



## Safety Corner

**Tips for having a good safety attitude:**

*Here's how you can develop a good attitude concerning safety:*

- Keep your mind focused on the job at hand. Put aside any personal problems that have been bothering you so that you can watch for hazards and accomplish what you have set out to do.
- Tell yourself that you will not let nearby noises or conversations interrupt your concentration or prevent you from doing the job safely.

- Don't give in to pressure from your coworkers to be unsafe. You don't have to join in with horseplay, take shortcuts, or participate in cover-ups. Instead, take the lead in behaving in an adult and responsible manner. If coworkers are behaving in an unsafe manner, tell a supervisor.

- Report all accidents and near misses, even if they seem unimportant at the time.

- Try to understand why an accident occurred to avoid making the same mistake twice.

- Always follow safe work practices and wear any personal protective equipment (PPE) that you are required to wear.

- Practice good housekeeping. Keep your work area free of clutter, and clean up spills promptly.

- Be considerate of your coworkers. Don't do anything that would endanger them. In fact, go a step farther and remind coworkers about safety. Say something when they forget to put on PPE or when they ignore the rules.

By following these suggestions, you can develop a positive safety attitude, one that others will respect and look up to as an example. But even better than that, you'll be able to do productive work and stay safe at the same time.

## 3 Exercise Claims You Can Ignore

**Regular exercise is 1 of the best things you can do for your health. So don't let these common exercise myths sabotage your workout goals.**

**MYTH:** There's no point in exercising if you don't have time for a full workout.

**FACT:** You need about 150 minutes of moderate-intensity physical activity a week. Pushed for time? The NIH says simply working in brief, 10-minute exercise spurts (e.g., fast walking) 3 times a day, 5 days a week, meets the recommended exercise goal.



1

**2 MYTH:** Skip weight lifting because you'll bulk up and gain weight.

**FACT:** Lifting weights 2 or 3 days a week won't build bulk — but will help build strong muscles. It takes intense strength training, combined with certain genes, to build large muscles. If you don't like weight lifting, resistance bands, sit-ups, push-ups and some kinds of yoga also can strengthen muscles, according to the NIH.



**MYTH:** Have chubby thighs or a spare tire around the middle? Just target those areas with specific exercises to lose the fat.

**FACT:** You can't spot-reduce fat, according to the American College of Sports Medicine. Genes and lifestyle factors determine where we carry flab — and a healthy diet without excess calories and regular exercise are the most effective ways to reduce fat all over.



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# Cancer: Risks You Can Control

Because of its complexity, cancer is hard to predict. But there are many cancer risks that we may control and behaviors that can protect us from getting sick.

## Here is a summary of steps you can take now to fight cancer:

**Routine screening** — Early detection through regular tests can lead to early treatment, when it's likely to work best, and potentially prevent or reduce complications, or save your life.

Discuss these cancer screenings with your health care provider, based on your age, gender, medical history and other factors.

### Women:

**Cervical cancer:** Pap test.

**Breast cancer:** mammogram.

### Men:

**Prostate cancer:** Discuss PSA and digital rectal exam with your health care provider.

### Everyone:

**Colorectal cancer:** fecal occult blood testing, fecal DNA test, sigmoidoscopy or colonoscopy.

**Skin cancer:** regular office check.

**Lung cancer:** X-ray for those at high risk.



**Risk awareness** — You can reduce your risk of getting cancer by making healthy choices throughout your life. Here are some preventable factors:

- The No. 1 cause of cancer deaths is lung cancer, primarily due to smoking, which can also cause cancer almost anywhere in your body.
- Obesity and excess body fat are linked to 11 forms of cancer; it's considered the second leading risk factor for cancer after smoking.
- Drinking alcohol raises your risk of getting 6 kinds of cancer: larynx, esophagus, liver, colon, rectum and female breast. The more you drink, the higher your cancer risk.
- Excess sunlight raises your risk for deadly skin cancer (melanoma), which has been increasing slightly in the past 10 years.

**Vaccines** — The human papillomavirus (HPV) vaccine helps prevent many cervical cancers and several other kinds of cancer. The hepatitis B vaccine can help lower liver cancer risk.

**Regular health care** — Your health care provider is your first step to better health and can advise you about (1) screening routines and vaccines and (2) specific risks, such as quitting smoking, losing excess weight, eating well and any inherited risks.

**These behaviors count.** Our individual efforts are helping to continually lower the overall incidence and cancer death rates in the U.S.



April is Cancer Month.

There are more than 100 kinds of cancer. Learn more at [cancer.gov](http://cancer.gov).

# Living with a Chronic Condition



**Having a chronic health condition can affect many aspects of your life.**

So how can you work a full-time job, pursue a career, care for family, and enjoy it all in the process?

**Once diagnosed with a chronic illness**, such as diabetes type 1 and type 2, heart failure, chronic pain or other ongoing illnesses or disabilities, put your health first.

**Learn all you can about your condition.** Ask your health care provider specific questions, including how to control or reverse your symptoms. Have your provider help coordinate your various treatments and overall care, and keep a record of them.

**What about work?** Depending on the severity of your condition, you may want to tell your supervisor and certain coworkers; their awareness could ease your stress and provide support when you need it.

**Know your limitations.** Pushing yourself too hard can result in poor-quality work and health risks. Ask about your employer's family and medical leave policies should you need additional time off.

**Fit treatment into your daily life.** Proper self-care, stress relief, exercise and diet are crucial. Make sure those close to you understand your condition and your needs (including their patience). Stay connected with them.

**Identify priorities.** Learn to spot what is or isn't a must-do. Avoid feeling guilty if your health sometimes limits your time and energy.

**Exhaustion and depression are familiar to people with chronic conditions.** But remember: You're not alone — many Americans are coping with these challenges. Consider joining an in-person or online support group for your condition.



## How does exercise boost energy?

Scientists believe exercise stimulates mitochondria inside your cells to help convert nutrients into energy, and the more you exercise the more mitochondria you produce. **Note:** If you're new to regular physical activity, start with moderate-intensity exercise, such as walking.

## EXPERT advice

— Eric Endlich, PhD

### Q: What is autism?



**A: Autism spectrum disorder is a developmental disorder that may be diagnosed at any age.** Autism runs in families, so it's probably at least partly inherited. It is diagnosed more often in boys. Some individuals have intellectual impairment, while others are highly intelligent.

Autism runs in families, so it's probably at least partly inherited. It is diagnosed more often in boys. Some individuals have intellectual impairment, while others are highly intelligent.

#### Symptoms may include:

- Repeating words or actions (e.g., echoing speech, rocking).
- Trouble handling changes or transitions.
- Increased or decreased sensory sensitivity (e.g., disliking certain fabrics or food textures).
- Intense focus on certain objects or topics.
- Limited eye contact.
- Difficulty engaging in back-and-forth conversation.

**There are many medications and therapies to address the symptoms, but there is no cure for autism.**

On the plus side, certain autistic traits, such as attention to detail and high tolerance for routine, can be assets at work, and some employers have begun actively recruiting adults on the spectrum.

### TIP of the MONTH



#### Mind Your PLATE

For weight control, it's commonly suggested to cut down the size of your meal by eating on a small salad plate instead of a large dinner plate. Recent research suggests this may not be the case. In fact, bigger plates accommodate larger portions of vegetables, which are essential to healthy eating. The food you put on your plate is more important than the size of the plate.

# Tricks for Better Eating

eating smart

By Cara Rosenbloom, RD

Do you want to eat better? These strategies can help make good nutrition a bit easier to achieve.



**Make vegetables and fruit convenient.** If you open the fridge and the first things you see are carrot and cucumber sticks, there's a good chance those are the snacks you will choose. And if you have a cookie jar on your counter, replace it with a bowl of fruit. It's better to pick an apple or banana instead of cookies, and that's more likely if fruit is the first thing you see.

**Always shop on a full stomach.** Why? If you shop hungry, you're more likely to grab something convenient to munch on, such as ultra-processed chips or a chocolate bar. And you're also more likely to make more impulse purchases (food you don't need, but crave in the moment) and spend more money than you planned. Instead, shop with a grocery list and try to stick to it.

**Skip the distractions.** People tend to eat more when paying attention to a computer, TV screen or tablet, instead of focusing on food. Dine without electronics and pay attention to every delicious bite. Focusing just on your food is also linked to being less hungry later on, because your memory reminds you of your previous meal.

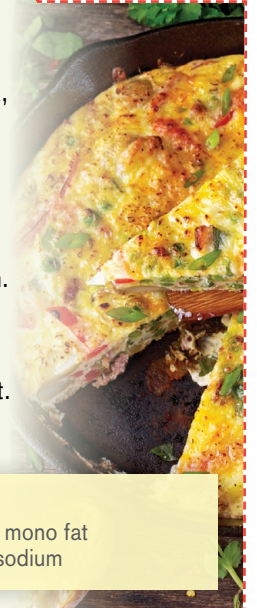
**Set realistic expectations.** While pictures of beautiful food and glamorous people on social media can be aspirational, they can also make us feel inadequate. Instead of inspiration from models and chefs, fill your social media feeds with more realistic lifestyles. It's better for your self-esteem.

## Springtime Frittata

EASY recipe

- 8 eggs
- ½ cup water or milk
- 2 tbsp chopped fresh chives
- ⅛ tsp each salt and pepper
- 1 tbsp olive oil
- 1 cup chopped asparagus
- 1 red pepper, chopped
- ½ cup shredded cheddar cheese

**Preheat** oven to 350°F. **In** a medium bowl, whisk together eggs, water or milk, chives, salt and pepper. **Add** olive oil to an oven-proof pan or cast iron skillet set over medium heat. **Add** asparagus and red pepper and cook, stirring frequently, about 5 minutes. **Add** egg mixture to pan. **Cook** 5 to 7 minutes until eggs begin to set. **Top** with cheese and place in oven for 15 to 17 minutes or until eggs are set. **Cut** into wedges and serve with salad.



#### Makes 6 servings. Per serving:

166 calories | 12g protein | 12g total fat | 4g saturated fat | 5g mono fat  
3g poly fat | 3g carbohydrate | 1g sugar | 1g fiber | 205mg sodium

# Did you know that you have access to legal services?

By Wellspring Family Services (EAP Provider)

**You can get help for concerns related to civil/consumer issues, matters concerning your family, finances, real estate, estate planning, immigration and naturalization, as well as criminal-related issues.**

For concerns involving disputes or actions between you and your employer, legal services are specifically excluded.

Below is a summary of services available to you and your benefits-eligible family members.

## Legal Consultation

You are entitled to one (1) initial **thirty-minute** office or telephone consultation per separate legal matter at no cost with a **network attorney**. In the event that you wish to retain a participating attorney after the initial consultation, you will be provided with a preferred rate reduction of 25% from the attorney's normal hourly rate. Virtually all types of legal matters are eligible for these services, with the exception of employment matters.

## Mediation

You are entitled to one (1) initial thirty-minute office or telephone consultation per separate legal matter at no cost with a network mediator. In the event that you wish to retain a participating mediator after the initial consultation, you will be provided with a preferred rate reduction of 25% from the mediator's normal hourly

rate. Typical matters may include divorce & child custody, contractual & consumer disputes, real estate & landlord tenant, car accidents & insurance disputes, etc.

## "Do It Yourself" Legal Forms / Document Preparation

Our simple and no-cost online platform will enable you to complete your own legal document preparation from the comfort of your home, without incurring the cost of an attorney, or dealing with lengthy completion and delivery periods.

## Website

You have unlimited access to the legal library, which hosts information on more than 1,000 legal and financial topics and over 1,200 legal and financial forms.

## Simple Will Kit

This simple estate planning document (one per household) can be obtained by calling us. Once filled out, you'll then send the document to the attorney's office (provided with the kit).

# Concussion Update

To prevent concussions in youth sports, traumatic brain injury (TBI) training laws were enacted in 2010. The CDC recently issued new treatment guidelines for mild TBIs or concussions. Parents can do their part by taking these actions:

**Recognize concussion symptoms. Your child may show 1 or more of these symptoms:**

- Headache or pressure in head.
- Nausea or vomiting.
- Balance problems or dizziness.
- Double or blurry vision.
- Sensitivity to light or noise.
- Feeling sluggish, hazy, foggy or groggy.
- Confusion, or concentration or memory problems.
- Change in sleep patterns.



**Observe your child after every bump to the head.** Call your pediatrician if your child gets anything beyond a minor head bump or if your child complains of the symptoms listed at left. Pull your child out of the action if they show any of these signs.

**Follow your health care provider's advice** about what activities your child should engage in and when they can return to normal activities.



April is Youth Sports Safety Month.



# Is Anxiety Holding You Back?

**EXPERT** advice

By Eric Endlich, PhD

**Anxiety has its pros and cons.** Occasional anxiety can help push us to address our problems. However, persistent anxiety can hurt our quality of life, career and health, sometimes leading to panic attacks, insomnia, depression or substance abuse. Anxiety can revolve around specific issues (such as the fear of social events) or be more vague and generalized. However, certain distorted thought patterns are common:

**Expecting the worst.** People with anxiety often think that negative outcomes will be more likely to happen and more severe than the facts would predict.

**Underestimating personal resources.** Anxious people often think they are less capable than they are of dealing with difficult situations. They may label themselves as incompetent. They tend to have unrealistic standards or discount their positive qualities.

**Using emotional reasoning.** Chronically anxious people tend to think, "If I feel this way, then there must be a good reason for it." Anxious feelings are seen as true reflections of reality instead of mere sensations.

**If chronic anxiety is interfering with your life,** or preventing you from making it better, share your concerns with your health care provider. They can rule out any medical conditions that may be contributing to anxiety and refer you for professional help.