



JULY 2022

WORKSITE WELLNESS NEWS!

City of Bryan Employee Health Newsletter



Employees Get Supercharged at the 2022 Health & Safety Expo

City of Bryan employees, along with employees from the City of College Station and Brazos County, recently attended the annual Health & Safety Expo held at the Brazos Center. Attendees were able to visit over forty different booths offering literature, health screenings and giveaways all focused on health and safety. Douglas Capener (Fire/EMS Department) won the grand prize giveaway which was a Stanley Fatmax 1000 Peak Amp Power Station! In addition to the health fair, the very popular Backhoe Rodeo was held in the parking lot of the Brazos Center. City of Bryan's Zyreshia Jackson (Executive Services Intern) took the top spot in the female category, closely followed by Gabby Mattern (Risk Management) finishing third. City of Bryan's Ismael Martinez (Water Department) continues to hold his crown for the top spot winning the Rodeo four times in a row, closely followed by Bobby Mitchell (Water Department) finishing third. Risk Management will notify attendees when event t-shirts are available. Thank you to those of you who attended!

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July is UV Safety Awareness Month

Summer has arrived and while the sun is shining bright we must remember self-care. We all love to take in those warm summer rays, but everyone must remember to protect their skin and eyes from the damaging effects of the sun.

The sun emits radiation known as UV-A and UV-B rays. Both types can damage your eyes and skin:

- UV-B rays have short wavelengths that reach the outer layer of your skin
- UV-A rays have longer wavelengths that can penetrate the middle layer of your skin

By learning the risks associated with too much sun exposure and taking the right precautions to protect you and your family from UV rays, everyone can enjoy the sun and outdoors safely.

Here are the harmful things unprotected sun exposure can do:

- Cause vision problems and damage to your eyes
- Suppression of the immune system
- Premature aging of the skin
- Skin cancer



Fortunately, there are things you can do to minimize the risk that comes with sun exposure.

- **Cover Up:** Wearing a hat (preferably wide brimmed) or other shade-protective clothing can partly shield your skin from the harmful effects of UV ray exposure. Proper clothing may include long-sleeved shirts, pants, hats, and Sunglasses - for eye protection.
- **Stay in the Shade:** The sun's glare is most intense at midday. Staying in the shade between the hours of 10 a.m. and 4 p.m. will further protect your skin. The sun can still damage your skin on cloudy days or in the winter. For this reason, it is important to stay protected throughout the year.
- **Choose the Right Sunscreen:** This is extremely important. The U.S. Food and Drug Administration's (FDA) new regulations for sunscreen labeling recommend your sunscreen have a sun protection factor (SPF) of at least 15, and should protect against both Ultraviolet A (UV-A) and Ultraviolet B (UV-B) rays.
- **Use the Right Amount of Sunscreen:** According to the National Council on Skin Cancer Prevention, most people apply only 25-50 percent of the recommended amount of sunscreen. When out in the sun, it's important you apply at least one ounce (a palmful) of sunscreen every two hours. You should apply it more often if you are sweating or swimming, even if the sunscreen is waterproof.

By taking the proper precautions and following this advice you and your loved ones can enjoy the sun. If you are having any problems after being in the sun, be sure to talk to your healthcare provider.

Enjoy the outdoors this summer and remember to protect your eyes and the skin you're in!

Fireworks Safety Tips

Summer is synonymous with barbecues, parades and fireworks. The National Safety Council advises everyone to enjoy fireworks at public displays conducted by professionals.

If you choose to buy fireworks where you live and choose to use them, here are some safety tips to follow:

- Never allow young children to handle fireworks
- Older children should use them only under close adult supervision
- Never use fireworks while impaired by drugs or alcohol
- Anyone using fireworks or standing nearby should wear protective eyewear
- Never hold lighted fireworks in your hands
- Never light them indoors
- Only use them away from people, houses and flammable material
- Never point or throw fireworks at another person
- Only light one device at a time and maintain a safe distance after lighting
- Never ignite devices in a container
- Do not try to re-light or handle malfunctioning fireworks
- Soak both spent and unused fireworks in water for a few hours before discarding
- Keep a bucket of water nearby to fully extinguish fireworks that don't go off or in case of fire
- Never use illegal fireworks

Better yet, grab a blanket and a patch of lawn, kick back and let the experts handle the fireworks show.

Source: www.nsc.org

No-Bake Berry Flag Cake

Ingredients

- 7 ounces graham crackers, broken into large pieces
- 1/2 cup toasted pecans
- 1/4 teaspoon salt
- 1/3 cup canola oil
- 2 (8 ounce) packages reduced-fat cream cheese, softened
- 2 cups nonfat plain Greek yogurt

Total Cooking time: 20 minutes

- 2/3 cup confectioners' sugar
- 1 teaspoon lemon zest
- 1 tablespoon lemon juice
- 1 1/2 cups raspberries
- 1 1/4 cups blueberries and/or blackberries



Directions

1. Pulse graham crackers, pecans and salt in a food processor until finely ground. With the motor running, drizzle in oil, then pulse to combine. Press into a 9-by-13-inch baking dish.
2. Add cream cheese, yogurt, confectioners' sugar, lemon zest and lemon juice to the food processor. Puree until smooth, about 1 minute. Dollop the mixture over the crust, then gently spread into an even layer. Cover and refrigerate until cold, at least 2 hours and up to 1 day.
3. To serve, arrange berries in a flag pattern on top of the cake and cut into 16 squares.

Source: www.eatingwell.com

City of Bryan Healthy Lifestyles Program

NEW IN 2023!

2023 is fast approaching and the Risk Management Department is eager to announce changes to the Healthy Lifestyles Program. These changes will expand the Biometric Screening to include additional testing to potentially detect other chronic illnesses or health issues early and while more likely to be treated or managed. These additional screenings include:

- **Hemoglobin A1C (HbA1c):** Is a simple blood test that measures your average blood sugar levels over the past 3 months. When sugar enters your blood stream, it attaches to hemoglobin, a protein in your red blood cells. Everybody has some amount of sugar attached to their hemoglobin, but people with higher blood sugar levels have more. The A1C test measures the percentage of your red blood cells that have sugar-coated hemoglobin.
- **Comprehensive Metabolic Panel (CMP):** Is a test that measures 14 different substances in your blood. It provides important information about your body's chemical balance and metabolism. Metabolism is the process of how the body uses food and energy. The CMP is used to check several body functions and processes, including: liver and kidney health, blood sugar levels, blood protein levels, acid and base balance, fluid and electrolyte balance and metabolism. This screening is informational only and abnormalities in these tests will not preclude you from receiving the Healthy Lifestyles Premium.
- **Prostate-Specific Antigen (PSA) for Men over ages 45:** Is used primarily to screen for prostate cancer. The test measures the amount of prostate-specific antigen is in your bloods circulation. This screening is informational only and abnormalities in these tests will not preclude you from receiving the Healthy Lifestyles Premium.

Risk Management will be meeting with each department to discuss the changes beginning next month.

IMPORTANT CLINIC NOTICE

The City of Bryan/BISD Employee Health Center will be closed Monday, July 4th in observance of Independence Day holiday. Please plan accordingly if you or your family members are in need of an appointment or prescription refill.



Open Monday-Thursday 7:30 am-5:30 pm (closed Noon-1 pm)
Friday 7:30 am-3:00pm (open Noon-1pm)
Call 979-821-7690 for an appointment!
Questions or concerns?
Email CityofBryanHealth@st-joseph.org

If you have wellness related news to share with other City of Bryan employees and would like to have it spotlighted in our next newsletter, please feel free to submit it to:

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