The Source

CAPE MAY COUNTY DIVISION OF SAFETY & WELLNESS

MARCH, 2015

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LUNCH & LEARN

Simple ways to a healthy lunch

March 15, 2016
12:00PM - 1:00PM
Register by March 10!

Cost: $5.00

Come enjoy a Mediterranean Quinoa Salad and half a sammy prepared by County Chef de Cuisine, Marilou Rochford

March is National Nutrition Month

Bite into a Healthy Lifestyle!

National Nutrition Month is designed to focus attention on the importance of making informed food choices and developing sound eating habits. This does not mean strict dietary limitations, stalying unrealistic thin or depriving yourself of the foods you enjoy. Rather, it is about feeling great, having more energy, improving your outlook and stabilizing your mood. This can seem confusing because of all the conflicting information out there - for every expert saying a certain food is good for you, you'll find another saying the opposite. But, by using these simple tips, you can cut through the confusion and learn how to create a tasty, varied and healthy diet that is good for your mind and body.

1. Set yourself up for success: (a) prepare more of your own meals so that you can take charge of what you are eating, (b) simplify - do not worry about counting calories; instead, trade processed or packaged foods for foods with fresh ingredients, (c) read the labels - avoid foods with large amounts of sugar or unhealthy fats, and (d) drink plenty of water.

2. Moderation is key! In essence, this means eating only as much food as your body needs. You should feel satisfied at the end of a meal, not stuffed. For many of us, moderation means eating less than we do now, but it does not mean eliminating the foods we enjoy. Think smaller portions and try to eat slower.

3. Eat plenty of colorful fruits and vegetables, bulk up on fiber and eat more healthy carbs and whole grains!

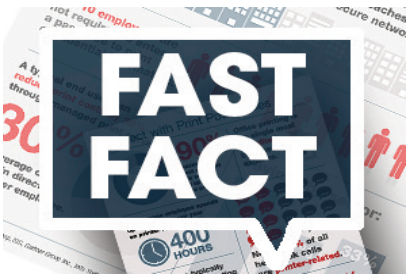
4. Again, reduce sugars! Aside from portion size, perhaps the single biggest problem with the modern Western diet is the amount of added sugar in our food. In addition to creating weight problems, too much sugar causes energy spikes and is linked to diabetes and depression.

TREK the AUSTRALIAN OUTBACK

WELLNESS CHALLENGE

The Cape May County Wellness Committee's most recent wellness challenge is to trek the Australian Outback! The Australian Outback is approximately 1881 miles, and 45 County employees decided to become more active over the next month and challenge themselves to trek as a team across Australia. The goal is for each team member to walk at least 10,000 steps each day for 35 days. After 35 days, hopefully the team has walked enough to reach Darwin, Australlia.

Team members can do aerobics, bicycling, rowing, elliptical training, spinning, jogging, hiking and/or walking to reach their goal. Good luck to all who are participating!



Are you paying a co-payment to the pharmacy for maintenance medication? Do you want to save a few extra dollars?

Please remember that you can get the same medication with no co-payment (that is correct, $0 co-payment) through mail order.
Go to www.starthomedelivery.com to register and start saving some cash.

WELCOME TO...

SAFETY TOWN

MARCH is WORKPLACE EYE WELLNESS MONTH

More than 2,000 eye injuries occur on the job site every day and about one in ten require missed time from work to recover. Of the total amount of work-related job injuries, approximately 20% will cause temporary or permanent vision loss to the affected employees. And, while many people think that eye injuries occur in manufacturing, construction or trade jobs, nearly 40% of work-related eye injuries occur in offices, healthcare facilities, loboratories and similar environments.

Below are some safety tips to remember while at work. Additionally, March is the perfect month to have your annual eye exam (a comprehensive eye exam by an in-network provider costs $10).

THE 5 STEPS TO Eye Safety

Step 1 Ensure your eye protection fits well.

Step 2 Use appropriate guards, screens and other safety devices.

Step 3 Choose the proper eye protection for the job.

Step 4 Replace worn or damaged equipment.

Step 5 Avoid prolonged periods of looking at computer or other screens.

Supreme Safety

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Steve Popper of Risk Management & Safety will be rolling out a series of Toolbox Talks to re-introduce key safety topics to our County tradesmen and laborers.

He will also again start visiting County departments and work sites to make sure our buildings and employees are "Certified Safe." Those employees who are observed following proper safety practices will be recognized and eligible to receive a Safety Recognition Award and prizes. Most recently, Factilities & Services employees Bill Gannon and Kurt Stevenson were observed and given "Certified Safe" swag. Keep up the good work guys!

MARK YOUR

Every Mon & Fri, 4:45pm:	FOCUS T-25 workout, CMC Library, Main Branch
Every Wed, 5pm - 5:45pm:	Yoga, Wellness Center
March 7:	Start of Trek the Austrailian Outback Wellness Challenge
March 9, 9am - 11am:	Orientation Refresher, Intermediate Room
March 10, 9am - 10am:	Fire Extinguisher Training, Intermediate Room
March 14, 9am - 10am:	PPE, Intermediate Room
March 15, 12pm - 1pm:	Lunch & Learn, Intermediate Room
March 16, 9am - 10:30am:	Hazardous Communication/Right to Know, Intermediate Room
March 17, 7:30am - 8:30am:	Employee Health Screenings, Wellness Center
March 17, 9am - 4pm:	Defensive Driving, Intermediate Room
March 18, 9am - 12pm:	CPR/AED, Intermediate Training Room
March 23, 9am - 12pm:	First Aid Training, Intermediate Training Room
March 24, 9am - 10am:	Fire Extinguisher Training, Intermediate Room
March 29, 9am - 10am:	Fire Extinguisher Training, Intermediate Room
March 31, 9am - 10:30am:	Right to Know, Bloodborne Pathogen, PPE, Intermediate Room
April 1, 9am - 11am:	Orientation Refresher, Intermediate Room
April 4, 9am - 10:30am:	Right to Know, Bloodborne Pathogen, PPE, Intermediate Room
April 5, 9am - 10am:	Mowing Operations (F&S), Intermediate Room
April 6, 8:30am - 4:30pm:	New Hire Orientation, Intermediate Room
April 8, 9am - 10am:	Fire Extinguisher Training, Intermediate Room
April 11, 9am - 12pm:	CPR/AED, Intermediate Room
April 12, 9am - 10:30am:	Right to Know, Bloodborne Pathogen, PPE, Intermediate Room
April 14, 9am - 10am:	Fire Extinguisher Training, Intermediate Room
April 15, 9am - 4pm:	Defensive Driving, Intermediate Room