

InsideOut



It's Your Health; Own It!

October 2016

Also In This Issue: Breast Cancer Awareness; Weight Loss Convoy Enrollment; Fit Tip; Recipe

2016 Hanford Flu Clinic Schedule

Date	Day	Time	Location
October 4	Tuesday	8:00 am-11:00 am	1979 Snyder Street, Suite 150, CR 136
October 4	Tuesday	1:00 pm-4:00 pm	HAMMER Admin Building, Room 14
October 5	Wednesday	9:00 am-3:00 pm	825 Jadwin Ave., Room 152
October 6	Thursday	8:00 am-3:00 pm	200 East, 2101 M, Cosmos/Bijou Room
October 11	Tuesday	8:00 am-11:30 am	200 West, PFP, MO 250
October 11	Tuesday	2:00 pm-4:00 pm	200 West, MO 720, Ops Center
October 12	Wednesday	8:00 am-10:00 am	200 East, MO 511
October 12	Wednesday	1:00 pm-4:00 pm	200 East, 2704 HV, Room G206
October 13	Thursday	8:30 am-3:00 pm	2440 Stevens Center, CR 1200
October 18	Tuesday	8:30 am-11:00 am	200 West, 2713S, CR 131
October 18	Tuesday	1:30 pm-3:30 pm	ERDF Building 6250, POD meeting room
October 19	Wednesday	9:30 am-12:00 pm	100K, MO 500, East Conference Room

Shots will be available starting October 4th for shift workers at the 200 West Health Care Center Monday through Thursday 1:30 pm-11:00 pm, Friday 8:00 am-11:00 pm, and Saturday 8:00 am-3:00 pm.

- Flu vaccinations will be provided at **NO COST** for Hanford employees showing a DOE picture badge.
- Remember to wear short sleeves.
- **Pregnant employees must bring written approval from personal physician.**

The clinic does not provide flu vaccinations to:

- Anyone under the age of 18 years
- Anyone who does not have a DOE picture badge
- Employees of Bechtel National, Inc. (BNI), Pacific Northwest National Laboratory (PNNL), and DOE Pacific Northwest Site Office (PNSO)
- Retirees of Hanford contractors
- Families of Hanford employees

Those listed above should go to their private medical provider, Benton/Franklin Health District, or other community vaccination program.

Breast Cancer Awareness

October is Breast Cancer Awareness Month! While most people are aware of breast cancer, many forget to take the steps to have a plan to detect the disease in its early stages and encourage others to do the same. Here are some of the latest facts:

- Over 2.8 million breast cancer survivors are alive in the United States today.
- Breast cancer is the most commonly diagnosed cancer in women.
- Breast cancer is the second leading cause of cancer death among women.
- Each year it is estimated that over 246,660 women in the United States will be diagnosed with breast cancer and more than 40,000 will die.
- Although breast cancer in men is rare, an estimated 2,600 men will be diagnosed with breast cancer.

The good news is breast cancer can be prevented. In recent years there has been a gradual reduction in female breast cancer incidence rates among women aged 50 and older. Death rates have been declining since 1990 due to better screening and early detection, increased awareness, and continually improving treatment options.

Learn the early warning signs of breast cancer by visiting www.nationalbreastcancer.org. Here you can also learn the importance of performing a breast self-exam each month. Remember that any changes or abnormalities should be discussed with your doctor. The best way to fight breast cancer is to have a plan that helps you detect the disease in its early stages. It's your health, own it!

2017 Weight Loss Convoy Enrollment is Open!

The Weight Loss Convoy year-long program is designed for employees ready to prioritize their health. The class includes the following:

- Support group
- Individual health coaching
- Education for nutrition and exercise
- Accountability
- Weekly weigh-ins

Space is limited and fills quickly. An eligibility appointment is required prior to program start date. To learn more or read about the recent success stories from past participants, visit our [website](#) or contact the health education specialists at 376-3939 or omchew@rl.gov.

Please obtain your manager's approval to participate in this program during work time. Registration deadline is January 6, 2017 or earlier once class capacity reached.

Upcoming Health Promotion Events

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| Oct 3 | BE WELL Challenge |
| Oct 4-19 | Flu Clinics |
| Oct 12 | WorkFit Train the Trainer |
| Oct 30 | Trios Rivers and Wine Marathon and Relay |
| Nov 9 | WorkFit Train the Trainer |
| Nov 12 | Columbia River Classic |

Featured Presentations

Invite us to your next meeting! To schedule a presentation, call us at 376-3939 or email omchew@rl.gov.

Cold and Flu Prevention

Covers signs and symptoms and differences between seasonal cold and flu, prevention, and treatment.

Food Safety

Proper food handling from start to finish including thawing, cooking, holding, and storing foods.

Chronic Disease Management

Provides basics for management of chronic illnesses such as diabetes and heart disease.

Stress management

Information about the various types of stress, reducing stress, and coping with change.

Low Back Health

Recognizing and preventing low back aches and pains.

Be Well: Eye Injury Prevention Month

-American Academy of Ophthalmology

Protecting your eyes from injury is one of the most basic things you can do to keep your vision healthy throughout your life. You may be aware of the possible risks of eye injuries, but are you taking the easiest step of all to prevent 90 percent of those injuries: wearing the proper protective eyewear?

If you are not taking this step, you are not alone. According to a national survey by the American Academy of Ophthalmology, only 35 percent of respondents said they always wear protective eyewear when performing home repairs or maintenance; even fewer do so while playing sports.

Eye Injury Facts

- Men are more likely to sustain an eye injury than women.
- Most people believe that eye injuries are more common on the job than at home. In fact, nearly half of all eye injuries occurred in the home, as reported during the Eye Injury Snapshot conducted by the American Academy of Ophthalmology and the American Society of Ocular Trauma.
- More than 40 percent of eye injuries reported in the Eye Injury Snapshot were caused by projects and activities such as home repairs, yard work, cleaning, and cooking.
- More than 40 percent of eye injuries every year are related to sports or recreational activities.
- Eyes can be damaged by sun exposure, not just chemicals, dust, or objects.
- Among all eye injuries reported in the Eye Injury Snapshot, more than 78 percent of people were not wearing eyewear at the time of injury.

The most important thing you can do to protect your vision is to always wear appropriate protective eyewear, which can prevent more than 90 percent of serious eye injuries.



Fit Tip: Fall Activities

Fall harvest festivals are a great way to get outside, enjoy time with your family, and take in some locally grown produce. [Bill's Berry Farm](#) in Grandview offers the [Apple & Pumpkin Festival](#) at the end of September and throughout October. Here you can pick fresh apples or pumpkins, make fresh-pressed apple cider, wander your way through the corn maze, or visit the petting zoo.

The [Country Mercantile Harvest Festival](#) in Pasco offers a corn maze, petting zoo, pumpkin patch, and rides and games for the kids. And [Middleton's Fall Festival](#) on the Pasco-Kahlotus Highway also provides pumpkin picking, corn mazes, petting zoo and other games, as well as fire-pits to reserve for even more family fun. Fill your weekend with fun physical activity by enjoying these local attractions this fall!

Golden Pumpkin-Walnut Loaf

Make the most of the flavors of fall. This healthy treat is sure to satisfy on any brisk autumn day.



What do you think about these articles? Do you have a health promotion topic you'd like us to write about? Please send feedback to omchew@rl.gov and visit www.hanford.gov/health for more resources.