

# Employee Health Newsletter

## Upcoming Events

- **Martin Luther King Day.**  
Monday, January 16

### Inside this issue:

Birth Defects	2
Cheers to winter	2
Compliment Day	3
Healthy Recipe Dish	3
Mannequin	3
Happy New Year!	3
Calendar	4

## Correction

A Spotlight story in last month's publication misquoted the Medical Academy's Nurse Nancy Mackey. The corrected version appears at GroveWatch.com.

## Stalking: Know It, Name It, Stop It

By Baron Brown

According to a 2016 report by the U.S. National Center for Victims of Crime, stalking is defined as "virtually any unwanted contact between two people that directly or indirectly communicates a threat or places the victim in fear."

### Stalking can include:

- Repeated, unwanted, intrusive, and frightening communications from the perpetrator by phone, mail, and/or email.
- Repeatedly leaving or sending victim unwanted items, presents, or flowers
- Following or waiting for the victim at places such as home, school, work, or recreation place
- Making direct or indirect threats to harm the victim, the victim's children, relatives, friends, or pets
- Damaging or threatening to damage the victim's property

### Stalking and Domestic Violence

Stalking charges often come in relation to domestic violence cases, where one party has intimidated or threatened violence against the victim. Anyone can be targeted by a stalker. Often, stalkers are former spouses or partners. A stalker may target a public figure or celebrity, a child, a casual acquaintance or a complete stranger.

What Should the Victim Do?

- **Notify the Police:** This is the first thing victims of stalking incidents should do.
- **Maintain a Record:** The victim should maintain in a detailed record of each encounter with the stalker. Included in this record of incidents should be dates, times, locations, complete description of the offender, words spoken, actions taken during the incident, actions taken afterward and names of witnesses.
- **Seek A Protection Order:** are court orders intended to keep the stalker away from the victim by making it illegal for the stalker to have contact with the victim.

### Prevention Techniques:

- The victim should be very careful about locking their motor vehicle and be sure no one has hidden in the vehicle before entering it
- If the victim works outside the home, the victim may want to have someone escort them to and from their motor vehicle.
- The victim should avoid walking alone in dark areas at night or in isolated areas any time of the day
- The victim may want to change the locks on their home or apartment.

If you or someone you know is being stalked, please report to your local authority by calling 911.

"To ignore evil is to become an accomplice to it." - MLK Jr.



## Birth Defects



By Taylor Douglas

It's a new year! Families come together, new families develop, and babies are born. During a pregnancy it is important to stay healthy, not just for yourself but for the life that will soon be a part of the world. Approximately 150,000 babies are born each year with birth defects. Three percent of all children born in the U.S. have a major malformation at birth.

A birth defect is a problem that happens while a baby is developing in the mother's body. Most birth defects happen during the first three months of pregnancy. Birth defects may affect how the body looks, works or both. They change the shape or function of one or more parts of the body. Luckily some birth defects can be prevented. Taking folic acid (B vitamin. Helps the body make healthy new cells) can help prevent some birth defects.

### Prevention

Not all birth defects can be prevented. But there are things that a woman can do before and during pregnancy to increase her chance of having a healthy baby:

- ◆ Don't drink alcohol, smoke or use "street" drugs.
- ◆ Talk to a healthcare provider about any medications you are taking or thinking about taking.
- ◆ See your healthcare provider regularly and start prenatal care as soon as you think you might be pregnant.

## Cheers to the winter...in Florida

By Carnelie Guillaume

Florida has the sunniest winter climate in the eastern United States, and the highest average January temperatures in the nation. Surrounded by warm water, Florida rarely gets cold, even in winter, and the sun is almost always shining. When Floridians do complain about the winter weather, they complain about the strange way you have to dress. When you leave home in the morning, the temperature can be cool and crisp, tempting you to wear sweaters and a coat, but by lunchtime it's 80 degrees and you realize why everyone was encouraging you to 'dress in layers.' Although we can not control the climate temperature but we can control our body temperature. Here's how:

- Dress appropriately for winter weather and don't forget the sunscreen
- Wear layers so you can adjust your clothing as temperatures often change drastically throughout the day. Dress so the inner layer allows sweat to escape, the middle layer insulates for added warmth, and the outer layer shields you from wind;
- Stop crucial heat loss by protecting your head, face and neck with hats and scarves, wearing waterproof, insulated gloves and boots; and
- Always use sunscreen, lip protection and skin moisturizer—a sunny day at cool temperatures still involves ultraviolet light exposure. In addition, protect your eyes by wearing sunglasses.

*"Cheers to a new year and another chance for us to get it right." — Oprah Winfrey*

---

WE'RE ON THE WEB @

GROVEWATCH.COM

---

# HEALTHY DISH RECIPE

## Honey-Apricot-Glazed Chicken

### Preparation:

1. Rinse chicken, and pat dry. Combine flour, salt, and pepper in a large zip-top plastic freezer bag. Place chicken pieces in bag; seal bag, and shake to coat. Remove chicken.
2. Heat olive oil in a large skillet over medium-high heat until hot; add chicken. Cook 3 minutes on each side or until lightly browned. Place chicken in a greased 5-qt. oval-shaped slow cooker, reserving drippings in skillet.
3. Cook mushrooms and onion in hot drippings 5 minutes or until tender. Add mushroom mixture, broth, capers, and artichokes to slow cooker. Cover and cook on Low 4 hours or until chicken is tender.

### Recipe Time

**Hands-on:** 15 Minutes

**Total:** 4 Hours, 15 Minutes

### Ingredients:

- ◆ 3 tablespoons olive oil
- ◆ 2 (4-oz.) packages assorted wild mushrooms
- ◆ 2 3/4 cups vertically sliced Vidalia or other sweet onion
- ◆ 1 cup chicken broth
- ◆ 3 tablespoons drained capers
- ◆ 1 (12-oz.) jar marinated artichoke hearts, un-drained
- ◆ 1 cup chicken broth
- ◆ 3 tablespoons drained capers
- ◆ 1 (12-oz.) jar marinated artichoke hearts, un-drained
- ◆ 2 skinned, bone-in chicken breasts
- ◆ 2 chicken drumsticks
- ◆ 2 skinned, bone-in chicken thighs
- ◆ 3 tablespoons all-purpose flour
- ◆ 1 teaspoon table salt
- ◆ 1/2 teaspoon freshly ground black pepper
- ◆ 3 tablespoons olive oil
- ◆ 2 (4-oz.) packages assorted wild mushrooms
- ◆ 2 3/4 cups vertically sliced Vidalia or other sweet onion
- ◆ 1 cup chicken broth
- ◆ 3 tablespoons drained capers
- ◆ 1 (12-oz.) jar marinated artichoke hearts, un-drained



### Share a compliment

Compliment Day is celebrated by offering sincere compliments to people you know. It is important that you are sincere. People will see right through insincerity, and you will do more harm than good.

**Watch the Medical Academy Mannequin Challenge**



Medical Mannequin Challenge.MOV

# January 2017

Sun

Mon

Tue

Wed

Thu

Fri

Sat

1 	2 WINTER BREAKK	3 WINTER BREAKK	4 WINTER BREAKK	5 WINTER BREAKK	6 WINTER BREAKK	7
8	9	10	11	12	13	14
15	16 MLK Day	17	18	19 LTM	20	21
22	23	24	25	26	27	28
29	30	31				



Produced by Health Newsletter Team

Carnelie Guillaume, Editor

Taylor Douglas, Writer

Baron Brown, Writer

Ruchama LaFontant, Writer