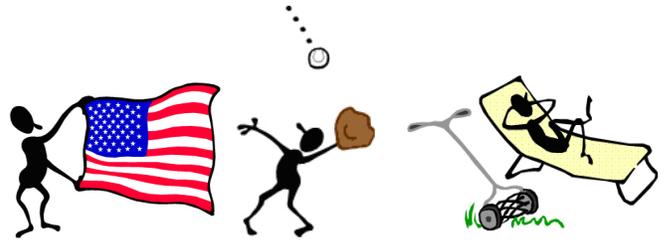


# WOW!



## WORKING ON WELLNESS

CITY OF GRAND PRAIRIE WELLNESS NEWSLETTER ★ JULY 2012

### Skin Cancer Prevention

Protection from ultraviolet (UV) radiation is important all year round, not just during the summer or at the beach. UV rays from the sun can reach you on cloudy and hazy days, as well as bright and sunny days. UV rays also reflect off of surfaces like water, cement, sand and snow. Indoor tanning (using a tanning bed, booth, or sunlamp to get tan) exposes users to UV radiation.



The hours between 10 a.m. and 4 p.m. daylight savings time (9 a.m. to 3 p.m. standard time) are the most hazardous for UV exposure outdoors in the continental United States. UV rays from sunlight are the greatest during the late spring and early summer in North America.

CDC recommends easy options for protection from UV radiation—

- Seek shade, especially during midday hours.
- Wear clothing to protect exposed skin.
- Wear a hat with a wide brim to shade the face, head, ears, and neck.
- Wear sunglasses that wrap around and block as close to 100% of both UVA and UVB rays as possible.
- Use sunscreen with sun protective factor (SPF) 15 or higher as well as UVA and UVB protection.
- Avoid indoor tanning.

[www.cdc.gov](http://www.cdc.gov)

### The 411 on Sunscreen

The sun's UV rays can damage your skin in as little as 15 minutes. Put on sunscreen before you go outside, even on slightly cloudy or cool days. Don't forget to put a thick layer on all parts of exposed skin. Get help for hard-to-reach places like your back.

The United States Food and Drug Administration has announced significant changes to sunscreen product labels that will help consumers decide how to buy and use sunscreen, and allow them to protect themselves and their families from sun-induced damage more effectively.

**How sunscreen works.** Most sun protection products work by absorbing, reflecting, or scattering sunlight. They contain chemicals that interact with the skin to protect it from UV rays. All products do not have the same ingredients; if your skin reacts badly to one product, try another one or call a doctor.

**SPF.** Sunscreens are assigned a sun protection factor (SPF) number that rates their effectiveness in blocking UV rays. Higher numbers indicate more protection. You should use a sunscreen with at least SPF 15.

**Reapplication.** Sunscreen wears off. Put it on again if you stay out in the sun for more than two hours and after you swim or do things that make you sweat.

**Expiration date.** Check the sunscreen's expiration date. Sunscreen without an expiration date has a shelf life of no more than three years, but its shelf life is shorter if it has been exposed to high temperatures.

### Lunch N' Learn - UV Safety

Join us for a special Lunch and Learn. Dr. John Adams of Arlington Cancer Center will be here to speak with City employees, spouses and retirees regarding UV safety.



**Wednesday, July 18  
11:30 a.m.-12:30 p.m.**

City Hall Council Briefing Room  
317 College St.

Register on Lawson by  
Tuesday, July 17, to be placed on  
the attendance roster.

Please bring your own lunch.  
Lunch will not be provided.

### New Police Academy

For the first time ever, the city of Grand Prairie Police Department will conduct its own Police Academy for police recruits. The inaugural academy kicks off with a ribbon cutting ceremony on Monday, July 23, at 10 a.m. at the CVE Public Safety Training Center, 310 W. College St.

Previously, the city sent its new police hires to regional police academies, which do an excellent job. However, operating its own police academy will allow the Grand Prairie Police Department to observe its police recruits on a daily basis during their 28 week academy and will also facilitate an 8 week Lateral Police Academy for experienced officers.

### Wellness Spotlight Susan Henson, Parks and Recreation

“I have worked for the City of Grand Prairie for more than 20 years and feel that it is part of my family. I know that when they hired me they also hired my family because in Parks and Recreation we are always calling on our family members to help with events, take care of the home and family when we are involved in one of our multi-day events, and the list goes on.

I tell you this because recently my husband was diagnosed with stage 1 prostate cancer. He is only 56 and the cancer was not big enough for two different doctors to find. If he had not had the PSA test when he was in for his last physical (three years ago) they would not have found his cancer early and in a treatable stage. His chances of a full recovery are 95 percent.

I just want to encourage all men to have their PSA tested when they have their yearly physical. Please take our story to heart and know that this is something that is treatable if caught early enough. Prostate cancer is considered the silent killer because there are no symptoms until it is too late to treat. The test does not hurt, but the consequences could cost you your life. After 37 years together, I felt like I received the diagnosis along with my husband and would not know how to go on without him. Remember that your actions affect more than just you. We who make up your work family and regular family will know, feel and share the pain if you were no longer with us. So please take the time to go to one of the free screenings and make your family sleep a little better.”

### Keep Your Cool When Exercising in the Heat

This doesn't mean you have to confine your workouts to the indoors in order to exercise safely. Instead, simply follow these tips for safety.

1. Get your sweat on in the early morning or late evening. Don't exercise at midday, because that's when temperatures are at their highest and the sun's hot rays are at their peak.
2. Drink before you're thirsty. Staying well-hydrated is the secret to avoiding dangerous heat-related conditions.
3. Shield yourself from the sun. Wear a hat and sunglasses. Lather up with SPF 15 sunscreen or higher 30 minutes before you plan to head out doors.
4. Wear lightweight, light-colored clothing. Moisture-wicking apparel will help you stay cool and dry, and lighter colored clothes help reflect heat better than darker clothes.
5. Seek shade. If you're a road runner, the summer is a perfect time to try trail running.
6. Take plenty of breaks. Rest early and often, and take breaks whenever you need them.
7. Gradually get used to the heat. It typically takes 10 to 14 days for your body to get used to exercising in a new climate. Start by working out for short time, at a relatively low intensity.
8. Check the weather forecast. If it's going to be a real scorcher, do not exercise outside.
9. Know when to stop. If you have muscle cramps, nausea, vomiting, weakness, headache, dizziness, and/or confusion stop your workout right away.

### PSA Tests

Thank you to all men who came out for prostate blood screenings in June. We reached our goal of screening more than 90 men! Methodist Health System offers complimentary screenings to men age 40 and older throughout the year. If you would like more information on upcoming screening sites please visit: [www.methodisthealthsystem.org/psap](http://www.methodisthealthsystem.org/psap) or call 214-947-4647. These events are free and require a simple blood draw.

### Be a Quitter

Even if all your attempts to quit smoking have gone up in flames, don't assume you'll



never be able to kick the habit. Each try makes you more likely to succeed, says Joseph M. Ojile, MD, and it takes most smokers five or six tries to quit for good. “Every time you try to stop, you learn new strategies that will help you conquer cigarettes,” he explains.

*Prevention*

### Sleep Better, Stay Slimmer



We know skimping on sleep can expand your waistline, but there's more: Research from Japan shows that night-to-night sleep consistency is crucial for weight control. In the 3-year study, people with the most variation in sleep duration put on weight, while those with more consistent sleep patterns actually lost pounds. Erratic sleep patterns may interfere with appetite-regulating hormones such as leptin, says study author Daiki Kobayashi, M.D. To fight fat, establish a better bedtime and stick to it.

*MensHealth*

## Naturally Slim Review

Naturally Slim participants have now concluded all classes; a total of 370 pounds were lost! The company selected 31 city employees in February to participate in the City of Grand Prairie pilot program. This program provided employees with a way to lose weight, feel better, and live a healthy lifestyle. The program focused on Metabolic Syndrome risk factors as highlighted in the 2012 Biometric Screenings.

Here are the results as reported by the Naturally Slim program survey:

- 90% of participants completed the Naturally Slim program
- 60% of participants saw improvements in exercise
- 83% of participants saw improvements in sugar intake
- 60% of participants saw improvements in indigestion
- 75% of participants saw improvements in self confidence
- 74% of participants saw improvements in energy levels
- 23% of participants saw improvements in depression levels
- 90% of participants saw improvements in controlling weight
- 68% of participants saw improvements in controlling health
- 75% of participants saw improvements in fast food intake
- 100% of participants were satisfied with the Naturally Slim program



The Pre-Post Biometric report shows:

- 0 new cases of Diabetes
- 76% of participants are obese (8% improvement)
- 44% of participants have borderline or high blood pressure (16% improvement)
- 0% of participants are at high risk for a cardiac event (12% improvement)
- 92% of participants have normal total cholesterol (20% improvement)
- 64% of participants have an HDL at normal level (4% improvement)
- 92% of participants have an LDL at normal level (2% improvement)
- 0% of participants have high levels of triglycerides (21% improvement)



Overall, the program was a complete success! Thank you to all participants!

The Human Resources Department and City Manager's Office are currently reviewing program statistics before making a final decision on whether or not to offer the program to all city employees. Once a decision is made, all employees will be notified.

## The Noggin Nutrient

Pick some protection this summer: Find a berry farm. According to new research in the journal *Neurology*, eating berries regularly may help shield you from Parkinson's disease. In the study, men who ate the most strawberries (two or more weekly servings) were 23 percent less likely to develop Parkinson's later in life than those who ate the least. One theory: Berries are rich in anthocyanins, flavonoids that may trigger the production of protective brain enzymes, the researchers say.

*MensHealth*

## Food Court

### The Crime

**1,530** Number of calories in IHOP's Biscuits and Sausage Gravy Combo breakfast

### The Punishment

**4** Number of hours you'd have to spend painting the outside of your house to burn 1,530 calories

## Prevent Dehydration

Be aware of the signs of dehydration. You may have a dry mouth and feel thirsty. As your muscles lose water, you may also begin to feel lethargic or weak. You might be constipated or bloated and you may notice dark, concentrated urine as your body works to retain liquid. Sweating, especially in warm weather, is your body's natural defense mechanism against overheating and a sign for you to increase your liquid intake.

### **1. Liquid Oxygen:** Stay hydrated.

Drink eight to 10 cups of liquids each day to replenish lost fluids. Avoid caffeinated and alcoholic beverages, as they cause dehydration. If you don't like drinking plain water, try adding a lemon or orange wedge for added flavor. Carbonated beverages may taste good, but you'll feel bloated after drinking them, leaving you with a false sense of fullness. When working out and perspiring heavily, hydrate your body with a sports drink, such as Gatorade, which is a mixture of water, salts and carbohydrates.

### **2. Eat Your Liquids:** Eat foods that have a high water content.

When you are outside, keep hydrated by keeping a cooler of watermelon, oranges, tomatoes and cucumbers on hand.

### **3. Keep Cool:** Wear light-colored, loose fitting clothes. Dark-colored clothing absorbs light, causing your body to overheat and perspire and clothes that are too tight don't allow your skin to breathe.

### **4. Dehydration 911:** Seek medical attention immediately if you begin to feel nauseous, dizzy, confused or tired, as these can be signs of heat exhaustion. Dehydration can lead to serious medical complications.

## Employee of the Month



John Simpson

John Simpson, Senior Equipment Mechanic, has been named Employee of the Month for July. He has been a City of Grand Prairie employee for more than 20 years. Simpson is responsible for keeping Fire Department equipment in service and recently worked above and beyond the call of duty while some coworkers were away from work. In addition to fire equipment, he works on the city's ambulances, backhoes, and other heavy equipment.

Simpson is a crew leader and is always willing to help in any way with Equipment Services needs. He is on call 24/7 and willingly works overtime if repairs need to be made. He can switch gears very easily. If there is a small repair, he will stop what he is doing to fix it so that city equipment can stay in service.

"John is an excellent technician," said Gary Nichols, Equipment Services Manager. "He is an all around good employee and is dedicated to the city."

## New Name for Airport Restaurant

The Patty Shack hamburger restaurant at the Grand Prairie Municipal Airport



is now Mixed Up Burgers. Hours are Monday-Saturday 7 a.m.-9 p.m. and Sunday 7 a.m.-6 p.m. For information call 972-595-5420.

## Message from the Manager

Budget season is here and we're seeing some good signs that the 2012-2013 budget will be healthy, but we remain cautiously optimistic. It looks like property values are down and our employee health insurance costs have escalated. We are working on making some insurance plan changes so we can absorb some of the rising costs. In addition, we are looking at putting additional city dollars into the insurance fund so that we can try to keep employee rates intact. Fortunately we do not see that significant cuts will be needed to manage our budget this year. It is still too early in the budget process to make decisions on raises. I will keep you posted as we finalize the budget in the next few months.

The new Paragon Outlet Mall opening on Aug. 17 is a bright spot for Grand Prairie. The sales tax generated by the mall will be good for us financially and it is an excellent way to bring people to our city. The 420,000-square-foot mall is 100 percent occupied and will feature more than 100 stores.

During the next few months, some of our city departments will move. Parks will relocate to the former TXU building on NW 4<sup>th</sup> and College streets. After some minor renovations, Finance and Purchasing will move over to the current Parks building at 326 W. Main St. Information Technology will expand into space vacated by Finance.

On another note, we are the middle of a national search for a new Fire Chief to succeed Clif Nelson after his retirement in October. We will be screening some candidates during the next few weeks, but it will be some time before we hire someone.

Have a happy and safe summer.

Tom Hart  
City Manager

## Wellness

### Snack Smart - Choose the Right Foods

Snacks are so big, they've almost become meals. Americans get roughly a quarter of their calories each day from snacks, up from 18 percent in 1977, report researchers from the University of North Carolina. That's a belly-bulging 579 extra calories we devour between meals.

There's nothing wrong with snacking per se—eating every few hours can help stabilize blood sugar, which is essential for diabetics and can help you control your weight. Packaged snacks tend to be highly processed and not very nutritious. Try these 100-to-200-calorie alternatives:

- A small banana and 7 walnut halves
- Baby carrots with 5 teaspoons hummus
- 1 cup fat-free Greek-style yogurt with ½ cup blueberries
- Half a turkey sandwich
- 3 cups air-popped popcorn with 2 teaspoons Parmesan cheese
- 50 pistachios
- A small baked potato with ½ cup salsa and 2 teaspoons fat-free sour cream
- 3 small squares dark chocolate with 3 apricot halves
- 2 celery sticks with 1 tablespoon peanut butter

AARP - The Magazine