



The Wellness Chronicle

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LEADWellness@us.army.mil

Did You Know?!?!

A simple, moderately severe sunburn damages the blood vessels extensively. Studies prove that it can take four to fifteen months for blood vessels to return to their normal condition. Consider that the next time you are feeling too lazy to apply sunscreen before heading outside.

On the Horizon:

The Wellness Committee is actively working on the following topics.

Stay tuned for more information!

- All out campaign on Hygiene in the Workplace
- Bike at Lunch!
- Marriage Enrichment Sessions!
- Smoking Cessation!



Inside this edition...

Page 2
Pedometer Challenge POCs
Healthy Eating: Grilled Corn on the Cob

Page 3
Farewell to Katie Bryant
Welcome: Travis Gray

Page 4
Focus on Safety: Fireworks!
Focus on Health: Good Hygiene

STRETCH—President and VP Get in the Act!

Stretch! It's good for you.

Just like the federal government's top executives, Letterkenny employees have the opportunity to stretch at work.



Contact Terry Acie, x7-8139 or e-mail him at terry.m.acie.civ@mail.mil to schedule a five-minute demonstration of proper stretching techniques and how to use stretching bands.

Terry will perform the demonstration on how to properly use the stretching bands during your directorate's Safety meeting. And employees may sign out stretching bands to aid in their stretching during work hours.

Stay fit. Stay flexible. Stay healthy. Stretch!

Smoking Cessation Workshop Underway

By Janet Gardner

Koonie Kiser knows what it takes to quit smoking. He tried to go 'cold turkey,' used the 'patch,' smoked 'one-less-cigarette-a-day,' and so on. Setting a milestone date to quit smoking such as a holiday, a birthday, or an anniversary didn't work for him.

"Anyone who thinks it is easy to quit smoking is lying to themselves," Koonie said. He had to stop lying to himself and take that difficult first step to successfully kicking his smoking habit.

Koonie admitted that he needed the support of others in the same situation and decided to enroll in the Wellness Program's free 8-week smoking cessation workshop which began June 12.

Koonie said he could always find an excuse to 'light up.' Whether it was coping with an unpleasant work or life situation, celebrating a happy occasion, or striking up a new friend-

ship, there was always some excuse to smoke.

"I smoked because it was the best avenue of escape I had," said Koonie. He enjoyed being outdoors and developed friendships with fellow smokers.

One thing Koonie can't escape from is the skyrocketing costs of cigarettes. "When I started smoking 45 years ago, they were 30 cents a pack," he said. Today a pack of cigarettes costs \$6.50. Koonie used to smoke one pack a day which added up to \$195 a month and a '*smokin*' \$2,340 for one year!

Koonie appreciates the support from the group and plans to enjoy life more, cough less, breathe deeper, and help support others who are trying to quit smoking.

If you realize how hard it really is to quit smoking on your own, stop denying it and contact Melinda Torres, x7-8851, to sign up for the next free smoking cessation workshop.

ARE YOU READY TO QUIT?



Volunteers needed and always welcome. Contact any of the program managers listed above!



**Upcoming 2014
Wellness Events!!!**

8-Week Smoking Cessation Workshop
Begins: 12 June
Time: 1600-1700 hrs
Location: Bldg 102 (Senator Terry Punt Building)

**LEAD Got Steps
Pedometer Challenge POCs**

**Wellness Pedometer Challenge Program Manager:
Gina Loose, gina.m.loose.civ@mail.mil, x7-5609**

Pedometer POC list:

Bldg	NAME	Ext
5	Jesse Womack jesse.l.womack.civ@mail.mil	9244
370	Dianna Fryzlewicz dianna.l.fryzlewicz.civ@mail.mil	9230
370	Sandra "Dee" Shaffer sandra.d.shaffer2.civ@mail.mil (2nd/3rd shift)	9272
5808	Deb Kissel deborah.j.kissel.civ@mail.mil	4269
52	Jonathan Pretlow brenda.l.danfelt.ctr@mail.mil	8398
350/1	George Coble george.m.coble4.civ@mail.mil	8487
10	Gina Loose gina.m.loose.civ@mail.mil	5609
10	Karen McCausland karen.m.mccausland.civ@mail.mil	9251
37	Irene Myers irene.t.myers2.civ@mail.mil	5716
LEMC	Tammy Piper tammy.l.piper2.civ@mail.mil	8481

Wellness Program Managers

Chairperson:
Melinda Torres, x7-8851

Vice Chairpersons:
Travis Gray, x7-9392
Tanya Ranck, x7-9706

Food Council:
Maria Glenn, x7-5320

GYM Membership:
James Holmes, x7-5316

IT Support:
Art Barnett, x7-9171

Newsletter:
Janet Gardner, x7-8404

Nursing Mothers:
Abigail Perdeu, x7-8271

Pedometer Program:
Gina Loose, x7-5609

Sharepoint Support:
Gina Loose, x7-5609

Wellness Fair Coordinator:
Elizabeth Robinson, x7-8048



Be content with what you have;
rejoice in the way things are.

When you realize there is nothing lacking,
the whole world belongs to you.

-Lao Tzu

FOCUS ON HEALTHY EATING



Grilled Corn on the Cob with Jalapeno Butter

Ingredients:
1 jalapeño pepper
7 teaspoons unsalted butter, softened
1 teaspoon grated lime rind
2 teaspoons honey
1/4 teaspoon salt
6 ears shucked corn

Recipe Time
Hands On: 25 Minutes
Total: 25 Minutes

Nutritional Information

Calories: 124
Fat: 5.5g
Saturated fat: 3g
Monounsaturated fat: 1.5g
Polyunsaturated fat: 0.7g
Protein: 3g
Carbohydrate: 19.2g
Fiber: 2.5g
Cholesterol: 12mg
Iron: 0.5mg
Sodium: 113mg
Calcium: 4mg

Preparation:

1. Preheat grill to medium-high heat.
2. Place jalapeño on grill rack coated with cooking spray; cover and grill for 10 minutes or until blackened and charred, turning occasionally.
3. Place jalapeño in a small paper bag, and fold tightly to seal. Let stand for 5 minutes. Peel and discard skins; cut jalapeño in half lengthwise. Discard stem, seeds, and membranes. Finely chop jalapeño. Combine jalapeño, butter, lime rind, honey, and salt in a small bowl; stir well.
4. Place corn on grill rack. Cover and grill for 10 minutes or until lightly charred, turning occasionally. Place corn on serving plate; brush with jalapeño butter.

Source: <http://www.myrecipes.com/recipe/grilled-corn-on-cob-50400000113017/>

Farewell: Katie Bryant Moves On

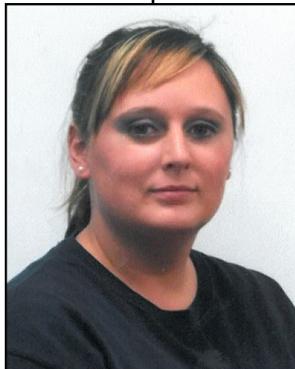
By Janet Gardner

LEAD's Wellness Committee vice-chairperson Katie Bryant has accepted a position as a Staff Administrative Assistant with the 80th Training Command, 2nd Brigade, 94th Division, located in Harrisburg, Pennsylvania. In her new role, Katie will provide support to active duty personnel and reserve Soldiers.

"I am sad to leave the people I met here and will carry the many experiences of the depot with me," Katie said.

Originally from Evansville, Indiana, Katie began working at the depot in the Business Development Office and transferred to the Directorate of Product Assurance in 2013.

In addition to her career as a civilian employee, Katie is an automated logistics specialist with the Army Reserves, 358 Vertical Engineering Company, based in Harrisburg.



Last year Katie earned an associate's degree in general studies. Currently she is enrolled in a bachelor's degree program studying social work. Her ultimate goal is to pursue a career as a social worker for the Veterans' Administration.

As for now, Katie enjoys working out at the gym, being outdoors, and spending time with friends and family. She is even thinking of getting a Jack Russell terrier since she will no longer have a long work commute.

She would like to see the Wellness program at the depot continue. "It is a good program for the workforce," Katie said. She personally knows several depot employees who have significantly benefitted from the program.

Katie's last day at the depot is July 11, and we wish her success in her future journeys.



Welcome: Travis Gray Joins the Wellness Committee

By Janet Gardner

Travis Gray knows the benefits of keeping physically and mentally fit. And he plans on sharing that information as he begins his new role as a vice chairperson on LEAD's Wellness Committee.

"I look forward to helping to educate the Letterkenny (LEAD) family and workforce on the benefits of staying both physically and mentally healthy," he said. "What a better way to support the best Soldiers in the world than with a workforce who takes pride in themselves and continually produces the best quality product available."

Quality is something that Travis knows quite a bit about. He is a graduate of the six-month Quality and Reliability Assurance program held at Red River Army Depot and a four-year DA civilian with LEAD's Directorate of Product Assurance.

A native of south central Kansas, Travis served 10 years of active duty in the Air Force as a missile and explosives inspector. He has 21 years of military service to his credit and is currently attached to the 167th Airlift Wing Air National Guard based out of Martinsburg, West Virginia. As



a Loadmaster with the flight crew, he deploys on training missions every few months.

Travis enjoys life on the road in a fifth wheel recreational vehicle (RV). "Although I don't mind tent camping, I'd rather RV. I've slept in a tent and on the ground way too many times during my military career," Travis stated.

One of his favorite places to RV is near the ocean where he always manages to get in a game of beach volleyball. If he isn't at the ocean, you can probably find Travis and his 5-year-old son Braydon riding kiddie roller coasters. Travis is an avid roller coaster fan; however, son Braydon isn't quite as enthralled with the roller coasters yet. Braydon's first kiddie roller coaster ride was a few weeks ago. "He just held on tight to me and didn't say anything," said Travis.

If you have any wellness topics you would like to learn more about, contact Travis at x7-9392 or email him at travis.l.gray6.civ@mail.mil.



FOCUS ON SAFETY: Fireworks!

- If not handled properly, fireworks can cause burn and eye injuries in kids and adults. The best way to protect your family is not to use any fireworks at home — period. Attend public fireworks displays, and leave the lighting to the professionals.
- Kids should never play with fireworks. Things like firecrackers, rockets, and sparklers are just too dangerous. If you give kids sparklers, make sure they keep them outside and away from the face, clothing, and hair. Sparklers can reach 1,800°F (982°C) — hot enough to melt gold.
- Buy only legal fireworks (legal fireworks have a label with the manufacturer's name and directions; illegal ones are unlabeled), and store them in a cool, dry place. Illegal fireworks usually go by the names M-80, M100, blockbuster, or quarterpounder. These explosives were banned in 1966, but still account for many fireworks injuries.
- Never try to make your own fireworks.
- Always use fireworks outside and have a bucket of water and a hose nearby in case of accidents.
- Point fireworks away from homes, and keep away from brush and leaves and flammable substances.
- Light one firework at a time (not in glass or metal containers), and **never** relight a dud.
- Soak all fireworks in a bucket of water before throwing them in the trash can.
- Injured by fireworks? Immediately go to a doctor or hospital. If an eye injury occurs, don't touch or rub it because this may cause even more damage.
- Don't flush the eye out with water or attempt to put any ointment on it. Instead, cut out the bottom of a paper cup, place it around the eye, and immediately seek medical attention — your eyesight may depend on it. If it's a burn, remove clothing from the burned area and run cool, not cold, water over the burn (do not use ice).
Call your doctor immediately.

Source: http://kidshealth.org/parent/firstaid_safe/outdoor/fireworks.html



FOCUS ON HEALTH: GOOD HYGIENE!

Hand washing:

- Wash hands regularly with soap and water or alcohol-based sanitizer if soap and water not easily available:
 - Before and after handling food
 - Before and after eating
 - After going to the bathroom
 - After coughing and sneezing
 - After shaking hands
 - After touching surfaces that may be contaminated
- Hand washing with soap and water
 - Wet hands and apply soap
 - Lather all surfaces of hands, including thumbs, and rub together for 15-20 seconds
 - Work fingertips into palms to clean under nails
 - Rinse
 - Dry hands well with paper towel and use towel to turn off tap
- Hand washing with sanitizer
 - Apply enough of the alcohol-based sanitizer to thoroughly cover all surfaces of hands, including fingers and thumb
 - Rub fingertips into palms and keep rubbing until hands are dry
 - Do not use hand sanitizer with water and do not use paper towels to dry hands
 - Wash with soap and water if hands are visibly dirty



WORKPLACE HYGIENE TIP:

Avoid wearing too much perfume or cologne. Though it may smell nice to you, it may irritate the allergies of people working near you.

To ensure you do not offend your co-workers, spritz a bit of your preferred fragrance in front of you and then walk through it, as opposed to spraying it directly onto your skin.