

## Healthcare Clinic Hours

Monday-Wednesday, Friday

8:00 a.m. to 5:00 p.m.

Thursday

9:00 a.m. to 5:00 p.m.

Phone: (334) 263-8470

Fax: (334) 263-8670

## Pharmacy Hours

Monday-Wednesday, Friday

7:30 a.m. to 5:30 p.m.

Thursday

9:00 a.m. to 5:30 p.m.

Phone: (334) 263-8460

Fax: (334) 263-8660

Authors: Camille Quiles,

PharmD, BCACP



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## 12 Ways to Have a Healthy Holiday Season



Follow these twelve steps to brighten the holidays by making your health and safety a priority.

- 1. Wash hands often to help prevent the spread of germs.** Wash your hands with soap and clean running water for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.
- 2. Bundle up to stay dry and warm.** Wear appropriate outdoor clothing: light, warm layers, gloves, hats, scarves, and waterproof boots.
- 3. Manage stress.** Give yourself a break when you seem stressed and overwhelmed. Find support, connect socially, and get plenty of sleep.
- 4. Don’t drink and drive.** Drinking and driving puts everyone on the road at risk. Choose not to do so and help others do the same.
- 5. Be tobacco-free.** Avoid tobacco use in any form. Visit the State Wellness Center Tobacco Cessation program to help you quit.
- 6. Fasten seat belts while driving or riding in a motor vehicle.** Buckle up every time, no matter how short the trip and encourage passengers to do the same.
- 7. Get exams and screenings.** Ask your health care provider what health exams and screenings you need and when to get them. Update your personal and family history.
- 8. Get updated on your vaccinations.** Vaccinations help prevent diseases and save lives. Ask your health care provider what vaccines you are due for and when to get them. Everyone 6 months and older should get a flu shot each year.
- 9. Monitor children.** Keep potentially dangerous toys, food, drinks, household items, and other objects out of children’s reach. Protect them from drowning, burns, falls, and other potential accidents.
- 10. Practice fire safety.** Most residential fires occur during the winter months. Do not leave fireplaces, space heaters, food cooking on stoves, or candles unattended. Have an emergency plan and practice it regularly.
- 11. Prepare food safely.** Wash hands and surfaces often, avoid cross-contamination, cook foods to proper temperatures and refrigerate foods promptly.
- 12. Eat healthy and stay active.** Eat fruits and vegetables, limit portion sizes, and restrict foods high in fat, salt, and sugar. Be active.

# Food Safety Tips for the Holidays

## Pregnancy and Food

Pregnant women are 10 times more likely than others to get listeriosis, a rare but deadly foodborne infection caused by the bacteria *Listeria*. So take extra care if you're pregnant or preparing food for someone who is.

- **Avoid raw or unpasteurized milk and products made with it, such as soft cheeses like queso fresco, Brie, feta, or goat cheese.**
- **Avoid drinking raw or unpasteurized juice and cider.**
- **Avoid smoked seafood that is sold refrigerated unless it is incorporated into a cooked dish.**
- **Avoid holiday beverages that could contain alcohol, including punch and eggnogs.**



**Feasting with family and friends is part of many holiday celebrations. Follow these simple tips to keep safe from food poisoning, or foodborne illness, during the holidays.**

1. **Wash your hands.** Be sure to wash your hands with soap and water during these key times when you are likely to get and spread germs:
  - Before, during, and after preparing food
  - After touching raw meat, raw eggs, or unwashed vegetables
  - Before eating or drinking
  - Before and after caring for someone who is sick
  - Before and after treating a cut or wound
  - After blowing your nose, coughing, or sneezing
  - After using the toilet, changing diapers or cleaning up a child who has used the toilet
  - After touching an animal, animal feed, or animal waste
  - After touching garbage
2. **Cook food thoroughly.** Meat, poultry, seafood, and eggs can carry germs that cause food poisoning. Use a food thermometer to ensure these foods have been cooked to the safe minimum internal temperature. Roasts, chops, steaks, and fresh ham should rest for 3 minutes after removing from the oven or grill.
3. **Refrigerate or freeze any perishable food within 2 hours.** Bacteria can grow rapidly at room temperature. After food is cooked, keep hot food hot and cold food cold.
4. **Use pasteurized eggs for dishes containing raw eggs.** *Salmonella* and other harmful germs can live on both the outside and inside of eggs. Always use pasteurized eggs when making certain dishes that contain raw eggs like eggnog, tiramisu, and Caesar dressing.
5. **Do not eat dough or batter.** Dough and batter made with flour or eggs can contain harmful germs like *E.coli* and *Salmonella*. Do not taste or eat unpasteurized dough or batter of any kind, including those for cookies, cakes, pies, biscuits, or pizza.
6. **Keep foods separated.** Keep meat, poultry, seafood, and eggs separate from all other foods at the grocery and in the refrigerator. Prevent juices from meat, poultry, and seafood from dripping or leaking onto other foods by keeping them in containers or sealed plastic bags. Store eggs in their original carton in the main compartment of the refrigerator.
7. **Safely thaw your turkey.** Thaw turkey in the refrigerator, in a sink of cold water that is changed every 30 minutes, or in the microwave. Avoid thawing foods on the counter.



## Keep Active this Holiday Season

Did you know that middle-aged and older adults are among the most physically inactive age groups in the country?

- About 27% of adults aged 45 to 64 years and 39% of adults aged 65 years or older are inactive.

Regular physical activity, including walking, can help lower your risk for heart disease, stroke, type 2 diabetes, depression, and some cancers. Risk increases as people get older. Regular physical activity can also help control weight, improve sleep, and help maintain independence, reduce risk of falling, and delay the start of mental decline.

To gain health benefits, national guidelines recommend that adults should obtain at least 150 minutes a week of moderate-intensity aerobic physical activity, or 75 minutes a week of vigorous-intensity aerobic physical activity. A brisk walk is a great way to accumulate weekly minutes towards meeting these goals.

An easy way to get exercise in during the holidays is to start walking in your local mall. Malls have features that make walking in them particularly appealing, such as stable temperatures, convenient restrooms, even walking surfaces, security, and seats and benches where one can rest for a while in the middle of a walk. Mall walking and mall walking programs can provide safe, convenient, and warm places for you to be active this season.

Enjoy the mall's holiday decorations and music, and take advantage of where you are to do some shopping for your kids and grandkids.

**Looking for a mall walking program in Montgomery?**

**Eastdale Mall and Baptist Health have designed the unique Out To Walk program as a safe and exciting way to gain physical fitness.**

**Members can exercise by walking in a safe, temperature-controlled environment of the mall. They also have the opportunity to participate in blood pressure checks and a variety of health-related educational sessions.**

**Monday – Friday starting at 6AM**

**Saturday starting at 9AM**

**Sunday starting at 10AM**

**No cost is involved.**

**For more information, visit <https://shopeastdale.com/services/>**



State Wellness Center  
101 S. Union Street  
Montgomery, AL 36104

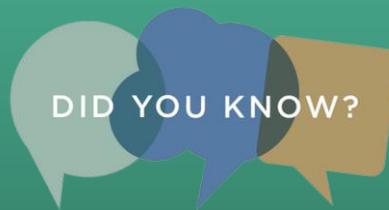
The State Wellness Center and Pharmacy is a healthcare facility conveniently located in downtown Montgomery offering a variety of services to state and local government employees and their covered dependents, ages 12 and older. Our mission is to provide a convenient, economical source of urgent care and preventative care services when you are unable to see your primary healthcare provider. Our team of medical professionals is dedicated to providing the highest quality of care and excellent service while also encouraging a continued relationship with your own personal physician.

### State Wellness Center Services

- Treat minor illnesses
- Provide health education & monitoring
- Check health progress between appointments
- Share information with your physician
- Monitor efficacy & safety of every medication
- Evaluate out-of-pocket medication expense
- Smoking cessation & weight loss services
- Diabetes education program
- Anticoagulation monitoring services
- Immunizations & injectable medications administration
- Develop a personalized medication plan
- Monitor control of chronic illnesses
- Medication check-ups
- Medication therapy management
- Sports physicals (ages 12 and up)

CALL FOR AN  
APPOINTMENT TODAY!  
(334) 263-8470

State Wellness Center and Pharmacy Issue 12 December 2019



With your SEHIP insurance you can fill specialty drugs locally in Montgomery at SEIB Pharmacy. You can pickup at our pharmacy or have it scheduled to be delivered to your State Office in Montgomery. Whether you are just starting a specialty medication or are currently taking one, we can help you!

Contact a member of our pharmacy team at 334-263-8460.

### References

1. <https://www.cdc.gov/features/healthytips/index.html>
2. <https://www.cdc.gov/features/holidayfoodsafety/index.html>
3. [https://www.cdc.gov/nccdphp/dnpao/features/mall-walking-winter/index.html?CDC\\_AA\\_refVal=https%3A%2F%2Fwww.cdc.gov%2Ffeatures%2Fmall-walking-winter%2Findex.html](https://www.cdc.gov/nccdphp/dnpao/features/mall-walking-winter/index.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Ffeatures%2Fmall-walking-winter%2Findex.html)