

**CSC**

Hanford Occupational Health Services

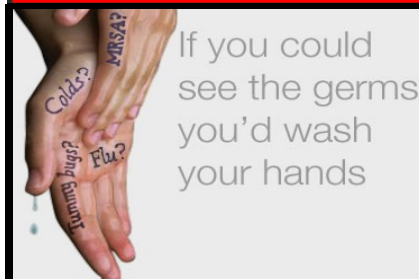
# Inside Out

## 2012 Hanford Worksite Flu Clinics

Date	Wkday	Time	Location
17-Oct	Wednesday	10:00 AM - 3:00 PM	Federal Building , 825 Jadwin Ave., Rm. 142—Conf. Rm. 152
18-Oct	Thursday	9:00 AM - 3:00 PM	200 East, 2101 M, Cosmos/Bijou Rm.
23-Oct	Tuesday	8:15 AM - 9:45 AM	200 West, PFP, MO 250
23-Oct	Tuesday	11:15 AM - 1:00 PM	HAMMER, Administration Bldg., Rm. 29
23-Oct	Tuesday	2:00 PM - 4:00 PM	ERDF, Bldg. 6250, POD Mtg. Rm.
24-Oct	Wednesday	8:15 AM - 9:30 AM	100K, MO 500, Conf. Rm. East
24-Oct	Wednesday	10:30 AM - 12:30 PM	200 West, MO 720, Ops Center
24-Oct	Wednesday	2:00 PM - 4:00 PM	2620 Fermi, Conf. Rm. D109
25-Oct	Thursday	9:00 AM - 3:00 PM	2440 Stevens, Conf. Rm. 1200
30-Oct	Tuesday	10:00 AM - 12:00 PM	200 East, MO 511
30-Oct	Tuesday	1:00 PM - 4:00 PM	300 Area, 3760 Bldg., Conf. Rm. 101A
31-Oct	Wednesday	9:00 AM - 11:30 AM	200 West Labs, 2713 Rm. 131 (222 S Lab Area)
31-Oct	Wednesday	12:30 PM - 4:00 PM	200 East, 2704 HV, Rm. G108

**No Cost  
to YOU!****\*\* REMEMBER TO WEAR SHORT SLEEVES!**FOR DIRECTIONS TO LOCATIONS: [WWW.HANFORD.GOV/AMH](http://WWW.HANFORD.GOV/AMH)**\*\* YOU MUST SHOW YOUR DOE PICTURE BADGE**FOR INFORMATION ABOUT INFLUENZA: [WWW.CDC.GOV/FLU](http://WWW.CDC.GOV/FLU)

**SHOTS WILL BE AVAILABLE FOR SHIFT WORKERS AT THE 200W HEALTH CARE CENTER, 2719WB**  
**Starting Oct. 17, 2012: Monday-Friday - 5:00 pm—10:00 pm, Saturday - 8:00 am—2:00 pm**



Invite us to be a guest at your next work group meeting.  
**September Featured Presentation:**  
**“COLD AND FLU PREVENTION”**

To schedule a presentation, contact us:  
 Email: [ahew@rl.gov](mailto:ahew@rl.gov) Phone: 376-3939

### WATCH FOR UPCOMING EVENTS:

#### September

Workfit Leader Training (7th)  
Site Health Fairs (13th)

#### October

Workfit Leader Training (5th)  
Site Health Fairs (11th)  
Worksite Flu Clinics (17th-31th)

Select a link or visit our website: [www.hanford.gov/amh](http://www.hanford.gov/amh)



# Let's Get Better with Age!

by Kelly Harnish, MCHES, Health Education Specialist

As health professionals, we often ask people for personal details like their height, weight, and age. I've come to notice a few common responses to the age question. Some people just say it straight, "I'm 48." Many people do mathematical calculations under their breath while looking up at the ceiling, "Well, I was born in 1951... Its 2012... I'm 61!" Others whisper it as though they are delivering the most top secret, controversial news of the decade, "I just turned 50." So, we all get older. I believe that as we advance in years, we have an opportunity to get better with age. This is especially true with our health.

As we get older, we have the advantage of perspective. What people told us to do in our youth, like eat our veggies and floss our teeth, actually has some relevance to us in adulthood. We can see results from our efforts, because we aren't living in the luxury of a young person's invincible body and mind. When we exercise daily, we feel noticeably better than when we're sedentary. When we eat a balanced diet, we see significant improvements in our cholesterol results, our weight, and other indicators of health. When we put effort into managing stress and taking life's worries in stride, we get to experience the beauty in the world, as if it's all new again. It's never too late to make your body and mind the healthiest place to live your life.

There are simple things that anyone can do to get the most out of life, no matter how old.

- Make sure you are up to date with your regular physical. Getting screenings done on a regular basis can help you and your doctor catch early signs of disease and begin an effective treatment plan.
- Watch your weight. Get help with your weight if your clothes are getting too tight, you have a BMI of 25 or more, or your waist circumference is larger than 35 inches if you're a woman, or 40 inches if you're a man.
- Stay physically healthy. Physical fitness is more than going through the motions of a busy life. Intentional exercise becomes even more important as we age. Aim for at least 150 minutes of cardiovascular exercise per week, such as walking or biking, plus a couple of sessions of weight bearing exercise, like weight lifting or yoga.
- Eat a balanced diet. A diet rich in fruits, vegetables, whole grains, lean meats, beans, nuts, seeds, and low fat or fat free



dairy will help fuel your active lifestyle. Avoid overly processed foods or eating out often. Packaged foods and restaurant fare tend to be high in calories, fat, sugar, and sodium. These are all easily avoidable by keeping your kitchen well stocked with healthy and simple ingredients and learning a few basic healthy recipes.

- Seek balance in your life. Take time to relax and to do the things that bring you joy. If you love crafts, tinkering in the shop, walking in nature, spending time with family and friends, or relaxing in a comfy chair with a great book, make sure that your joy has its rightful time and place in your life. The rest of the world will wait for you!

I don't think we're going to get any younger, so let's get better with age.



## Healthy Recipes

*"This chicken and apple salad can be used atop a bed of lettuce and crunchy salad vegetables, or stuffed into a pita pocket for a sandwich."*

### Low Fat Chicken & Apple Salad

Serves: 4—servings

**Ingredients:**

- 2 cups cooked skinless chicken breast, cubed
- 1 stalk of celery, sliced
- 1 medium unpeeled apple, diced
- 1/4 cup raisins
- 1 tbsp lemon juice
- 1/4 cup low fat yogurt
- 1/4 cup fat-free mayonnaise
- curry powder (to taste—up to 1 tsp)

**Preparation:**

Place chicken cubes in a medium bowl along with sliced celery, diced apple and raisins. In a small bowl, whisk lemon juice, yogurt, mayonnaise and curry powder. Pour over chicken and toss to coat.



**PER SERVING:**

Calories	229
Total Fat	2.6 g
Cholesterol	85 mg
Sodium	237 mg
Carbohydrate	17.2 g
Dietary fiber	1.7 g
Protein	34.1 g

Click here for: [Healthy Recipes](#)