

# BITS & PIECES

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## 10 QUOTES TO RECHARGE YOUR BATTERIES

Submitted By: David L. Dolenaar, Deputy Executive Officer

Everybody knows that leaders are optimists.

Here are nine quotations and a little story for when your glass drops to the halfway mark.



difficulties of his opportunities and an optimist is one who makes opportunities of his difficulties." - *Harry Truman*

1. "The optimist sees the rose and not its thorns; the pessimist stares at the thorns, oblivious of the rose." - *Kahlil Gibran*
2. "The real man smiles in trouble, gathers strength from distress and grows brave by reflection." - *Thomas Paine*
3. "A pessimist sees only the dark side of the clouds and mopes. A philosopher sees both sides, and shrugs. An optimist doesn't see the clouds at all - he's walking on them" - *Leonard Louis Levinson*
4. "The optimist proclaims that we live in the best of all possible worlds, and the pessimist fears this is true." - *James Branch Cabell*
5. "Optimism is the foundation of courage." - *Nicholas Murray Butler*
6. "A pessimist is one who makes

7. "Perpetual optimism is a force multiplier." - *Colin Powell*
8. "For myself I am an optimist—it does not seem to be much use being anything else." - *Winston Churchill*
9. "You see things and you say 'Why?' But I dream of things that never were and I say 'Why not?'" - *George Bernard Shaw*
10. Two boys come across an empty barn smelling of manure. The first boy says, "Let's get out of here. This stinks." The second boy says, "Wow! There must be horses around."

As we continue to develop our long term budget strategy, it is important to understand our challenges and opportunities to improve everything we do. The above quotations are good examples of how we may view negative causation factors and turn them into positive growth opportunities.

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## ALLERGIES CAN MEAN MISERY FOR CONTACT LENS WEARERS

Submitted by: Casi Persons , Employee Benefits Coordinator

22 Million Americans suffer with seasonal allergies. If you're one of them and a contact lens wearer, you may as well refer to it as misery season. That's because allergens have a special attraction to contacts—especially the soft variety, which most contact lens wearers use.



The American Optometric Association says that more than 75% of contact lens wearers complain of allergen-caused eye pain and irritation.

David Jones, O.D. , a veteran optometrist located in allergen-rich Santa Rosa, Calif., talks about the attraction allergens have toward soft contacts. Dr. Jones explains that the lenses "function like large sponges. They keep allergens in the eye, but they also prevent using medications you might want to apply.

Allergy season calls for special tactics to keep you and your eyes happy. Here are some suggestions from Dr. Jones:

- ♦ Switch to specs. You may not want to wear your glasses, but you'll probably be more comfortable if you do. The allergens in the air such as pollen and dust love contact lenses, and the particles will stick on them. That means irritation.
- ♦ Keep 'em wet. Keep a container of artificial tears handy, and use them often. This will help your eyes feel better and also wash the allergens out. Say no to any brand of over-the-counter redness relievers and buy artificial tears instead. Redness reducing solutions are only cosmetic and won't do anything to make your eyes feel better.
- ♦ Keep 'em clean. In allergy season, get even more rigorous with your cleaning routine. Clean more often, and use a preservative-free solution (it'll say so on the bottle). For disposable lenses, consider spending a little more and replacing them more often than usual.
- ♦ That's the rub. When you have an itch, you want to scratch it. But when it comes to your eyes, don't. Excessive rubbing is just going to make it worse. Instead, get a nice cool washcloth or other compress and gently treat your eyes to a little TLC. It can keep swelling and itching in check.
- ♦ Get help. If you're really suffering, by all means see your eye doctor. He or she can prescribe medications that could help. Also, an eye exam can rule out other more serious problems.

Source VSP

## IN TERMS OF SAFETY

By: David Becker, Safety Manager

### Terms that cause confusion

*Definitions:*



**Gas** is matter in a form that has low density. It compresses easily and expands when moved to a larger container. Examples of gas are carbon dioxide and nitrogen.

**Vapor** is a gas from a substance that is usually a liquid or solid at normal temperature and pressure. Examples include vapor from gasoline and from

organic solvents.

**Fume** is an aerosol of tiny solid particles, generally formed by combustion, explosion, distillation or chemical processes. Small particles of molten metal are fumes.

**Corrosive** is a word describing a substance that causes destruction in living tissue or metal.

**Caustic** describes a substance that destroys living tissue by chemical action.

An example is sodium hydroxide.

**Acid** is a chemical that dissociates in water, forming hydrogen ions. Acid turns litmus paper red and has a pH value of 0 to 6. Acid reacts with a base to form a salt. An acid causes severe skin burns.

**Alkali** is a base. It is soluble in water and can neutralize acids to salts. It turns litmus blue and has a pH value greater than 7.0.

## SUMMER FRUITS AND VEGETABLES

Submitted by: Peggy Huntsinger , Disability Manager

We all need to eat more fruits and vegetables and with summer fast approaching it should be a little easier to fit more fruit and vegetables into our diets. Look for produce that is vibrant in color as they provide the most antioxidants.

The benefits of incorporating more fruits and vegetables into our diets:

- ♦ Essential vitamins and minerals and fiber.

- ♦ Great calorie-reducing strategy.
- ♦ Reduced risk of chronic diseases.

### Fresh, in season Vegetables:

Green beans, Onions, Tomatoes, Potatoes, Radishes, Eggplant, Zucchini, Garlic, Peppers, Okra, Corn, Squash, Cucumbers, Black-eyed peas, Spinach, Lettuce, Sweet potatoes, Rhubarb.

### Fresh in-season fruits:

Blueberries, Strawberries, Cherries, Melons, Nectarines, Peaches, Pears, Plums, Pineapple, Red Grapes, Raspberries, Oranges, Apples, Watermelon, Papaya, Kiwi, Mango, Figs.



## SUNBURN

Submitted by: Mary Schortner, Disability Coordinator

The sun provides us many benefits. It warms us, relaxes us and brightens our moods. But we all know, too much sun will cause a painful burn! Ultraviolet rays destroy cells in the outer layer of skin and damage tiny blood vessels just under the surface.

This produces the redness, swelling and pain that we associate with sunburn. The inflammation will subside in time; the effects of a sunburn can be long term. Damage to skin from sunburn is cumulative. Over time, exposure to the sun erodes the elastic fibers in your skin, causing wrinkles. Repeated sun exposure also can set stage for skin cancer. Here are a few tips to help ease the pain of sunburn.

✱ **Protect Your Skin.** To prevent sunburn wear sunscreen when you are outdoors. A sunscreen protection factor (SPF) of at least 15 is recommended. Sunscreen should

be applied 30 to 60 minutes before you go outside, so it has time to be absorbed by your skin. Be sure to take your sunscreen with you so you can reapply it. No sunscreen product is completely waterproof. Tight knit fabrics can protect your skin from the damaging effects of the sun's UV rays. Just remember, if your clothes get wet you lose about half of this protection.

- ✱ **Read That Label.** If you have sensitive skin, or know you are allergic to certain ingredients, be sure to read the label of any sunscreen you may want to use, or any lotion or ointment to treat sunburn. When your skin is inflamed from sunburn, it is more likely to have an allergic reaction. Think about asking your doctor or pharmacist to recommend a product that is right for you.
- ✱ **Neutralize.** Nothing feels better on a burn than cool water, and a sunburn is no exception. If you can not soak yourself in a cool pool

(out of the sun) or tub, try a cooling compress. Soak a soft, lightweight towel or other cloth material with cool water, wring out and lay on your burned skin to help control the pain. To clean/bathe sunburned skin, use relatively cool water and a mild soap, do not scrub! If you take a shower, adjust the spray pressure to low and do not let it beat on the painful areas.

- ✱ **Soothe it.** You can buy hydrocortisone cream over the counter to help relieve sunburn pain. Apply directly to your sunburn 3 or 4 times a day. There are also first aid sprays made just for sunburns, again, read the label and use as directed.
- ✱ **Medication.** Finally, an over the counter non-steroid anti-inflammatory drug such as ibuprofen can be taken, per label instructions.



## SIGNS OF STRESS

Submitted by: Shelley Hutchison, Executive Secretary

### Knowing the signs of stress:



Source—U.S. Department of Health and Human Services

#### Your Behavior:

- ≈ An increase or decrease in your energy and activity levels.
- ≈ An increase in irritability, with outburst of anger and frequent arguing.
- ≈ Having trouble relaxing and sleeping.
- ≈ Worrying excessively.
- ≈ Crying frequently.
- ≈ Wanting to be alone most of the time.
- ≈ Blaming other people for everything.
- ≈ Having difficulty giving or accepting help.

≈ Inability to feel pleasure or have fun.

#### Your Body:

- ≈ Having stomach aches or diarrhea.
- ≈ Having headaches and other pains.
- ≈ Losing your appetite or eating too much.
- ≈ Sweating or having chills.
- ≈ Getting tremors or muscle twitches.
- ≈ Being easily startled.

#### Your Emotions:

- ≈ Being anxious or fearful.
- ≈ Feeling depressed, guilty, or angry.
- ≈ Feeling heroic, euphoric, or invulnerable.
- ≈ Not caring about anything.
- ≈ Feeling overwhelmed by sadness.

#### Your Thinking:

- ≈ Having trouble remembering

things.

- ≈ Feeling confused.
- ≈ Having trouble thinking clearly and concentrating.
- ≈ Having difficulty making decisions.

#### What you should know:

When you are exposed to traumatic events, such as natural disaster, mass violence, terrorism, be aware of how these events can affect you personally. Most people show signs of stress after the event. These signs are normal. Over time, as your life gets back to normal, they should decrease. After a stressful event, monitor your own physical and mental health. Know the signs of stress in yourself and your loved ones. Know how to relieve stress. And know when to get help.

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## Did you know.....

- ✿ A sneeze can travel as fast as one hundred miles per hour.
- ✿ People say “Bless You” when you sneeze because when you sneeze, your heart stops for a millisecond.
- ✿ If you sneeze too hard, you can fracture a rib.
- ✿ Fingernails grow nearly 4 times faster than toenails.
- ✿ Similar to fingerprints, everyone also has a unique tongue print
- ✿ There are at least six universal facial expressions. They are: happiness, sadness, disgust, fear, anger and surprise.
- ✿ It is impossible to lick your elbow.
- ✿ The bone in the ear is the only bone that is fully grown at birth.
- ✿ Humans blink over 10,000,000 times a year!
- ✿ The longest living cells in the body are brain cells which can live an entire lifetime.
- ✿ There are 26 bones in the human foot.
- ✿ Have you ever laughed so hard that it hurt? The movement of the diaphragm also stimulates surrounding organs, such as the stomach, kidneys and liver acting as an internal massage.

## Choking

By: Kevin Watson,  
Safety Analyst/Trainer

# Safety Corner

Before assisting in any emergency, please remember to follow the basic rules of:

**Assess**— the scene, If safe, approach and then **Assess** the victim.

**Alert**— call or have someone call 911.

**Attend**— to the injured to the best of your abilities with the resources available to you at the time.

Treatment for Choking will differ as to either conscious vs. unconscious.

The Conscious Choking victim is treated the same as in the past—with abdominal thrusts, commonly referred to as the Heimlich maneuver. This is done for children and adults (a child is considered to be from age one until age eight, over eight is considered to be an adult). Keep in mind the alternative techniques for difference in height, weight/size, pregnancy etc... Abdominal thrusts are done until the airway becomes open or the victim becomes unconscious.

Treatment for a conscious choking infant (age zero to one) involves a series of five back blows (between the shoulder blades) followed by five chest thrusts. This is done until the airway becomes open or the infant becomes unconscious.

Treatment for the Unconscious Choking victim looks almost exactly like CPR. The only difference being a check inside the mouth for the object between the chest compressions and the rescue breaths. This done for Adults, Children and Infants. (keep in mind proper techniques for each).



For anyone who is not comfortable with a level of technical expertise and would like to learn more about the current CPR/AED/First Aid instructions, please contact the CEO-Risk Management Division, Safety Unit at 525-5781 to sign-up for a class.