



# Well Worth It

August 3, 2009  
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Wellness Council of West Virginia, P.O. Box 710, Institute, WV 25112  
www.wcgv.org info@wcgv.org 304-766-2686

## You are Invited to Business After Hours

The Wellness Council is hosting a Business After Hours and Celebration of Kanawha County's Clean Indoor Air on Tuesday, August 18<sup>th</sup> from 5:00 – 7:30 at the Barge Restaurant in Charleston. Pre-registration is \$5 prior to August 14<sup>th</sup>. Registration at the door is \$10. Email your registration to [Cheryl.jackson@wcgv.org](mailto:Cheryl.jackson@wcgv.org) or call 304-766-2686. As always, please contact the Regional Tobacco Prevention Coalition Coordinator at the Wellness Council to assist with tobacco cessation activities or contact the West Virginia Tobacco Quitline at 1-877-966-8784



Effective Monday, August 16, 2009,  
the new contact information for the  
Wellness Council will be:  
75 Olde Main Plaza  
St. Albans, WV 25177  
304-722-8070

## National Immunization Awareness Month



Immunizations offer safe (and easy) protection from infectious diseases. Many Americans think immunizations are just for infants and school-age children. However, keeping vaccinations

current is a life-long process!

August is National Immunization Awareness Month and Americans are reminded that vaccines are necessary for all Americans. Keeping your vaccinations current will not only protect you, but the community at large. Over 50,000 Americans die each year from diseases which are potentially preventable through immunizations. Many others become sick and require medical care. You can print and share with coworkers these Centers for Disease Control vaccination guidelines for adults <http://www.cdc.gov/nnwr/PDF/wk/mm/5753-Immunization.pdf> to keep everyone healthy!

## *23<sup>rd</sup> Mid-Atlantic Conference on Worksite Wellness*

*"Blazing New Trails: Cutting Edge Interventions for Today's Workforce"*

October 22 – 23, 2009  
Charleston Marriott Town Center

Registration information is now available at [www.wcgv.org](http://www.wcgv.org)

## Adjustment Disorder

Stress is often defined as “the feeling that may occur in response to positive or negative situations in which your body’s natural response - biological and psychological - is to be in a heightened state of readiness, allowing you to perform well under pressure.” When this feeling does not go away or stress levels become severe, adjustment disorders or other problems may be the cause.

Adjustment disorders are a severe emotional reaction to stressful events in one’s life. Symptoms include:

- Being unable to maintain daily life routines
- Having emotional or behavior symptoms that last more than three months after a specific stressor
- Depressed mood
- Anxiety
- Disruptive behavior

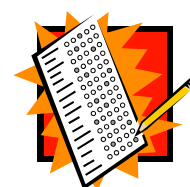
Emotional needs are an important part of overall health and wellbeing. Remember that normal stress can escalate depending on your life’s situation and should not be ignored. Seek medical advice from your physician if symptoms persist. [www.mayoclinic.org](http://www.mayoclinic.org)

*Action without planning is the cause of all failure. Action with planning is the cause of all success.*  
Brian Tracy

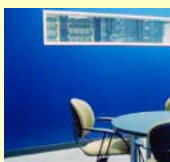
### Stress Assessment

What are your stress levels? Use this brief assessment from the Mayo Clinic to learn more about how stress affects you.

<http://www.mayoclinic.com/health/stress-assessment/SR00029>



## H1N1 Influenza and the Workplace



Many employers and employees are concerned about the effect the H1N1 flu may have on their business or workplace. The Centers for Disease Control has prepared guidelines just for business and workplaces designed to prevent and control the spread of influenza. In addition, recommendations for maintaining business operations and functions are also included to ensure your business continues to operate in the event of heavy absenteeism from ill employees. These guidelines are a “must read” for every business and can be found at <http://www.cdc.gov/h1n1flu/guidance/workplace.htm>.

*Centers for Disease Control*

## Food Storage Safety

Food can be a breeding ground for bacteria - including *E. coli* and salmonella - which can lead to food poisoning and even death. To ensure that your food is safe (and remembered for its taste and not the food poisoning it caused) follow these food safety tips.

- Follow the "two hour rule" - do not leave foods needing refrigeration out at room temperature for more than two hours. Limit this to one hour if the temperature is above 90 F.
- Buy perishable foods last at the grocery store and use a cooler to transport home during warm weather.
- Keep refrigerator temperature at or below 40 F and freezer temperature at 10 F.
- Store refrigerated foods in covered containers.
- Avoid cross-contamination of raw meats, poultry and fish with other foods.
- Check refrigerator regularly for spoiled foods.
- Date leftovers and use or freeze within three to five days.



Mayo Clinic Women's HealthSource

### CPR & First Aid for your Apple iPhone

The American Heart Association is making the most current CPR and first aid information available to iPhone users with a Pocket First Aid & CPR application.

Information is frequently updated and can be accessed anytime.

Illustrations and videos are also included. Quick and easy access to first aid can save lives. Visit the American Heart Association's website at

<http://www.americanheart.org/presenter.jhtml?identifier=3067191> to learn more.

[www.americanheart.org](http://www.americanheart.org)

## How Long Will It Keep?

Recommended storage times for common foods

Food Product	Refrigerator (40 F)	Freezer (10 F)
Eggs (in shell)	3 - 5 weeks	-----
Cheese	3 - 4 weeks	1 month
Butter	1 - 3 months	6 - 9 months
Milk	5 days	1 month
Ice Cream	-----	2 - 4 months
Mayonnaise	2 months	-----
Pork Chops, uncooked	3 - 5 days	4 - 6 months
Bacon	1 week	1 month
Pizza	3 - 4 days	1 - 2 months
Ground Beef, uncooked	1 - 2 days	3 - 4 months
Sausage, fresh	1 - 2 days	1 - 2 months

*Without goals and plans to reach them, you are like a ship that has set sail with no destination.*

F. Dodson

## Electronic Cigarettes

Electronic cigarettes, or e-cigarettes, are battery powered devices that mimic the look and feel of real cigarettes. The product contains varying amounts of nicotine and is promoted as a tool to help smokers kick the habit. While this sounds promising at first glance, the Food and Drug Administration (FDA) recently reported that consumers should be cautious in the use of e-cigarettes.

More than half of the e-cigarettes tested by the FDA contained chemicals, cancer causing agents and levels of nicotine inconsistent with the label. The e-cigarettes are not regulated by any federal or state government entity - so the claims that the product is a tool to help smokers quit have not been substantiated.

There are many effective tools available to help smokers quit, including tools created by the Wellness Council staff and available for free to companies. Visit our website at [www.wcww.org](http://www.wcww.org) to learn more.



West Virginia  
TOBACCO  
**QUITLINE**  
1-877-988-8784

*American Cancer Society, Food & Drug Administration*

## Vitamins & Minerals

Everyone's body needs vitamins and minerals to grow, function and be healthy. The terms and definitions below are ones you should know when reading food labels and choosing supplemental vitamins and minerals.

- **Recommended Dietary Allowance (RDA)** – The amount of each vitamin and mineral needed daily to meet the needs of nearly all healthy people, as determined by the Food and Nutrition Board of the Institute of Medicine. RDAs for vitamins and minerals are based on gender, age and physical condition, such as pregnancy.
- **Adequate Intake (AI)** – The recommended intake level of certain nutrients based on estimates of how much healthy people need. It's used when there isn't enough data to establish an RDA.
- **Daily Value (DV)** – A term set by the Food and Drug Administration and is used on food and supplement labels. DVs are based on a 2,000 calorie diet, but may vary from individual to individual.
- **Percent Daily Value** – The percentage of the DV one serving of food or supplement supplies.



*Mayo Clinic Women's Health Source Special Report*

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Phone: 304-766-2686

Fax: 304-766-2696

E-mail: [info@wcww.org](mailto:info@wcww.org)