

Do it Well

Easy ways to achieve health and wellness

QUARTER **04**
2015



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Halloween and Harvest Day Health and Safety Tips

Fall celebrations like Halloween and Harvest Day are fun times for children because they get to dress up in costumes, enjoy parties and eat yummy treats. These celebrations also provide a chance to give out healthy snacks, get physical activity and focus on safety.

Check out these tips to help make the festivities fun and safe for trick-or-treaters and party guests:

Expecting trick-or-treaters or party guests?

Follow these tips to help make the festivities fun and safe for everyone:

- Provide healthier treats for trick-or-treaters such as low-calorie treats and drinks. For party guests, offer a variety of fruits, vegetables and cheeses.
- Use party games and trick-or-treat time as an opportunity for kids to get their daily dose of 60 minutes of physical activity.
- Be sure walking areas and stairs are well-lit and free of obstacles that could result in falls.
- Keep candle-lit jack-o'-lanterns and luminaries away from doorsteps, walkways, landings and curtains. Place them on sturdy tables, keep them out of the reach of pets and small children and never leave them unattended.
- Remind drivers to watch out for trick-or-treaters and to drive safely.

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"Halloween and Harvest Day ..." *continued*

Going trick-or-treating?

- S**words, knives and other costume accessories should be short, soft and flexible.
- A**void trick-or-treating alone. Walk in groups or with a trusted adult.
- F**asten reflective tape to costumes and bags to help drivers see you.
- E**xamine all treats for choking hazards and tampering before eating them.
- H**old a flashlight while trick-or-treating to help both you see and others see you.
- A**lways test make-up in a small area first. Remove it before bedtime to prevent possible skin and eye irritation.
- L**imit the amount of treats you eat.
- L**ook both ways before crossing the street. Use established crosswalks wherever possible.
- O**nly walk on sidewalks whenever possible, or on the far edge of the road—facing traffic—to stay safe.
- W**ear well-fitting masks, costumes and shoes to avoid blocked vision, trips and falls.
- E**at only factory-wrapped treats. Avoid eating homemade treats made by strangers.
- E**nter homes only if you're with a trusted adult. Only visit well-lit houses. Never accept rides from strangers.
- N**ever walk near lit candles or luminaries. Be sure to wear flame-resistant costumes.

Source: Centers for Disease Control. www.cdc.gov. Accessed July 23, 2015.

Daylight Savings Ends November 1

Check your smoke alarms when you change the clocks!

Since we will be going through our home and changing all of our clocks, it's a great time to check the smoke alarms, change the batteries and make the smoke alarm sound.

Most fatal fires occur at night. Every home needs working smoke alarms to provide an early warning.

What types of smoke alarms can I buy?

There are many brands of smoke alarms on the market, but they fall under two basic types: ionization and photoelectric.

Ionization and photoelectric smoke alarms detect different types of fires. Since no one can predict what type of fire might start in their home, the USFA recommends that every home and place where people sleep have:

- Both ionization AND photoelectric smoke alarms. OR
- Dual sensor smoke alarms, which contain both ionization and photoelectric smoke sensors.

There are also alarms for people with hearing loss. These alarms may have strobe lights that flash and/or vibrate to alert those who are unable to hear standard smoke alarms when they sound.

What powers a smoke alarm?

Smoke alarms are powered by battery or by your home's electrical system. If the smoke alarm is powered by battery, it runs on either a disposable nine-volt battery or a non-replaceable 10-year lithium ("long-life") battery. Alarms that get power from your home's electrical system, or "hardwired," usually have a back-up battery that will need to be replaced once a year.



Are smoke alarms expensive?

Smoke alarms are not expensive and are worth the lives they can help save.

Alarm type and cost

- Ionization and photoelectric: \$6 and up
- Dual sensor: \$24 and up
- Smoke alarms with a microprocessor (faster to alert, fewer false alarms): \$30 and up
- Radio frequency/wireless (communicate from one to the next without wires): \$40 and up

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“Daylight Savings ...” continued

Your city, county or state may require a specific type of alarm. Please check with your local fire marshal for information on what type of alarm you need.

Some fire departments offer reduced-price, or even free, smoke alarms. Contact your local fire department’s non-emergency phone number for more information.

Where do I put smoke alarms in my home?

- Put smoke alarms on every floor of your home. Also, in every bedroom and in the hallway outside of each sleeping area.
- Choose smoke alarms that communicate with each other, so that if one alarm sounds they all will.
- Place smoke alarms on the ceiling or high on the wall. Check the manufacturer’s instructions for the best place for your alarm.
- Only qualified electricians should install hardwired smoke alarms.

Some fire departments will install battery-operated smoke alarms in your home at no cost. Contact your local fire department’s non-emergency phone number for more information.

How do I take care of my smoke alarm?

A smoke alarm with a dead or missing battery is the same as having no smoke alarm at all. A smoke alarm only works when it is properly installed and regularly tested. Take care of your smoke alarms according to the manufacturer’s instructions. In the next column are some general maintenance tips:

Source: Federal Emergency Management Agency. www.fema.gov. Accessed July 22, 2015.

Smoke alarm powered by a nine-volt battery

- Test the alarm monthly.
- Replace the batteries at least once every year.
- Replace the entire smoke alarm every 10 years.

Smoke alarm powered by a 10-year lithium (or “long-life”) battery

- Test the alarm monthly.
- Since you cannot (and should not) replace the lithium battery, replace the entire smoke alarm according to the manufacturer’s instructions.

Smoke alarm that is hardwired into your home’s electrical system

- Test the alarm monthly.
- Replace the backup battery at least once every year.
- Replace the entire smoke alarm every 10 years.

What do I do if my smoke alarm sounds while I’m cooking?

Never take the battery out of your smoke alarm while cooking! If a smoke alarm sounds while you’re cooking or taking a shower with lots of steam, do not remove the battery. You should:

- Open a window or door and press the “hush” button.
- Wave a towel at the alarm to clear the air.
- Move the entire alarm several feet away from the kitchen or bathroom.

Remember, almost every day a smoke alarm saves somebody’s life.

December is Safe Toys and Gifts Month



Children love receiving gifts and presents year-round. The excitement that comes from unwrapping a gift can fill a house with joy. While toys are meant to be fun and entertaining, they can pose several safety risks. Fortunately, parents and guardians can protect their kids by implementing safe toy practices:

Shopping for Gifts

Finding gifts for your child can be an exciting and rewarding experience. From dolls to action figures to building blocks, there are so many items that could be on your child’s wish list. When shopping for presents, keep these toy safety tips in mind:

- Check for safety labels that say the toy is non-toxic as well as age recommendations for the item.
- Find games that meet your child’s abilities, age and interest.
- Search for products with the American Society for Testing and Materials (ASTM). The ASTM tag means that it has met the national safety standards.

Toy Safety at Home

After finding the perfect gift, it’s important to continue toy safety at home. Children are curious and some are prone to swallow or grab whatever they can get their hands on. Stay attentive by incorporating safe practices in their playtime:

- Check the Consumer Product Safety Commission (CPSC) website, www.cpsc.gov, for recalls. Many toys can prove to be harmful even after you’ve inspected them yourself. If your child owns one of the items recalled make sure to remove it.
- Tell your child to clean up after playtime. Safely organizing toys can prevent accidents such as tripping or falling.
- Avoid toys with tiny parts for children younger than three years old. These small items pose a choking hazard.
- Examine toys for safety hazards, pointed edges and broken pieces.
- Purchase a small parts tester to make sure toys don’t pose a choking hazard.

Source: Consumer Product Safety Commission. www.cdc.gov. and The Official Website of the Commonwealth of Massachusetts. mass.gov. Accessed July 23, 2015.

Get Going: Leg Lifts



Throughout the exercise, remember to keep your abdominal muscles engaged and your lower back pressed into the floor. Also, keep your head and shoulders resting on the floor. This can help you to remain pain free.

1. Lie on your back with your legs together and extended in front of you. Extend your arms on the floor alongside your torso, palms facing down. Place your hands under your glutes. Elevating the glutes slightly helps your lower back remain on the floor.
2. Pull your stomach muscles in toward your spine to protect your lower back.
3. Lift your legs toward the ceiling, stopping when your feet are directly over your hips. If possible, the legs should be kept straight throughout the exercise. However, bending your knees slightly can help to loosen your hamstrings and alleviate any strain on your lower back.
4. Hold the contraction for one count, then lower your legs back to the starting position, using a slow, controlled movement. Press your lower back toward the floor as you perform the movement. Once your feet touch the floor, raise them back to the starting position and repeat.

Complete 10 to 15 leg lifts.

www.womenshealthmag.com and www.fitnessmagazine.com.
Accessed July 24, 2015.

Conscientious Cuisine: Sweet Potato Bean Soup

Country Potato Salad

- 2 cartons (32 oz.) low-sodium chicken broth
- 1 lb. sweet potatoes, peeled, cut into 1/2-inch pieces
- 1 medium onion, chopped
- 3 stalks celery, sliced 1/4-inch thick
- 1 can (6 oz.) tomato paste
- 1/2 tsp. paprika
- 1/4 tsp. ground cumin
- Salt and freshly ground black pepper
- 2 cans (15.5 oz.) cannellini (white kidney beans), drained and rinsed



- 1 can (15.5 oz.) chickpeas, drained and rinsed
- 1/3 cup fresh basil or parsley, coarsely chopped

In large pot over high heat, pour in broth and add sweet potatoes, onion, celery, tomato paste, paprika and cumin and bring to a boil. Add salt and pepper to taste. Reduce heat and simmer until vegetables are tender, about 20-25 minutes.

Stir in beans and chickpeas. Cover and simmer until beans are heated through, about 3-4 minutes.

Gently stir soup until well mixed and ladle into soup bowls. Garnish with basil or parsley and serve.

For creamy soup, purée a portion of the soup, return to the pot and combine well before serving.

Makes 8 servings.

Per serving: 250 calories, 3.5 g total fat (<1 g sat fat), 42 g carbohydrates, 15 g protein, 10 g dietary fiber, 480 mg sodium.

Source: American Institute for Cancer Research. www.aicr.org. Accessed July 24, 2015.

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