

# WellsBrooke Ink

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JANUARY 26, 2007

## ***A New You for the New Year***

Happy New Year to you and your family! Are you excited about the new year? Every new year offers new possibilities, along with challenges.

When we think of the new year, we think of New Year's resolutions. Have you set some challenging new year's resolutions for yourself? Resolutions can be empowering, especially if we meet our goals. Here is a list of some of the most common resolutions:

1. Spend more time with family and friends
2. Focus on fitness/lose weight
3. Quit smoking
4. Get out of debt
5. Learn something new
6. Help others

7. Get organized

If we set our goals high, and don't meet them, it can be discouraging.

Many people set the same goals over and over again with very little success. What's the secret to success? Experts say:

- Have reasonable expectations
- Break down your goal into smaller steps
- Be prepared for obstacles
- And DON'T GIVE UP!!

At WellsBrooke, we are anxious to support you in making positive changes



**The majesty of a winter wonderland reminds us that anything is possible.**

in your life. That's why we will be offering workshops throughout the year to assist you in making lifestyle changes in areas such as understanding nutrition, breaking bad habits, improving fitness, and more.

Watch our upcoming issues for more information.

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**We're on the Web!**  
**www. Wellsbrooke.com**

## ***Winter Driving Tips***

### **Driving in Snow and Ice**

The best advice for driving in bad winter weather is not to drive at all, if you can avoid it. Don't go out until the snow plows and salt trucks have had a chance to do their work,

and allow yourself extra time to reach your destination.

If you must drive in snowy conditions, make sure your car is prepared and that you know how to handle road conditions. It's helpful to practice

winter driving techniques in a snowy, open parking lot, so you're familiar with how your car handles. Consult your owner's manual for tips specific to your vehicle.

## ...more driving tips

Driving safely on icy roads

- Decrease your speed and leave yourself plenty of room to stop. You should allow at least three times more space than usual between you and the car in front of you.
- Brake gently to avoid skidding. If your wheels start to lock up, ease off the brake.
- Turn on your lights to increase your visibility to other motorists.
- Keep your lights and windshield clean.
- Use low gears to keep traction, especially on hills.
- Don't use cruise control or overdrive on icy roads.
- Be especially careful on bridges, overpasses and infrequently traveled roads.
- Don't pass snow plows and

salt trucks. The drivers have limited visibility.

- Don't assume your vehicle can handle all conditions. Even four-wheel and front-wheel drive vehicles can encounter trouble on winter roads.
- If your rear wheels skid...*
- Take your foot off the accelerator.
  - Steer in the direction you want the front wheels to go. If your rear wheels are sliding left, steer left. If they're sliding right, steer right.
  - If your rear wheels start sliding the other way as you recover, ease the steering wheel toward that side. You might have to steer left and right a few times to get your vehicle completely under control.

- If you have standard brakes, pump them gently.
- If you have anti-lock brakes (ABS), do not pump the brakes. Apply steady pressure to the brakes. You will feel the brakes pulse -- this is normal.

*National Safety Council, New York State Department of Motor Vehicles, Washington State Government Information & Services*



Connie Scott, HTA Employee  
of the month

We'd like to congratulate Connie Scott as our distinguished employee of the month for January. Connie has always gone above and beyond her call of duty when it comes to caring for her client.

Connie took on the responsibility of Case Coordinator back in October, and has been doing an amazing job ever since. She always puts her client first and is ex-

tremely flexible with her schedule. She has even told our Staffing Coordinator Laura, that she would work 7 days a week if she had to.

We thank you, Connie, and look forward to working with you in 2007!!!



**The beauty of winter can make for hazardous driving.**

## Happy Birthday to You!

Erin Augenblick  
Eric Biondo-Savin  
Terri Carris  
Monique Earby  
Shelly Friedrich

Sherika Gantt  
Victoria Hardeman  
Candle Meyers  
Lisa Perez  
Mary Randall

Karman Reed  
Robin Stanley  
Angela Washington  
Krista Wohlgamuth

## Winter Well-Being: Jump Start your Immunity

Consider these healthy tips:

- Eat your fruit and veggies. Beta-carotene, an antioxidant found in yellow and orange produce like winter squash, carrots and mangoes, helps your body repel infection-causing germs.
- Include a daily dose of raw garlic in your diet to boost immunity. Try crushing and swallowing it like a vitamin pill, or chop it and add it to salad dressing. If you find the taste too strong, keep in mind that cooked garlic has benefits, too.
- Eat yogurt to get a daily dose of probiotics, good bacteria that guard against

gastrointestinal infections. Look for containers of yogurt, acidophilus milk and kefir that are labeled as "including L-acidophilus."

- Get at least eight hours of sleep per night. Studies show that a good night's sleep increases your resistance to colds and flu.
- Keep exercising. Physically active people catch fewer colds and respiratory infections. Just be sure to dress warmly and look out for ice!

If a cold or flu does get past your immune

system, enjoy a delicious steaming bowl of homemade chicken soup. Studies show that "Grandma's penicillin" eases cold symptoms by thinning nasal secretions and clearing congestion.



Take care of yourself, then you'll be able to take care of others.

## Stay Away from the Flu! Pandemic Flu Prevention

By Mary Beljan, RN, BS, MPH, BSN

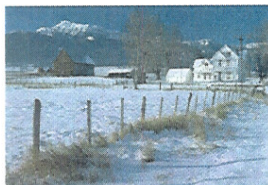
Some of the most important tools in preventing pandemic flu are:

- Rapid detection
- Rapid diagnosis
- Vaccination
- Antiviral drugs
- Social Intervention

A vaccine for use against pandemic flu can only be produced once the strain has been identified, which means vaccines will not be available immediately. Antiviral drugs are the only other medical treatment they have limitations in their use, including uncertainty as to their effectiveness.

You can reduce chances of spreading the flu by:

- Covering nose and mouth when coughing or sneezing
- Disposing of dirty tissues promptly and carefully
- Avoiding nonessential travel and large crowds
- Staying home when sick



Cold weather can bring with it many kinds of bugs.

- Maintain good basic hygiene, such as frequent hand washing with soap
- Clean hard surfaces (counters, door handles) with antibacterial products
- Make sure children follow these suggestions, too.

For more information on pandemic flu, visit the following websites:

[www.michigan.gov/mdch](http://www.michigan.gov/mdch)  
[www.pandemicflu.gov](http://www.pandemicflu.gov)

Jump rope rhyme heard in streets of 1918 Pandemic:

*"I had a little bird, its name was Enza. I opened the window and in-flu-enza."*

Pandemic

Influenza

causes a global outbreak of serious illness that spreads easily from person to person. It is much more serious than the ordinary flu.