

SAFETY SCOOP

LINCOLN UNIVERSITY SAFETY COMMITTEE

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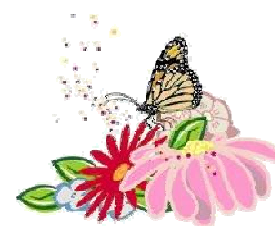
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Want to live a longer, healthier life? Several Lincoln University employees are participating in the BeeFit Corporate Health Benefit Solutions sixteen week weight management program **Living Healthy, Living Well** to do just that!

What can I do? You may ask. First, start with the number on the scale. According to the Surgeon General, extra pounds mean increased risk for heart disease (the biggest killer of both men *and* women), certain types of cancer, type-2 diabetes, stroke and more. Living Healthy, Living Well offers education, support, and motivation in making the transition into healthier choices and is not a diet, but the opportunity to work with a professional on a nutrition plan that is individualized for you. This nutrition class is the opportunity for the skills necessary to reach a healthy BMI and maintain that healthy weight for life.

The program addresses small life-style changes that translate into healthy Body Mass Index which helps prevent the health consequences and costs related to being overweight or obese. Living Healthy, Living Well is based on the USDA recommendations for Healthy Americans and is tailored to each participant's needs.

The meetings last 30-45 minutes and are held every week for 16 weeks on the same day and time. The program includes a weekly confidential weigh in and weight management class. All the classes are taught by wellness professionals.

The cost is \$10.00 per week, with a 16 week commitment or a total of \$160 which can be paid through payroll deduction, cash or check. Employees may take advantage of a free visit on Wednesday at 1:00 in the Student Union Building Theater. Feel free to join us for the next meeting.

The University encourages a healthy lifestyle for its employees, the next Living Healthy, Living Well 16 week session begins in the Spring (date/time to be announced) and will conclude just in time for you to feel like a new person in time for Summer!

If you want to begin the current session or if you have questions about the program, or want to pre-register please visit www.beefit.org or contact Phyllis Bullins at Phyllis.Bullins@beefit.org or by calling 610-299-2622
Hope to see you all !

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EMPLOYEE WELLNESS

On December 10, 2010, the Lincoln University Wellness Committee sponsored a holiday wellness event for employees. The event featured good food, yoga/pilates fusion class, line dancing, drawings for prizes, and a presentation by Nancy Shriner, Account Executive with Health Management systems (HMS), Lincoln's provider of employee assistance programs. Taneen Legree, Financial Aid Counselor was the lucky winner of a kinect-ready XBOX 360..



Special thanks go out to Ms. Nancy Shiner, Ashley Sims, Neil Hough, Clarence Webster, and Thompson Hospitality for helping make the event fun for all!

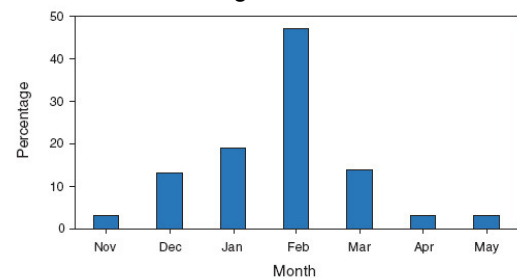


FLU VACCINE STILL AVAILABLE

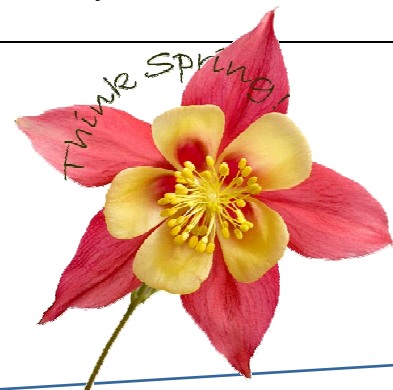
Health Services still has the flu vaccine available for Lincoln students, faculty, and staff. We are located in Cresson Hall. Please visit us Monday through Friday between the hours of 9am and 4pm to receive your flu vaccine. The cost is \$20; students may have the charge billed to their student account. Faculty and staff are expected to pay at the time service is rendered. If you have any questions please call us at extension 7338.

Did you know...?

Peak Month of Influenza Activity
1976—77 through 2008—09 Seasons



In the Northern hemisphere, **winter is the time for flu**. The timing and duration of flu seasons vary. While flu outbreaks can happen as early as October, most of the time influenza activity peaks in January or later. The figure below shows peak influenza activity for the United States by month for the 1976—77 through 2008—09 influenza seasons. The month with the highest percentage of cases (nearly 50%) was February, followed by January with 20% and March and December, with approximately 15% of all cases.





Shoveling snow

Snowfall and its removal require a careful approach in order to minimize the injury hazards it presents. Many safety hazards of snow shoveling can be minimized or eliminated by following these recommendations:

- Allow yourself enough time to do the work and take breaks every 10 to 15 minutes to avoid becoming exhausted. Don't try to shovel too much too quickly;
- Avoid eating a large meal before you shovel snow and when you stop and rest, drink water;
- To avoid back injuries, use a long-handled shovel and always keep your back straight, knees bent, and throw the snow forward;
- Wear shoes with rubber soles to prevent falls;
- Avoid throwing snow over your shoulder. In fact, avoid lifting it whenever possible. Try pushing the shovel to move snow off the sidewalks or driveway; and

Remove snow as soon as it stops falling or tackle heavy snow in two stages. First, skim the snow off the top, then remove the bottom layer. Avoid overloading the shovel.

Avoid Exertion

Cold weather puts an extra strain on the heart. If you have heart disease or high blood pressure, follow your doctor's advice about shoveling snow or performing other hard work in the cold. Otherwise, if you have to do heavy outdoor chores, dress warmly and work slowly. Remember, your body is already working hard just to stay warm, so don't overdo it.

FROSTBITE & HYPOTHERMIA

Frostbite

Frostbite is an injury to the body that is caused by freezing. Frostbite causes a loss of feeling and color in affected areas. It most often affects the nose, ears, cheeks, chin, fingers or toes. Frostbite can permanently damage the body and severe cases can lead to amputation. The risk of frostbite is increased in people with reduced blood circulation and among people who are not dressed properly for extremely cold temperatures.

Recognizing Frostbite

At the first signs of redness or pain in any skin area, get out of the cold or protect any exposed skin -- frostbite may be beginning. Any of the following signs may indicate frostbite:

- a white or grayish-yellow skin area
- skin that feels unusually firm or waxy numbness

A victim is often unaware of frostbite until someone else points it out because the frozen tissues are numb.

Hypothermia

Serious health problems can result from prolonged exposure to the cold. The most common cold-related problems are hypothermia and frostbite. When exposed to cold temperatures, your body begins to lose heat faster than it can be produced. Prolonged exposure to cold will eventually use up your body's stored energy. The result is hypothermia, or abnormally low body temperature (95 degrees Fahrenheit or below). Body temperature that is too low affects the brain, making the victim unable to think clearly or move well. This makes hypothermia particularly dangerous because a person may not know it is happening and won't be able to do anything about it.



Recognizing Hypothermia

Warnings signs of hypothermia

Adults:

- shivering / exhaustion
- confusion / fumbling hands
- memory loss / slurred speech
- drowsiness

Infants:

- bright red, cold skin
- very low energy

Should you suspect frostbite or hypothermia, please contact your health care provider or your nearest emergency room.



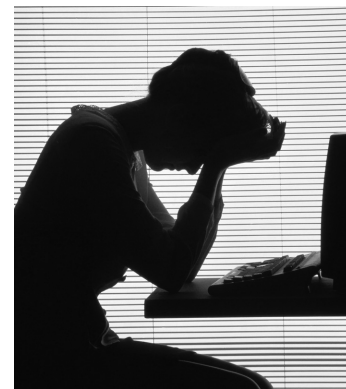
Reduce Stress

To reduce stress and set more reasonable standards for yourself and others, the following suggestions may be helpful to you. Select those from the list that are the most useful to your own circumstances. Work on making one or two changes at a time.

- Focus on what's really important to you and your family. (Develop a list of priorities.) Try having regularly scheduled meetings to talk about family matters.
- Practice saying "no" to added demands on your personal time.
- Involve family members in household responsibilities. Get outside help if necessary.
- Learn to value yourself and what you do; don't wait for the approval of others.
- Live in the present; don't dwell on the past or worry about the future.
- Try to be more flexible and forget about being perfect; you only need to do your best and continue to grow.
- Build fun and relaxation into your daily and long-term plans.
- Plan ahead. Allow sufficient time for making important decisions and developing alternative plans.
- Focus on your accomplishments rather than on your shortcomings.
- Discard your negative beliefs, and learn to talk to yourself in positive ways.
- Invest in your health. Eat a balanced diet, exercise regularly, and sleep enough hours.
- Learn to listen well, and communicate your needs and preferences clearly.

- Keep a sense of humor and laugh often. Avoid taking everything too seriously.
- Learn to negotiate. When faced with conflict, seek solutions that maintain positive feelings.
- Establish networks of cooperation, support and friendship at work and in your community. Learn to delegate responsibilities to capable others.
- Learn to accept disappointments, and go on.
- Let go of anger in physically healthy ways. Brisk exercise is one of the best tension relievers.
- Do one thing at a time. When faced with a demanding project, break it into manageable steps, and avoid procrastination. Remember to celebrate your small successes.
- Reduce tension by becoming more organized. At work and at home, adopt methods for keeping track of commitments, due dates, and events.
- Develop problem solving skills and explore a variety of alternatives.
- Work with others to establish more family-friendly policies in the community and the workplace.
- Take advantage of the various human resources in your community.

Excerpt from *he Challenge of Balance*,
www.hmsincorp.com



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