



December 2017



WELLNESSWORKS  
MIAMI-DADE COUNTY

# Wellness Watch

Providing Miami-Dade County Employees with the Latest Wellness News, Programs and Events



## 12 Ways to Have a Healthy Holiday Season

Brighten the holidays by making your health and safety a priority. Take steps to keep you and your loved ones safe and healthy.

- 1. Wash hands often to help prevent the spread of germs.** It's flu season. Wash your hands with soap and clean running water for at least 20 seconds.
- 2. Manage stress.** Give yourself a break if you feel stressed out, overwhelmed, and out of control. Some of the best ways to manage stress are to find support, connect socially, and get plenty of sleep.
- 3. Don't drink and drive or let others drink and drive.** Whenever anyone drives drunk, they put everyone on the road in danger. Choose not to drink and drive and help others do the same. Take turns being the designated driver for all holiday celebrations that include alcohol.
- 4. Be smoke-free. Avoid smoking and secondhand smoke.** Smokers have greater health risks because of their tobacco use, but nonsmokers also are at risk when exposed to tobacco smoke.
- 5. Fasten seat belts while driving or riding in a motor vehicle.** Always buckle your children in the car using a child safety seat, booster seat, or seat belt according to their height, weight, and age. Buckle up every time, no matter how short the trip and encourage passengers to do the same.
- 6. Get exams and screenings.** Ask your health care provider what exams you need and when to get them. Update your personal and family history. Many screenings are covered with no out of pocket expense through your AvMed benefits.
- 7. Get your vaccinations.** Vaccinations help prevent diseases and save lives. Everyone 6 months and older should get a flu vaccine each year.
- 8. Monitor children.** Keep potentially dangerous toys, hot food and drinks, household items, and other objects out of children's reach. Protect them from drowning, burns, falls, and other potential accidents.
- 9. Practice fire safety.** Most residential fires occur during the winter months, so don't leave open flames, space heaters, or food cooking on stoves unattended. Have an emergency plan and practice it regularly.



- 10. Fire arm Safety.** Every year, fire arm accidents are reported due to discharging firearms into the air. According to the CDC, most celebratory gunfire injuries, about one in three, occurred to the head. Keep any fire arm safely stored and do not allow anyone to discharge it into the air this holiday season.
- 11. Prepare food safely.** Remember these simple steps: Wash hands and surfaces often, avoid cross-contamination, cook foods to proper temperatures and refrigerate foods promptly.
- 12. Eat healthy, stay active.** Everyone should stick to healthy eating but for those with chronic conditions it is especially important. Health concerns don't take holidays so focus on following your dietary restrictions. Fill up on fruits and vegetables which pack nutrients limit your portion sizes and foods high in fat, salt, and sugar. Also, continue to be active for at least 2½ hours a week and help kids and teens be active for at least 1 hour a day.

Source: <https://www.cdc.gov/features/healthytips/index.html>



## Healthy Selfie

### Payroll Information Management participating in the "Fall Into Wellness" Fair.

Have you made fitness part of your lifestyle? Send us a picture showing you participating in your favorite type of exercise and you will be entered in a raffle to win a prize. Email photos to: [WellnessWorks@Miami-Dade.gov](mailto:WellnessWorks@Miami-Dade.gov).

## Holidays and Your Kids Safety

It's that time of year again when we enjoy festive meals with family and friends, deck our halls with colorful decorations and listen to squeals of delight as our children open their brightly-wrapped presents. To help ensure your kids have fun and stay safe this holiday, here are a few tips to remember.

### Hard Facts

In 2012, 3,270 children 19 and under were seen in emergency rooms for injuries caused by nonelectric holiday decorations, like broken ornaments. In 2012, an estimated 192,000 children were treated in an emergency room for a toy-related injury. And in the same year, an estimated 136,314 children ages 19 and under were injured due to a fire or burn.

1. Natural trees look beautiful and smell great, but if they're not watered regularly, needles can dry out and pose a potential fire hazard. Make sure your tree has plenty of water by checking it regularly.
2. Keep holiday candles at least 12 inches away from anything that can burn, and don't forget to blow them out when you leave the room or before you go to sleep.
3. Consider your child's age when purchasing a toy or game this holiday season. It's worth a second to read the instructions to make sure the gift is just right.
4. Keep a special eye on small pieces, including button batteries that may be included in electronic toys. While these kinds of games are great for older kids, they can pose a potential danger for younger, curious siblings.

To learn more visit: <https://www.safekids.org/holidays>.

## Vaccinate your family this flu season. It's the best way to fight flu.

A yearly flu vaccine is recommended for everyone 6 months and older. Vaccination is especially important for protecting people at high risk of serious flu complications, including:

- young children
- pregnant women
- adults 65 years and older
- anyone with chronic health conditions like asthma, diabetes, or heart disease.

It's a great time to get your flu shot during National Influenza Vaccination Week, December 3-9. The shot is free at participating pharmacies and at your physician's office. Protect yourself and the ones you love with a flu vaccine. For more information, visit [www.cdc.gov/flu/nivw](http://www.cdc.gov/flu/nivw).

## Easy Roasted Cornish Hens



### Ingredients

- 8 carrot, peeled and evenly chopped
- 8 celery stalk, roughly chopped
- 1 yellow onion, sliced
- 5 springs rosemary (can use more)
- 3 cloves minced garlic (optional)
- 4 Cornish hens, thawed, rinsed and patted COMPLETELY dry inside out.
- olive oil
- 1 tablespoon salt
- 1 tablespoon black pepper
- 1 tablespoon garlic powder
- 2 teaspoons smoked paprika
- 2-3 tablespoons parsley
- 3-4 tablespoons butter, sliced

### Preparation

1. Preheat oven to 450 F.
2. Spread out chopped vegetables and rosemary in the bottom of 9 x 13 inch baking dish.
3. Rub olive oil lightly over the Cornish hens. Set aside.
4. In a bowl, mix together spices and sprinkle generously over the hens, being sure to season the inside cavity as well. (double the spice mixture (or at least the salt) & let marinate for 3 hours if you're going for maximum flavor, but that's optional)
5. Place the hens on top of the bed of vegetables.
6. Run your fingers under the skin to loosen it.
7. Place a slice of butter under the skin of each hen.
8. Tie the legs together with kitchen string or foil paper.
9. (I like to sprinkle on more parsley at this point but that's optional)
10. Bake for 50-60 minutes, depending on size of hens.
11. Let hens rest for 15 minutes

Source: <http://divascancook.com/easy-roasted-cornish-hens-recipe/>