



Mission in Motion

Health & Wellness Newsletter

August 2014 – Immunization Awareness

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Don't Get Caught Without a Flu Shot

No one wants to face coming down with the flu. That's why it's important to get a flu shot to help avoid the illness altogether.

Flu shots can be helpful for most people. The Centers for Disease Control and Prevention suggest a yearly dose for those who:

- ✈ Are age 6 months through 18 years
- ✈ Are pregnant
- ✈ Are age 50 and older
- ✈ Have a chronic health condition, such as asthma, diabetes, or heart, kidney or lung disease
- ✈ Have a weakened immune system
- ✈ Live at a nursing home or other long-term care facility
- ✈ Are child-care or health care workers
- ✈ Live with or care for someone at high risk of flu complications, like a child with asthma

Ask your doctor about a flu shot and get up-to-date information on immunizations and treatment.

Source: Mayo Foundation for Medical Education and Research; Centers for Disease Control and Prevention



Give Good Health A Shot In The Arm

If you're an adult, you are not immune to getting vaccinations. Immunizations are readily available for a number of common adult illnesses, and your doctor can let you know what immunizations are needed to keep you healthy.

Follow these guidelines to keep preventable diseases at arm's length:

- ✈ Tetanus, diphtheria and pertussis (Td and Tdap) immunizations should be given to adults at 10 year intervals throughout your life.
- ✈ Adults born after 1956 who are not immune to measles, mumps and rubella should be immunized.
- ✈ Women ages 26 or younger should be immunized against human papilloma virus (HPV), the virus that causes cervical cancer.
- ✈ All adults ages 65 or older, as well as persons ages two to 64 years who have diabetes or chronic heart, lung, liver or kidney disorders need protection against pneumococcal disease, and should consult their health care providers regarding the pneumococcal vaccine.
- ✈ Influenza vaccination is recommended for all adults ages 50 years or older, women who are pregnant during flu season, individuals who have a chronic illness (like diabetes, heart disease or asthma), and residents of long-term care facilities.
- ✈ Hepatitis A and Hepatitis B vaccines should be given to people in high-risk groups or who travel to countries where these diseases are common.

Source: National Foundation for Infectious Diseases

Adults Need Vaccines, Too!

All adults should get vaccines to protect their health. Even healthy adults can become seriously ill, and can pass certain illnesses on to others.

Vaccines are an important step in protecting adults against several serious and sometimes deadly, diseases.

- 📖 The need for vaccination does not end in childhood. Vaccines are recommended throughout our lives based on age, lifestyle, occupation, locations of travel, medical conditions and previous vaccines.
- 📖 The CDC updated vaccines recommended for adults each year based on the latest research on vaccine safety, effectiveness, and patterns of vaccine-preventable diseases.
- 📖 CDC's recommendations are also reviewed and approved by professional medical provider organizations, including the American College of Physicians, American Academy of Family Physicians, American College of Obstetricians and Gynecologists, and American College of Nurse-Midwives.

Vaccines can protect you from serious and sometimes deadly diseases.

- 📖 Vaccines are recommended for adults to prevent serious diseases such as influenza, shingles, pneumonia caused by pneumococcal bacteria, hepatitis, and whooping cough.
- 📖 Many of these diseases are common in the U.S. And all adults—even healthy ones—can benefit from vaccination.
- 📖 Some vaccines prevent cancer. Hepatitis B vaccine can prevent liver cancer than can develop after developing chronic hepatitis B. The HPV vaccine can prevent cervical and other types of cancer caused by human papillomavirus.
- 📖 Every year, thousands of adults in the U.S. needlessly suffer, are hospitalized, and even

die from diseases that could be prevented by vaccines.

- 📖 Vaccination is important because it not only protects the person receiving the vaccine, but also helps prevent the spread of certain diseases to those who are most vulnerable to serious complications, such as infants and young children, elderly, and those with chronic conditions and weakened immune systems.

Vaccines are very safe.

- 📖 Vaccines are thoroughly tested before licensing and carefully monitored even after they are licensed to ensure that they are very safe.
- 📖 Side effects from vaccines are usually minor and temporary. Some people may have allergic reactions to certain vaccines, but serious and long-term effects are rare.

Talk with your health care professional about which vaccines are right for you.

- 📖 Talk with your health care professional to learn which vaccines are right for you based on your age, health, job, lifestyle, and other factors, and take steps to stay up to date to make sure you have the best protections from serious disease.
- 📖 Vaccines are available at private doctor offices, as well as other convenient locations such as pharmacies, workplaces, community health clinics and health departments.



Source: National Public Health Information Coalition



It's wise to immunize

Stick to the Schedule!

Next to safe drinking water, immunizations have been called the most important public health intervention in history. Immunizations have saved millions of lives from diseases that used to be a serious threat to children.

Following a regular vaccination schedule to immunize your child can protect them and others from diseases including:

- | | |
|---|--|
|  Diphtheria |  Mumps |
|  Hepatitis A |  Pertussis |
|  Hib Disease |  Pneumococcal Disease |
|  Influenza |  Polio |
|  Measles |  Rubella |
|  Tetanus |  Varicella |

Talk with your child's doctor about recommended immunizations.

Source: Centers for Disease Control and Prevention.

Guard Your Health With Adult Vaccinations

If you can't remember the last time you received a vaccination, you may be gambling with your health. Immunizations are a safe, effective way to prevent disease and the health risks associated with them.

Adult Immunizations can protect against many communicable diseases including:

- | | |
|--|--|
|  Influenza |  Measles |
|  Pneumococcal Disease |  Mumps |
|  Hepatitis A |  Rubella |
|  Hepatitis B |  Tetanus |
|  Measles |  Diphtheria |
|  Varicella | |

If you're overdue for any vaccinations, heed these words to the wise—getting immunized could save your life.

Source: Mayo Foundation for Medical Education and Research; U.S. Department of Health and Human Services



Annual Open Enrollment

Date: August 4 – August 8

Time: 8:00am – 4:00pm

Location: Parks and Recreation Gym

All regular full-time employees must attend.

Health & Wellness
Seminars

To Be Announced

*If you have a subject or topic that you would like more information on, feel free to make your request to HR.

Mexican Spinach Salad

Ingredients:

Dressing:

- 1 tsp honey
- 1 tbsp fresh lime juice
- 1 tsp apple cider vinegar
- ¼ tsp salt
- 1 tbsp canola oil

Salad:

- 3 tbsp raw pumpkin seeds
- 1 poblano chile pepper
- 6 cups baby spinach
- 3 tbsp. finely crumbled reduced fat feta cheese
- ½ cup baked corn chips

Directions:

1. For dressing, in a small bowl, whisk honey, lime juice, vinegar and salt until salt dissolves. Whisk in oil. Set dressing aside for up to 1 hour, remixing it before using.
2. Set small, heavy skillet over medium-high heat for 1 minute. Add pumpkin seeds to dry pan. Slip your hand into oven mitt, and lift pan, moving it in circular motion over heat to keep seeds moving so they do not burn. When many seeds are golden and some have popped, about 2 minutes, spread them on dinner plate to cool.
3. Using tongs hold pepper over open flame and turn it until skin is charred all over, about 4 minutes. When pepper is cool enough to handle, with your fingers, slip off charred skin. Halve pepper lengthwise, and use small knife to remove seeds and ribs. Chop half of the pepper.
4. In a large salad bowl, place spinach. Add chopped poblano. Just before serving, pour on dressing and toss to coat spinach and pepper. Sprinkle on toasted pumpkin seeds and feta. A few at a time, lightly crush corn chips over salad. Toss, and divide salad among 4 individual salad bowls.



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Our mission is to promote health awareness and to encourage healthy lifestyles.