

Programs and Events

For more details, visit www.muohio.edu/ehwb
or contact Employee Health & Well-Being!

Employee Interest Survey

Friday, October 9 is the submission deadline

Natural Areas Hike-A-Thon

Saturday, October 10

8am-2pm at the Natural Areas parking lot off Rte. 73

Field Day - Bicentennial Carnival

Wednesday, October 14 (Rain Date - October 21)

11am-4pm on Cook Field

Blood Pressure Screenings

Oxford, Hamilton, and Middletown Campuses

Weight Watchers at Work

Oxford and Middletown Campuses - join anytime!

Cost will be pro-rated based on start date.

Fitness Programs

Oxford, Hamilton, and Middletown Campuses

Happy Halloween!

Harvest MOON Festival

*Celebrate Local Food, Family Farms
& Sustainable Agriculture*

Sunday, October 11 from 2pm-6pm
Uptown Park – Oxford

Festival Highlights Include:

- › Cooking demonstration
- › “Lite” dinner served at 5pm
- › Hands-on activities for kids
- › Live Music
- › Live farm animals
- › Locally grown food
- › Information booths

Organized by:

Miami Oxford Organic Network (MOON) and
the Ohio Ecological Food & Farm Association
Oxford Branch (OEFFA)

For more information contact the education
branch of the MOON network at 523-2360 or
visit www.mooncoop.com.



Play: It's not just for kids!

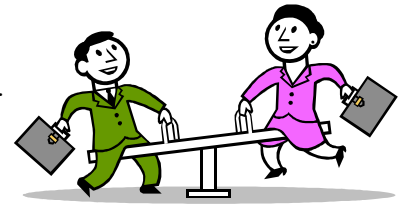
Play is often described as a time when we feel most alive, yet we often take it for granted and may completely forget about it. But play isn't a luxury - it's a necessity. Play is as important to our physical and mental health as getting enough sleep, eating well, and exercising.

The Lifelong Benefits of Play

- Play connects us to others.
- Play fosters creativity, flexibility, and learning.
- Play is an antidote to loneliness, anxiety, and depression.
- Play teaches us perseverance.
- Play makes us happy.

Playing at Work

- Keeps you functional when under stress.
- Refreshes your mind and body.
- Encourages teamwork.
- Helps you see problems in new ways.
- Triggers creativity and innovation.
- Increases energy and prevents burnout.



Excerpted with permission from *Play, Creativity & Lifelong Learning*.

Visit http://helpguide.org/life/creative_play_fun_games.htm to see the full article with links to related articles. © Helpguide.org. All Rights Reserved.

World Food Day

A worldwide event designed to increase awareness, understanding, and informed, year-round action to alleviate hunger.

This October 16 will mark the 29th observance of the World Food Day (WFD).

Each person who cares and becomes involved helps build a more food-secure world. A society that guarantees the basics of life -food- is offering hope, to all, that other blessings of peace and justice are attainable as well. In 150 nations, there are already people supporting WFD, and now you can help too!

How can you can help alleviate world hunger?

- 🌍 Volunteer at a local soup kitchen.
- 🌍 Donate non-perishable items to a community food drive.
- 🌍 Attend the Harvest MOON Festival to promote sustainable agriculture.
- 🌍 Get involved with The Oxford Community Choice Food Pantry, which works to end hunger in the Talawanda School District.
- 🌍 Play games that stimulate your brain at freerice.com. For each question you get right, 10 grains of rice are donated through the UN World Food Program to help end hunger.

Source: World Food Day USA (worldfooddayusa.org)

Stay Warm and Save Money this Winter

While autumn breezes are warm and welcome, the chill of winter is not far away. These steps to winterize your house can reduce your energy consumption, help you stay warm and save money.

Turn down the thermostat a few degrees. If you feel cold, you can put on an extra layer before turning up the heat.

Switch your ceiling fans' rotation. When you switch your fan to the clockwise rotation it takes the warm air pooled up at the ceiling and pushes it downward, back onto you.

Find air leaks around your doors and windows. Seal leaks with caulk, weather stripping, or door sweeps.



Seal heating ducts. Leaky ducts can allow up to 20 percent of the warm air to escape. Remember to check for duct leaks in attics, basements, and garages too.

Insulate your water heater. Wrap a water heater blanket around older water heater models to save energy.

Make sure your fireplace damper closes tightly. Replace the damper with one that seals well and/or install glass doors to help prevent heat from escaping out the chimney.

Install a programmable thermostat. Set it to automatically turn the heat down when you are asleep or away.

Insulate your attic. The Department of Energy suggests a minimum of 12 to 15 inches of insulation in attics.

Compiled by Miami's Center for Environmental Education/
Hefner Zoology Museum www.EnvironmentalEducationOhio.org

Get Smart about Antibiotics Week

October 5 - October 11

Antibiotics are important medications that really help when we need them.

But taking antibiotics when they're not needed can be harmful.

Most infections are caused by bacteria and viruses. Antibiotics cure infections caused by bacteria like strep throat, but have no effect against infections caused by viruses, like colds and the flu.

Viruses cause colds and the flu. Taking antibiotics for these illnesses is unnecessary and expensive. It also helps cause a problem called antibiotic resistance. The more antibiotics we take unnecessarily, the more we "teach" bacteria how to outwit them.

So why should I be concerned? Because germs are easily passed from one person to another, antibiotic resistance affects everyone. Resistant bacteria or "superbugs" - are not killed by usual doses of antibiotics. They cause infections that are difficult and costly to treat. Sometimes, the infections they cause are not curable.

So what should I do?

- * Don't insist on a prescription for antibiotics to treat viral illnesses.
- * Take prescribed antibiotics for the full course of treatment.
- * Only take antibiotics under the supervision of a health professional.
- * Don't use shared or leftover antibiotics to treat an illness.

Source: Oregon Alliance Working for Antibiotic Resistance Education



Breast Cancer Awareness Month

October 2009

This October is the 25th anniversary of
National Breast Cancer Awareness Month.

Ways You Can Reduce Your Breast Cancer Risk:



- ⌘ Avoid or quit using tobacco products.
- ⌘ Engage in regular physical activity, at least 30 minutes on five or more days of the week.
- ⌘ Reduce alcohol consumption to no more than one drink per day for women and no more than two drinks per day for men.

Breast Cancer Screening Recommendations:

- ⌘ All women should conduct monthly breast self-exams.
- ⌘ Women in their 20s and 30s should have a clinical breast exam as part of a regular health exam at least every 3 years.
- ⌘ After age 40, women should have a clinical breast exam and a mammogram every year.

You can help fund programs to raise awareness about breast cancer and life-saving research by participating in a local Making Strides Against Breast Cancer 5-mile walk.

Cincinnati - Sunday, October 11

Dayton - Saturday, October 17

For details and registration go to www.cancer.org/stridesonline

Source: American Cancer Society

Drive Safely to Work Week

October 5 - October 9

The way you drive says everything about you.

Make a positive statement by following these safe driving practices.

Stay Safe

- Use a seatbelt at all times
- Be well-rested before driving
- Avoid taking medications that make you drowsy
- If you are impaired by alcohol or any drug do not drive



Stay Focused

- Driving requires full attention. Avoid distractions, such as adjusting the radio and other controls, eating or drinking, and talking or texting on the phone
- Continually search the roadway to be alert to situations requiring quick action

Avoid Aggressive Driving

- Be patient and courteous to other drivers
- Do not take other drivers' actions personally
- Reduce your stress by planning your route ahead of time, allowing plenty of travel time, and avoiding crowded roadways and busy driving times.

Source: Occupational Safety and Health Administration

CROSSWORD

Exercise your brain by completing the crossword puzzle. The questions come from the content of this issue of Healthy Highlights. Answers to the puzzle can be found on the “Communications” page of the EHWB website.

DOWN

1. _____ is one of the basics of life.
2. Playing at work triggers _____.
4. Resistant bacteria are also called _____.
5. World Food Day increases action to alleviate _____.
6. Infections are usually caused by _____ or viruses.
7. Avoiding _____ products can reduce your risk of breast cancer.
8. _____ is just as important as getting enough sleep and eating well.
9. Stay warm this winter by sealing _____ ducts

ACROSS

3. Women over age 40 should have a _____ every year.
4. When driving you should always wear a _____.
10. _____ thermostats can automatically turn the heat down.
11. Driving requires full _____.
12. The Harvest MOON Festival will feature a _____ demonstration.

