

ACTION PLAN for Overweight Kids

Here's how to help young children slim down:

Schedule a checkup with your child's health care provider.

If your child is diagnosed as overweight or obese, discuss the behavior changes needed to gain weight control. The initial goal is to help kids stop gaining excess weight (beyond normal age-appropriate growth).

Recognize how lifestyle can influence unhealthy weight gain in kids. This includes overeating high-calorie, low-nutrient snacks and beverages; lack of physical activity; and excessive sedentary and solitary activities such as streaming videos and texting.



Replace snack foods with healthy options. Provide fruit, vegetable sticks or popcorn packed in handy 1-portion bags — kids tend to eat what they can easily grab.

Cut out fast food. Adopt a nutritious food plan the whole family can enjoy long-term, with an emphasis on home-cooked meals.

Exercise is key. Federal guidelines recommend that children 6 years or older get at least an hour of physical activity every day. **To start:** Have your child identify activities that provide at least 20 to 30 minutes of moderate-intensity exercise daily, beyond what they may get at school, working up to an hour every day. One way to find time for exercise as a family: Leave mobile devices behind and find some fun, active family games.



Being overweight or obese starts early for many children in the U.S. For example, the CDC estimated in 2014 that 20.5% of kids ages 12 to 19 were obese.

Safety Corner: **Shock Safety** Prevent electric shock on the job.

Electric shock occurs when you touch a live wire, or a tool or machine part with poor insulation, and the ground. Shock can cause symptoms that range from mild to severe. They include:

- Pain;
- Loss of muscle control/coordination;
- Internal bleeding;
- Nerve, muscle, tissue damage;
- Cardiac arrest; and
- Death.

The longer you're in contact with live electricity, the greater the damage to your body. And, it doesn't take a large amount to hurt you. As little as 50 milliamperes (mA), just one-third of the amount of electricity used to power a transistor radio, is enough to cause death. Here's how to prevent electric shock:

- If your machine malfunctions, report it to your supervisor immediately.
- Never open a "live" electrical panel. Keep all doors and access panels closed. If you discover an open panel, report it to your supervisor.
- Never reach into an electrical panel. Only trained maintenance workers or electricians should do this.
- If your employer has trained and authorized you to perform lockout/tagout and maintenance work on your machine, then make sure all sources of electrical energy are controlled in compliance with your employer's lockout/tagout program before doing maintenance work.

EAP Benefits — Daily Living Overview

Because your to-do list is long enough already, you deserve to benefit from the convenience of having professional Daily Living consultants provide research assistance, resources, information and referrals for the nearly endless resource needs you encounter day-to-day.

Whether you need a Neighborhood Report with detailed information on local demographics, schools, churches, employment, housing, crime, and weather — or referrals for things such as nearby activities, grocery stores, and the local Department of Motor Vehicles, a Daily Living consultant can help.

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Smart Moves Toolkit at
personalbest.com/extras/17V8tools.

Facts About Home Health Care

Professional in-home health care services meet a broad range of medical needs for patients of all ages returning home from a hospital stay or recovering from an illness or injury. Home health care or visiting nurse agencies primarily provide skilled nursing, rehabilitation therapies and case management. For example, they aid:

- ✓ Patients recovering from **surgery** or **injuries**.
- ✓ Patients needing **complex treatments** involving medical equipment and/or medication monitoring.
- ✓ Mothers and their newborns needing **nursing assistance**.
- ✓ People with **chronic diseases** and **disabilities** needing careful monitoring, but who don't want or need to enter a skilled care facility.

Most employee health care plans do not include home medical care benefits. A few may offer limited coverage for skilled nursing or short-term, medically necessary care.

When choosing a home health care agency:

- ✓ Have your hospital or health care provider recommend a suitable agency.
- ✓ Study the agency's services, eligibility requirements and fees.
- ✓ Get a written statement explaining the specific services, costs and payment plan options for your prescribed home care.
- ✓ Ask if the home care nurses or therapists will evaluate your home care needs and consult with your provider as needed.
- ✓ Know the agency's procedure for handling emergencies.
- ✓ Request feedback from prior patients of the agency, preferably a formal satisfaction survey.

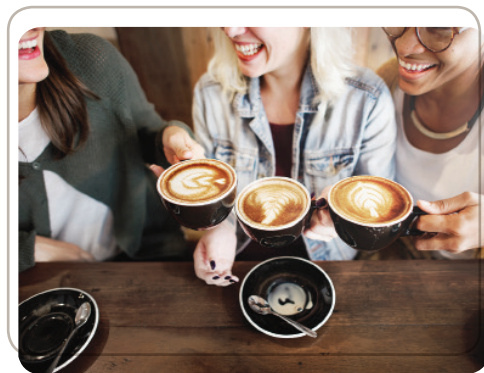
Coffee Questions

Can drinking coffee be part of a healthful lifestyle? Several recent studies support drinking coffee for health benefits.

Coffee is now associated with a lower risk of developing several diseases, including: type 2 diabetes, Parkinson's disease, multiple sclerosis, colon cancer, liver cancer and cirrhosis, and a lower rate of depression in women. **Note:** Research hasn't established that coffee causes reduced risk.

Several years ago, drinking too much coffee was linked to high blood pressure; newer research shows it may improve blood pressure. Heart disease? In 2013, a review of 36 studies covering a million-plus people found even heavy coffee drinking did not raise cardiovascular disease risk — and 3 to 5 cups daily provided protection (dependent on the individual and how they metabolize coffee, which is based on genetics).

The studies listed here are based on 1-cup (8-ounce) servings. You generally don't need to drink lots of coffee to achieve health benefits. **And you don't need to drink caffeinated brew — benefits were also seen with decaf coffee.**



Can coffee help improve longevity?

In 2015, the Harvard School of Public Health reported that coffee drinkers have a lower mortality rate than non-coffee drinkers and are less likely to die prematurely from strokes, heart disease, diabetes, suicide and neurological diseases. The study followed 20,000 non-smoking nurses and doctors for 30 years.

Can I drink as much caffeinated coffee as I want? An average cup has about 100 mg of caffeine. More than 400 mg daily may interfere with sleep and cause anxiety, nervousness, digestive trouble and frequent urination.

What's the healthy ingredient in coffee? Probably its rich supply of antioxidants (nutrients and enzymes) that scientists believe may help fight chronic diseases by reducing oxidation in the body.



MEDICAL WATCH: Frozen Shoulder



Frozen shoulder (adhesive capsulitis) can cause severe stiffness and disability of the shoulder. It usually results from prolonged immobility due to injury (arm or rotator cuff), a long illness, stroke or recovery from surgery (such as mastectomy).

The main symptoms include pain, often worse at night, and very limited range of motion, including the inability to raise your arm.

Your health care provider may order an X-ray to rule out underlying trouble, such as osteoarthritis or dislocation. An MRI may be needed to look for a tear in the rotator cuff — the band of muscles and tendons that stabilizes the shoulder joint.

In most cases, a frozen shoulder can be improved or healed, though full recovery may take months and a lot of self-treatment. It requires physical therapy, primarily stretching, followed by muscle strengthening. You'll want to avoid activities that increase inflammation or pain. Once healed, you'll likely appreciate your hardworking shoulders even more.



The year is more than half gone. Have you taken any vacation days yet? Using time off to relax and play:

- **Improves energy and focus.** Time away from work helps you reverse the effects of chronic stress, refresh your brain and body, and return with renewed concentration.

- **Reduces worry and sadness.** Research shows that women who skip vacations are up to 3 times more likely to be depressed and anxious – while time off can increase levels of chemicals in the body called **endorphins** that make you feel good emotionally.

- **Helps your heart.** According to the long-term Framingham Heart Study, men who vacationed regularly were 32% less likely to die from a heart attack.

- **Provides social time and interaction.** Taking a vacation, even close to home, with family and friends strengthens relationships and social connections.

- **Boosts productivity.** Taking time away to have fun might translate to fewer sick days and more productive days at work.

>> **Despite all these reasons,** many people do not use their full allotment of paid time off. Why not plan a vacation today?

TIP of the MONTH

Fitting in Vegetables

The key to eating more vegetables is to make them readily available for you. Cut carrots, peppers, cucumber and celery, and store them in the fridge for easy crunching. Buy pre-chopped salad greens (rinse well before using) for a quick lunch or dinner salad. Baby carrots and grape tomatoes are easy items for on-the-go snacking.



10 Ways to Get More Vegetables on Your Plate



By Cara Rosenbloom, RD

Despite our best intentions, many of us don't meet the recommended minimum of 2½ cups of vegetables per day. With their mix of vitamins, antioxidants and fiber, vegetables are nutrient-rich powerhouses that can help combat type 2 diabetes, heart disease, stroke and some types of cancer.

Here are some delicious, fun and creative ways to get more every day:

1 Add to eggs:

Omelets are even better when you add red pepper, spinach, mushroom, onion or kale.

2 Make noodles:



Use a vegetable peeler or spiralizer to turn zucchini, carrots and beets into long noodles. Toss with pesto.

3 Use as pizza crust:

Search online for cauliflower pizza crust and bake a pizza pie. You'll be amazed at how good mozzarella can taste on a vegetable base.

4 Use as snacks:

A plate of vegetables with dip is the perfect afternoon snack — it's satisfying, filling and delicious.



5 In pasta sauce:

Add carrots, cauliflower and zucchini to your tomato sauce. You can blend into a smooth puree or leave it chunky if you prefer.

6 In smoothies:

Add cucumber, spinach, kale, ginger and mint for a refreshing beverage.

Note: Avoid adding extra calories from sugar and fruit juice.



7 Enliven your soup bowl:

Add peas, carrots, celery, parsnips, leeks, onion and broccoli.

8 Swap mayo for avocado:

Avocado is creamy, full of healthy fats and spreadable. Use it instead of mayonnaise in sandwiches and wraps.

9 Make chips:

Thin slices of sweet potato and beets or torn pieces of kale and collards can be baked into crunchy chips.

10 Stack them in sandwiches:

No more flimsy iceberg! Fill your sandwich with peppers, cucumber, shredded carrot and your favorite leafy greens.

SUMMER SLAW WITH PEACHES

easy | RECIPE
From Personal Best®

2 cups **green beans**, stems removed, cut in half
2 cups thinly sliced **purple cabbage**
2 **peaches**, pitted and sliced
1 **green onion**, white and pale green parts, thinly sliced
2 tbsp chopped fresh **parsley** or **cilantro**
½ tsp **sesame seeds**

DRESSING:

3 tbsp **extra-virgin olive oil**
2 tbsp **balsamic vinegar**
½ tsp **Dijon mustard**
¼ tsp fresh **garlic**, minced
½ tsp fresh **ginger**, minced
Pinch **salt** and **pepper**

1. **Fill** a large bowl with ice water and set aside. 2. **In** a large pot of boiling water, blanch green beans for 3 minutes. 3. **Transfer** beans to ice water using a slotted spoon. Drain. 4. **Add** beans to a large serving bowl. Top with cabbage, peaches, green onion and parsley. 5. **In** a small jar with tight-fitting lid, combine dressing ingredients; shake well and pour over green bean mixture. 6. **Top** with sesame seeds and serve.

Makes 6 servings. Per serving:

102 calories | 2g protein | 7g total fat | 1g saturated fat | 5g mono fat | 1g poly fat
10g carbohydrate | 4g sugar | 3g fiber | 50mg sodium

Benefits News and Notes

- **Anticipate 2018 Out-of-Pocket Healthcare Costs:** Planning to elect the healthcare Flexible Spending Account during Open Enrollment? Include known expenses in your estimate. Check with your healthcare provider in August or September. They may be able to provide an estimate for services that can be delayed to 2018, such as prescription eyeglasses or contact lenses, non-emergency crowns, orthodontia, or elective surgery.
- **Open Enrollment for 2018:** Make your benefit choices Monday, October 2 through Friday, October 27, 2017. Watch out for more information.
- **Change in Family Status?** Be sure to contact Maria Sahagun (206-615-3328 or email maria.sahagun@seattlehousing.org) within 30 days if you get married, have a new domestic partner, legally separate, divorce, terminate a domestic partnership, or there is a new child in your family through birth, adoption, or guardianship. There may be benefits implications if you missed the deadline.
- **Flu Shots** — Below is the 2017 flu shot schedule at the following locations:

September 26, 2017 (Tuesday), 7:00 a.m. – 9:00 a.m.

190 Queen Ann Ave N, 4th floor Space Needle Room
Seattle, WA 98109

October 11, 2017 (Wednesday), 7:00 a.m. – 9:00 a.m.

810 Martin Luther King Jr Way South, Maintenance Facility Room A,
Seattle, WA 98144

EAP Benefits — Daily Living Overview

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Simply call Wellspring at 800-553-7798 and let us know which task we can take off your hands. We will follow up in several business days with a list of information and referrals for you to consider.

You can get assistance with:

- | | |
|---|--------------------------------------|
| ✓ Apartment locators | ✓ Moving/relocation services |
| ✓ Chore services/
housecleaners | ✓ Pet obedience training |
| ✓ Consumer comparisons | ✓ Pet sitters/kennels |
| ✓ Emergency services | ✓ Transportation and travel services |
| ✓ Entertainment services | ✓ Veterinarians |
| ✓ Tutors | ✓ Volunteer opportunities |
| ✓ Fitness and wellness centers/programs | ✓ Event planning |
| ✓ Home repair (e.g., handymen, plumbers, electricians, contractors, etc.) | ✓ Consumer education |
| | ✓ Home ownership |

Make Your Commute Work for You: Eco-friendly Options at SHA

By Colin Grant, Human Resources

Want to take a small, easy step to care for the environment, yourself and your wallet? Consider eco-friendly commuting options! While driving alone in your car might be a convenient way to get to work (and practice your karaoke skills without an audience!), employees who walk or bicycle instead reap the benefits of fresh air, exercise and avoiding the frustration of traffic. Users of all alternative commute options such as walking, bicycling, carpooling and public transit save money by not having to pay for gas or parking. Even those unable to take eco-friendly modes of transportation still benefit, since having fewer cars on the road decreases emissions and traffic congestion.

At the Seattle Housing Authority, we are pleased to offer a wide range of RideSharing benefits for employees. RideSharing includes the use of mass transit, carpools, vanpools and bicycles. Human Resources is excited to announce the launch of our updated [RideShare Benefits Webpage](#) with added resources for employees who elect to commute to work in ways other than by a single-occupant vehicle:

For our bus riders: Remember, all SHA employees are eligible for a discounted ORCA passport at \$20 a month, which covers full fare on bus, ferry, rail, vanshare and vanpool commutes. We now have a variety of helpful links for anyone interested in commuting with an ORCA pass, including trip planners, ride tracking and Transit Center locations.

Vanpool options? We've got those, too! Check the website for information on contacting King County and Community Transit to find or set up a vanpool near you.

Biking to work? We updated our resources to include trip planners, bicycle maps, safety suggestions, tips from other bikers in the area, and locations of bike rooms, lockers and showers in our buildings. We've also added supplies to our Queen Anne Central Office bike room for tire repairs.

For ferry use: The water-taxi ferries are fully covered but WSF ferries require a special endorsement.

On the horizon: Human Resources is working closely with SHA bikers and the IT department to create an Outlook group called **#Bikers** so employees can ask questions about commuting by bike, and get tips and news from our cycling veterans. Bikers will now also be able to plan outings and partner with others who will be commuting from similar locations.

For any questions about RideShare options at SHA or to sign up for an ORCA passport, please don't hesitate to reach out to Colin Grant in the Human Resources office at (206) 615-3323 or Colin.Grant@seattlehousing.org.