



FIRE SAFETY

JULY 2014

Did you know that 85% of all fire deaths occur in the home? Almost half of home fires occur in homes without smoke alarms. Mostly, home fires result from:

- cooking (primary cause of home fires)
- smoking
- candles
- fireplaces that do not have safety screens
- wood burning stoves
- heaters
- overloaded electrical outlets

Make sure your home has the proper equipment:

- **Smoke alarms:**
Place smoke alarms on all levels of the house and test them once a month. The batteries in smoke alarms should be replaced every year.
- **Carbon monoxide alarms:**
Install in a central location outside bedrooms on all levels. Be sure to follow instructions during installment.
- **Fire extinguishers:**
Be sure you know how to use them.

Fire safety education and prevention tips for all ages:

- ✓ Know your local emergency numbers.
- ✓ Teach children about the stop, drop and roll method.
- ✓ Teach children about safety rules for matches, stoves, candles, electrical outlets/cords.
- ✓ Practice a family escape plan (at least twice a year). Create a map of your house with two ways out and a meeting place and practice crawling as if in a smoke-filled room.
- ✓ Never leave food that is frying, grilling or broiling. Turn off the stove/oven if you have to leave.
- ✓ Keep all objects that can catch fire (oven mitts, towels, wooden utensils, curtains and furniture) away from stoves, candles, wood burning stoves and heaters.
- ✓ As summertime approaches, avoid handling fireworks.

*Fire Prevention Week: October 5-11, 2014

References: WebMD.com and cdc.gov

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"That which we persist in doing becomes easier to do; not that the nature of the thing itself is changed, but that our power to do is increased."

— Ralph Waldo Emerson

HOW CHRIS HOLLISTER "CRUSHED HIS GOAL!"

A Success Story

I cannot remember a time when I have not been overweight. I have been overweight since age 5. For me, my obesity was only a small part of my life. I would get winded playing basketball with friends or I would realize I needed to buy a larger shirt. I never saw myself becoming morbidly obese.

One day, it was much harder to get out of bed and putting on a pair of pants would wind me. By the time I realized I was morbidly obese, I was so far gone that I felt hopeless and that I could not do anything about it. Depression set in and I no longer felt like me. Were there reasons that helped me become a morbidly obese adult? Absolutely, but I had to accept the one thing that escaped me for the longest time: fixing the issue. I could blame and blame, but that wouldn't make me healthy. Working the issue would make me healthier.

In January 2013, I began a very slow journey learning to become healthy. I signed up for a Wellness Program at work that included counseling, nutrition and health education, a gym membership and a support network. I learned through a support group that I was not alone. There are people just like me struggling with eating addictions and the resulting self-esteem problems. The counseling visits helped me to realize that I was trying to blame someone for my issues when I should have been concentrating on myself.

In October, I began a new part of my health journey as I began to walk. I walked three to

four times a week consistently. An app on my phone shared my walking statistics with others. I got great encouragement and realized this is a journey that I cannot do alone. I need all the help I can get. I made a goal to walk a 5K race in May of 2014. I crushed that goal! On February 15, 2013, with friends surrounding me, I completed my first 5K. I did it in 1 hour and 15 minutes. I was sore, in pain and felt amazing.

I loved that my friends cheered for me. More importantly, I loved hearing myself cheer for me. Since October, I have walked over 118 miles. I have walked five official 5Ks. By walking, I have gone from 459 to 436 pounds. I do not measure my success in pounds though I measure my success in miles and how I feel every day."

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ask THE DIETICIAN



Q My co-workers are always sipping on protein shakes or juice concoctions. Should I start sipping these drinks, too?

A With juices, smoothies, flavored waters, sport drinks, fancy coffees and other liquid creations, we have many options to sip. Beverages, like foods, can contain beneficial ingredients but they can also contain ingredients with little or no nutrients. For any beverage, pay attention to these key points:

- Choose unsweetened water as your main drink every day. Water is a nutrient.
- Check the calorie content per serving. An average beverage contains multiple servings with plenty of benefits for your overall health.
- Do you need the protein in a protein shake or the vitamins in that vitamin-enhanced water? Most Americans exceed the 45g to 65g recommendation for protein each day and healthy individuals can receive all the vitamins they need through their food choices.
- Choose no more than 1/2 cup of 100% fruit juice as part of your daily fruit intake.
- Thinking about a sports drink? These are best for those exercising for an hour or more.

Sources: WebMD.com; USDA; Healthy Beverage Guidelines, Harvard School of Public Health

fresh AND HEALTHY RECIPE OF THE MONTH



CORN AND BASIL CAKES • Servings: 5

Ingredients

- 1/2 cup white whole-wheat flour (see Note) or all-purpose flour
- 1/2 cup low-fat milk
- 2 large eggs
- 2 tbs canola oil, divided
- 1/2 tsp baking powder
- 1/2 tsp salt
- 1/4 tsp freshly ground pepper
- 2 cups fresh corn kernels (about 2 large ears) or frozen
- 1/2 cup chopped fresh basil

Preparation

1. Whisk flour, milk, eggs, 1 tbs oil, baking powder, salt and pepper in a medium bowl until smooth. Stir in corn and basil.
2. Brush a large nonstick skillet lightly with some of the remaining 1 tbs oil; heat over medium heat until hot (but not smoking). Cook 4 cakes at a time, using about 1/4 cup batter for each, making them about 3 inches wide. Cook until the edges are dry, about

2 minutes. Flip and cook until golden brown on the other side, 1 to 3 minutes more. Repeat with the remaining oil and batter, making 10 cakes total. Reduce the heat as necessary to prevent burning.

Tips & Notes

- **Note:** White whole-wheat flour, made from a special variety of white wheat, is light in color and flavor but has the same nutritional properties as regular whole-wheat flour. It is available in large supermarkets and at natural-foods stores. Store it in the freezer.
- **Tip:** To cut kernels from the cob, stand an ear of corn on one end and slice the kernels off.

Nutrition Information (per serving):

180 calories; 9 g fat (1 g sat, 5 g mono); 86 mg cholesterol; 21 g carbohydrates; 0 g added sugars; 7 g protein; 2 g fiber; 329 mg sodium; 250 mg potassium.

Recipe courtesy of EatingWell.com