



- Eat Breakfast, daily
- Drink more water (we often mistake thirst for hunger)
- Eat more fruits & veggies
- Opt for low-fat dairy
- Choose nutritious drinks
- Enjoy healthy snacks like fruit, dried fruit, nuts, etc.
- Get a To Go box when dining out and box up a portion prior to enjoying the meal – you'll save calories!
- Get a little exercise every day – go for a brisk walk, climb some stairs, do some stretches, etc.

A Few Safety Reminders

- Wash hands often** to keep yourself from spreading germs and getting sick. Wash your hands with soap and clean running water for at least 20 seconds.
- Dress in layers** – keep heads and hands covered.
- Don't drink and drive** or let others drink and drive --
- Fasten seat belts** while driving or riding in a motor vehicle.
- Practice fire safety.** Most residential fires occur during the winter months.
- Assign someone to monitor the children** and keep them out of the kitchen when cooking.

December is Mental Wellness & Holiday Safety Month Tips

- **Exercise your mind** - Keep your brain sharp with simple tricks like using your opposite hand, solving a riddle, or reading a book about a new subject.
- **Reduce stress** - Examine the source of your stress, discover healthy coping mechanisms, eliminate unnecessary stressors, accept situations you have no control of, and develop relaxation techniques that work for you.
- **Tap into your creative genius** through creative writing, dancing, drawing, knitting or woodworking; honor your natural talents, abilities, and passion.
- **Balance work, rest & play** - You need some of all these things. Keep your body healthy and remember getting enough sleep and proper nutrition is good for us.
- **Smile!** This makes you feel good as well as the person you smile at.
- **Build a strong support system** - Surround yourself with positive people. Avoid people or situations that drain your energy. Ensure that your support team offers unconditional love. Network with others who are motivated and aligned with your passion and purpose.
- **Spend time alone** - Allow positive time for solitude. Meditate and focus your thoughts.
- **Take responsibility for something** - a person, a pet or some other project.
- **Maintain a sense of humor** when facing certain life situations.
- **Take time to reflect** at the end of the day on everything that's been good.
- **Check out the Employee Assistance Program** to see what help is available.

Keep Friends and Family Safe during the Holiday Season! Follow These Tips:

- At parties, be mindful of unfinished alcoholic drinks. If alcoholic drinks are swallowed by children or pets, serious illness or death can occur.
- Do not burn used wrapping paper in the fireplace. Many kinds of wrapping paper contain toxic metals like lead that burn at very high temperatures and are not safe for the fireplace. Flames could spark out into the room causing a potential fire. For more info visit www.njpies.org

This month is also - Safe Toys and Gifts Awareness Month

According to the U.S. Consumer Product Safety Commission, U.S. emergency rooms treated an estimated 251,700 toy-related injuries in 2010. 72% were to people less than 15 years of age. When buying toys for children beware of those which present safety concerns such as choking hazards, lead paint, small magnets, etc.

Holiday Humor

A man goes to his dentist's office because of mouth pain. After a brief exam, the dentist exclaims, *"Holy Smokes! That plate I installed six months ago is completely corroded! What on earth have you been eating?"*

"Well... the only thing I can think of is this... my wife made me some asparagus about four months ago with this stuff on it... Hollandaise sauce I think! I'm talkin' DELICIOUS! I've never tasted anything like it, and ever since then I've been putting it on everything..."

"That's probably it," replied the dentist *"Hollandaise sauce is made with lemon juice, which is acidic and highly corrosive. I'll have to install a chrome plate, this time."*

"Why chrome?" the man asked. The doctor replied...

"Everybody knows there's no plate like chrome for the Hollandaise!"

Proposed Silica Rule Update

Hearings on OSHA's proposed Silica Rule are scheduled to begin on March 18, 2014 in Washington, D.C. To learn more go to: <https://www.osha.gov/silica/>

Good news or bad news?

It depends on how you see things. You can be bitter after being cheated. Or you can choose to move on with your life...

Robert De Vincenzo, the great Argentine golfer, once won a tournament and, after receiving the check and smiling for the cameras, he went to the clubhouse and prepared to leave. Sometime later, he walked alone to his car in the parking lot and was approached by a young woman.

She congratulated him on his victory and then told him that her child was seriously ill and near death. She did not know how she could pay the doctor's bills and hospital expenses.

De Vincenzo was touched by her story, and he took out a pen and endorsed his winning check for payment to the woman. "Make some good days for the baby," he said as he pressed the check into her hand.

The next week he was having lunch in a country club when a Professional Golf Association official came to his table. "Some of the boys in the parking lot last week told me you met a young woman there after you won that tournament." De Vincenzo nodded. "Well," said the official, "I have news for you. She's a phony. She has no sick baby. She's not even married. She fleeced you, my friend."

"You mean there is no baby who is dying?" said De Vincenzo.

"That's right," said the official.

"That's the best good news I've heard all week." De Vincenzo said.

When we learn that life is not all about us, our whole outlook on life changes and what a glorious gift it is. Enjoy this holiday season – keep your cool despite those who may be rude or pushy. Keep smiling and press on!

Safety Wayne

"What happens when people open their hearts?"... "They get better." —Haruki Murakami, Norwegian Wood