org)

Complete and return form by mail: American Cancer Society 3140 Parisa Dr. Paducah, KY. 42003 OR  
take to Murray Parks Dept 900 Payne St. Murray KY.





## Crunchy Fall Salad

Prep time: 15 minutes

Makes 8 servings

Serving size: 3/4 cup

Cost per recipe: \$5.34

Cost per serving: \$0.67

- ◆ 1/2 cup walnuts or pecans
- ◆ 1 pound Brussels sprouts
- ◆ 1/2 cup dried cranberries
- ◆ 1/4 cup red or white onion, thinly sliced
- ◆ 3 slices bacon, cooked, drained and chopped
- ◆ 2 tablespoons brown mustard
- ◆ 2 tablespoons olive oil
- ◆ 2 tablespoons honey or maple syrup

1. In a small skillet, toast nuts over medium heat until they become slightly brown and fragrant. Set aside.
2. Remove outer tough leaves and ends of Brussels sprouts. With a sharp knife, slice sprouts cross-wise into thin slices.
3. In a medium bowl, combine nuts, Brussels sprouts, cranberries, onion and bacon.
4. In a separate microwave-safe bowl, whisk together mustard, oil and honey. Heat in the microwave for 10-20 seconds on high heat or until warm. Pour dressing over salad. Serve immediately.

### **Nutrition facts per serving:**

160 calories; 9g total fat; 1.5g saturated fat; 0g trans fat; 5mg cholesterol; 105mg sodium; 17g carbohydrate; 3g fiber; 11g sugar; 4g protein; 6% Daily Value of vitamin A; 80% Daily value of vitamin C; 2% Daily Value of calcium; 2% Daily Value of iron.

**Source:** Brooke Jenkins-Howard, Curriculum Coordinator for Kentucky Nutrition Education Program, University of Kentucky Cooperative Extension Service

## Make Your Own Inexpensive Disinfectant.

To make your own inexpensive disinfectant, add a half-cup (about 120 ml) of household bleach to 1 gallon (about 4 liters) of water. After spraying a surface with the solution, allow the disinfectant to stand for a few minutes before wiping it dry with a clean cloth. This solution can be used in the kitchen and bathroom to kill germs. Just spray toilets, faucets, handles, showers, tubs, sinks, counters and cutting boards. (Here are a few words of caution: don't mix chlorine bleach with household cleaners containing ammonia. Extremely dangerous fumes can result.)



## Defend Yourself Against Germs

**Doing a few simple things can help protect you from infection:**

- Avoid contact with people who have a cold or flu.
- Get plenty of rest.
- Exercise daily.
- Visit your doctor and dentist for regular checkups.
- Brush your teeth after meals and before going to bed.
- Keep up with immunizations.
- Eat a balanced diet with plenty of grains, vegetables and fruits; limit fat, cholesterol, sugar and salt.

Germs love moist kitchen items with food particles on them, such as dish rags, sponges and brushes. There are several things you can do to keep such items clean, safe and fresh smelling.

**Each time you use these items do the following:**

- Rinse them with hot water and place them in a well-ventilated area to dry.
- Put them in a microwave for 30 seconds or in a dishwasher.
- Wash or soak them in a bleach solution weekly.
- Discard old items.

Dangerous bacteria and E. coli (Escherichia coli) are found in many clothes-washing machines. Forms of harmful bacteria can survive the cold-water wash and short dryer cycles. The answer to this problem is longer dryer cycles, adding bleach to the wash if possible, or running an empty washer through a cycle with bleach added.

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## Defend Yourself Against Germs



### Avoid Food Contamination.

If you prepare meat on a cutting board, clean it thoroughly before you chop vegetables on it, or you'll spread bacteria. Be sure to wash your hands with soap and water after handling raw meat.

### To reduce the risk of food poisoning, do the following:

- Don't buy outdated food, packaged food with a broken seal, or bulging cans.
- Don't eat food that has a foul or unusual odor or taste.
- Refrigerate meat, and use it within a day or two of purchase.
- Keep frozen foods in the freezer until they're ready to be thawed and cooked. Don't refreeze partially thawed meats.
- Keep counters, cutting boards and utensils clean. Always clean a cutting board or utensil thoroughly after using it to cut raw meat.
- Don't leave cooked food out to cool. Promptly refrigerate uneaten food.
- Don't consume undercooked ground beef, raw oysters, unpasteurized milk (pasteurization is a process that slows microbial growth in foods) or raw or undercooked eggs.

### Teach your children.

Set an example. Start as early as you can. Let your children see you washing your hands at appropriate times so they will realize how important it is to fight germs. You might even consider making handwashing a group activity or a game. With pump dispensers available, the process becomes a lot easier for everyone.

Soha, C. (Reviewed 2013). *Defend yourself against germs*. London: Workplace Options



## Learn to DISCONNECT

*“Never go to excess, but let moderation be your guide.”*

—*Marcus Tullius Cicero*

Sage advice when it comes to technology, screen time and multitasking. Continuously being connected without a break can cause anxiety and may inhibit deep thought. A study from the University of Michigan found that multitasking heavily can fatigue the brain, which causes it to lose the ability to focus. Your brain needs a rest from the multitasking.<sup>1</sup> Some recent imaging studies have found that major cross sections of the brain become surprisingly active during downtime.<sup>2</sup> Just as plugging in and logging on is a habit, so should be taking a break from it. If you are not accustomed to breaking the plugged-in habit, it may take some diligent practice and rewiring on your part. Here are some suggestions for making the break.

- ◆ Challenge yourself to the 20-20-20 rule. After 20 minutes of computer use, look at something 20 feet away for 20 seconds.<sup>3</sup>
- ◆ Say no to multitasking, and allow yourself to do one thing at a time. Read a magazine, talk on the phone, walk to a co-worker’s cube to ask a question instead of instant messaging or emailing.
- ◆ Change your environment by going on vacation and making it technology free. It may result in a level of relaxation and free-flowing ideas that you never imagined possible.<sup>2</sup>
- ◆ Be a part of nature. Go where mobile phones don’t work, where there is no internet or where it is forbidden. For example, visit the ocean or a cave in the mountains, or take a class.

- ◆ Start slowly. Create time each day, say 30 to 60 minutes, for no interruptions. For example, turn off technology an hour before bed or right before working out; try driving to work with no radio and no mobile phone.
- ◆ Include the whole family. Limit children’s time on technology. Declare a TV Turnoff week, with small prizes for contestants at the end of each day and the week.
- ◆ Practice mapping a destination, instead of using the GPS.
- ◆ Go for a walk or jog without headphones; engage another person to go with you.
- ◆ Turn off notifications so you are not tempted to plug in.<sup>4</sup>
- ◆ Set aside time for social networking.<sup>4</sup>
- ◆ Move apps away from your home screen to avoid constant interruptions.<sup>4</sup>

**Feel the freedom of single tasking. This means being comfortable working on one thing at a time, which helps sharpen focus and produce a higher quality, uninterrupted output. Balance is the key. While it is vitally important to be plugged in sometimes, it is equally important to recognize that there is a world beyond the screens surrounding you.**

### References:

1. Richtel, M. (2010, August 15). Outdoors and out of reach, studying the brain. *New York times*. Retrieved November 13, 2014, from <http://www.nytimes.com/>
2. National Public Radio. (2010, August 24). Digital overload: Your brain on gadgets. *Fresh Air*. Retrieved November 11, 2014, from <http://www.npr.org>
3. Goudreau, J. (2010, June 21). Do computers really fry your brain? *Forbes*. Retrieved November 11, 2014, from <http://www.forbes.com/>
4. Lepi, K. (2014, April 14). Why you should unplug. Retrieved November 11, 2014, from <http://www.edudemic.com/>

May, C. (Reviewed 2017). *Learn to disconnect*. Raleigh, NC: Workplace Options

Available on demand starting October 17th



Sedentary behavior is the fourth leading risk factor of death for people all over the world. Learn to incorporate frequent desk exercises and movement into your day. Additionally, learn proper ergonomic tips to help ease job stress and reduce chronic injury.

- ◆ Go to: [www.lifeserviceseap.com](http://www.lifeserviceseap.com). Username: murray Password: employee
- ◆ Find the Online Seminar link. Click on the link provided and follow the instructions to launch the seminar.
- ◆ If you have questions type them into the "Ask a question" box. You will receive an answer within five business days. All questions and answers will be posted on the FAQ tab.
- ◆ The complete library of past online seminars is also available.
- ◆ Print your e-mail receipt of attendance and turn in to Human Resources to receive your Lunch & Learn credit.

This EAP Webinar counts as a Lunch & Learn toward Period I June 1, 2017 to November 30, 2017.

## Lunch & Learn October 20 11:00 AM Council Chambers Wheel of Portions

It's not what you eat; it's the amount you eat! Learning how to read a nutrition label and sticking to the serving size is very important when it comes to controlling calorie intake. We will discuss appropriate portion sizes for food items and learn how to use visuals to help control portions when eating out.

Christian Shaw RD, LD from Murray Callo-way County Hospital will present this Lunch & Learn.



**HAND:**  
Breads



**PALM:**  
Meats



**FIST:**  
Veggies, Rice,  
Pasta, Fruits



**FINGERTIP:**  
Fats (butter)

© Grand-Slam-Weight-Loss-Tips.com 2012

This Lunch & Learn counts for Period 1 June 1, 2017 to November 30, 2017.