

The November edition of the Health and Wellness newsletter is here! Winter is right around the corner, although our drivers will beg to differ as they already have had to battle snowstorms on our northern highways. This month we offer some tips for working outdoors in winter conditions, we talk about the importance of exercising your brain, we mention our first Events Club outing (which was a huge success), Vereena gives us a terrific soup recipe that is perfect for cold, rainy days, and lest we forget, a small but important reminder about Remembrance Day. Have a great month everyone!

REMEMBRANCE DAY

On November 11 we encourage everyone to take a minute out of their busy lives to remember the men and women who have given us the ultimate sacrifice. It's the least we can do for the people that have given up their lives fighting for the freedoms that we enjoy today. Our hats are off to them.



Winter Work Safety

Working in winter conditions can be particularly hazardous, especially to the employee who is working outdoors. Temperatures get colder. There may be rain or snow. The threat of exposure is increased, and frostbite can be an issue. Plus, work surfaces may be a hazard in wintry weather. While staying warm is a priority, staying dry is equally important.

Effects of Cold Weather

Frostbite is something to worry about in cold weather. This usually attacks the face or extremities, and an early sign is losing feeling in part of the body. This could cripple the injured area, and extreme cases may require amputation. Hypothermia is even more insidious; when the body temperature gets too low this could affect the brain, creating confusion. Even temperatures of more

than 40 degrees can bring on hypothermia if your body is chilled by rain or perspiration.

Dressing Warm

Warm clothes are a must, and dressing in layers is best because the clothes trap air for warmth. Go for a loose fit on the outer layers and a more snug fit underneath. If you start to feel warm, peel a layer off--moisture from sweat can chill the body and render all these clothes useless. Wear a hat or other head covering; much body heat escapes through the top of the head. Choose waterproof footwear with a deep tread for outdoor work. If it's especially cold, protect your lungs by covering your mouth with a bandanna.

Protect Your Hands

Mittens are better than gloves for warmth; the fingers remain in contact with one another and provide additional heat. If you must use your fingers for fine work outdoors, you might opt for a fingerless glove on your working hand--as long as you keep that hand warm when you're not using it. Invest in a hand warmer and keep it in your coat pocket so you can keep those fingers warm as needed. But if moving around, take that hand out of your pocket and put a mitten on it; you need both hands out to help your balance when moving on snow or ice.

On the Job

There are several reasons to move more slowly in cold weather. You don't want to overexert yourself or moisten



yourself with perspiration, and the heart works harder in cold weather. Plus, surfaces may be slick from rain or ice. Move carefully on slick surfaces, planting your feet with each step and having your hands out to aid balance. If your extremities lose feeling or you start shivering uncontrollably, go inside.

Coffee

While a hot cup of coffee sounds soothing when working in the cold, go easy. The caffeine constricts your blood vessels and steps up your heart rate--making it a double hazard in cold weather. Don't skimp on drinking water, though.

Below the Snow Line

Even in southern states where snow is not an issue, colder temperatures can create special hazards for the outdoors worker. With the exception of Hawaii, temperatures may dive below freezing. South of the snow line, rain may still fall and freeze into sleet.

How to Exercise Your Brain And Keep It Healthy

Exercising your brain is as important as exercising the rest of your body. Your brain improves and grows by interacting with your exterior world. The brain is capable of adapting throughout your life and even in old age can grow new neurons. As with the rest of your body it is a case of 'use it or lose it' with your brain's muscle. Here are some simple ways of improving your brain power, each and every day.

1 To prevent cognitive decline, as to prevent physical decline, you must take part in physical activity. You truly cannot get enough physical exercise when it comes to

keeping both body and mind healthy and alive. As you go through life, it is important to vary your physical activity. If you are a walker or runner, vary your route. Learn new street signs, see new sights, and meet new people. Learning a new activity or gaining a new skill will benefit your brain. Joining a group activity will mean you will be meeting new people and forming new relationships. Every new activity you indulge in forces your brain to adjust and change.

2 Starting a new group activity has a double advantage, you are improving your brain power with the new activity and the resultant social activity in a group further benefits your brain. Social exchanges force us to think, respond to new topics of conversation and formulate new responses. Discussion is food for the brain. Join a discussion group if you can find one. Join a book club or any group where you can hear new opinions and respond to them. Talk with family. Talk with fellow commuters. Keep your brain active, absorbing new ideas, and responding to them.

3 Some activities that are especially good for your brain are learning a new language, reading, games such as scrabble and bingo, and of course, crossword puzzles and jig-saw puzzles. Sometimes we are uncomfortable trying to learn new things but this discomfort is natural. It is just your brain adjusting and learning. so carry on and do not be embarrassed if you learn more slowly than others. The important thing is that you are learning, and you are staving off the cognitive decline associated with Alzheimer's and other conditions related to decreases in our mental abilities.

4 It is important that we use all our senses, all the time. Look, listen, see, taste, and smell. These senses send



different messages to the brain and this is how we learn. Try using your senses in different ways. Close your eyes as you dress a salad or get yourself dressed. You will then depend on touch and taste, hone these skills and move ideas around in your brain. Try to notice new things in your environment every day, changes in the weather, new plants or animals and especially new people. Imagine how you have learned things in the past, learning to write, tying your shoes, any skill that you now possess. It has been proven that imagining exercising can actually improve physical health. So, can imagining in your mind, improve mental health. Never just sit. Think.

5 Improve your diet. Good diet makes for a healthy body and a healthy body makes for a healthy brain. Remember the brain foods like anti-oxidants. Just as important as diet, are rest and sleep. As your body rests, so does your mind. A good diet, rest, exercise, and stimulation all help the body maintain itself. They do the same for the mind.

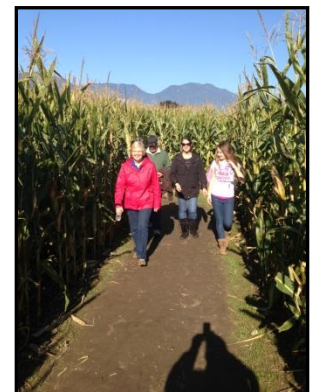
6 As much as possible, eliminate stress from your life. If you have problems, take action. Search for solutions. If you need help, seek it and accept it. Keep your body moving and keep your mind moving. Your brain will thank you.

HEALTH AND WELLNESS EVENTS CLUB

On Sunday, October 20 we held the first ever event for our Health and Wellness Events Club. We couldn't have asked for a better day, as we had a total of 44 people at the Chilliwack Corn Maze. The weather was spectacular and we had a lot of fun navigating through the maze, going on a hay ride, eating the yummy chili, and carving pumpkins. We're already working on our next event,

which will be held early in the New Year. However, we need your help! Send us your ideas and spread the word around. We have plenty of room for more members, so if you would like more information or to join our club, just see one of the H&S Committee members or send us an email to healthandsafety@vtlg.com.

Corn Maze October 20, 2013



RECIPE OF THE MONTH

Cheese Tortellini Soup with Turkey Italian Sausage and Kale

Yield: 8

Prep Time: 5 min.

Cook Time: 15 min.

Total Time: 20 min.

Ingredients:

- 1 tsp olive oil
- 5 links of turkey Italian sausage, removed from casings, and formed into tiny meatballs
- 3 cloves of garlic, minced
- 8 cups of homemade chicken broth (or store bought works too)
- 1 package of cheese tortellini
- 2 cups of fresh kale, chopped
- Sea salt and freshly cracked pepper, to taste

Directions:

Heat the olive oil in a large Dutch oven over medium high heat. Remove the turkey Italian sausage from it's casings and form into tiny meatballs. Place the meatballs into the HOT Dutch oven and cook for 5 or so minutes, or until golden brown on all sides. Add the minced garlic and cook, stirring constantly for 1 minute. Add the chicken broth then bring to a slight boil. Add the cheese tortellini and chopped kale and cook for 5-7 minutes, or until the pasta has cooked through. Taste the soup and season with sea salt and freshly cracked pepper, if needed, to taste.

Ladle the soup into bowls and serve. Enjoy.

