

Health and Safety Matters



Gardening keeps more than just your plants in shape

You'll need to do more than just pull some weeds, but you can burn more calories in your yard than in the health club.

When researchers from the Green Gym, a movement in England that encourages people to keep fit by working outdoors to improve their local environment, tested a 40 year-old woman, they found that she burned more calories while working outdoors than she did during a step aerobics class. She burned nearly 30 per cent more calories – 392 – while gardening versus 306 for the aerobics class. Both workouts lasted for an hour, but the amount of time that she was working in her training heart rate zone, which improves cardio fitness, was nearly double while gardening – 44 minutes versus 24 minutes.



Source: www.prevention.com

When Fragrances Offend

A hint of vanilla, a soothing whiff of lemon - the fragrances found in perfumes, soap, candles, lotions and other products are supposed to be pleasurable, some even stress-relieving. But for fragrance-sensitive people, some of the chemicals used in these products can be irritating or cause allergic reactions.

Fragrances can enter the body through inhalation, ingestion or absorption through the skin. If you are wearing a fragrance yourself, one of the first signs of irritation from - or an allergic reaction to - a fragrance can be a skin rash after using a perfume, cream or lotion. This is a clear warning sign that something is not right. It is important to remember however, that scents can affect not only the person wearing the fragrance, but anyone who comes into contact with them.



Depending on how sensitive they are, the sensitive person might experience symptoms such as nausea, dizziness, headache, itchy skin, hives, itchy eyes and nose, runny nose, wheezing, coughing, difficulty breathing, sore throat, asthma or asthma-like symptoms, and strange tastes in the mouth.

One of the best ways to prevent such a reaction is to avoid exposure to fragrances. This can be difficult considering how many chemical fragrances are present in so many of the products we use every day. It helps to read and understand product labels. Look for "perfume free" or "fragrance free" products, which are the most likely to contain no fragrances.

Source: www.ccohs.ca

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Alzheimer's Disease Reducing Caregiver Stress

Supporting a person with Alzheimer's disease requires time and energy. While it can be a very rewarding experience, it can also be demanding and stressful. Knowing and recognizing signs of stress in yourself or someone you care about is the first step towards taking action.

If the following symptoms occur on a regular basis, call your doctor or contact your local Alzheimer Society for help.

10 Signs of Caregiver Stress:

- 1. Denial** – about the disease and its effect on the person with the disease. *"Everyone is overreacting. I know that Mom will get better."*
- 2. Anger** – at the person with Alzheimer's disease, yourself and others. *"If he asks me that question once more, I will scream!"*
- 3. Withdrawing socially** – you no longer want to stay in touch with friends or participate in activities you once enjoyed. *"I don't care about getting together with friends anymore."*
- 4. Anxiety** – about facing another day and what the future holds. *"I'm worried about what will happen when I can no longer provide care."*
- 5. Depression** – you feel sad and hopeless much of the time. *"I don't care anymore. What is wrong with me?"*

Signs of Caregiver Stress (Cont'd):

- 6. Exhaustion** – you barely have the energy to complete your daily tasks. *"I don't have the energy to do anything anymore."*
- 7. Sleeplessness** – you wake up in the middle of the night or have nightmares and stressful dreams. *"I rarely sleep through the night and I don't feel refreshed in the morning"*
- 8. Emotional reactions** – you cry at minor upsets; you are often irritable. *"I cried when there was no milk for my coffee this morning. Then I yelled at my son."*
- 9. Lack of concentration** – you have trouble focusing and you find it difficult to complete complex tasks. *"I used to do the daily crossword. Now I am lucky if I can solve half of it."*
- 10. Health problems** – you may lose or gain weight, get sick more often (colds, flu), or develop chronic health problems (backaches, high blood pressure). *"Since the spring, I have had either a cold or the flu. I just can't seem to shake them."*

As a caregiver, you need to take care of yourself. You may well be the most important person in the life of someone with Alzheimer's disease. The next issue of Health and Safety matters will provide tips to maintain your own health and well-being.

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Eco-Friendly Foods

In celebration of Earth Day in April, consider what your family can do to help the environment by sending litter-less lunches to school and making green food choices. Here are some nutrition tips for eating in an eco-friendly way. By making some greener food choices, you will also be choosing heart-healthier foods, too.

Go Meatless Mondays

There's a movement afoot to get people to eat foods that don't require major resources to grow. Plant-based foods fit that bill. Even Canada's Food Guide recommends having more meatless meals each week. Tofu, beans and lentils are a great source of heart-healthy ingredients such as fibre and protein.

Buy locally

There are many benefits to eating locally. Not only do foods taste fresher and better, but you also support your regional farmers. The less time your food has to travel, the less nutrients are lost from the time they are picked to the time they end up in your local grocery store.



Try some organic foods

Buying organic food is a personal choice, based on a food's availability, cost, taste, and your family's personal values. While organic farming methods are environmentally friendly, they're not always cost-friendly. You can include some organic foods within your budget by being selective. If you want to choose some organic produce to lower your pesticide exposure, the US-based Environmental Working Group suggests these top 12: peaches, apples, sweet peppers, celery, nectarines, strawberries, cherries, kale, lettuce, imported grapes, carrots, and pears.

Choose sustainable seafood

We all know that eating fish is good for the heart and Canada's Food Guide recommends eating at least two servings a week. Choose varieties that have not been overfished such as wild salmon, Pacific halibut and yellowfin tuna (canned light tuna).

Use reusable water bottles and containers for lunches

Carry water wherever you go. This way I don't get caught having to buy plastic bottles of water or other sugary beverages that are just empty calories.

Source: heartandstroke.ca

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RECIPE:

Whole-Wheat Blueberry Pancakes

Makes 12 servings

Introduction

These pancakes are made with whole-wheat flour and flax for a good source of fibre and some heart-healthy omega-3. Freeze them for a quick breakfast (just pop them in the toaster) or for a great grab-and-go snack. You can also enjoy them right off the griddle.

Ingredients

- 2 cups (500 mL) buttermilk
- 1 tbsp (15 mL) canola oil
- 2 tsp (10 mL) vanilla extract
- 1/4 cup (50 mL) maple syrup
- 2 eggs
- 1 cup (250 mL) whole-wheat flour
- 1/2 cup (125 mL) ground flax seed
- 1/2 cup (125 mL) oat bran
- 1 tsp (5 mL) baking soda
- 1 tsp (5 mL) baking powder
- 1/4 tsp (1 mL) salt
- 1/2 cup (125 mL) frozen wild blueberries

Top the pancakes off with apple butter.

Directions

1. In a large bowl mix together buttermilk, oil, vanilla, maple syrup, and eggs.
2. In a second bowl, combine flour, flax, oat bran,

baking soda, baking powder and salt.

3. Add dry ingredients to the wet ingredients and whisk together until you get a smooth batter. Gently stir in blueberries.
4. Preheat non-stick fry pan or griddle to medium heat. Use a cup measure to spoon the batter into the pan. When finished cooking, place on wax paper to cool. There should be 12 pancakes.

Nutritional information per serving (1 pancake)

- Calories: 132
- Protein: 6 g
- Fat: 5 g
 - Saturated fat: 1 g
 - Dietary cholesterol: 32 mg
- Carbohydrate: 19 g
 - Dietary fibre: 3 g
- Sodium: 232 mg
- Potassium: 190 mg

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Stop Smoking Now

If you've been thinking about quitting (or you know someone who wants to), then you're one step closer to becoming smoke-free. But it can be difficult to change a habit that you've had for years. Here are some tips to help you become smoke-free for life

- 1) Identify your smoking triggers. Figure out when you tend to smoke. Is it when you have a coffee or when you're stressed?
- 2) Break the connection. Once you recognize your triggers, try to delay smoking by keeping your hands and mouth busy. Drink water, brush your teeth, snack on celery or carrot sticks.



- 3) Set a quit date. If you are ready to quit, set a date now, write it down and tell a friend or family member you've decided to become smoke-free.
- 4) Ask for help. Becoming smoke-free can be difficult, so don't hesitate to ask for help and support from family, friends and your healthcare provider.

Source: heartandstroke.ca

LTCHS Policy:

Previous issues have explored the LTCHS Division's policies on lifting, carrying, pushing and pulling. In this issue, the focus is on stacking and unstacking.

POLICY:

All stacking and unstacking shall be carried out utilizing good body mechanics.

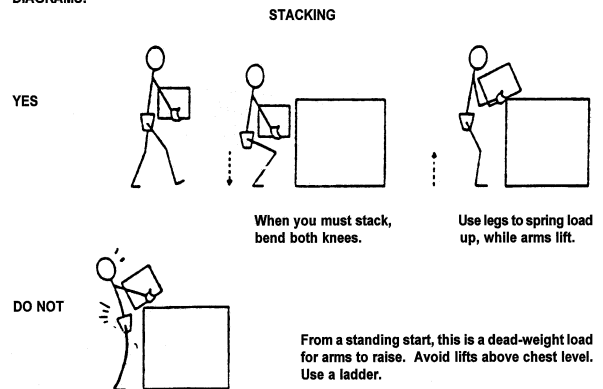
PURPOSE:

To prevent injuries due to slips, trips, falls, overexertion and being caught between objects.

PROCEDURE:

1. Assess the weight of objects to be moved to determine appropriate procedure.
2. When stacking or unstacking bend both knees.
3. Use both legs to spring load up while arms lift.
4. Avoid high lifts above chest level. Use a ladder.

DIAGRAMS:



Source: H&S Policy: HS-0406-04

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You Asked:

Question: I tend to get colds that develop suddenly and occur at the same time every year. Is it possible that I actually have seasonal allergies? How can I tell the difference?

Answer: To get an idea, take a look at the differences below:

Cold Symptoms: cough, sore throat, congestion, runny nose (thick yellow discharge), sneezing and possible fever. Itchy eyes are rare. Duration: three to fourteen days.



Seasonal Allergy Symptoms: Itchy eyes, sneezing, congestion and runny nose (with thin, watery discharge). A cough and sore throat can sometimes occur, but a fever is rare. Duration: weeks or months (in season).

Source: Mayo Clinic Women's Health Source

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Top Ten Wellness Tips

It's always a good time to make positive changes in our lives. Below is a Top Ten list of tips for optimum health:

- a. Don't smoke and avoid second-hand smoke
- b. Eat healthy. Follow Canada's Food Guide and maintain a healthy body weight
- c. Be physically and mentally active on a regular basis
- d. Protect yourself from the sun
- e. Know your family medical history
- f. Get all the recommended screening tests and let your doctor know if you notice any changes in your health
- g. Get the right amount of sleep for you
- h. Take Vitamin D daily
- i. Know your medications – the names of any drugs you take, how and why you take them
- j. Pay attention to your mental health too. Remember to enjoy life. Laugh!

Source: Heart & Soul Health Tips from the Women's College Hospital Foundation