



## HEALTH & SAFETY NEWSLETTER

October 2015

Welcome to October! September went by too quick! We had our 2<sup>nd</sup> Annual Sports Day event, and beautiful weather. A great time was had by all! With October being Breast Cancer Awareness Month, our Health and Safety Committee is working hard to fundraise with all monies going to Breast Cancer Awareness from the 1<sup>st</sup> of October thru til the 30<sup>th</sup> of October. Congratulations to our monthly healthy recipe contest winner Elaine Runyon! Her winning recipe for the month Fiesta Corn Salad, you will receive a \$25.00 gift certificate from Save On Foods! Keep those recipes coming in thank you! This month's newsletter will be packed with stuff from Sheldon and Sabina, enjoy the read and have a great October!!



**How much do you know about sleep disorders? Review these statements and learn which are true and which are not.**

***Health problems have no relation to the amount and quality of a person's sleep.***

**False:** More and more scientific studies are showing correlations between poor quality sleep and/or insufficient sleep with a variety of diseases, including high blood pressure, diabetes, and depression. For example, insufficient sleep can impair the body's ability to use insulin, which can lead to the development of more severe diabetes. Patients with poorly controlled diabetes and sleep apnea have improvement of blood sugar control when treated for sleep apnea. This is also found in patients with high blood pressure and sleep apnea. When the sleep apnea is treated, the blood pressure also improves. In addition, too little sleep may decrease growth hormones secretion, which has been linked to obesity.





***Older people need less sleep.***

**False:** The average adult needs a total sleep time of seven to nine hours per day. While sleep patterns usually change as we age, the amount of sleep we generally need does not. Older people may sleep less at night due, in part, to frequent night waking, but their need for sleep is no less than that of younger adults.

***Snoring can be harmful.***

**True:** Aside from bothering other people, snoring is not harmful. However, it can be a sign of sleep apnea, a sleep disorder that is associated with significant medical problems such as cardiovascular disease and diabetes. Sleep apnea is characterized by episodes of reduced or no airflow throughout the night. People with sleep apnea may remember waking up frequently during the night gasping for breath.

***You can "cheat" on the amount of sleep you get.***

**False:** Sleep experts say that most adults need between seven and nine hours of sleep each night for optimal health. Getting fewer hours of sleep will eventually need to be replenished with additional sleep in the next few nights. Our body does not seem to get used to less sleep than it needs.

***Daytime sleepiness means a person is not getting enough sleep.***

**False:** While excessive daytime sleepiness often occurs if you don't get enough sleep, it can also occur even after a good night's sleep. Such sleepiness can be a sign of an underlying medical condition or sleep disorder such as narcolepsy or sleep apnea.

***Your brain rests during sleep.***

**False:** The body rests during sleep, not the brain. The brain remains active, gets recharged, and still controls many body functions including breathing during sleep.

***If you wake up in the middle of the night and can't fall back to sleep you should get out of bed and do something.***

**True:** If you wake up in the night and can't fall back to sleep within about 15-20 minutes, get out of bed and do something relaxing. Do not sit in bed and watch the clock. Experts recommend going into another room to read or listen to music. Return to bed only when you feel tired.

# Raffle Tickets!



Our Health and Safety Committee will be holding a Raffle for 3 awesome ticket items for our employees and drivers alike!

- 1. A 10 bottle Wine Basket with a Day Pass of Golf for 2 at Kinkora Golf Course in Chilliwack worth \$250.00**
- 2. A Sirius Radio System with a 2 year subscription worth approx \$300.00**
- 3. 4 Canuck tickets to the Saturday Dec 26<sup>th</sup> game against Edmonton worth approx \$700.00**

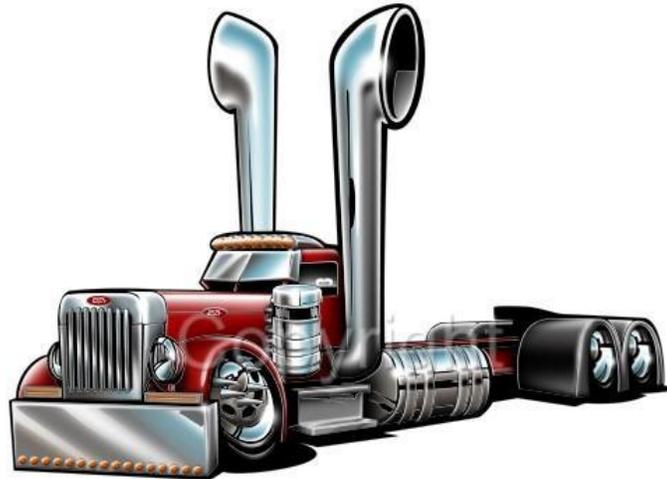
A display will be set up in the Vedder/Can Am Dispatch area starting Oct 1<sup>st</sup> tickets will be **5 for \$10.00 or 15 for \$25.00.**

There will be 3 boxes set up so you can purchase tickets for whichever item you would like to try and win! Vereena will have the tickets in Abbotsford, Sabrina in Kelowna, Ray in Calgary and Chris Plettl in Edmonton . Best of all, **ALL** Proceeds will go directly to Breast Cancer Awareness Research!!! A huge thank you to Fred and our committee for donating the gifts!!!

Also all our yards will be doing a bottle collection. There will boxes set up in Abbotsford/Calgary/Edmonton/Kelowna/and Big Rig! Collection will take place the whole month of October and collected and cashed in on the 30<sup>th</sup> of October, again, with ALL proceeds going to Breast Cancer Awareness Research!



## Ways to be Healthier in the Truck



**Don't diet but instead just live a healthier lifestyle.** If you want to get healthy, don't focus on weight loss, focus on health,

**Challenge yourself to stick to a goal for at least a month.** If you manage to do any healthy activity you want—whether it's hiking or walking, even if it's only for a short period of time—that activity will become a habit and part of your new routine.

**Eat breakfast every day.** Have Eggs, bacon, yogurt, whatever you like best.

**Cruise the salad bar.** Ray Kirby is a veteran driver and owner of Newfoundland's Maritime Moving and Storage. At a truck stop, he can be found cruising the salad bar. "I try to eat salads because they give me more energy; heavy foods make me groggy and sleepy," he says.





## Tips to Staying Healthy this Thanksgiving:

- 1. Drink Lots of Water** There will be tons of drinks around for you to savor on—eggnog, apple cider, sparkling cider, hot chocolate. Although these drinks are not highly caloric, multiple drinks mean multiple servings of sodium which, in combination with traditional Thanksgiving food, isn't that healthy. Try replacing some of these drinks with good old fashioned H<sub>2</sub>O. Drinking water speeds up your digestive system and metabolism by flushing out toxins and waste products from your body. You'll be able to stay hydrated without adding any extra calories.
- 2. Rise and Shine—Start Cooking Early** If you're going to be in the kitchen this holiday, or if cooking Thanksgiving dinner is usually a family affair, then beware of the temptations. Tasting the stuffing or licking up the batter for pie may seem harmless, but all those extra samplings while you "save your stomach" for dinner are still opportunities to pack on calories. The best thing to do is get an early start on cooking. Start preparing the meal right after you finish breakfast. Cooking on a full stomach will keep you from sampling foods.
- 3. Press "Pause" on the Seconds** It is hard to resist having second helpings of Thanksgiving food—it comes once a year right? But it's important to remember that as good as it may be to have another go around of all the food on the table, those second servings aren't as beneficial for your health. Timing is important in this situation. Eat slowly to make sure you allow your mind and body enough time to process and digest the food. Then, wait at least 15-20 minutes before you dive in for second helpings. Your stomach needs time to let your brain know that it's full. If there are leftovers, bust out the Tupperware and save it—don't feel forced to follow grandma's old rule about finishing everything on your plate.
- 4. Walk it Out** It's so easy to just plop on the couch after a big Thanksgiving meal and turn on the television set. Instead of leaving food to sit in your stomach, go for a walk around your neighborhood or do something active. This doesn't mean break away from family time and bust out the Denise Richardson workout tapes—a brief walk outside or an active game on the Nintendo Wii is a fun way to start working off calories and get the family involved.



## Fiesta Corn Salad (Elaine Runyon)

4 cups fresh or frozen corn

1 cup frozen edamame

¼ cup chopped red onion

½ cup chopped cilantro (less if you want)

1 small jalapeno chili pepper (seeded and finely chopped)

2 tablespoons olive oil

½ tsp finely shredded lime peel

2 tablespoons lime juice

1 tsp cumin powder

2 cloves minced garlic

¼ tsp chili powder

1 basket of mini tomatoes sliced in half

**Directions:** In a large pot, put the corn and edamame, cover with water, and cook for 2 minutes. Drain and rinse with cold water, drain again. In a large bowl stir together corn, edamame, red onion, cilantro and the chopped jalapeno pepper. In a screw top jar, mix olive oil, lime peel and juice, cumin, garlic, and chili powder. Cover and shake well. Pour lime mixture over corn mixture, toss lightly to cover. Gently stir in tomatoes. Cover and chill in the fridge for up to 24 hours. You can adjust the seasoning however you like add salt and pepper or more lime juice and a tsp of sugar or more heat! Enjoy!!