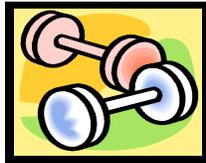




MAY 2009 This issue ➤ Healthy Bones • City Events • Featured Benefit • Bike to Work Day • Recipe

Healthy Bones as We Age

More than 10 million Americans over age 50 have osteoporosis – a disease that causes bones to become thin, weak and brittle. Another 34 million are at risk for developing this serious disease. While an immediate consequence is bone fracture, osteoporosis can lead to a decline in general physical health and quality of life, like losing the ability to walk, stand up, or dress unassisted.



Osteoporosis is a “silent” condition because many people don’t know their bone health is in jeopardy. And it’s not only women who need to worry about it. While post-menopausal white women are at greatest risk, osteoporosis affects men and women of all races.

Osteoporosis Prevention

With healthy nutrition, physical activity, and regular medical screenings, you can improve your bone health.

- Do weight-bearing and resistance exercises
- Don’t smoke
- Drink alcohol only in moderation
- Talk to your healthcare provider about bone health
- Get enough calcium and vitamin D:

Calcium

Age	Daily Amount
Age 50 or less	1,000 mg
Over age 50	1,200 mg

Vitamin D

Age	Daily Amount
Age 50 or less	400-800 IU
Over age 50	800-1,000 IU

Go to the National Osteoporosis Foundation at www.nof.org for more information.

City Wellness Events

EAP Presentations

Making the Most of Your Memory

May 12 and May 27
12 noon – 1:00 PM
Seattle Municipal Tower
Room 4050/4060

Advanced Directives & Living Wills

May 19
7:30 – 8:30 AM
Rainer Community Center
Conference Room

May 21
7:30 – 8:30 AM
Bitter Lake Community Center
Conference Room

Downtown Mammography Screening – July 27-31

Save the dates.....and look for more details in future editions of *Take Charge!*

Weight Watchers at Work

Seattle Municipal Tower meetings
Thursdays, 11:30 a.m. – 12:30 p.m.
Conference Room SMT/2750

For information, contact Patty Kelley at (206) 615-1489 or patty.kelley@seattle.gov

Need more choices? Go to www.weightwatchers.com or call (1-800-828-9675) for information on organizing meetings at your work site.

Featured City Benefit

Need support with marital concerns, family issues, depression, or substance abuse? Wellspring Family Services Employee Assistance program provides counseling services on a variety of issues facing individuals and families today – by phone or in person – at no expense to you. Call Wellspring Family Services EAP at 206-654-4144. TTY 206-451-1341.

You or your family members may have up to six counseling visits per year. If on-going counseling is advised, you will be referred with regard to your medical plan. EAP services also include child care referral, elder care resources, and general legal and financial information.

Bike to Work Day – May 15

Friday, May 15 is Starbucks Bike to Work Day with over 40 commute stations throughout the region – goodies and free bike checks along the way.



Register for Bike to Work Month starting May 6 at <http://www.cbcef.org/>.

Money Saving Tips

- Use cash instead of debit or credit** – makes spending more real
- Go to a park or visit a friend** – prevent unnecessary shopping
- Avoid catalogs** – avoid the temptation
- Lend and borrow** – give books, clothes and toys to friends and family. Borrow what you need instead of buying.

General Information:

Take Charge! is meant to serve as a general health guide. Contact your health care professional if you have health concerns.

Smoking and Osteoporosis

Did you know that cigarette smoking was first identified as a risk factor for osteoporosis over 20 years ago?

- ◆ The longer you smoke and the more cigarettes you consume, the greater the risk of bone fracture in old age.
- ◆ Smokers who fracture usually take longer to heal than non-smokers.
- ◆ Significant bone loss has been found in men and women who smoke.

It's never too late to quit. Call the City's free tobacco cessation program - Free and Clear at 1-866-784-8454.

Tex-Mex Chili Pie

- 1 pound extra-lean ground beef
- 1 15.5-ounce can black beans, no salt-added
- 1 14.5-ounce can no-salt-added diced tomatoes, undrained
- 1 8-ounce can no-salt-added tomato sauce
- 1/2 cup water
- 1/2 cup chopped red onion
- 1/2 medium yellow bell pepper, chopped
- 1/2 medium green bell pepper, chopped
- 1 teaspoon chili powder
- 1 teaspoon salt-free all-purpose seasoning blend

- *****
- Cooking spray
- 4 6-inch corn tortillas
- 1/2 cup shredded fat-free Cheddar cheese
- 1/4 cup fat-free sour cream

Cook beef over medium-high heat 6-8 minutes, or until browned. Transfer to a 2- to 3-quart slow cooker. Add chili ingredients to cooker, stirring to combine. Cook on high 3-4 hours.

Preheat oven to 375°F. Spray baking sheet with cooking spray. Using sharp knife, cut each tortilla into 8 triangles. Place on sheet. Lightly spray the tops with cooking spray. Bake 8-10 minutes.

Ladle chili into bowls with chips. Serve with cheese and sour cream.

Nutrition Analysis (Serves 4; 1.5 cups per serving)

Calories	371
Total Fat	6.5 g
Saturated Fat	2.5 g
Polyunsaturated Fat	1.0 g
Monounsaturated Fat	2.5 g
Trans Fat	0.0 g
Cholesterol	67 mg
Sodium	317 mg
Carbohydrates	4 g
Sugars	12 g
Fiber	8 g
Protein	39 g

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