

Save Your Vision

More than 20 million Americans suffer from vision loss. Although most eye diseases cannot be prevented, these few simple steps can help maintain the health of your eyes and reduce the chances of future loss of vision.

Wear UV Blocking Sunglasses

UV blocking sunglasses can prevent many conditions such as retinal damage. Proper sunglasses also protect the delicate eyelid skin from deep wrinkles and skin cancer around the eye.

Don't Smoke

Tobacco smoking is linked to many adverse health effects including the risk of developing cataracts. If you smoke, you are twice as likely to develop macular degeneration and three times more likely to develop cataracts compared with a nonsmoker.

Eat Right

Vitamin deficiency can impair retinal function. Vegetables, especially leafy green ones, should be an important part of your diet. Researchers have found people on diets with higher levels of vitamins C and E, zinc, lutein, zeaxanthin, omega-3 fatty acids DHA and EPA are less likely to develop early and advanced macular degeneration.

Eye Protection

An estimated 2.5 million eye injuries occur in the U.S. each year. It is critical to wear proper eye protection to prevent eye injuries during activities such as working, sports or handling hazardous material.

Eye Exams

Most eye care experts recommend a comprehensive eye exam every one to two years depending on your age, risk factors and whether you currently wear corrective lenses. Adults with no signs or risk factors for eye disease should get a baseline eye disease screening at age 40 - the time when early signs of disease and changes in vision may start to occur. Based on your individual results, your eye doctor will determine the necessary intervals for follow-up exams.

Regular eye exams can catch problems before it's too late and help to save your vision. If you need assistance scheduling an eye exam call Service Coordination today!

Have you had your routine eye exam?

For assistance scheduling an appointment, call Service Coordination today!

(888) 977-3319

For full article, visit :
<https://www.cdc.gov/features/healthyvision/index.html>



SAFETY TIPS

MARCH 2018

Are you Driving while Distracted?

Anything that takes your attention away from driving is a distraction. Sending a text message, talking on a cell phone, using a navigation system and eating while driving are a few examples of distracted driving. Distractions endanger lives. Three main types of distractions are:

Visual - Taking your eyes off the road

- Reading a text message
- Looking up directions

Manual - Taking your hands off the wheel

- Reaching for things inside the vehicle
- Using a hand-held device
- Eating or drinking

Cognitive - Taking your mind off of driving

- Talking on the phone
- Thinking about your next activity

Texting while driving combines all three types of distraction. Sending or reading a text message takes your eyes off the road for about 5 seconds - long enough to cover a football field while driving at 55 mph.

Prepare for Your Trip

Do whatever it takes to prepare for your trip before you start driving. Make sure everyone's safety belts are buckled. Know the directions to your destination and set your GPS ahead of time. Eliminate eating, drinking or finding the perfect music. If you're driving an unfamiliar vehicle take the time to get acquainted with the car before you start.

Take Breaks

Breaks are especially important during long trips - for yourself and your passengers. Breaks give you and your passengers a chance to stretch your legs, take care of calls, grab a bite to eat and check for restroom facilities.

Don't Drive Drowsy or Emotional

If you're sleepy or emotional, don't drive. Inattention to driving creates a huge cognitive distance between you and the road in front of you.

Discipline yourself to follow the rules of the road and keep up with changing traffic laws and directions. Careful drivers set a good example and can make a huge difference!

To schedule a safety talk, call Service Coordination today!

(888) 977-3319

For full article, visit:
https://www.cdc.gov/motorvehiclesafety/distracted_driving/index.html



Recipe



Cajun Jambalaya

Ingredients (4 servings)

- 3 1/2 cups cooked brown rice
- 2 tsp canola oil
- 1 lb boneless, skinless chicken breasts (cut into 1-inch pieces, all visible fat discarded)
- 3 tsp sodium-free Cajun spice blend
- 1 (14.4 oz) package frozen stir-fry onions and peppers, thawed
- 1 (14.5 oz) can no-salt-added, diced tomatoes
- 1/2 tsp dried thyme
- 1/2 tsp garlic powder
- 1/4 tsp salt
- 1/4 tsp ground black pepper
- 1/2 pound medium or large shrimp, shelled and deveined
- 1/3 cup scallions

Directions

1. Make brown rice according to package directions or use packaged cooked rice.
2. Add canola oil to a Dutch oven and warm over medium-high heat. Add chicken pieces and 1 tsp Cajun spice/chili powder. Stir constantly until chicken is cooked - about 5 minutes.
3. Add thawed onions and peppers, diced tomatoes, thyme, garlic powder, salt and pepper. Stir and let mixture come to a boil. Reduce heat and let simmer about 5 minutes.
4. Increase heat to bring mixture to a boil. Add shrimp and stir constantly. Cook until shrimp are pink and fully-cooked - about 2 to 4 minutes depending on the size of shrimp.
5. Stir in the cooked rice. Heat about 1 to 2 minutes.
6. Remove jambalaya from heat.
7. Garnish with scallions and serve.

NUTRITION FACTS

Calories 438
 Total Fat 7.5g
 Cholesterol 144mg
 Sodium 428mg
 Total Carbohydrates 51.6g
 Protein 38.3g

For full recipe and nutritional facts, go to:
<https://recipes.heart.org/recipes/2059/cajun-jambalaya>

