



# WORKING WELLNESS

Good Health is Good Business

JULY 2013

is...

# LUNCH & LEARN

Cord Blood Awareness Month



Juvenile Arthritis Awareness Month



International Group B Strep Awareness Month



UV Safety Month



with...

World Hepatitis Day



**WHO:** FLORIDA BLUE & MCBOCC

**WHEN:** JULY 23, 2013  
12:15 & 1:15pm

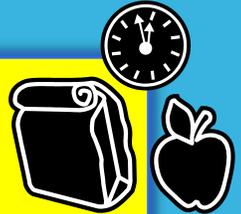
**WHERE:** HARVEY GOVT' CENTER  
SECOND FLOOR  
KEY WEST

**WHY:** FREE LUNCH and LEARN ABOUT EXERCISE AND NUTRITION

**TO REGISTER:**

<https://pickatime.com/client?ven=11608057&event=247340>

**\*REGISTRATION DEADLINE JULY 16!**



VSP is easier than ever to use!

For more information on these observances or future observances, go to U.S. Department of Health and Human Services at

[www.healthfinder.gov/nho](http://www.healthfinder.gov/nho)



It is no longer necessary to indicate which network you belong to. Simply enter your zip code to find a provider near you!

**To search in-network; visit link below:**  
<https://www.vsp.com/>



## SPOTLIGHT OF THE MONTH: Wellness Website

### FACTS WORTH KNOWING: JUST LAUGH

You probably know the familiar phrase “Laughter is the best medicine.” Well, laughter alone won’t cure all maladies; however, it does have many short and long-term health benefits, according to [www.MayoClinic.com](http://www.MayoClinic.com).



#### Short-term benefits

- Enhances your intake of oxygen
- Stimulates your heart, lungs, and muscles
- Increases endorphins that are released by your brain
- Activates and relieves your stress response
- Soothes tension

#### Long-term benefits

- Improves your immune system
- May relieve pain
- Increase personal satisfaction

#### Did you know?

- Laughter yoga is practiced in about 6,000 “laughter clubs” worldwide. Participants typically begin a session by faking laughter, but are usually guffawing for real by the end.
- Women laugh 126 % more often than men.
- Laughing is like exercise. William Fry, M.D., a Stanford University researcher, claims that just one minute of hearty laughter elevates his heart rate to the same level as that produced after spending 10 minutes on a rowing machine.

## SPOTLIGHT OF THE MONTH: EAP Webinar

If you are interested in any of these upcoming Webinars; please visit the website listed below.



**JULY 10 @ 3pm-** Bullying in the workplace

**July 17 @ 3pm-** What's your personal brand?

**July 25 @ 3pm-** Navigating the ups and downs of long-term relationships

**July 31 @ 3pm-** Hobbies: Good medicine for mind and body



Available 24/7 @ **1-800-272-7252**

Or

Register at: [www.mylifevalues.com](http://www.mylifevalues.com)

Login: MCBOCC Password: MCBOCC



# COMP CORNER

Providing you with continuous general information on your Workers' Compensation benefits.

## Alcohol and Water Don't Mix

17% of Boating fatalities are a result of alcohol use.

Operation Dry Water is June 28 to 30. It's national BUI (Boating Under the Influence) awareness and enforcement campaign.

The campaign encourages boaters to take a **pledge** to make wise decisions about alcohol use, and to **NEVER** drink while boating.

This new annual event is held just prior to the Fourth of July holiday,

Operation Dry Water is a national weekend of BUI detection and enforcement aimed to reducing the number of alcohol and drug related accidents and fatalities and fostering a stronger and more visible deterrent to alcohol and drug use on the water.



Injured workers are also encouraged to visit the Division of Workers' Compensation website at [www.fldfs.com/wc](http://www.fldfs.com/wc) where you will find extensive information such as publications, a number of databases, rules, and forms that will give you a better understanding of workers' compensation.

## *A word from the Safety Officer*

As the Summer Season is upon us, so too are the frequent thunderstorms. We all enjoy outdoor activities this time of year, however it is important to remember that Florida leads the Nation in lightning related deaths and injuries and is therefore often referred to as "The Lightning Capital of the World". So, take a few minutes and review these simple steps you can take to protect you and your family from a potentially deadly situation.

If the thunder is heard 5 seconds after a flash then the lightning is 1 mile away.

If the thunder is heard 10 seconds after a flash then the lightning is 2 miles away.

### Precautions You Should Take:

- Seek shelter inside a building – not in a pavilion or porch.
- Once inside, stay away from open windows, sinks, toilets, tubs, showers, electric boxes and outlets and appliances.
- Don't take a shower or bath during a thunderstorm.
- Avoid using a landline phone- cell phones are O.K.
- If in a vehicle – stay in the vehicle and roll up the windows.

### If You Are Caught Outside Without Shelter:

1. Crouch down on the balls of your feet with your feet close together.
2. Keep your hands on your knees and lower your head.
3. Get as low as possible without touching your hands or knees to the ground- but don't lie down.

### Lightning Factoids:

- So far this year, 7 people have been killed in the U.S. from Lightning Strikes.
- On 5/28/2013, a 51 year old female was killed by lightning while walking on a Florida beach.
- Just last week, a 57 year old male was killed by lightning while boating on Lake Okeechobee.

