



Employee WELLNESS



Florida Department of Health in Broward County

June/July 2017

It's Back!!

Hurricane Facts

It only takes one storm to change your life and community.

Tropical cyclones are among nature's most powerful and destructive phenomena. The only difference between a hurricane, a cyclone, and a typhoon is the location where the storm occurs.... Hurricanes, cyclones, and typhoons are all the same weather phenomenon; we just use different names for these storms in different places. In the Atlantic and Northeast Pacific, the term "hurricane" is used. The National Hurricane Center and the Central Pacific Hurricane Center issue watches, warnings, forecasts, and analyses of hazardous tropical weather.

FUN FACT

The Saffir-Simpson Hurricane Wind Scale

Saffir-Simpson scale	
Category	Wind speeds
Five	≥ 70 m/s, ≥ 137 knots ≥ 157 mph, ≥ 252 km/h
Four	58–70 m/s, 113–136 knots 130–156 mph, 209–251 km/h
Three	50–58 m/s, 96–112 knots 111–129 mph, 178–208 km/h
Two	43–49 m/s, 83–95 knots 96–110 mph, 154–177 km/h
One	33–42 m/s, 64–82 knots 74–95 mph, 119–153 km/h

Related classifications

Tropical storm	18–32 m/s, 34–63 knots 39–73 mph, 63–118 km/h
Tropical depression	≤ 17 m/s, ≤ 33 knots ≤ 38 mph, ≤ 62 km/h

is a 1 to 5 rating based on a hurricane's sustained wind speed. This scale estimates potential property damage.

Hurricanes reaching Category 3 and higher are considered major hurricanes because of their potential for significant loss of life and damage.

Category 1 and 2 storms are still dangerous, and require preventative measures.

In the western North Pacific, the term "super typhoon" is used for tropical cyclones with sustained winds exceeding 150 mph.

The Saffir-Simpson Hurricane Wind Scale was first developed in the early 1970s by Herbert Saffir, a consulting engineer who lived in Florida, and Dr. Robert Simpson, who was then director of the National Hurricane Center.

I am not
AFRAID OF
STORMS,
FOPs
I AM LEARNING
HOW TO SAIL MY SHIP.

"Life moves pretty fast. If you don't stop and look around once in a while, you could miss it." Ferris Bueller

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The name storms for 2017 Hurricane Season are the following:

Arlene, Bret, Cindy, Don, Emily, Franklin, Gert, Harvey, Irma, Jose, Katia, Lee, Maria, Nate, Ophelia, Philippe, Rina, Sean, Tammy, Vince and Whitney.



Hurricane Preparedness 101



May 8th
Develop an Evacuation Plan
Find out today if you live in a hurricane evacuation zone. Plan where you'll go and how you would get there. Leave immediately if ordered to evacuate and be sure to plan for your pets.

Find out if you live in an evacuation zone

Plan your route out

Follow evacuation orders

Plan for your pets

Hurricane Awareness Tour
May 7-13, 2017

May 9th
Assemble Disaster Supplies
Get your supplies before hurricane season begins. Have enough food and water for each person for at least one week. Be sure to fill your prescriptions and have medicine on hand. Radios, batteries and phone chargers on are also must haves. Gas up your vehicle and extra cash on hand.

Food/Water

Medicine

Batteries, Radios, Chargers

Gas Up

Cash on Hand

Hurricane Awareness Tour
May 7-13, 2017

May 10th
Get an Insurance Checkup
Check in with your insurance agent well before hurricane season. Remember that flood insurance must be obtained separately. Prepare your home/vehicles according to your policy, and know where your insurance documents are located - take them with you if you evacuate. Visit floodsmart.gov for more information.

Check with your agent

Keep your documents with you

For more info: floodsmart.gov

Know your policy

Consider flood insurance

Hurricane Awareness Tour
May 7-13, 2017

May 11th
Strengthen your home
There is a lot you can do around your home to help protect it from the strong winds that come with hurricanes. Well ahead of the approaching storm, trim trees on your property, shop for approved window coverings, collect loose outdoor items, secure all doors on your property, and find a safe location for your vehicle.

Trim trees

Cover windows

Secure loose outdoor items

Secure all doors

Move your car to a safe location

Hurricane Awareness Tour
May 7-13, 2017

Hurricane Preparedness, is your time to prepare for a potential land-falling tropical storm or hurricane. Learn how with these tips from NOAA, the National Oceanic Atmospheric Administration. Share these with your friends and family to ensure that they're prepared.

It is the perfect time to start now to prepare for a hurricane. Everything is calm. As soon as there is the smallest possibility of a storm, panic sets in and supplies disappear off the shelves. Now you can make a list, stock up when you see things on special offer and get everything in place.

Hurricane season runs from June first till November 30th. As DOH-Broward employees and first responders, we must be ready to serve our community and that starts with our own preparedness at home so that we can focus on our work.

Stock up on supplies: water, paper goods, non perishable items, radio, batteries, flashlights and lanterns, maintenance on your windows, shutters and generator (if you have one). Trim trees and shrubs get rid of any debris around the house (also prevents mosquitoes).

Make copies of policies and important papers and mail them to a friend or family out of the State.

What you do today, makes it easier later on, just in case we are under a threat of a storm.

<https://www.ready.gov/hurricanes>

This information is gathered from NOAA, Wikipedia, weather.





Mindfulness Exercises Improve Kids' Math Scores

by Mandy Oaklander, Time Health



In adults, mindfulness has been shown to have all kinds of amazing effects throughout the body: it can combat stress, protect your heart, shorten migraines and possibly even extend life. But a new trial published in the journal *Developmental Psychology* suggests that the effects are also powerful in kids as young as 9—so much so that improving mindfulness showed to improve everything from social skills to math scores.

Researchers wanted to test the effects of a program that promotes social and emotional learning—peppered with mindfulness and kindness exercises—called MindUP. Developed by Goldie Hawn's foundation, it's used in schools across the U.S., Canada and beyond. The study authors put 99 4th and 5th grade public school students in British Columbia into one of two groups. One group received four months of the mindfulness program, and the other got four months of a standard "social responsibility" program already used in Canadian public schools.

In the mindfulness classrooms, the program incorporated sense-sharpening exercises like mindful smelling and mindful eating, along with cognitive mindfulness exercises like seeing an issue from another's point of view. Children did a three-minute meditation three times a day focusing on their breathing. They also acted on their lessons by practicing gratitude and doing kind things for others. For the four months, researchers analyzed all kinds of in-depth measures, like behavioral assessments, cortisol levels, children's self-reports of their own wellbeing, reviews from their peers about sociability and the objective academic scores of math grades.

The results were dramatic. "I really did not anticipate that we would have so many positive findings across all the multiple levels we looked at," says study co-author Kimberly A. Schonert-Reichl, a developmental psychologist at the University of British Columbia. "I was very surprised," she says—especially considering that the intervention took place at the end of the year, notoriously the worst time for students' self-control.

Compared to the kids in the social responsibility program, children with the mindful intervention had 15% better math scores, showed 24% more social behaviors, were 24% less aggressive and perceived themselves as 20% more prosocial. They outperformed their peers in cognitive control, stress levels, emotional control, optimism, empathy, mindfulness and aggression.

The program also may have had an unintended effect—one the researchers didn't measure, but now want to. "Anecdotally, teachers tell us that the program helped them calm down more—by doing the program and integrating these mindful attention practices and being more aware and thinking more about others, that they actually become less stressed," Schonert-Reichl says. "That has huge implications, and a further area of research is needed."

More research is needed, but mindfulness interventions like these are promising. "Doing these kinds of programs in school does not take away from academics," Schonert-Reichl says. "It adds to a growing research literature that's showing, actually, these kinds of programs and practices increase academic gains. By adding this on, you not only create more academically capable, successful students, but actually create more caring, less stressed, kind students."

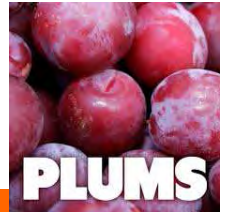


Healthy Eats



INGREDIENTS

- 1 small head fennel, bulb thinly sliced, fronds picked, stalks reserved
- 2 bone-in, skin-on chicken-breast halves (about 1 1/2 pounds)
- Coarse salt and freshly ground pepper
- 3/4 cup plain yogurt
- 2 tablespoons extra-virgin olive oil
- 1 teaspoon finely chopped tarragon
- 2 heads butter lettuce, such as Bibb, leaves separated
- 3 plums, pitted and sliced into thin wedges
- 1/3 cup toasted almonds, coarsely



PLUMS

Summer Waldorf Salad with Yogurt-Tarragon Dressing

DIRECTIONS

Juicy plums and toasted almonds replace apples and walnuts in this light summertime take on the classic. Serves 4

1. Bring 2 inches of water to a boil with fennel stalks in a large saucepan. Add chicken and 3 tablespoons salt (if chicken is not fully submerged, add water to cover). Reduce heat to medium-low; simmer until a thermometer inserted into thickest parts of chicken registers 165 degrees, 20 to 25 minutes. Transfer chicken to a cutting board; let cool 10 minutes.
2. Remove chicken skin, then remove meat from bones and thinly slice against the grain.
3. **Dressing:** Whisk together yogurt, oil, and tarragon; season with salt and pepper.
4. Divide lettuce, chicken, sliced fennel, and plums among 4 plates. Top with dressing, almonds, and fennel fronds; season with salt and pepper and serve.

www.marthastewart.com

Quick step: *you won't have the exact same flavor but after a long day at work it makes it easy: purchase a prepared roast chicken from your local grocery store. Then follow step 3. and 4. Enjoy!*



Grilled Sweet Corn

6 fresh sweet corn on the cob,
husks and silk removed
4 tablespoons unsalted butter
1 teaspoon kosher salt
3 cloves garlic, minced

Prepare a grill for medium-high heat. Put the shucked corn on the grill and grill until all sides are golden and some kernels are slightly charred, about 10 minutes, turning occasionally.

In a small pot, combine the butter, salt and garlic. Bring to a simmer and remove from the heat. Brush the garlic butter over the grilled corn.

What's in season? Fresh from Florida:

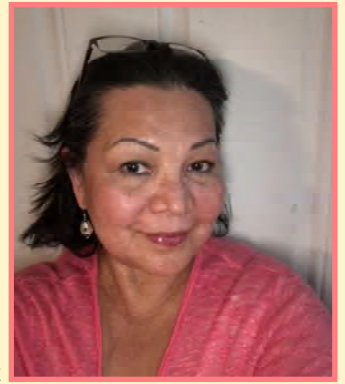
Avocado, Cantaloupe, Eggplant,
Guava, Lychee, Mango, Mushroom,
Orange, Papaya, Passion Fruit,
Peanut, Potato, Sweet Corn,
Tomato and Watermelon.



BACK PAGE STORY



Ada Maria Lopez



All my life I've been trying to lead a healthy life, about a year ago I was diagnosed with type 2 diabetes. I was in shock and disbelief that I had problems with sugar in my blood, because I'm not a fan of sugary foods.

With the help of my doctor and a nutritionist I have been working on keeping my A1C levels low. The recommended A1C level is 6.5%, and mine is around 6.6% to 6.7% (I'm trying to bring down to the 6.5%). I check my blood sugar daily and take my medication. One of the recommendations from the doctor and the nutritionist is that I lose some weight, 17 pounds to be more exact. This will bring me to my goal weight for my age and height. In addition with diabetes I have other medical issues, hypertension and seasonal allergies, I am limited to exercising indoors. Per my doctor's instructions, I need to start slowly on my exercise regimen and increase the time little by little. So, my weight loss plan started last October. The best lifestyle choice for me was:

1. Consulting the nutritionist and keeping a log of what I eat.
2. I purchase a stationary bike, a very slim and practical stationary bike that fits in my room and every morning my routine starts at 5:00 am and I listen to fast beat music and work my bike for 25 minutes 3 or 4 times per week. I also take the stairs instead of the elevator and when possible I walk 10 minutes after lunch.
3. Another gadget that came very handy was the Fitbit watch that my older son gave me for Christmas, helps me keep track of my steps, my food intake and my sleep patterns. Experts say that while 10,000 steps a day is a good number to reach, any amount of activity will likely benefit your health. When I told my nutritionist, that I was suffering from insomnia, she said that most likely I was hungry. She gave a recipe for a nutritious and delicious smoothie made from apples, cucumbers and mint, that solve my sleepless nights.

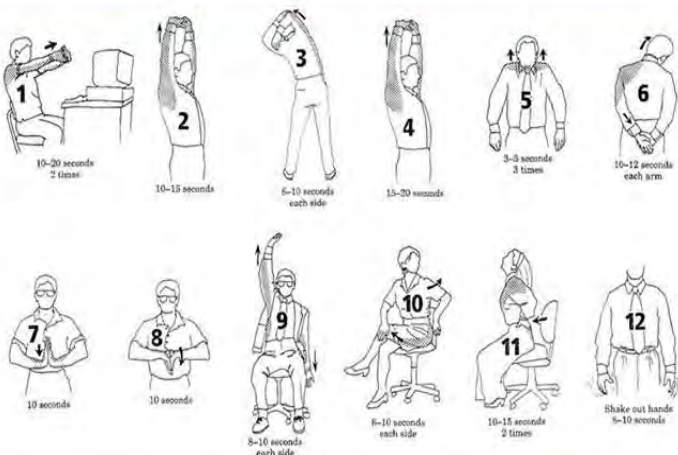
It is a daily struggle but, I just take it one day at the time.

My name is Ada Maria Lopez; I was born in Honduras and moved to United States 39 years ago. I am married with 3 children and 4 grandchildren. I am a Public Assistance Specialist with Communicable disease/ADAP program.

*Ada Maria, Thank you so much for sharing your story.
Your determination and power is an inspiration to us all!*

DOH-Broward Employee Wellness

Computer Desk Stretches



Source: Bob and Jean Anderson, Shelter Publications, Inc.



Please consult your healthcare provider before starting any diet or exercise program.

Contact Us:

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HAPPY
FATHER'S
DAY

