



National Men's Health Week

Men's Health Week is celebrated each year as the week leading up to and including Father's Day. This year that week is June 15-21.

Goal of Men's Health Week

The purpose of Men's Health Week is to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys. This week gives health care providers, public policy makers, the media, and individuals an opportunity to encourage men and boys to seek regular medical advice and early treatment for disease and injury. The response has been overwhelming with hundreds of awareness activities in the USA and around the globe.

Poor use of services by men has a direct impact on their health and wellbeing. A good example is malignant melanoma – more women than men develop this cancer but more men than women die from it, almost certainly because of late presentation by men.



What should you do for men's health week?

- Take a walk
- Go for a jog
- Hit the gym
- Visit your doctor
- Take a Health Assessment
- Become Informed



Home Safety Month 2009

This year's Home Safety Month campaign theme – Hands on Home Safety – asks the public to take some simple hands-on steps to create a safer home environment from the five leading causes of home injury – falls, poisonings, fires and burns, choking/suffocation and drowning. HSC offers turnkey resources to help families nationwide learn how to be “hands-on” with proper home safety practices.

5 Tips to eliminate those leading causes of home injury:

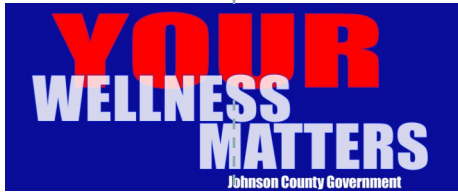
- 1) Have grab bars in the shower/tub
- 2) If you see the words “caution”, “warning”, “danger”, or “poison”, lock those items in a

place where children cannot reach them

- 3) Have working smoke alarms and hold fire drills.
- 4) Things that can fit through a toilet paper tube can cause a young child to choke. Keep coins, latex balloons and hard round foods, such as peanuts and hard candy, out of children's reach.
- 5) Stay within an arm's length of children in and around water. This includes the bathroom, toilet, pools and spas— even buckets of water.



For more tips visit: <http://www.homesafetycouncil.org/homesafetymonth>



JOHNSON COUNTY
PARK & RECREATION
DISTRICT



Did You Know?

Now is the time to qualify for the HRA Incentive for 2010. Current employees must take the HRA by July 12, 2009.

As long as the HRA was taken on or after January 1 through July 12, 2009, it will be counted.

New employees hired or employees transferring from a noncovered to a medical plan eligible category (e.g. part-time to full-time) after June 1 but before October 1 have until November 1 to take the HRA.

The HRA can be taken from your personal computer at home, your computer at work or one of the 12 sites where free health screenings and HRA kiosks are provided.

To take the HRA, it is recommended, but not mandatory, that you have recent lab results (specifically cholesterol and glucose and blood pressure screening). To obtain these lab results you can use the ones received during an annual physical examination or other physician's visit within the preceding six months or receive a free health screening at one of the scheduled free screenings offered by the County.

King Ranch Chicken

Servings: 10

Ingredients

- 3 pounds skinless, boneless chicken breast, cooked and cubed
- 2 cans low-fat condensed cream of mushroom soup
- 2 cans low-fat condensed cream of chicken soup
- 1 can Ro-Tel® tomatoes with green chilies
- 1 green pepper, chopped
- 1 large onion, chopped
- 1 - 6 1/2 ounce package corn tortillas
- 2 cups shredded fat free cheddar cheese

Directions

Preheat oven to 300°F.

Sauté green pepper and onion in nonstick skillet sprayed with cooking oil spray. Mix sautéed green pepper and onions with both soups, tomatoes with chilies and cubed chicken.

In a 13 x 9 casserole dish, layer mixture alternately with tortillas and cheese. (Make sure fat free cheese is not on top - it melts in better)

Bake at 300°F for 40 to 45 minutes

Per Serving: 247 Calories
5g Fat (19% calories from fat)
37g Protein
11g Carbohydrate
1g Dietary Fiber
73mg Cholesterol