



JOHNSON COUNTY  
PARK & RECREATION  
DISTRICT

# Health News

February 2009

## National Donor Day

February 14, 2009 is the 10th National Donor Day—a day to give the gift of life.

### Why be a donor?

- Almost 95,000 people are in need of an organ for transplant.
- Approximately 35,000 children and adults in our country have life-threatening blood diseases that could be treated by a marrow/blood stem cell or cord blood transplant.
- Every two seconds someone in America needs blood, more than 39,000 units each day.
- Each day blood transfusions save approximately 10,000 Americans.
- Although 60% of Americans are eligible to donate, only 5% do so.

### Why February 14th?

Valentine's Day is the day of love and donation is the gift of life. Can you think of a more giving gesture than making February 14 the day you join thousands of Americans in making the donation decision?

### What can I do?

- Fill out an organ and tissue donation card, register with your State Donor Registry and make sure your family knows you want to be a donor.
- Join the National Registry of potential volunteer marrow and blood stem cell donors.
- Learn how you can donate your baby's umbilical cord blood stem cells at birth.
- Donate blood.

To learn more visit [www.organdonor.gov](http://www.organdonor.gov)



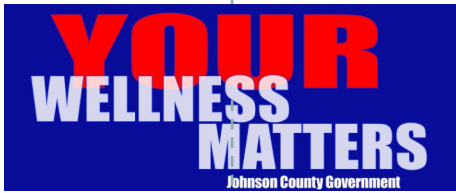
## National Wear Red Day

Friday, February 6, 2009, is National Wear Red Day—a day when Americans nationwide will take women's health to heart by wearing red to show their support for women's heart disease awareness.

Join *The Heart Truth* on National Wear Red Day to help spread the critical message that "Heart Disease Doesn't Care What You Wear—It's the #1 Killer of Women." Everyone can participate in the national movement by wearing their favorite red

dress, shirt, tie, or Red Dress Pin on Friday, February 6, 2009. Join the National Heart, Lung, and Blood Institute; Office on Women's Health, U.S. Department of Health and Human Services; WomenHeart: the National Coalition for Women with Heart Disease; American Heart Association; and many other groups to promote the National Wear Red Day in your local community.





JOHNSON COUNTY  
PARK & RECREATION  
DISTRICT



### **Did You Know?**

You have the opportunity to participate in the 2009 Kansas City Corporate Challenge! The Kansas City Corporate Challenge (KCCC) is the longest running and largest corporate Olympics of its kind. During the months of May and June, KCCC holds 27 different events for companies and their employees to participate in. And, this year, the Johnson County, Kansas government is going to compete! Opportunities to participate in events from horseshoes to flag football, darts to a 5k walk/run are available to you! Visit “Wellness U” now to learn more about all of the events, who is eligible and how to sign up!



### **Asparagus and Bell Pepper Salad with Cod**

#### Ingredients:

2 cups	Mixed green salad
2	Scallions, thoroughly rinsed and chopped
1	Medium tomato, sliced
1/2	Yellow bell pepper, sliced
10-12	Asparagus spears, ends trimmed
2 tsp	Olive oil
3/4 lb	Cod filet (or other white fish)
1/4 tsp	Salt
	Fresh ground pepper to taste
2 tbsp	Balsamic vinaigrette dressing

#### Instructions:

Portion the salad greens, scallions, tomatoes, and bell peppers on to two plates.

Heat olive oil in a large nonstick skillet over medium heat. Add the asparagus and cook for about 10 minutes, until tender. Remove and set aside.

Add the cod to the skillet and cook for 3-4 minutes on each side, or until cooked through. Season with salt and pepper.

Cut fish into a few smaller pieces. Arrange the fish and asparagus over the salads. Top with balsamic vinaigrette.