



live well, work well

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Brought to you by: Holmes Murphy & Associates, Inc.

Trick-or-Treating Safety

Between bags of candy and spooky celebrations, October 31 is a favorite day for many children and adults. However, the festivities aren't all fun and games for children. This Halloween, protect your little ghost or ghoul by following these safety guidelines.

Preparation

- Make sure the costume your child wears is bright, reflective and fire-resistant. You may also wish to add reflective tape to your child's trick-or-treat bag.
- Consider non-toxic makeup instead of a mask that can limit or block your child's eyesight. Remember to test the makeup in a small area first and remove it before bedtime to prevent irritation.
- Preparing a good meal for your family before trick-or-treating will keep your child from filling up on unexamined candy.

While trick-or-treating

- If trick-or-treating at night, provide flashlights for all children and adults involved.
- An adult should always accompany young children, even if you trust the neighborhood they are in.

- If older children trick-or-treat with a group of friends, plan out the route they will take in advance, and make sure you have the cellphone number of someone in the group.
- Make sure your child follows all normal traffic rules, such as walking on the sidewalk. Never assume right of way, as drivers may not be able to see you or your family.



After trick-or-treating

- Examine all treats for choking hazards and tampering before allowing your child to eat anything. In addition, be wary of any homemade treat that did not come from a close friend or family.
- Too much of anything can be a bad thing—especially candy. Try to ration your child's treats over the next days and weeks.

Workplace Bullying

Many people believe that bullying occurs mainly on the playground, but in reality, many adults are bullied every day while at work.

Generally, workplace bullying is defined as the use of intimidation through power, influence, tone or language to affect a person negatively. Often, bullying is intentional, but at times the bully is not aware of his or her hurtful actions or words.

If you or a co-worker is being bullied, report it to a supervisor immediately. If you are being bullied by your supervisor, report it to another manager or to HR.

Because October is National Bullying Prevention Month, consider logging on to www.stopbullying.gov for additional information about bullying.

DID YOU KNOW

Thirty-five percent of the U.S. workforce say that they have been bullied at work.

That's over 54 million Americans who are unfairly intimidated by a co-worker or supervisor.



Fall Fitness Tips

Let's face it—with the days growing shorter and the weather turning colder, it's getting harder and harder to keep up good exercise habits. Read on for some tips to help keep you active and feeling fit during fall.

Plan family events – Take advantage of the time the kids aren't in school by planning outdoor family events. Simply walking through a public park with your loved ones will get you out of the house.

Enjoy the scenery – Biking, hiking and jogging outdoors are great during the fall and will allow you to enjoy the weather before winter hits. Just remember to dress in layers and wear reflective clothing, as it gets cold and dark early.

Hit the gym – To supplement your outdoor activity, consider going to the gym. Alternating between outdoor and indoor exercise will keep your workout fresh and, if you live in a colder

climate, prepare you for a winter of indoor exercise.

Make exercise social – The best way to stick to your workout is to find a buddy with similar workout goals. You can motivate each other, whether indoors or out.



Money-saving Freezer Meals

With work and school, errands and extra-curricular activities, it can be nearly impossible to find the time to cook and eat a weekday meal this time of year. With a little planning, you can take the pressure off yourself by making and freezing meals in advance.

Because you can control what you put into each meal, homemade meals can be more nutritious and less expensive than store-bought frozen meals. Read on for tips on how to get the most out of your homemade freezer meals.

The meals to freeze

Soups, stews and chili, popular dishes at this time of the year, will freeze and reheat excellently, but anything with a lot of moisture in it will freeze well.

How to freeze them

It is important to cool a dish before putting it in the freezer. Food that is too warm when placed in the freezer will give off condensation that eventually turns into freezer burn, which can warp the flavor of your dish.

Once cooled to room temperature, place the dish into meal-sized containers or packages, and label and date the packages. If using a plastic or glass container, leave a little room at the top so the food may expand. If using a plastic freezer bag, try to leave as little air in the bag as possible. Store in a freezer kept at zero degrees F or below.

How long to keep them

According to the USDA, cooked meat, soups, stews and casseroles may be stored for 2-3 months; cooked poultry for up to 4 months; and frozen dinners and entrees may be kept frozen for 3 to 4 months.

For more information and a full timetable visit www.fsis.usda.gov/FactSheets/Focus_On_Freezing/index.asp.

Vegetable Succotash

Reshape supper with a light, delicious vegetable-based meal while taking advantage of the last of fresh summer corn, beans and squash. While this recipe can be a light meal in itself, it makes a healthy side to complement any main dish, too.

¼ cup olive oil
1 cup onion, diced
2 garlic cloves, finely chopped
2 cups bell pepper, diced
2 cups zucchini, diced
2 cups yellow summer squash, diced
3 cups lima beans, frozen
3 cups corn kernels, frozen
2 tbsps. fresh sage, coarsely chopped

Heat a skillet over medium-high heat and add the olive oil. Once oil is hot, add the onion and cook until translucent, about 2 minutes. Next, add garlic, bell peppers, zucchini, squash, lima beans and corn, and season as desired. Cook, stirring regularly, until vegetables are tender, about 10 minutes. When finished, stir in sage and serve.

Yield: 8 servings. Each serving provides 170 calories, 8g total fat, 1g saturated fat, 4g protein and 10mg sodium.

Source: www.cdc.gov



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Health and wellness tips for your work, home and life—brought to you by the insurance specialists at Holmes Murphy and Associates, Inc.

Take Charge of Breast Health

Regular breast exams help detect cancer early

Breast exams are extremely useful in detecting cancer early. Clinical exams, breast self-exams (BSEs) and mammograms should be completed regularly so that it's possible to determine if there are changes in breast tissue, indicating breast cancer or other potentially harmful conditions.

Clinical Exams and Mammograms

The American Cancer Society recommends clinical breast exams every three years for women between 20 and 40, and annually for women 40 and older. Starting at age 40, healthy women should have yearly mammograms.

Performing Self-Exams

In between clinical exams and mammograms, women should complete BSEs to become familiar with the look and feel of their breasts when healthy, so that changes can be detected as early as possible.

The American Cancer Society recommends the following steps for conducting a BSE:

1. Lie down and place one arm behind your head.
2. Use the pads of your middle three fingers on the opposite hand to check your breast tissue in overlapping, dime-sized circular motions.
3. Use an up-and-down pattern starting at your underarm and moving all the way to the middle of your breastbone to feel for changes.
4. Standing with your hands on your hips, look in a mirror for changes in size, shape, contour or coloring of your breasts.

Breast Tissue Changes

Contact your doctor if you notice any of the following changes to your breast or nipple tissue while doing a BSE:

- Lumps
- Dimpling, red or scaly skin
- Nipple discharge or pain

It is normal for breast tissue to change during menstrual cycles, pregnancy, menopause, or while taking birth control pills or other

hormone therapy. However, if you notice changes at other times in your life, it is strongly suggested that you visit a doctor immediately.

More in-depth information on how to perform a BSE is available at ww5.komen.org. This website also provides a Breast Self-Awareness Interactive Tool that you can view. Or, check out this diagram on www.breastcancer.org, which illustrates how to perform a thorough self-exam.



Did You Know...?

Breast cancer is the seventh leading cause of death for women in the United States.