

IN GOOD HEALTH NEWSLETTER...SEPTEMBER

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Volume 1

Issue 5

- Hurricane Preparedness
- Cholesterol
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Did You Know?

HURRICANE WATCH:

Hurricane conditions are a threat within **48 hours**. Review your hurricane plans. Get ready to act if a warning is issued and stay informed.

HURRICANE

WARNING: Hurricane conditions are expected within **36 hours**.

Complete your storm preparedness, leave the area if directed to do so by authorities

SEPTEMBER is:

National Preparedness Month
National Cholesterol Education
Whole Grain Month

Hurricane Preparedness

- Listen for critical information from the National Weather Service (NWS).
- Check your disaster supplies. Replace or restock as needed.
- Bring in anything that can be picked up by the wind (bicycles, lawn furniture).
- Close your windows, doors and hurricane shutters. If you do not have hurricane shutters, close and board up all windows and doors with plywood.
- Turn your refrigerator and freezer to the coldest setting. Keep them closed as much as possible so that food will last longer if the power goes out.
- Turn off propane tank.
- Unplug small appliances.
- Fill your car's gas tank.
- Create a hurricane evacuation plan with members of your household. Planning and practicing your evacuation plan minimizes confusion and fear during the event.
- Find out about your community's hurricane response plan.
- Plan routes to local shelters, register family members with special medical needs and make plans for your pets to be cared for.
- Obey evacuation orders. Avoid flooded roads and washed out bridges.

Standard homeowners insurance doesn't cover flooding. It's important to have protection from the floods associated with hurricanes, tropical storms, heavy rains and other conditions that impact the U.S. For more information on flood insurance, please visit the National Flood Insurance Program Web site at www.FloodSmart.gov.



Recovery After

Recommended Hurricane Supplies

Water—at least a 3-day supply; one gallon per person per day

Food—at least a 3-day supply of non-perishable, easy-to-prepare food

flashlight

battery powered or hand crank radio

Extra batteries

first aid kit

Medications (7-day supply) and medical items (hearing aids with extra batteries, glasses, contact lenses, syringes, etc.)

Multi-purpose tool

Sanitation and personal hygiene items

Copies of personal documents (medication list and pertinent medical information, proof of address, deed/lease to home, passports, birth certificates, insurance policies)

Cell phone with chargers

Family and emergency contact information

Extra cash

Map(s) of the area

Baby supplies (bottles, formula, baby food, diapers)

Pet supplies (collar, leash, ID, food, carrier, bowl)

Tools/supplies for securing your home

Extra set of car keys and house keys

Extra clothing, hat and sturdy shoes

Rain gear

Insect repellent and sunscreen

Camera for photos of damage

Emergency Blanket

Continue listening to a NOAA Weather Radio or the local news for the latest updates.

Stay alert for extended rainfall and subsequent flooding even after the hurricane or tropical storm has ended.

If you evacuated, return home only when officials say it is safe.

Drive only if necessary and avoid flooded roads and washed out bridges.

Keep away from loose or dangling power lines and report them immediately to the power company.

Stay out of any building that has water around it.

Inspect your home for damage. Take pictures of damage, both of the building and its contents, for insurance purposes. Use flashlights in the dark. Do NOT use candles.

Avoid drinking or preparing food with tap water until you are sure it's not contaminated.

Check refrigerated food for spoilage. If in doubt, throw it out.

Wear protective clothing and be cautious when cleaning up to avoid injury.

Watch animals closely and keep them under your direct control.

Use the telephone only for emergency calls.

American Red Cross

Did You Know?

Too much cholesterol in your blood is one of the main risk factors for heart disease and stroke, two leading causes of death in the U.S.

One way to prevent these diseases is to detect high cholesterol and treat it when it is found.

Cholesterol



What is cholesterol?

Cholesterol is a waxy, fat-like substance found in your body and many foods. Your body needs cholesterol to function normally and makes all that you need. Too much cholesterol can build up in your arteries. After a while, these deposits narrow your arteries, putting you at risk for heart disease and stroke.

How do you know if your cholesterol is high?

High cholesterol usually doesn't have any symptoms. As a result, many people do not know that their cholesterol levels are too high. However, doctors can do a simple blood test to check your cholesterol. High cholesterol can be controlled through lifestyle changes or if it is not enough, through medications.

It's important to check your cholesterol levels. High cholesterol is a major risk factor for heart disease, the leading cause of death in the United States.

How often should you have your cholesterol checked?

[The National Cholesterol Education Program \(NCEP\)](#) recommends that adults aged 20 years or older have their cholesterol checked every 5 years.

Preventive guidelines for cholesterol screening among young adults differ, but experts agree on the need to screen young adults who have other risk factors for coronary heart disease: obesity, smoking, high blood pressure, diabetes, and family history.

Less than half of young adults who have these risk factors don't get cholesterol screening even though up to a quarter of them have elevated cholesterol.⁶

A simple blood test called a lipoprotein profile can measure your total cholesterol levels, including LDL (low-density lipoprotein, or "bad" cholesterol), HDL (high-density lipoprotein, or "good" cholesterol), and triglycerides.

Desirable Cholesterol Levels

Total Cholesterol	Less than 170mg/dl
Low LDL (Bad Cholesterol)	Less than 110mg/dl
High HDL (Good Cholesterol)	35mg/dl or higher
Triglycerides	Less than 150mg/dl

If you have high cholesterol, what can you do to lower it?

Your doctor may prescribe medications to treat your high cholesterol.⁵ In addition, you can lower your cholesterol levels through lifestyle changes:

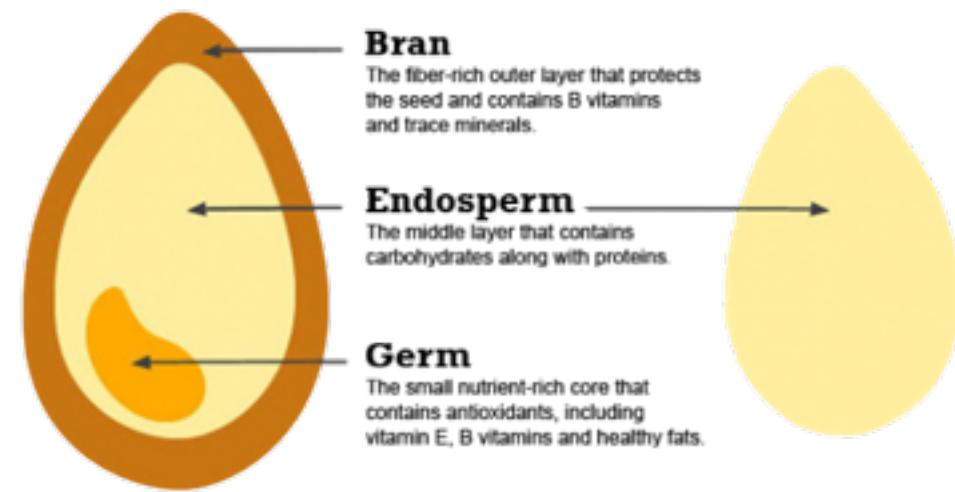
- Low-fat and high-fiber food (Eat more fresh fruits, fresh vegetables, and whole grains).
- For adults, getting at least 2 hours and 30 minutes of moderate or 1 hour and 15 minutes of vigorous physical activity a week. For those aged 6-17, getting 1 hour or more of physical activity each day.
- Maintain a healthy weight.
- Don't smoke or quit if you smoke

Centers for Disease Control

Whole Grains

Did You Know?
Most Americans consume less than a single serving of whole grains daily. The dietary guidelines recommend 3-5 servings of whole grains everyday

Whole Grain vs. "White" Grain



Know Your Whole Grains

A whole grain contains all edible parts of the grain, including the bran, germ, and endosperm. The whole grain may be used intact or recombined, as long as all components are present in natural proportions. To recognize whole grains, keep this list handy when you go to the grocery store and choose any of the following grains:

- Whole-grain corn
- Whole oats/oatmeal
- Popcorn
- Brown rice
- Whole rye
- Whole-grain barley
- Wild rice
- Buckwheat
- Triticale
- Bulgur (cracked wheat)
- Millet
- Quinoa
- Sorghum
- 100% whole wheat flour

But what about when you're buying processed products, such as a loaf of bread? You probably know to avoid products made of "refined" wheat. But did you know that some manufacturers strip the outer layer of bran off the whole kernel of wheat, use the refined wheat flour, add in molasses to color it brown, and call it "100% wheat" bread? That's true -- but it is not a whole grain.



Toasted Barley and Berry Granola

While rolled barley flakes look nearly identical to rolled oats, they pack more fiber. Look for them in whole-food shops or supermarket bulk food bins. Serve over plain low-fat yogurt.

- Yield: 4 cups (serving size: 1/3 cup)

Ingredients

1/4 cup unsalted pumpkinseed kernels
1/4 cup unsalted sunflower seed kernels
1/3 cup maple syrup
2 tablespoons brown sugar
2 tablespoons canola oil
1 teaspoon ground cinnamon
1 1/2 teaspoons vanilla extract
1/4 teaspoon salt
1/8 teaspoon ground cardamom
2 cups rolled barley flakes
1/4 cup toasted wheat germ
1/3 cup dried blueberries
1/3 cup sweetened dried cranberries

Preparation

1. Preheat oven to 325°.
2. Place pumpkinseed kernels and sunflower seed kernels on a baking sheet lined with parchment paper. Bake at 325° for 5 minutes. Cool seeds in pan on a wire rack.
3. Combine syrup and next 6 ingredients (through cardamom) in a medium bowl. Stir in toasted kernels, barley, and wheat germ.
4. Spread barley mixture in a single layer on a baking sheet lined with parchment paper. Bake at 325° for 25 minutes or until lightly browned, stirring every 10 minutes.
5. Remove from oven; cool granola in pan on a wire rack. Stir in dried blueberries and dried cranberries. Store in an airtight container.

Nutritional Information

Amount per serving

Calories 181 Fat 6.5 g Satfat 0.7 g Monofat 2.3 g Polyfat 2.8 g
Protein 4.5 g Carbohydrate 27.4 g Fiber 3.7 g Cholesterol 1 mg Iron
1.4 mg Sodium 59 mg Calcium 13 mg

SAFETY AT HOME



Home Heating

Examine the outside vents. They should be properly sealed and clear of obstruction to prevent carbon monoxide buildup in the house. Recheck during and after a snowstorm.

Pick the right wood. If you use a fireplace or a woodstove, stock up on dry seasoned wood, which burns without producing a lot of creosote. A buildup of creosote—soot—in the chimney or flue can be dangerous, causing chimney fires.

Hire a chimney sweep. Have flues and chimneys inspected and cleaned by a professional annually.

Inspect wood-burning stoves twice monthly. Make sure the door latch closes properly. The room should have a working smoke detector. And never let a child use the stove unattended.

Inspect water heaters annually. The temperature should be set at no higher than 120 degrees to prevent burns. Never leave children alone near a water heater, and keep combustible and flammable materials well away from it.

According to *Injury Facts 2015*, in 2013, an estimated 93,200 unintentional-injury related deaths occurred in the home and community.

Families need to be aware of the dangers related to homes and recreation and take the proper safety precautions to prevent unintentional injuries and deaths.

Electrical Cords and Outlets

Check for frayed wires. Repair or replace any loose or frayed wires on all electrical devices.

Follow the path of cords. No cords should run under rugs or across doorways

Baby-proof. If you have any small children in your house, place plastic safety covers over unused outlets.

Rethink extension cords. Consider adding electrical outlets where you currently rely on extension cords.

Check for a faulty electrical system. Feel all outlets and plugs to see if any are warm; if so, have an electrician check them.

Don't overload the system. Make sure that you've followed manufacturers' directions about maximum wattage of lamp bulbs and outlet requirements for plugs.

And don't overload any one outlet. Be certain that you have no more than one high-wattage appliance plugged into

Smoke and Carbon Monoxide Detectors

Install smoke alarms and carbon monoxide detectors generously. These should be on each floor of the house, covering all sleeping areas.

Test alarms monthly. Replace any that don't work. (In any case, alarms should be replaced every 10 years.)

Replace batteries annually. Or sooner, if the alarm chirps.

Clean all detectors. Vacuum each grille.

Post the fire department's carbon-monoxide-reporting emergency number. If it differs from 911, keep the number by every phone.

Fire Extinguishers

Place extinguishers strategically. Keep one in the kitchen and one on every floor. And learn how to use them.

Replace extinguishers when necessary. Follow the schedule suggested by the manufacturer, and always replace an extinguisher that appears damaged.

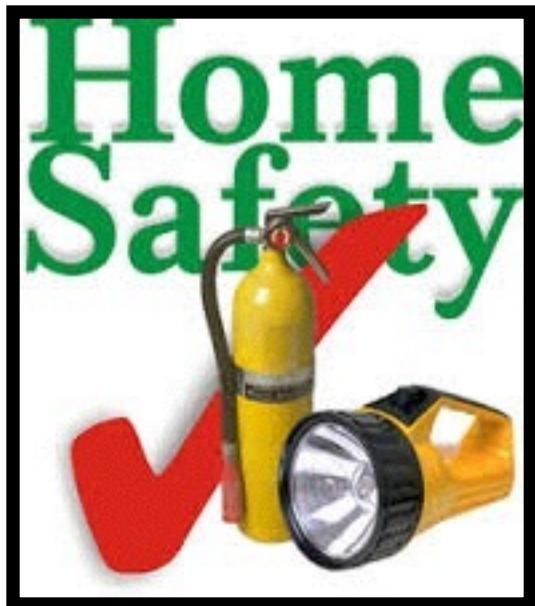
Consider installing a sprinkler system.

Escape Plans

Create an escape plan with two exit routes in case of fire. Practice it twice a year (once at night) with the whole family. For details, see the National Fire Protection Association's website, nfp.org.

Choose a meeting place. Set a plan for meeting up in case of a local or national disaster. See nfp.org.

If you live in a two-story house, buy a rescue ladder. It should attach to an upper-level window casing to provide an alternate escape route.



Burglarproofing

Install a sturdy deadbolt lock on every door to the outside. This should include the door into the house from the garage.

In any room with window bars, make sure at least one has a quick-release mechanism. Replace or retrofit as needed.

Install motion-sensing floodlights in the backyard.

Keep your house looking lived-in when you're away. Arrange for the lawn to be mowed, stop mail delivery, install timers for selected lights, leave a car in the driveway, and leave drapes or shades open at least a bit.

Advertise prominently any home security system you have installed. You might think about putting up signs even if you don't have a system.

Examine your landscaping. Trim shrubs and trees near windows and doors that provide hiding places for burglars, and prune limbs that serve as ladders to upper windows.

Purchase a metal bar or a solid-wood dowel to insert in the tracking of sliding glass doors. This will prevent anyone from opening them.

Put your street number, not your name, on your mailbox.

Give a spare key to a trusted neighbor or nearby friend. Thieves know all about fake rocks and other hide-a-key tricks.

Real Simple Magazine

Cowboy Caviar

Everyone has a recipe for Cowboy Caviar and this is mine! It's light, smokey, sweet, salty, crunchy and so so flavorful! Make it for your next party or Taco Tuesday :)

**yield: 8-10 SERVINGS prep time: 15 MINUTES cook time: 0 MINUTES
total time: 15 MINUTES**

INGREDIENTS:

1 can black beans
1 can white beans
1 can red kidney beans
1 can sweet corn
5 tomatoes, diced
1/2 large red onion
1 jalapeno
1 cup roughly chopped cilantro

dressing:

1/4 cup canola oil
1/4 cup white balsamic vinegar 1 garlic clove, finely diced
1 teaspoon cumin
1/2 teaspoon smoked paprika 1 tablespoon honey
salt & pepper, to taste

DIRECTIONS:

Open cans of beans and corn. Drain using a colander and rinse well. Pour into large bowl. Add in tomatoes, onion, jalapeno and cilantro. Stir.

In a small bowl, whisk all ingredients for dressing together and pour over bean mixture. Stir to coat. Taste and adjust seasonings. The longer this sits, the better. Serve with tortilla chips.

This delicious recipe brought to you by **LAUREN'S LATEST** <http://www.laurenslatest.com/cowboy-caviar/>

