

*The way to get started is to quit talking and begin doing.* –Walt Disney



**Hey procrastinators – it is not too late to come up with a list of resolutions for 2014!**

**A few of the more Common New Year's Resolutions**

- Spend more time with family
- Learn something new
- Help others
- Lose weight
- Get out of debt
- Enjoy life more
- Quit smoking
- Quit drinking

**Tips for Success with Resolutions**

- Start with a clear goal in mind
- Limit resolutions to one or two that you are serious about
- Make them more specific
- Start slow
- Tell someone else about your resolutions so they can hold you accountable
- Celebrate small successes in a way that doesn't sabotage your goal.

**Knock, Knock.**

Who's There? **Accordion!**

Accordion Who?

**Accordion to the weatherman it's gonna snow tomorrow!!**

**When was your last Eye Exam?** - Glaucoma is a group of diseases that can damage the eye's optic nerve and result in vision loss and blindness. It is a growing problem in the United States and the disease is not well understood. ***Your Best Bet against Glaucoma is EARLY DETECTION and that requires an EYE EXAM!***

Over 2.7 million Americans have glaucoma. Experts estimate that half of them don't know they have it.

-In the U.S., more than 120,000 are blind from glaucoma, accounting for approximately 10% of all cases of blindness.

-Glaucoma is the world's 2nd leading cause of blindness according to the World Health Org.

-After cataracts, glaucoma is the leading cause of blindness among African Americans.

-Blindness from glaucoma is 6-8 times more common in African Americans than Caucasian

**Four Key Facts About Glaucoma**

-Glaucoma is a leading cause of blindness

-There is no cure for glaucoma

-Everyone is at risk for glaucoma

-There may be no symptoms to warn you!

**Ontario Mandates Workplace Safety Training** - The province is calling on employers to beef up awareness about workplace safety over the next few months. By July, all workplaces must ensure their employees complete a basic health and safety awareness course. The new requirement is the result of a Christmas Eve tragedy in 2009, when five construction workers fell from the 12th floor of a building in northwest Toronto. Four of the workers died. A panel of experts reviewed workplace safety in Ontario — and found many workers didn't even know there was a health and safety act. All workers should receive Hazard Awareness training related to the work they perform, so that they can recognize or identify unsafe conditions and at-risk behavior of co-workers! Too many workers sustain injury because they simply didn't recognize a hazard existed. ***Stop, Think and ASK whenever you are unsure of the risks associated with a task.***

**A Few Cold Weather Tips - better late than never!**

-Have heating equipment, such as a furnace, stoves & fireplaces inspected routinely, and operate all pieces of equipment according to the manufacturer's instructions.

-Never use stoves, ovens or outdoor grills as a source of heat.

-Provide adequate ventilation when using fireplaces or unvented space heaters.

-If you are using a fireplace, use a glass or metal fire screen large enough to catch sparks.

-Always keep space heaters on a level, hard surface and keep anything flammable at least 3 feet away from things such as paper, clothing, bedding, curtains or rugs.

-Turn off space heaters and make sure fireplace embers are out before leaving the room or going to bed. Secondary heating sources, such as space heaters, can increase the chance of carbon monoxide poisoning. Generators pose similar hazards during power outages.

-Check carbon monoxide detectors & smoke detectors to ensure they are operating properly.

-Protect your pipes - run water, even at a trickle, to help prevent your pipes from freezing.

Open the kitchen and bathroom cabinet doors to allow warmer air to circulate around the plumbing. Keep the garage doors closed if there are water lines in the garage. ***\*\*Be sure to move any harmful cleaners and other chemicals out of the reach of children.***

***Integrity and Courage are vital elements in the quest for Full Compliance!***