



# HEALTH ISSUES

## NEWSLETTER



**BE ACTIVE,  
BE SAFE**

Summer is finally here! This means we can get outside more often and enjoy our favourite summer time activities. Whether it's in-line skating, golfing, canoeing, camping, swimming, gardening, or zooming around on a personal watercraft, there are many activities to get you outside. However, we must remember that with each activity, accidents can occur. Yet, these are not all accidents. In most cases, 90% of unintentional injuries (often called accidents) are predictable and preventable. The problem for many of us is that we don't see the daily risks for injury and we often don't think about how we can manage those risks.

Together, we need to focus on protecting ourselves from risks that can result in injury. You are not alone if you are surprised to learn just how common and serious preventable injuries are. In fact, injuries are the leading cause of death for those aged 1-44 years. In Ontario, 2000 residents are injured daily. That means one person will be injured every minute of every day. Financially, injuries are a burden to all of us. Recent research has found that in Ontario, over three billion dollars in direct and indirect costs are being spent as a result of preventable injuries (e.g. falls, fires, drowning, car crashes, etc.). This emphasizes the need for all of us to play a role in encouraging, educating and supporting individuals to limit risks and play safely.

Although the amount of risk in our lives may at times feel overwhelming, we should not live in fear every time we step out the door. No matter what, there will be some risk in what we do within our environment. We need to educate ourselves and family members about the risks that are within our control, and how to take precautions to protect ourselves

### inside this issue

- BBQ Food Safety
- Work Up a Sweat in the Sun
- Summer Smog Days
- Picnic Food Safety
- Take a Bite Out of West Nile Virus
- Local Events, and more...

## Working TOWARD Wellness at DCCI

from them. All adults should lead by example, think about potential risks associated with the activity you are going to do and plan ahead to reduce everyone's risk of injury.

By identifying potential risks and preparing ourselves for them, we can minimize the possibility of being injured. Small things such as always wearing the recommended safety gear, obeying the rules of the road and ensuring equipment is the proper size, is safe and is in good working condition can go a long way to promoting an active and safe summer for all of us!

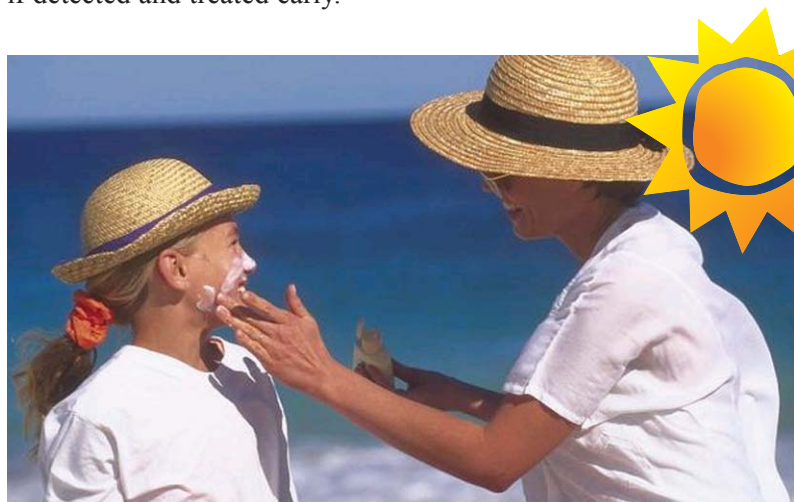


**Wanted...**  
*Your ideas to plan the future of your Wellness Program!*  
Your confidential employee health questionnaire will be coming soon.

# WORKING UP A SWEAT

## WORKING UP A SWEAT IN THE SUN

If you work, play or relax outside then you are often exposed to the sun's ultraviolet (UV) radiation, including UVA and UVB rays. UVA rays penetrate deep into the skin and contribute to wrinkling of the skin, premature aging and skin cancer. UVB rays are stronger than UVA. They primarily affect the skin's outer layers and are thought to be the primary cause of sunburn, skin aging and skin cancer. UVB rays tend to be more intense during the summer months, at higher altitudes and locations closer to the equator. UV radiation from the sun is highest in spring and summer from 11:00 a.m. to 4:00 p.m. For example, in the summertime at noon on a clear day a person can sunburn in as short a time as 15 minutes. While not the most common type of cancer, there are approximately 44,000 cases of skin cancers per year in Canada. Fortunately, skin cancer is almost always curable if detected and treated early.



To reduce exposure to the sun's UV rays, you can:

- Wear a wide brimmed hat that shades the face, ears and neck.
- Wear tightly woven clothing covering as much of the body as possible.
- Apply sunscreen with a Sun Protection Factor (SPF) of 15 or higher on all exposed skin at least 20 - 30 minutes before going out into the sun. Check the print on the package to make sure the sunscreen filters out both UVA and UVB. Reapply every 2 hours.
- If you will be sweating or are going to be in and out of the water, you may want to consider a waterproof sunscreen. At the very least, apply your regular sunscreen every 30 minutes or so.
- Take regular breaks from the sun in a cool shaded area.

### Sunscreen and DEET

Sunscreen and insect repellent containing DEET may be used together. However, do not use products that combine insect repellents with a sunscreen or vice versa. Apply sunscreen first, wait at least 20 - 30 minutes and then apply the insect repellent right before going outside. Use a sunscreen that has an SPF of 30 or higher and apply more often than you normally would.



### BBQ FOOD SAFETY

If you're planning to BBQ at your picnic or enjoy a grilled meal in your own backyard, keep in mind a few facts about preparing and cooking meat to ensure food safety:

- Completely thaw meat and poultry before grilling so that it cooks evenly. Use the refrigerator for slow, safe thawing. If using the microwave for thawing, be sure to grill the thawed food immediately.
- Marinade in the fridge, not on the counter or alongside the grill.
- Place uncooked and cooked food on separate plates to avoid contamination.
- Keep food in the fridge until there is room on the grill to minimize the time that food is left unrefrigerated before it gets cooked.
- For poultry, it should be cooked well and the temperature should reach 74° C/165° F or higher. Slice the meat to ensure there are no signs of pink.
- Be sure to cook hamburgers and other ground meat well. There should be no pink colour and any juices should be clear.
- Serve cooked meat and poultry immediately once cooked. These foods should not be left out of the refrigerator for more than one hour.

## SUMMER SMOG DAYS

When planning outdoor activities during the summer months, it is important to keep in mind the Air Quality Index or AQI. The AQI tells us about the quality of the air we can expect to breathe as we plan to enjoy our favourite summer activities.

Air quality forecasts fall into three categories:

1. 0-31 means *good* air quality
2. 32-49 is *moderate* air quality, and
3. Readings above 50 indicate *poor* air quality.

When a poor rating is predicted, a smog alert is issued. The Ministry of Environment will issue two types of smog alerts, a **Smog Watch** or **Smog Advisory**. If there is a 50% chance of a high smog day up to three days in advance, a Smog Watch is issued. A Smog Advisory is issued when there is a strong likelihood that a smog day is coming within the next 24 hours.

It is important to be prepared for Smog Advisory days. Outdoor activities in the afternoon and early evening should be avoided on Smog Advisory days. If possible, reschedule any outdoor activities for times during the day when the Smog Advisory is over. You may need to change your plans and if possible, conduct your activity indoors.

When a Smog Advisory is in effect, those who are active outdoors may experience an irritated throat, coughing or wheezing and difficulty breathing because of the poor air quality. The young, older adults and those who have lung (e.g. asthma) or heart conditions are especially at risk and should avoid outside activities during a Smog Advisory.



If you do have to be active outdoors during Smog Advisory days, there are several steps you can take to minimize the effects of smog on your health. Decrease the intensity of your activity. For example, don't engage in strenuous activities that require you to take frequent deep breaths. Drink as much water as you can before, during and after your activity. Make sure you wear a hat and sunscreen. Take lots of breaks in a shady or air conditioned area. Try to avoid areas with high traffic congestion to reduce exposure to smog.

For a detailed explanation on how the AQI is measured and up-to-date air quality forecasts, visit the Air Quality Ontario website at [www.airqualityontario.com](http://www.airqualityontario.com)

## PICNIC FOOD SAFETY

Picnics are a great way to get outside and enjoy the summer weather. But, if the food you take isn't handled safely, it could spell disaster by causing people to become ill. Hazardous foods are those in which food poisoning bacteria can grow rapidly unless proper heating or refrigeration is used. These foods include meats, fish, poultry, dairy products and eggs. To reduce the risk of food poisoning be sure to follow these tips:

- Keep foods at the proper temperature, hot foods hot (60° C/140° F) and cold foods cold (5° C/40° F).
- Use an insulated cooler, not a picnic basket, so that potentially hazardous foods remain at the safe temperature.
- Pre-chill all foods in the refrigerator before packing the cooler. This helps the foods stay cold for as long as possible.
- Place ice packs on top of food items. Include frozen juice packs or other cold drinks to help keep temperatures inside the cooler cold.
- When outside, keep the cooler in the shade and open it as little as possible.
- Remove food just prior to serving and return all leftovers to the cooler immediately or discard them.
- Hand washing is also key to preventing food poisoning. Wash your hands before handling food if the picnic area has the facilities. Otherwise, take some moist towelettes or waterless hand sanitizer for wiping your hands.



FOR MORE INFORMATION ON ANY OF THESE TOPICS CONTACT YOUR LOCAL HEALTH DEPARTMENT

# A J A X AREA INFORMATION

## ANIMAL BITE REPORTING

Report all animal bites and scratches! Human contact with any warm blooded animal whether it is domestic or wild (fox, raccoon, bat) should be reported immediately to the Health Department at one of the following numbers:  
Main Office (Whitby): 905-723-8521 x 2188  
or 1-800-841-2724  
Uxbridge: 905-852-9161  
Fax: 905-433-1591

## CAR SAFETY SEAT CHECK EVENT

The Durham Region Car Safety Seat Committee will be hosting a Safety Seat Check Event. Car seats for children will be checked by qualified volunteers. The event is free to all participants and no charges are laid for improper installation.  
Date: August 17, 2003  
Time: 12:00 p.m. to 4:00 p.m.  
Location: Oshawa Kiwanis Club  
815 King St West, Oshawa

## CHEERIOS MOTHER DAUGHTER WALK FOR HEART & STROKE

Women...Men...Children...  
Families...All walking for women's heart health! Free refreshments and snacks will be provided. Each participant will receive a free goodie bag and there are plenty of other activities as well.  
Date: Sunday, Sept. 21, 2003  
Time: 11:00 a.m. (opening ceremonies) 11:30 a.m. (walk)  
Location: Ajax Rotary Park

## NORTH DURHAM COMMUNITY DAY

A day of festivities is scheduled at the North Durham Community Police Office, including:  
hot air balloon rides • free hot dog barbeque and corn roast • Air-1, tactical, dive, K-9 and marine teams on hand • OPP's vehicle rollover simulator • plus much, much more!  
Date: September 6, 2003  
Time: 10:00 a.m. to 4:00 p.m.  
Location: Community Police Office on Hwy. 12 and Reach Road.  
Contact Information: For more information, contact the North Durham Community Police Office at 905-579-1520 x 2679.



DURHAM REGION HEALTH DEPARTMENT

905-723-5338

Durham Region Health Department staff support the Working Toward Wellness at DCCI program in Durham region.



## AJAX MANUFACTURING

### WELLNESS AT AJAX

To kick off the *Road & Family Safety* initiative, representatives from the Ajax Manufacturing wellness committee greeted employees as they came to work May 7th. Employees received healthy snack bars and copies of an aggressive driving self-quiz. Many smiling employees stopped to chat with their wellness committee members as they picked up their quiz and snack. Anyone who filled out the quiz was eligible to enter a draw to win some prizes. Hopefully everyone that filled out the quiz gained some practical tips to increase their own safety and the safety of their family while driving!



Left: May 21, 2003 - Ajax Manufacturing employee, Tek Ang looks over some safety information from St. John Ambulance at the Road & Family Safety Fair. Right: May 7th, 2003 - Wellness Volunteer, Ron Bain hands out a healthy snack and Aggressive Driving self-quiz to an employee arriving at work.

Ajax also hosted a *Road & Family Safety* Fair on May 21st. This event featured displays from Mothers Against Drunk Driving (MADD), the Brain Injury Association, the Durham Health Department and St. John Ambulance. A popular attraction was a demonstration of the ignition interlock system and the fatal vision goggles by representatives from MADD. The goggles simulate a person's vision while impaired by alcohol. The ignition interlock system can be installed in the vehicle of a person convicted of impaired driving in Ontario. To start the vehicle, the person must blow into the device to ensure their blood alcohol concentration is below a pre-set limit.

Also available at the fair was a laptop computer showing the electronic presentation "Steering Clear of Aggressive Driving." It was an innovative presentation discussing the causes and ways to avoid aggressive driving. After answering a few questions based on the presentation, employees entered a draw for a chance to win one of two vehicle cleaning packages. The winners were Ron Bain and Asha Sharma!

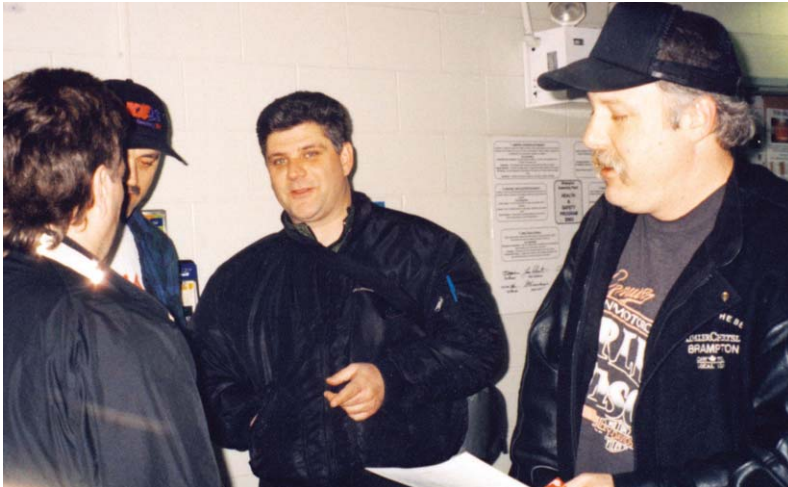


## BRAMPTON ASSEMBLY PLANT

### NEW PRODUCTS BUILDING EXCITEMENT ABOUT WELLNESS

The *Road & Family Safety* initiative at the Brampton Assembly Plant was officially launched May 13th with a giveaway at the gates. As employees entered the plant for their shift, a fellow employee handed out a healthy snack and an aggressive driving self-quiz. The quiz stimulated many conversations and sharing of experiences throughout the plant, especially for those who commute to work everyday.

In June, there was plenty of excitement in the plant as the two new LX products were unveiled for everyone to see. To build on this excitement, the wellness committee planned their *Road & Family Safety* fair in both cafeterias on June 18th and 19th. The displays in the cafeterias from Mothers Against Drunk Driving, St. John Ambulance, Brain Injury Association and Peel Regional Police drew a lot of attention. In fact, within the first fifteen minutes of the fair some employees



Left: *Lorenzo Guarini gives out healthy snacks and the aggressive driving self-quiz to fellow employees: Joe Vig, Gus Berardi and Mark Johnston*  
Middle: *Mario Tjahja, Body Shop, loses his balance wearing fatal vision goggles.*  
Right: *Carolyn Sullivan from the Production Control Department picks up information at the Road & Family Safety fair.*

were on their two-way radios encouraging fellow employees to come and check out the action in the cafeteria. Employees had the opportunity to learn how to properly fit helmets from the Brain Injury Association; aggressive driving and other traffic issues were discussed by the Peel Regional Police; and employees were able to pick up some first aid information from St. John Ambulance. Red ribbons and other giveaway items attracted people to the Mothers Against Drunk Driving display, where fatal vision goggles, which simulate a person's vision while impaired by alcohol, were used to demonstrate a "don't drink and drive" message to employees.

## BRAMPTON MISSISSAUGA AREA INFORMATION

### 11TH ANNUAL CAPPY RIDE

(Child Abuse Prevention & Protecting Youth)  
The CAPPY Club volunteers, Ontario's police forces, sponsors and local charities invite motorcycles to participate in the eleventh annual ride. Scenic routes, rest stops, prizes, free ride t-shirts, lunch and much more.

Date: Saturday, July 26, 2003

Time: 9:30 a.m.

Location: Building Box, Hwy 24 & Hwy. 401

Contact Information: CAPPY Central

1-866-833-3315

\*Departures start at 8:30 a.m. or later from all Ontario Building Box Stores.

### 9TH ANNUAL TEDDY BEARS' PICNIC

Take your stuffed animal to the Teddy Bear Clinic for a check up; take part in some or all of the games and craft activities.

Refreshments will be available.

Date: Sunday, July 27, 2003

Time: 1:00 p.m. to 4:00 p.m.

Location: Benares Historic House,

1507 Clarkson Rd. N., Mississauga

Contact Information: Call the Bears' Action Line at 905-822-1569



### CHEERIOS MOTHER DAUGHTER WALK FOR HEART & STROKE

Women...Men...Children...Families...

All walking for women's heart health!

This is a fun, family walk for people of all ages. Free refreshments and snacks will be provided. Each participant will receive a free goodie bag and there are plenty of other activities as well. Participants raise pledges (\$20 minimum raised there is no registration fee).

Date: Sunday, September 21, 2003

Time: To be announced

Location: Heart Lake Conservation Area

Contact Information: Call 905-451-0021

for more information.



905-791-7800

Region of Peel staff support the Working Toward Wellness at DCCI program in the Peel region.



**MERCEDES-BENZ CREDIT OF CANADA • CHRYSLER FINANCIAL CANADA**  
 A DIVISION OF DAIMLERCHRYSLER SERVICES CANADA

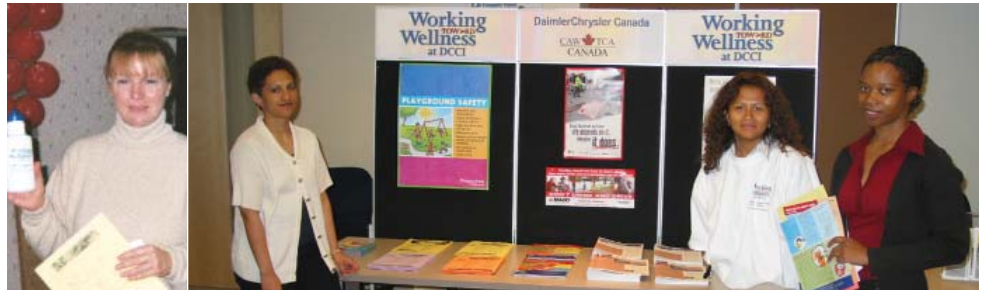


## COURTEOUS DRIVING

To launch the *Road & Family Safety* initiative, the Wellness Committee at Mercedes-Benz Credit of Canada put together an information package for all employees. Each package contained Courteous Driver Contest Ballots, a Demerit Point System card from the Ontario Ministry of Transportation and a flyer advertising upcoming activities. To participate in the contest, employees had to identify a courteous action they did, while driving, to help keep themselves and other motorists safe. The pocket size Demerit Point System card is a useful reminder of the penalties associated with failing to follow the rules of the road.

May 7th, the staff at Mercedes-Benz Credit of Canada were treated to a *Road & Family Safety* fair. A number of community agencies were present, including the Peel Regional Police, Mothers Against Drunk Driving, the Brain Injury Association and St. John Ambulance. Maryann Hrycak, a Mercedes-Benz Credit of Canada Lease Maturity Advisor, found that speaking with representatives from these agencies "really reminds you of how careful one must be on the road" and how important it is to practice "defensive driving". Participation was great and those who attended were treated to a tasty lunch, consisting of a wide variety of delicious sandwiches and wraps.

With the summer weather finally here, the timing was perfect for a lunchtime wellness walk to wrap up the *Road & Family Safety* initiative. On June 19th, an energized group of employees turned out and had a great time socializing and learning about pedestrian safety. Each walker received a bottle of water and a healthy snack to emphasize the importance of proper hydration and healthy eating while being active. Alison Tengler, Joan Hebbes, Faith Green, and Rob Varela each won a Working Toward Wellness hat, water bottle and t-shirt for participating in the walk.



## WALKING TOWARD WELLNESS

The Chrysler Financial Canada Wellness Committee held a *Road & Family Safety* fair May 6th. Plenty of information was available from the Peel Regional Police Department, the Brain Injury Association, St. John Ambulance and Mothers Against Drunk Driving. Many employees took the opportunity to pick up information and resources on safety, attend a bicycle helmet fitting demonstration and pick up other bicycle safety tips for the whole family. Throughout the day there were many balloons around the office with safety related questions inside. Everyone had a chance to win great prizes by popping a balloon and correctly answering the question. Prizes included a vehicle emergency kit, won by Roanna DeLos Santos, and a car detailing package, won by Narinder Nagra!

As part of the *Road & Family Safety* initiative everyone was able to pick up an aggressive driving self-quiz. By completing the quiz, they were able to learn about their own driving habits, good and bad, and ways to steer clear of the negative ones. Many prizes were given away to participants, including car detailing packages, vehicle emergency kits, lube, oil and filter packages from a local Chrysler Dealership and much more.

To wrap up the *Road & Family Safety* initiative close to 50 employees participated in a wellness walk June 19th. "Walking Toward Wellness" gave employees the chance to be active outdoors, learn more about the surrounding area and discuss safety issues. The participation and interest in this event was so positive that the Chrysler Financial Wellness Committee is planning on holding walks on a weekly basis.

Above Left: June 19, 2003 - Walking Toward Wellness at Mercedes-Benz Credit of Canada.

Left: May 7, 2003 - Road & Family Safety Trivia contest winner Faith Green, from Mercedes-Benz Credit of Canada, shows off her Working Toward Wellness at DCCI waterbottle!

Right: May 6, 2003 - Wellness Committee members Deepika Goswami, Carmen Reyes and Marlene Wallace helping out at the Road & Family Safety Fair at Chrysler Financial Canada.



## PARTS DISTRIBUTION CENTRES

### WORKING TOWARD WELLNESS EXPANDS ACROSS COUNTRY

May 14th, employees at the Mississauga Parts Distribution Centre enjoyed a day full of *Road & Family Safety* fun. Staff in the office came to work in the morning and found a cereal bar and the aggressive driver self-quiz on their desks. Many office employees also were lucky enough to receive a Working Toward Wellness hat, t-shirt or water bottle.

Meanwhile, in the area outside of the cafeteria, displays from Mothers Against Drunk Driving, Peel Regional Police, Brain Injury Association and St. John Ambulance had been set up. Free cereal bars, bottles of water and a general buzz in the display area drew employees to the health fair from around the building throughout the day. Once at the safety fair, employees were given the opportunity to participate in the aggressive driver self-quiz and watch a computer presentation on the topic. Some lucky participants won a Working Toward Wellness hat, t-shirt or water bottle.

The Working Toward Wellness Program was "rolled out" to the Parts Distribution Centres (PDCs) across the country at the DCCI/CAW Annual Joint Health and Safety Committee Conference in Grand Bend the beginning of June. Rolly Beaulieu - CAW, Lyle Hargrove - CAW and Windsor-Essex County Health Unit staff along with the committee from the Mississauga Parts Distribution Centre shared the history of



Left: Mike McCarville, Jamie Naigle and Brian Colton test out the Peel Region Police Services two-way radio at the Road & Family Safety fair.  
Right: Indar Ragoo, dispatch clerk, scores himself on the aggressive driving self-quiz.

the program and plans to launch the program at each of the five PDCs to the attending delegates. Welcome to Wellness Vancouver PDC, Red Deer PDC, Winnipeg PDC, Montreal PDC and Moncton PDC! Remember to look for upcoming events at your location.

## BRAMPTON MISSISSAUGA AREA INFORMATION

### GLOBAL TOURNAMENT

The Canadian National Institute for the Blind Halton/Peel is hosting a glow-in-the-dark fundraising golf tournament. Golfers will take to the greens as the sun goes down with a shotgun start and gather in the clubhouse after 9 holes for dessert and prizes.

Date: August 22, 2003

Time: 5:30 p.m. to 12: 00 a.m.

Location: Banty's Roost Golf & Country Club, Caledon East

Contact Information: 905-275-5332 x 57

### PORT CREDIT'S IN-WATER BOAT SHOW

Boaters and dreamers flock to the Marina to check out new and used power and sail boats on display. Enjoy this unique opportunity of climbing on board the vessels floating in the harbour. On shore booths exhibit all type of marine products and a preview of the Southside Shuffle.

Date(s): August 22-24, 2003

Time: August 22 - 10 a.m. - 7 p.m.

August 23 - 10 a.m. - 6 p.m.

August 24 - 10 a.m. - 7 p.m.

Location: Port Credit Harbour Marina, Port Street and Stavebank Road South

Contact Information: 905-278-7742

### THE BRAIN INJURY ASSOCIATION OF PEEL & HALTON 3RD ANNUAL 5KM RUN/WALK

Date: Sunday, September 7, 2003

Location: "The New Shopper's World"

in Brampton

Time: 9:00 a.m.

Contact Information: Call 905-823-2221

or visit their website at  
[www.biaph.com](http://www.biaph.com)

### LIVING WITH PROSTATE CANCER

Free presentation by Dr. R. Casey, Urologist, learn more about Prostate Cancer.

Date: September 24, 2003

Time: 7:00 p.m.

Location: Galaxy

475 North Service Road, Oakville

Contact Information:

To reserve a seat please call

905-338-4379

 **Region of Peel**  
Working for you

**905-791-7800**

Region of Peel staff support the Working Toward Wellness at DCCI program in the Peel region.

# ETOBICOKE AREA INFORMATION

## DISCOVERY WALKS

Discovery Walks is a program of self guided walks that link city ravines, parks gardens, beaches and neighbourhoods right here in Toronto. Informative signage will help you experience an area's heritage and environment. Log onto: [www.city.toronto.on.ca/parks/recreation\\_facilities.htm](http://www.city.toronto.on.ca/parks/recreation_facilities.htm) for maps of a variety of routes in Toronto.

## TERRY FOX RUN

A non-competitive event where people get together as individuals, families and groups to raise money for cancer research in Terry's name. There is no pre-registration or registration fee for the Terry Fox Run. Show up at least a 1/2-hour before the start time to be involved in the official start. All locations have a 10 km course with many providing shorter routes for families and children.  
Date: September 14, 2003  
Location: West Humber Park at Albion Road & Irwin Road  
Time: 9 a.m. - 2 p.m.  
Contact Information:  
<http://www.terryfoxrun.org>  
Wheel chair accessible and bicycles and inline skating included

## 7TH ANNUAL BIKETREK

Join the staff and volunteers of the York Area Community Office for the 7th Annual Bicycle Trek for Life and Breath starting at Seneca College's King Campus. Enjoy a day outdoors cycling through scenic routes in York Region.  
Date: Sunday, September 21, 2003  
Location: York Region  
Contact Information: Call (905) 947-8577, email: [york@on.lung.ca](mailto:york@on.lung.ca) or visit [www.on.lung.ca/events/york.html#bike03](http://www.on.lung.ca/events/york.html#bike03)

## CANADIAN DIABETES ASSOCIATION SUPPORT GROUPS:

Learn more about diabetes by joining a support group in your area. Support groups offer an opportunity for people affected by diabetes to help each other by exchanging information in a supportive environment. There are four support groups in York Region. Contact the York Region Branch for more information at 905-508-1506 or log onto [www.diabetes.ca](http://www.diabetes.ca) and click on Regional Branches.



416-338-7058

Toronto Public Health staff support the Working Toward Wellness at DCCI program in Toronto.



## ETOBICOKE CASTING

### WELLNESS INVADES CAFETERIA

Curiosity got the cat when a Toronto Police cruiser pulled into the Etobicoke Casting Plant parking lot the morning of May 15th. A crowd of onlookers slowly gathered as an officer unloaded his car. It wasn't until the Etobicoke Casting Wellness Committee Members greeted the officer with smiles that employees knew what was going on.

Meanwhile, the plant's cafeteria was turned into a *Road & Family Safety* show. Along with Toronto Police Services a number of agencies joined in the fun, including Mothers Against Drunk Driving, the Ministry of Transportation, Toronto Public Health and St. John Ambulance. As employees munched on their healthy snacks there was plenty to see and do. Some employees learned about the ignition interlock system through a demonstration by the Ministry of Transportation, while others tried out the Breathalyzer from the Toronto Police Service. An informative and entertaining message about preventing impaired driving was delivered with the use of fatal vision goggles. The goggles simulate a person's vision while impaired by alcohol. There were many unsuccessful attempts to give high fives and walk a straight line while wearing the goggles. Employees also learned about child seat safety and playground safety from Toronto Public Health. St. John Ambulance provided information on summer safety and first aid.



Left: *Mary Kavcic, plant nurse, experiences the affects of fatal vision goggles.* Right: *James McGee, Sal Palumbo, Ian Thompson, Jaswinder Nirwan, Zdenko Mezak enjoying their Working Toward Wellness prizes and healthy snacks.*

The *Road & Family Safety* contest was also launched at the event. Many employees participated in the contest by completed the self-quiz on aggressive driving and driver stress. Participating employees learned more about their own driving habits, read suggestions to strengthen their good habits and to reduce or eliminate their bad habits. Once they completed the quiz, employees submitted their ballots for a chance to win some amazing prizes.



## DAIMLERCHRYSLER CANADA BUILDING AND WINDSOR OFFICES

### SAFE DRIVING WINS

The Windsor office locations were very busy the month of May. They hosted two *Road & Family Safety* fairs, one in the front lobby at the DaimlerChrysler Canada Building (DCCB) on May 13th and the second at the Temple Drive Office Building on May 14th. Both events featured a number of displays from community agencies. A highlight from both days was a demonstration of the fatal vision goggles by the Ontario Provincial Police. The goggles simulate a person's vision while impaired by alcohol. Employees were given the opportunity to put on a pair of these goggles, attempt to throw beanbags into a basket and then walk a straight line. The impact on someones' ability to complete even simple tasks after drinking, was clear to all who participated or watched the demonstration.



Left: May 14th, 2003 - Jason Turpin, from Courtesy Bicycle, speaks to employees about bicycle safety and the local trail system.

Right: May 13th, 2003 - Bob Renaud throws a bean bag while wearing a pair of fatal vision goggles at the DCCB Road & Family Safety fair.

To raise awareness about *Road & Family Safety* activities, tent cards were placed on employees' desks, along with a Demerit Point System card from the Ontario Ministry of Transportation, the day before the *Road & Family Safety* fairs. Each tent card featured a safety trivia question that employees could answer and drop off at the fair for a chance to win DaimlerChrysler safety kits for their vehicles! The winners were Michael Kucera (ARDC), Marie Lamphier (DCCB), Carmen Maurice (GMROB), Ed Novacco (DCCB) and Robert Osborne (DCCB).

Windsor office staff also had the opportunity to learn about their own driving habits with the fun self-assessment aggressive driving quiz. Once completed employees could enter a draw. Hani Chammat received a car detailing gift certificate and Brian Botterill, Janine Robillard and Herb Alice received gift certificates to a local garden center.

## DCCI WINDSOR OFFICES

**ARDC**  
Automotive Research and  
Development Centre

**DCCB**  
DaimlerChrysler Canada Building

**GMRB**  
Grand Marais Road Building

**TEMPLE**  
Temple Drive Office Building

### WORKING TOWARD WELLNESS AT DCCI PROGRAM CONTACTS

Ken Roughton DCCI: 973-2038

Rolly Beaulieu CAW: 258-6400 x 430

Kerri Grummett WECHU: 258-2146 x 3162

Dave Reeder WECHU: 258-2146 x 3486

## WINDSOR AREA INFORMATION

### POINT PELEE NATIONAL PARK PARKS DAY

Free Admission to the park, learn the secrets of the park with a wildlife night hike starting at the Visitor's Centre. Pre-registration required.  
Date: July 19, 2003  
Call 322-2365 for more details.

### ESSEX REGION CONSERVATION AUTHORITY FUNDRAISING GOLF TOURNAMENT

Tee off to help protect this region's most significant natural resources. There are contests to be won and a sumptuous steak dinner to enjoy. You need not worry about going home empty handed, there's a table prize for everyone.

- Golf, cart & dinner - \$150.00 per person
  - Golf or dinner only - \$75.00 per person
- Date: July 23, 2003

Location: Erie Shores Golf & Country Club  
Time: 12:30 p.m. - shotgun start  
Contact Information: Call 776-5209 x 358 to reserve.



Unité sanitaire  
de Windsor - comté d'Essex

**519-258-2146**

The Windsor-Essex County Health Unit works with DCCI and the CAW to research, develop and coordinate the Working Toward Wellness at DCCI program.



*Mark Bartlett hands out wildflower seeds and Medicine Cabinet Clean Out bags to fellow employees.*



## WINDSOR ASSEMBLY PLANT

### CANADA SOUTH COAST ADVENTURES

#### WILD WOMEN'S WEEKEND!

Experience a 'we don't need no stinking maps' orienteering course. Learn archery skills and pick your own lunch on an 'edible wild' hike. Try sea kayaking on for size amongst other adventures. Must be a woman at least 18 years of age. Activity level: easy - moderate. Date: August 15- 17, 2003  
Location: Holiday Beach Conservation Area, Amherstburg  
Contact Information: Call 776-5209 x 352 for more details.

#### TERRY FOX RUN

A non-competitive event where people get together as individuals, families and groups to raise money for cancer research in Terry's name. All locations have a 10 km course with many providing shorter routes for families and children.  
Date: September 14, 2003  
Location: LaSalle Municipal Building  
5950 Malden Road  
Time: 10 a.m. - 2 p.m.  
Website: <http://www.terryfoxrun.org>  
Wheel chair accessible and inline skating included

#### LUNGS ARE FOR LIFE BIKE TREK

This two-day weekend pledged event begins in Windsor and proceeds on a scenic route through the county to Leamington. The round trip is 180km. This is an enjoyable ride done at a leisurely pace. Registration is \$75 and a minimum of \$350 in pledges. All proceeds go to The Lung Association.  
Date: October 4, 2003  
Location: Windsor to Leamington  
Contact Information: (519) 256-3433, ask for Donna

### WILD WITH WELLNESS!

On April 24th, the WAP Wellness Committee and Joint Workplace Environment Committee, along with lots of help from WAP union stewards, all came together to support Earth Month activities. As employees finished their shifts, they were greeted at the exits by many smiling volunteers handing out free packages of native wildflower seeds and a Medicine Cabinet Clean Out bag. Employees were given seeds to encourage their participation in the planting of wildflowers and the development and maintenance of healthy wildlife habitats. Another important part of creating healthy habitats is keeping drugs out of our water. Employees were given the opportunity to keep their environment and themselves healthy by returning expired or unused over-the-counter and prescription medications. They were able to bring back their medications in the Medicine Cabinet Clean Out bags and drop them in special containers located at the gates before their next shift.



Left: *A Windsor Plant employee participates in the cardiovascular screening "Cardioview".*  
Right: *Windsor Assembly plant employees are "Biking to Work".*

Cardiovascular screening "Cardioview" was also offered at both the Windsor Assembly Plant and Pillette Road Truck Assembly Plant (PRTAP). In addition to the cardiovascular screening, PRTAP also participated in the Medicine Cabinet Clean Out and wildflower seed distribution.

In keeping with the Healthy Environment, Healthy People theme that has developed at Windsor Assembly Plant, employees were encouraged to "Bike to Work Any Day in June". This event is a Windsor-Essex County community contest to encourage individuals in the workforce to bike to work.

There is always something going on at the Windsor Assembly Plant so keep on watching for activities to participate in and information to pick up.

## TAKE A BITE OUT OF WEST NILE VIRUS

People who work and play outside, particularly between dusk and dawn, when mosquitoes are more active, have a greater risk of being bitten by a mosquito. There is a lesser risk of being bitten by a mosquito if working indoors, but care should be taken to keep doors closed and screens in good repair. Here are a few simple steps that everyone can take to reduce the risk of West Nile Virus infection:

### Be aware of mosquito breeding areas.

Mosquitoes breed in very small amounts of stagnant water. Be aware of and remove objects where water collects. Trouble spots include: wheel barrels, open garbage cans, old tires and low-lying areas around buildings and equipment. Stagnant water should be removed quickly, as mosquito larvae can hatch within seven days.

### Use personal protective measures.

It is important to use personal protective measures when you are exposed to large populations of mosquitoes. Wear light coloured loose-fitting, long-sleeved shirts, long pants made of tightly woven materials, socks, shoes, a hat, and use insect repellents containing DEET. Keep repellents away from your eyes and mouth. Always wash your hands after applying repellent. If practical, wear a mosquito net over a hat to protect your head, face and neck. In hot conditions and where there is high risk, special suits of a mesh material with elasticized cuffs and attached hoods should be worn. Wearing high boots and taping or sealing the end of long pants is also useful to prevent mosquito bites.

### "Fight the Bite!"

There are many insect repellents on the market. Choose one that contains no more than 30% DEET and follow directions on the package carefully. Children over 12 and adults should not apply DEET more than three times a day. For children 6 months to 2 years, use products containing no more than 10% DEET and apply only once a day. DEET should not be used on babies less than 6 months old.

Do not apply insect repellents to the hands or face and do not apply to the skin under clothes. Apply insect repellent in a well-ventilated area, avoid breathing mist from a spray-type repellent and do not use near food.

Keep in mind that when it is cooler, when there is brisk air movement or when there is strong sunlight mosquitoes are less active.



## RETIREES

CAW Local 444 retirees in Windsor continued their wellness activities throughout April, May and June. Many participated in a cardiovascular screening (Cardioview), which was so popular additional days were provided. Retirees also enjoyed participating in the aggressive driving self-quiz and entered a draw at their June meeting. Above, the winners, Jerry Chauvin and Antonio Spagnoli, pose with their DaimlerChrysler vehicle safety kits with Rolly Beaulieu, CAW/DaimlerChrysler National Co-Ordinator for Wellness, Substance Abuse and Benefits. Throughout the summer, the retirees' wellness committee will be working hard to get ready for the Retirees' Health and Wellness Day being held on Friday September 26th, 2003. Please contact your local chapter for more information and to pre-register for this event.

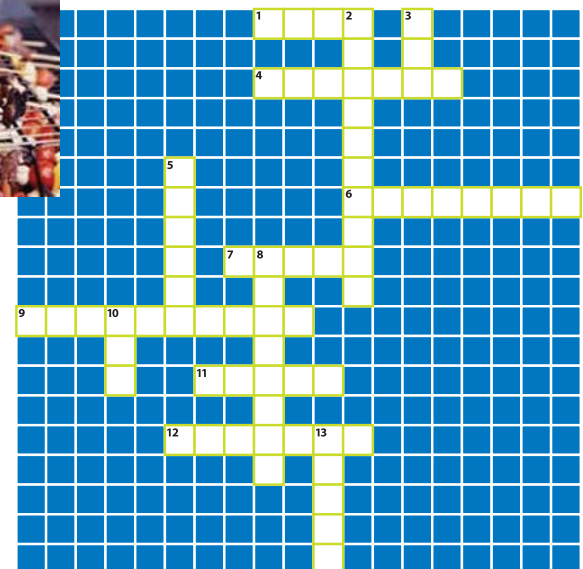


## PICNIC FOOD SAFETY

Don't let your picnic end on a bad note. Follow these tips and enjoy the warm weather by eating outside.

1. Picnic pests
2. These are named after an Earl
3. Keeps everything cold
4. Picnic ground cover
5. Keep food in this
6. BBQ Briquettes
7. Makes your eyes water
8. Adds flavour to the meat
9. Cook these well
10. Short for barbeque
11. Turns food over
12. Sold at ball parks
13. Place food on here to cook

answers on back page



## WEBSITE SUPPORT

### Sun Safety

Environment Canada UV Index and Sun Protection

[www.msc-smc.ec.gc.ca/education/uvindex/index\\_e.html](http://www.msc-smc.ec.gc.ca/education/uvindex/index_e.html)

The Canadian Dermatology Association  
[www.dermatology.ca](http://www.dermatology.ca)

The Weather Network - Check out what your area's UV index is!

[www.theweathernetwork.com/features/uv/](http://www.theweathernetwork.com/features/uv/)

Protect your pet from the summer sun!  
[www.topekahumaneshelter.org/petinfo/summer.htm](http://www.topekahumaneshelter.org/petinfo/summer.htm)

### West Nile Virus

Windsor-Essex County Health Unit  
[www.wechealthunit.org](http://www.wechealthunit.org)

Health Canada Handout

[www.hc-sc.gc.ca/pmra-arla/english/pdf/pnotes/deet-e.pdf](http://www.hc-sc.gc.ca/pmra-arla/english/pdf/pnotes/deet-e.pdf)

### Sunglasses

Health Canada

[www.hc-sc.gc.ca/english/feature/summer/air\\_sun/sunsafety.html](http://www.hc-sc.gc.ca/english/feature/summer/air_sun/sunsafety.html)

Health Canada

[www.hc-sc.gc.ca/english/iyh/products/sunglasses.html](http://www.hc-sc.gc.ca/english/iyh/products/sunglasses.html)

### Summer Food Safety

Health Canada - click on Summer  
[www.hc-sc.gc.ca/english/feature/summer/food\\_drink/index.html](http://www.hc-sc.gc.ca/english/feature/summer/food_drink/index.html)

National Institute of Nutrition

[www.nin.ca/public\\_html/Consumer/food\\_safety.html](http://www.nin.ca/public_html/Consumer/food_safety.html)

### Summer Campfires

Get Safe!

[www.getsafenow.com/Smoke\\_Signals.htm](http://www.getsafenow.com/Smoke_Signals.htm)

Freeman River

[www.freemanriver.com/Camping\\_Tips/fire\\_safety.htm](http://www.freemanriver.com/Camping_Tips/fire_safety.htm)

### Train Safety

Operation Lifesaver Canada

[www.operationgareautrain.ca/sample/main.htm](http://www.operationgareautrain.ca/sample/main.htm)

CN Police - click on Community then CN Police

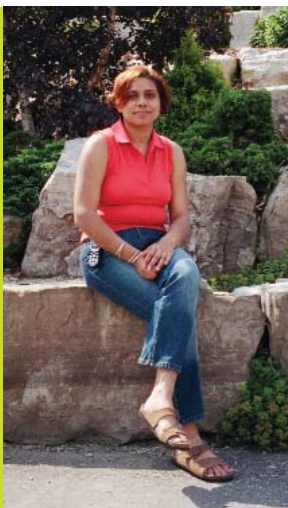
[www.cn.ca](http://www.cn.ca)

### Air Quality

Environment Canada, click on Clean Air  
[www.ec.gc.ca/envhome.html](http://www.ec.gc.ca/envhome.html)

The Lung Association

[www.lung.ca](http://www.lung.ca)



# PROFILE

*Production Employee at Windsor Assembly Plant*

*33 years old*

*Married for 12 years and counting...*

*3 Children - 1 Boy and 2 Girls*

*Born in India*

*Currently lives in Windsor, Ontario*

*Title of first position: Janitor at Pillette Road Truck Assembly Plant*

*Favorite DaimlerChrysler Vehicle: Jeep Liberty*

*Favourite food: Fresh fruit; especially apples, oranges & grapes*

*Favourite food to prepare: A variety of Indian dishes*

*Recreational Interests: Biking, camping, going for hikes & reading*

## KAVYA GREWAL

Kavya, who recently moved from Pillette Road Truck Assembly Plant to Windsor Assembly Plant, is a busy mother of three. Finding time to fit exercise into her daily schedule can be a real challenge. With some creative thinking and planning she finds it is not as difficult as it seems. During the week, Kavya parks at the back of the parking lot and takes the stairs instead of the elevator. On weekends, she and her husband enjoy taking the kids camping, where they can be active outdoors as a family. Kavya also enjoys new activities as she and her husband recently took up in-line skating after watching their children zoom around on them.

Healthy eating and being physically active are a priority for Kavya, she believes that "it sets a good example for the children." She demonstrated this philosophy by losing 55 lbs over the past year. To lose the last 5-10lbs, she and five of her friends at work took part in the 6-Week Healthy Weight Challenge through the Working Toward Wellness at DCCI program. Not only did Keyva reach her goal weight, but she also won one of three gift baskets for participating!

When asked about the Working Toward Wellness at DCCI program, Kavya really likes it because employees and their families have access to reliable wellness information and encouragement to make healthy changes in their lives. In the future, she would like to see healthier food choices offered in the cafeteria and a fitness facility at work.

WEBSITE SUPPORT  
1. Ants • 2. Sandwiches • 3. Ice • 4. Blanket • 5. Cooler • 6. Charcoal • 7. Smoke  
8. Marinade • 9. Hamburgers • 10. BBQ • 11. Tongs • 12. Hotdogs • 13. Grill

Do you have suggestions for future topics?  
Please submit your ideas to Keith Simison.

E-mail: [ksimison@wechealthunit.org](mailto:ksimison@wechealthunit.org)

Phone: 519-258-2146 x 3102 • Fax: 519-776-6102

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DaimlerChrysler  
Canada

CAW  TCA  
CANADA

WINDSOR - ESSEX COUNTY  
HEALTH UNIT  
Unité sanitaire  
de Windsor comté d'Essex