



SEPTEMBER 2017

Wellness Matters

Brought to you by INTEGRITY CONSULTING GROUP

Stress & Your Body

Disaster Preparedness

Since 2004, the Federal Emergency Management Agency (FEMA) and the national [Ready Campaign](#) have promoted [National Preparedness Month](#) (NPM) each September. NPM encourages Americans to take steps to prepare for all types of emergencies; the Red Cross, however, reveals that despite 8 out of 10 Americans feeling unprepared for a catastrophic event, only 1 in 10 has a preparedness plan in place.

Take the time to prepare your own plan so you and your family can reduce stress, focus on remaining safe, and keep one another calm in the event of a

disaster. Get started this month with these steps:

Create a family disaster plan:

have a discussion with your family about what to do in an emergency. Start with deciding the following:

- How do we get emergency alerts?
- What is our shelter plan?
- What is our evaluation route?
- What is our [communication plan](#)?
- Where will we meet if separated?

Stock an evacuation AND homebound supply kit:

Evacuation Backpack Kit:

- A gallon of water per family member; nonperishable foods
- Can opener, cups, utensils
- Flashlight / extra batteries

- Extra clothes; hygiene items
- Battery-powered radio
- Contact information for relative or friend living out-of-state
- First aid kit; medications
- ID for each family member

Homebound Kit:

- Three gallons of water and three-day supply of canned food per family member
- Pet foods and supplies
- Toilet paper; hygiene items
- Unscented bleach
- Books, games, paper, pencils
- Battery-operated radio and TV
- Flashlight and first-aid kit

Finally, train in basic [first aid and safety skills](#):

keep your first-aid kit handy and skills sharp in order to help both your family and others as needed.

BASIC DISASTER SUPPLIES KIT



Three-day supply of one gallon of water per person per day



Three-day supply of nonperishable food



First-aid kit



Dust mask



Local maps



NOAA Weather Radio



Flashlight



Batteries



Wrench or pliers



Cellphone

Relieve Back-to-School Stress

Having a tough time shifting your family to the September school schedule? Add these tips to your child's routine to make the transition a bit easier:

- Make time for your child to have breakfast for a good start to the school day.
- Pack backpacks the night before so no one is scrambling at the last minute looking for books and supplies. Also, have lunch packed or lunch money ready in advance.
- Pick out or have your child pick out his or her clothes the night before. This will help keep everyone on time while getting ready and prevent last-minute rushing in the morning.
- Avoid injuries from heavy backpacks by reminding your child to use both shoulder straps and tighten so the pack is close to the body. Pack lightly and distribute weight by using all compartments.
- Consider a rolling backpack if needed.
- Establish good study habits in the early days of school. Create an environment conducive to homework, a well-lit workspace in a quiet room.
- Set a schedule for homework after your child has a chance to unwind after school or activities.



Healthy & Delicious

It's apple season! Check your local farm market for the freshest crop. Apples contain nutrients and vitamins that may actually work to prevent disease:

- Boron, an ingredient in apples, is known to strengthen bones.
- Need to brush your teeth but don't have a toothbrush? Eat an apple! Known as "nature's toothbrush," apples stimulate the salivary glands, which aid in cleaning the teeth.
- Research has shown that the components in apples significantly lower the risk of colon, liver, lung, and breast cancers.
- Pectin in apples lowers LDL (or "bad") cholesterol. Those who eat just two apples per day can lower their cholesterol by as much as 16 percent.
- Brazilian researchers discovered that women who ate three apples per day while dieting lost more weight than those who ate no fruit.
- At only 80 calories, five grams of fiber and no fat, an apple makes for a perfect snack.