



## Distracted Driving

This is the time of year that South Florida's traffic is at its busiest. Between Floridians busy preparing for holiday celebrations with family and friends and visitors from all over world that impacts our roads. Safety is always of great concern. It is important for each and every one of us to be engaged when we are on the road and not tempted by distractions. If technology is too tempting for you, put your phone in the trunk of your car until you reach your destination. Remember: *It can wait!*

Each day in the United States, over 8 people are killed and 1,161 are injured in crashes that are reported to involve a distracted driver. Distracted driving is driving while doing another activity that takes your attention away from driving. Distracted driving can increase the chance of a motor vehicle crash. *What are the types of distraction?*

**Visual:** taking your eyes off the road

**Manual:** taking your hands off the wheel

**Cognitive:** taking your mind off of driving



Distracted driving activities include things like using a cell phone, texting, and eating. Using in-vehicle technologies (such as navigation systems) can also be sources of distraction. While any of these distractions can endanger the driver and others, texting while driving is especially dangerous because it combines all three types of distraction.

A CDC study analyzed 2011 data on distracted driving, including talking on a cell phone or reading or sending texts or emails behind the wheel.

- **Talking on a cell phone while driving**, 69% of drivers in the U.S. ages 18-64 reported that they had talked on their cell phone while driving within the 30 days before they were surveyed.
- **Texting or emailing while driving**, 31% of U.S. drivers ages 18-64 reported that they had read or sent text messages or email messages while driving at least once within the 30 days before they were surveyed.
- **Older drivers**, In 2012, there were almost 36 million licensed drivers ages 65 and older. Driving helps older adults stay mobile and independent. But the risk of being injured or killed in a motor vehicle crash increases as you age. Per mile traveled, fatal crash rates increase noticeably starting at ages 70-74 and are highest among drivers age 85 and older. Age-related declines in vision and cognitive functioning (ability to reason and remember), as well as physical changes, may affect some older adults' driving abilities.

Excerpts from [https://www.cdc.gov/motorvehiclesafety/distracted\\_driving/](https://www.cdc.gov/motorvehiclesafety/distracted_driving/)

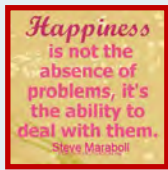
Be safe out there, not just for you but for those you share the road with.



leave a little  
sparkle  
wherever  
you go

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# Stress management



**Stress and depression can ruin your holidays and hurt your health. It helps to be realistic, planning ahead and seeking support when you can.** (Mayo Clinic Staff)

The holiday season often brings unwelcome guests stress and depression and it's no wonder. The holidays present a dizzying array of demands, parties, shopping, baking, cleaning and entertaining, to name just a few. But with some practical tips, you can minimize the stress that accompanies the holidays. You may even end up enjoying the holidays more than you thought you would.

- 1. Acknowledge your feelings.** If you can't be with loved ones, realize that it's normal to feel sadness and grief. You can't force yourself to be happy just because it's the holiday season.
- 2. Reach out.** If you feel lonely or isolated, seek out friends, community, religious or other social events. They can offer support and companionship. Volunteering your time to help others also is a good way to lift your spirits and broaden your friendships.
- 3. Be realistic.** The holidays don't have to be perfect or just like last year. As families change and grow, traditions and rituals often change as well. Choose a few to hold on to, and be open to creating new ones.
- 4. Set aside differences.** Try to accept family members and friends as they are, even if they don't live up to all of your expectations. Set aside grievances until a more appropriate time for discussion.
- 5. Stick to a budget.** Before you go gift and food shopping, decide how much money you can afford to spend. Then stick to your budget. Don't try to buy happiness with an avalanche of gifts. Try these alternatives: Donate to a charity in someone's name. Give homemade gifts. Start a family gift exchange.
- 6. Plan ahead.** Set aside specific days for shopping, baking, visiting friends and other activities. Plan your menus and then make your shopping list. That'll help prevent last-minute scrambling.
- 7. Learn to say no.** Saying yes when you should say no can leave you feeling resentful and overwhelmed. Friends and colleagues will understand if you can't participate in every project or activity.
- 8. Don't abandon healthy habits.** Don't let the holidays become a free-for-all. Overindulgence only adds to your stress and guilt. Try these suggestions: Have a healthy snack before holiday parties so that you don't go overboard on sweets, cheese or drinks. Get plenty of sleep. Incorporate regular physical activity into each day.
- 9. Take a breather.** Make some time for yourself. Spending just 15 minutes alone, without distractions, may refresh you enough to handle everything you need to do. Find something that reduces stress by clearing your mind.
- 10. Seek professional help if you need it.** Despite your best efforts, you may find yourself feeling persistently sad or anxious, plagued by physical complaints, unable to sleep, irritable and hopeless, and unable to face routine chores. If these feelings last for a while, talk to your doctor or a mental health professional.

Don't let the holidays become something you dread. Instead, take steps to prevent the stress and depression that can descend during the holidays. Learn to recognize your holiday triggers, such as financial pressures or personal demands, so you can combat them before they lead to a meltdown. With a little planning and some positive thinking, you can find peace and joy during the holidays. <http://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/stress/art-20047544?p=1>



A positive lifestyle change is another step in making  
Florida the Healthiest State in the Nation.





## What is HIV/AIDS? A brief 101 overview.

- HIV stands for human immunodeficiency virus, which is the virus that causes HIV infection.
- The abbreviation “HIV” can refer to the virus or to HIV infection.
- AIDS stands for acquired immunodeficiency syndrome. AIDS is the most advanced stage of HIV infection.

HIV attacks and destroys the infection-fighting CD4 cells of the immune system. The loss of CD4 cells makes it difficult for the body to fight infections and certain cancers. Without treatment, HIV can gradually destroy the immune system and advance to AIDS.

- HIV is the virus that causes HIV infection. AIDS is the most advanced stage of HIV infection.
- HIV is spread through contact with the blood, semen, pre-seminal fluid, rectal fluids, vaginal fluids, or breast milk of a person infected with HIV. In the United States, HIV is spread mainly by having anal or vaginal sex or sharing drug injection equipment with a person infected with HIV.
- The use of HIV medicines to treat HIV infection is called antiretroviral therapy (ART). ART involves taking a combination of HIV medicines (called an HIV regimen) every day.

ART can't cure HIV infection, but it can help people infected with HIV live longer, healthier lives. HIV medicines can also reduce the risk of transmission of HIV.

## How is HIV spread?

- HIV is spread through contact with certain body fluids from a person infected with HIV. These body fluids include: blood, semen, pre-seminal fluid, vaginal fluids, rectal fluids, breast milk.
- The spread of HIV from person to person is called HIV transmission. The spread of HIV from an HIV-infected woman to her child during pregnancy, childbirth, or breastfeeding is called mother-to-child transmission of HIV.
- In the United States, HIV is spread mainly by having sex with or sharing drug injection equipment with someone who is infected with HIV. To reduce your risk of HIV infection, use condoms correctly and consistently during sex, limit your number of sexual partners, and never share drug injection equipment.
- Mother-to-child transmission is the most common way that children become infected with HIV. HIV medicines, given to HIV-infected women during pregnancy and childbirth and to their babies after birth, reduce the risk of mother-to-child transmission of HIV.
- *You can't get HIV by shaking hands or hugging a person infected with HIV. You also can't get HIV from contact with objects such as dishes, toilet seats, or doorknobs used by a person with HIV. HIV does not spread through the air or through mosquito, tick, or other insect bites.*

## How is AIDS diagnosed?

The following criteria are used to determine if a person infected with HIV has AIDS: The person's immune system is **severely damaged**, as indicated by a CD4 count of less than 200 cells/mm<sup>3</sup>. *Leaving the individual susceptible to any viral or bacterial infection.* A CD4 count measures the number of CD4 cells in a sample of blood. The CD4 count of a healthy person ranges from 500 to 1,600 cells/mm<sup>3</sup>. **and/or** the person has one or more opportunistic infections.

## For more information on HIV/AIDS:

<http://browardgreaterthan.org/> <https://aidsinfo.nih.gov/>

<https://www.aids.gov/hiv-aids-basics/hiv-aids-101/aids-timeline/>

<https://www.cdc.gov/hiv/pdf/library/factsheets/prep101-consumer-info.pdf>

<https://www.cdc.gov/hiv/pdf/library/factsheets/hiv101-consumer-info.pdf>

<http://www.hbo.com/vice/episodes/vice-special-report-countdown-to-zero/02-vice-special-report-countdown-to-zero/index.html>

be nice





Did you know?

# PRESS PAUSE



It takes around 15 minutes for your brain to signal to your stomach that you are full. Eating slowly and mindfully helps to avoid eating too much before the feeling of fullness sets in. Try letting some time pass before getting up for seconds, or avoid seconds altogether.

If you know you are someone who will always go back for a second helping, try taking a smaller portion the first time you load your plate. Also, research shows that filling a smaller plate instead of using a large plate reduces the white space and will help trick your mind into thinking you ate more than you really did.



**Eat Smart, Move More,  
Maintain, don't gain!**

## HOLIDAY Challenge

Sign up at [www.esmmweighless.com](http://www.esmmweighless.com)



Welcome to the 2016 Eat Smart, Move More, Maintain, don't gain Holiday Challenge! We are excited to have YOU participate in this year's Holiday Challenge. For the next seven weeks, you will embark on a journey alongside thousands of people (12,000 so far!) nationwide and around the world, to maintain the same weight from now through New Year's Day. You will be more successful in this program, and of course have much more fun, if you encourage your friends, family, and colleagues to join you. Registration does not close; feel free to share the link: Holiday Challenge Registration, <https://esmmweighless.com/holiday-challenge-live/>

IT'S NEVER  
TOO EARLY  
OR  
TOO LATE  
TO WORK  
TOWARDS BEING THE  
HEALTHIEST  
YOU





"This is my wish for you:

Peace of mind, prosperity through the year, happiness that multiplies, health for you and yours, fun around every corner, energy to chase your dreams, joy to fill your holidays!" *D.M. Dellinger*



## Walking for Health

Join us in front of the Admin Bldg. **12:30 PM**  
Monday, Wednesday and Thursdays.



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

# Healthy Eats

*Strata is the bread pudding of savory egg dishes. This super easy treat generally includes cubes or slices of bread that have been soaked in custard, then baked in a casserole dish or a rectangular baking pan. This is a great make ahead dish, it tastes best if you prepare it the day before and let it soak over night before baking. Like many egg dishes, a strata can incorporate all sorts of different ingredients, so there's a lot of flexibility here.*



## Ingredients

The base:

- 5 cups of cubed French bread (with crust)
- Grated cheese (see Variations)
- 10 large eggs
- 1 quart whole milk
- 1 teaspoon dry mustard
- 1 teaspoon salt
- Filling ingredients (see Variations)

1. Butter a 9 x 13-inch baking dish. Put the bread cubes in the dish and sprinkle them with the cheese. In a large bowl, whisk together the eggs, milk, mustard, and salt. Pour the egg mixture over the bread cubes. Sprinkle the filling ingredients over the egg mixture and fold them in gently. Cover and chill for at least 4 hours and up to 24 hours.

2. Heat the oven to 350 degrees.

3. Uncover the baking dish and bake for 60 minutes, until the mixture has puffed up slightly and is golden brown on top, and the strata doesn't shimmy with uncooked custard when you shake the pan. Tent the dish with foil if the top is browning too quickly. Let cool for 5 minutes before serving. Serve by the spoonful, using a large serving spoon.

## Strata Five Variations, serves 8

Variations:

### BACON, CHEDDAR, MUSHROOM, AND TOMATO

Sprinkle 2 cups grated sharp cheddar cheese over the bread cubes. Distribute 1 cup crumbled cooked bacon (6 to 8 strips), 1 cup sautéed sliced white or shiitake mushrooms, and 1 cup chopped tomatoes over the egg mixture.

### CHICKEN, BROCCOLI, CORN, CHILES, AND JACK

Sprinkle 2 cups grated Monterey Jack cheese over the bread cubes. Distribute 1 cup frozen corn kernels, 1 cup cooked broccoli florets, two 4.5-ounce cans (drained) chopped green chiles, and 1/2 cup shredded cooked chicken over the egg mixture.

### HAM, SWISS, AND ASPARAGUS

Sprinkle 2 cups grated Swiss cheese over the bread cubes. Distribute 1 cup blanched asparagus pieces, 1 cup cubed ham, and 1/2 cup caramelized onions (see below) over the egg mixture.

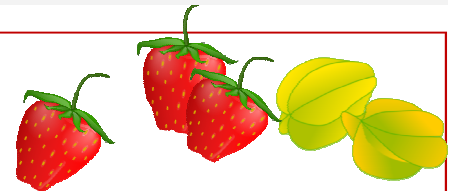
### FONTINA, SPINACH, SALAMI, AND ROASTED GARLIC

Sprinkle 2 cups Fontina cheese over the bread cubes. Distribute 1 cup frozen chopped spinach, 1 cup Italian salami (cut into matchsticks), and 1/2 cup roughly chopped roasted garlic cloves (see below) over the egg mixture.

### VEGETABLE-BLUE CHEESE

Sprinkle 1 cup crumbled blue cheese over the bread cubes. Distribute 1 cup cooked cubed celery root, 1 cup sautéed sliced zucchini, and 1/2 cup sautéed sliced onions over the egg mixture.

## *What's in Season?*



Avocado, Bell Pepper, Carambola (star fruit), Cucumber, Eggplant, Grapefruit, Guava, Mushroom, Orange, Passion Fruit, Peanuts, Radish, Snap Bean, Squash, Sweet Corn, Tangerine, Tomato, Cabbage, Lettuce, Strawberries, Cauliflower and Celery.

The back page story:

# Your Personal Year In Review



It's that time of year that everyone is making lists, talking about who's who and sizing up everything that happened in 2016. At the end of a year, your mind can also feed you some pretty tough questions about yourself. Keep in mind your health or lifestyle habits, finance, career and or personal.

Whatever question is tormenting you, it's time to get your mind to focus on what really matters now. Remember, you get what you focus on. Here are 10 questions to print out, answer and give some attention to. Get your friends and family to answer them as well. You will learn a lot about each other if you do.

1. What was the best thing that happened to me this year?
2. What did I do this year that I'm really proud of?
3. Who did I really help?
4. Who do I need to thank and acknowledge for having been there for me?
5. What are the top three lessons I learned?
6. What increased my happiness and joy this year?
7. What's something I got through that was really tough?
8. What did I avoid that I must pay more attention to in 2017?
9. What character trait did I develop most this year?
10. What new people did I meet that are now in my life?

Some of these questions may take some time and thought to answer, and that's OK. At the end you should be able to see that you've made some progress on at least one front in your life! Give yourself a bit of credit for that. This will also help you make goals for 2017, short term and long term goals.

Adapted from 2008 article by Ariane de Bonvoisin Founder and CEO of The First 30 Days

# 2017 GOAL



## LINE DANCING IS BACK!

We start Line Dancing on January 10th at 12:15 till 12:45  
Mark you calendar for every Tuesday lunch break.  
Remember, this is for you, on your time. It's tons of fun.  
Just wear comfortable clothing and shoes.  
Get ready to dance!

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