

MESSAGE FROM LORI...

WHAT'S IN THIS MONTH'S LETTER

Message from Lori

Employee of the Month

Safety/Health Corner

Upcoming Events

Highlights of December



Lori Chesna
Executive Director

It's all about Safety. As SWSRA's Safety Coordinator and working with PDRMA for as long as I have now, it shouldn't come as a surprise to me that winter season seems to have the most risk. For me, I always thought the bigger risks came in summer with swimming pools, but there is so much danger during the cold months.

Slips, trips and falls with the cold and ice make the risk so much greater. Make sure you wear suitable footwear, keep your driveways and walkways cleared and salted and watch your step!

Back injuries & heart attacks - Snow brings people out to clear their driveways and walks, but without proper lifting techniques, the risk of hurting one's back is high. Also, people with heart conditions, outside in the cold, need to be especially careful of heart attack symptoms. Call a friend or neighbor to help!

Driving - People usually slow down and are more cautious during the winter months. Tires need good traction in order to make a connection to the road. Snow, sleet and ice make driving more risky. People who don't slow down and think they can drive like they do during "normal conditions" are the people who need to take heed to this warning.

Along with driving, get your car winterized. Beside the regular car maintenance, make sure to have an emergency roadway kit in your car with items such as a blanket, flashlight, extra cell phone batteries, snacks, small shovel, kitty litter, emergency equipment, etc. Cars can stall and leave drivers stranded for hours. You need to be prepared!

Carbon monoxide poisoning - People with attached garages will go out and let their cars "warm up" for awhile. Even though the garage door may be wide open, be sure to have a carbon monoxide detector in the house in case fumes enter through the walls, door, etc. Protect yourself and your family. Did you know it's a state law to have a carbon monoxide detector in your home?

Portable heaters/stove and fireplaces - A lot of people have space heaters around the house and fire places that use natural or gas to warm them up in the cold months. These pose as a hazard, as do candles when left unattended. My husband Bob and I have a small space heater in our basement that throws off heat. I went downstairs this morning and my son forgot to shut it off when he left for work. Now granted, it may not have done anything, but I shutter at the possibility. Make sure you have plenty of fire alarms in the house..

Hypothermia and frostbite - Dress warm!!! Chicago isn't called the Windy City for nothing! We not only have cold temperatures, but wind chill too. Any exposed skin can take only minutes to become frostbitten. *Hypothermia is a medical emergency that occurs when your body loses heat faster than it can produce heat, causing a dangerously low body temperature. Normal body temperature is around 98.6 F (37 C). Hypothermia occurs as your body temperature passes below 95 F (35 C). When your body temperature drops, your heart, nervous system and other organs cannot work correctly. If left untreated, hypothermia eventually leads to complete failure of your heart and respiratory system and could result in death. Primary treatments are methods to warm the body back to a normal temperature. *Provided by Mayo clinic staff website.

I have pointed out just a FEW of the potential dangers cold weather brings. PLEASE be aware of them and make sure you apply good common sense before you go out and have fun!!!!

JUST FOR FUN

Sudoku

Brainteasers

Did You Know

EMPLOYEE OF THE MONTH

Joe Schmitt

Joe started as our Vehicle Operations Manager and oh boy, the timing couldn't be better! We recently had a rash of vehicle meltdowns. Anything from dead batteries, alternators gone wild, snow and wind damage. You name it. Joe has been an angel sent from above! He is so organized, created spreadsheets for each vehicle for preventive maintenance, to safety inspections that keep our vehicles running at their best! Congratulations Joe!

UPCOMING EVENTS

16 - Winter Wonderland (cancelled)

24 - Chicago Wolves Game

SUDOKU

This month's puzzle level is: Mild

	4			2	1	5		
2				9		4		
		7			3		1	
1						7		
	5			1			9	
		2						6
	6		8			9		
		4		7				2
		8	9	5			7	

SAFETY/HEALTH CORNER

Healthy Detox after Overindulging

FOOD OVERLOAD

Chinese medicine views proper digestion as the most essential component in living a long and healthy life. Your digestive function is made up of numerous organs all working together to break down, absorb, and process all of the nutrients in the food you eat. Without healthy digestion, you can become malnourished and toxins will build up in your body, leading to degenerative diseases and rapid aging down the road.

Indigestion is caused and made worse by overeating--especially rich, fatty, spicy foods, alcohol, coffee, and acidic foods. These remedies will get your digestion on the right track.

ONE HOUR AFTERWARD:

Walk it off

After a large meal, take a 10- to 20-minute stroll. Aside from the proven benefits to your heart, walking is the perfect gentle exercise for promoting digestion and encouraging cleansing of the lymphatic system. Walking helps food move along the digestive tract, improving digestion and absorption. For added benefits, walk while massaging your abdomen with your palms, in a circle around your belly button.

Herbal tea brings relief

Relieve that feeling of fullness with herbal teas that target your digestion: Steep 1 teaspoon each of mint, rosemary, oregano, cilantro, sage, and basil and in a cup of hot water. Drink after each meal to soothe and prevent bloat-

ing. Peppermint, chamomile, and ginger tea are other good choices for settling the stomach. Also, look for Chinese herbal formulas like Indigestion for digestive support and cleansing.

THE MORNING AFTER:

Start with apple cider

Apple cider vinegar is traditionally used to remedy digestive distress, support liver detoxification, normalize digestive juices, and reduce intestinal bloating. Mix 1 tablespoon of organic apple cider vinegar with 12 ounces of warm water, and drink in the morning on empty stomach. Feel free to add a little honey or maple syrup. Lemon water will also help.

Eat right to lighten up

These meals will help your body recover from overindulgence.

* Breakfast: Eat oat bran cereal, brown rice, or any other whole grain cereal (as long as it is unbleached and does not contain any added sugar or chemicals.) Pair with unflavored soy milk.

* Lunch/Dinner: Eat any combination of beans, brown rice, oat bran, vegetables, and organic chicken, turkey, or soy-products.

* For a powerful Super Cleanse Broth, simmer any combination of the following ingredients for an hour: collards, Swiss chard, kale, mustard greens, cabbage, dandelion, Brussels sprouts, daikon radish, watercress, seaweed, shitake mushrooms, cilantro, garlic, leeks, fennel, anise, fresh ginger, and turmeric. Drink 8 ounces twice a day.

Try a detoxifying exercise

This movement is from Liver Cleansing Qi Gong, a body-mind exercise that was designed by ancient Chinese physicians to help stimulate the liver and drain the excess toxins from the body:

1. Stand with feet shoulder-width apart in front of a tree. Inhale while raising your right leg and exhale while placing your right foot on the ground in front of you between your body and the tree.

2. Inhale while raising both arms from the sides until they come together over your head. Exhale while lowering your hands in front of your face. Visualize green light running down your face as your hands move down to your chest.

3. Inhale as you move your hands to the right rib cage over your liver. Exhale as you move your arms down your right abdomen and right leg, as if pushing down and out with your hands. Visualize the green light moving the toxins out of the liver, down the liver meridian on the inside right leg, and out the big toe.

Ask Dr. Mao

By Dr. Maoshing Ni - Posted on Tue, Nov 24, 2009, 11:22 am PST

Dr. Mao's Secrets of Longevity

by Dr. Maoshing Ni a Yahoo! Health Expert for Alternative Medicine

Obtained from:

<http://health.yahoo.com/experts/drmao/22381/healthy-detox-after-overindulging/>

HIGHLIGHTS OF DECEMBER 2009

- SWSRA's Feed the Hungry Dance was a blast! There were around 180 participants who not only danced the night away but donated a non-perishable food item for local families in need. Thank you for all who came and helped out!
- We held our first support group meeting at the NEW Worth Community Building. This was a great chance for parents and caregivers of our clients to see all the hard work we have put into the new facility. We hope they are just as excited as we are to run programs from there.



1. What is bought by the yard and worn by the foot?
2. What is it that you cannot hold even ten minutes, even though it is lighter than a feather?
3. Five hundred begins it, five hundred ends it, Five in the middle is seen; First of all figures, the first of all letters, Take up their stations between. Join all together, and then you will bring Before you the name of an eminent king.

DID YOU KNOW.....

ALL ABOUT PALOS HEIGHTS

The population was 11,260 at the 2000 census, and estimated to be 12,561 in 2005.

In 1965 a group of scholars met in Palos Heights to discuss the need for a contemporary translation of the Holy Bible. The necessity of the project was agreed upon, and shortly thereafter, the New International Version (NIV) was initiated in Palos Heights.

Notable residents:

- * Ed Olczyk, played for the USA in hockey at the 1984 Olympics and went on to a career in the NHL.
- * Joe Ganz, the former College Football quarterback for the Nebraska Cornhuskers.
- * Quentin Richardson, Forward Guard for the Miami Heat

All information was obtained from wikipedia.org

Answers: 1.) a carpet 2.) Your breath 3.) DAVID (Roman Numerals)