



# PRA HEALTH & SAFETY NEWSLETTER

VOLUME 1, SUMMER 2018 JULY 15, 2018

## HEALTH & SAFETY COMMITTEE MEMBERS:

- Donna Trent
- Beth Bonaccorso
- Veronica Freeman
- Cheryl Nissirios
- Maria Reyes
- Joe Tedesco
- Dennis Torres
- Joe Ziccardi

## INSIDE THIS ISSUE:

- Staycation.. – 1  
Realsimple.com
- Things to Do in Philly – 3  
visitphilly.com
- Dorito Taco Salad – 3  
Beth Bonaccorso
- Heat Illness can be Fatal 3
- What your Favorite Go-to Colors Say About You –The Huffington Post 4
- Summer Crossword Puzzle- newyork-times.com/learning

## Staycation: How to Kickback, Relax & Vacation at Home!

### Put the World On Hold

**Take time out**—literally. Eliminating reminders of time helps wipe away the stress of the daily grind. Gather up all the clocks in your house and stash them in a dresser drawer. Throw your watch in next to them. Leave them there for the whole day (or two, or five).

**Turn off the ringers on your phones** and mute the answering machine. Check messages only when you want to, keeping in mind that "not at all" is always an option.

**Do an "out of the office" message for your e-mail** (even if your office is a corner of the playroom). Say you won't be checking your e-mail till you're back from vacation. Then power down the computer and throw a towel over it.

**Skip the news**—and maybe even stop the mail—for a week. When you banish the source of stress, the stress itself may follow. The earth will continue to turn even if you're not reading all about it every morning at 7:30 sharp, and sadly, the bills will still be there when your vacation is over.

### Have It Done for You

**Bring a destination home for dinner.** Can't make it to the Chesapeake? Order one of Harbour House Crabs'



Maryland blue-crab dinners, complete with mallets (\$110 for a jumbo dinner for two; ilovecrabs.com). Thoughts wandering Down East? Spread a cloth on the lawn (or the rug) and dig into a direct-from-Maine picnic of lobster rolls and whoopie pies from Hancock Gourmet Lobster Company (\$95 for six of each; hancockgourmetlobster.com).

**Get your house cleaned from top to bottom.** Part of the pleasure of a vacation is having the bed-making, dusting, and order-restoring consigned to someone else while you dedicate yourself to the task of lolling about. Why shouldn't it be this way at home—for one brief, shining week, anyway? Let

Merry Maids send a cleaning crew to render your place spotless (rates vary, merrymaids.com). They don't do laundry, though, so why not let it pile up, then send it out to be done just this once? Or hire a cleaner on a friend's recommendation and negotiate the extras.

**Have dinner delivered every night.** Place a stack of your favorite take-out menus next to the phone, and follow where your fancy leads you, from Chicago-style pizza one night to a Thai buffet the next.

**Organize a babysitting trade-off** with two or three friends or neighbors. Have all the kids report to a designated house for an evening of organized fun—pizza, games, Toy Story DVDs—leaving the other parents free to enjoy a date night (while saving money on sitters). Another night, rotate houses and repeat.

### Set the Mood

Roll up and stash your rugs so your naked feet can enjoy that beach-house feeling of walking on cool wooden

floors.

**Play a vacation sound track.** As any self-respecting escapist can tell you, the next best thing to being there is grooving around the house to the music you'd be listening to if you were there. If in your dreams you're strolling the beaches of Bahia, play the classic bossa nova of Joao Gilberto and Antonio Carlos Jobim. Thwarted dude ranchers can try Willie Nelson's Red Headed Stranger, one long, sad-sweet ballad to the Old West that's great for sing-alongs.

**Relax outside by candle-light.** If there's nothing on your evening agenda but zoning out to good music and enjoying good company—your own, perhaps?—set out dozens of tealights (\$4 for 100, ikea.com for store locations), or line the edge of the patio with large pillar candles on plates (from \$4 each, crateandbarrel.com). Your favorite songs, or simply the natural harmonies of a summer evening, will sound even sweeter when your senses are more attuned to them.

## **Have Fun**

**Indulge in a vacation-reading binge.** An arm-chair journey is a trip, too, when taken in the company of an evocative writer. First, create an ideal setting: Pick your most comfortable chair (or a chaise longue outside), making sure that you'll have all the light you need. Then furnish it with the necessary props: a throw for when it gets chilly; reading glasses, if you wear them; a tall glass of your beverage of choice (or a travel mug or a thermos to keep it warm or cool); a dictionary for words that make you go "hmm"; a notebook and a pen for jotting down phrases that make you go "aah." Tackle a classic you never got around to in college, or if that feels too much like homework, try a summer blockbuster.

**Take a camping trip in your own backyard.** Borrow or buy a tent—Coleman has great ones for two or three people (from \$64, coleman.com). Pack drinks in thermoses and snacks in Ziploc bags. Bring sleeping

bags or blankets, flashlights, and mosquito repellent for everyone. And arm yourself with enough ghost stories to keep little ones up thrillingly past their bedtimes.

**Have your own three-day film festival.** Pick a theme—When Smooth Men Ruled the Silver Screen, Road-Trip Movies, The Five Biggest Tearjerkers—then bump them to the top of your Netflix queue or check for them at your local library. Lay in a supply of your favorite movie snacks, however trans-fatty and decadent. (Reminder: It's your vacation, and it's only a few days.) Turn off all the phones, turn out the lights, and slip away.

## **Bring the Spa to You**

**Turn your bathroom into an aromatherapy spa.** Stop in at a health-food store to pick out a selection of essential oils in scents you like (calming lavender, rose oil, or chamomile; energizing peppermint or lemon verbena), or try one of Le Couvent des Minimes's all-natural scrubs (lecouventdesminimes.us). Then draw a warm bath, sink into it, and let Mother Nature do her botanical best for you.

**Make staying hydrated a beautiful thing.** Fill your prettiest pitchers with ice water and slices of lemon, orange, or cucumber. Place them (each with a glass) at various strategic points

around the house and in a shady spot outside. Then, as you go about your day, stop often to take a long, cool, flavorful pull.

## **Hire a massage therapist who makes house calls.**

Ask friends for recommendations, or do a bit of Web research. Most good day spas will dispatch a therapist for a home visit; 20 percent is the standard gratuity for house calls. If your terrace or yard is relatively private (and shady), consider having your rubdown in the great outdoors.

## **Stretch Your Muscles**

**Try a DIY back massage.** Here's how: Lie on your back on an exercise mat or a carpeted floor. Position tennis balls under points where you have pain or tension—above your pelvis, at your bra strap, between your shoulder blades. Roll gently up and down and side to side for 5 to 10 minutes as your body weight helps massage the stress away. (Note: Massage therapists say that only those without injuries or other back problems should try this self-treatment and that you should heed your body's advice and stop if it hurts.)

**Give yourself a relaxing foot massage.** Put a tennis, squash, or golf ball on a hard floor and roll the sole of each foot back and forth over it, concentrating on the instep and the ball of the foot, just below the big toe, where lots of tension can gather. Do this for five minutes while you read or just gaze out the window.



# Things to Do in Philadelphia - Summer of 2018



## CENTER CITY SIPS

**June 6 - Aug 29 (Weds. Only):** Center City's favorite neighborhood-wide happy hour hits more than 90 bars and restaurants every Wednesday night through the end of August. Spots like Harp and Crown, Maison 208, Independence Beer Garden, Bru Craft and Wurst, Dilworth Park Cafe and more serve up \$6 cocktails, \$5 wine, \$4 beer and half-priced appetizers from 5 to 7 p.m. Some participants even offer a 15-percent discount on post-Sips dinner, too.

**Where:** Various locals incldg Independence Beer Garden, 100 S. Independence Mall W.

## BLUE CROSS RIVERRINK SUMMERFEST

**May 11—Sept 3:** Experience Philadelphia's only outdoor roller skating rink and The Midway, featuring a light-up 60-foot-tall Ferris wheel, an enchanting carousel, fun boardwalk

all the fun and games, guests can chow down on fare from Chickie's and Pete's Waterfront Crab Shack, Franklin Fountain Clubhouse Cabin and other food vendors. Bars set up around Summerfest pour local beers and cocktails as well.

## PHS FARM for the CITY

**June 15-Sept 30:** This urban agriculture project, created by the Pennsylvania Horticultural Society, brings a 2,000-square-foot working farm to the Thomas Paine Plaza of the Municipal Services Building across from City Hall throughout the summer months. The farm — a site for public forums, gardening workshops and artistic performances — will produce 1,000 pounds of produce to be donated to Broad Street Ministry.

**Where:** Thomas Paine Plaza, 1401 John F. Kennedy Boulevard

## Dorito Taco Salad

### INGREDIENTS

- 1 lb lean ground beef or ground chicken
- 1 taco seasoning packet
- 2/3 cup water
- 1 head of iceberg lettuce – chopped into bite sized pieces
- 1 red or orange pepper – chopped
- 1 green pepper – chopped
- 1/2 cup sliced black olives
- 1 can pinto beans rinsed and drained
- 1 cup tomatoes – diced
- 1/4 cup green onions – chopped thin leave a bit for garnish
- 1 cup cheddar cheese – shredded
- 10 oz Nacho flavored Doritos
- 16 oz Catalina salad dressing; sour cream



### INSTRUCTIONS

1. Brown the ground beef until no pink remains. Drain any fat.
2. Stir in the taco seasoning packet and water. Simmer until thickened, about 5 minutes. Set aside to cool.
3. In a large bowl, combine the lettuce, peppers, black olives, pinto beans, tomatoes, cheddar and green onions.
4. Top with the seasoned and cooled ground beef.
5. Slightly crush the Doritos and sprinkle on top. Drizzle with Catalina dressing and toss to coat evenly.
6. Garnish with sour cream and additional green onions is desired.
7. Serve immediately!
8. **\*Toss just before serving to avoid the Doritos from becoming soggy.**

# Heat Illnesses Can be Fatal; Would You Know What to Do?

## HEATSTROKE

Heatstroke can occur when the ability to sweat fails and body temperature rises quickly. The brain and vital organs are effectively "cooked" as body temperature rises to a dangerous level in a matter of minutes. Heatstroke is often fatal, and those who do survive may have permanent damage to their organs. Someone experiencing heatstroke will have extremely hot skin, and an altered mental state, ranging from slight confusion to coma. Seizures also can result. Rid the body of excess heat is crucial for survival:

- Move the person into a half-sitting position in the shade
- Call for emergency medical help immediately
- If humidity is below 75%, spray the victim with water and fan them vigorously; if humidity is above 75%, apply ice to neck, armpits or groin
- Do not give aspirin or acetaminophen
- Do not give the victim anything to drink

## HEAT EXHAUSTION

When the body loses an excessive amount of salt and water, heat exhaustion can set in. People who work outdoors and athletes are particularly susceptible. Symptoms are similar to those of the flu and can include severe thirst, fatigue, headache, nausea, vomiting and, sometimes, diarrhea. Other symptoms include profuse sweating, clammy or pale skin, dizziness, rapid pulse and normal or slightly elevated body temperature. Uncontrolled heat exhaustion can evolve into heatstroke, so make sure to treat the victim quickly:

- Move them to a shaded or air-conditioned area
- Give them water or other cool, nonalcoholic beverages
- Apply wet towels or having them take a cool shower

## HEAT CRAMPS

Heat cramps are muscle spasms that usually affect the legs or abdominal muscles, often after physical activity. Excessive sweating reduces salt levels in the body, which can result in heat cramps. Workers or athletes with pain or spasms in the abdomen, arms or legs should not return to work for a few hours. Instead:

- Sit or lie down in the shade.
- Drink cool water or a sports drink.
- Stretch affected muscles.
- Seek medical attention if you have heart problems or if the cramps don't get better in an hour.

The best way to avoid a heat-related illness is to limit exposure outdoors during hot days. Air conditioning is the best way to cool off, according to the CDC. Also:

- Drink more liquid than you think you need and avoid alcohol
- Wear loose, lightweight clothing and a hat
- Replace salt lost from sweating by drinking fruit juice or sports drinks
- Avoid spending time outdoors during the hottest part of the day, from 11 a.m. to 3 p.m.
- Wear sunscreen; sunburn affects the body's ability to cool itself
- Pace yourself when you run or otherwise exert your body



# What Your Favorite Go-To Clothing Color Says About You

You can tell a great deal about a person by the colors they wear. Color plays a major role in our lives by the way it influences our moods and emotions. You wouldn't think that a color can make you feel secure or make you feel un-easy, but it can. When you choose to use a color or avoid it, that action can reveal much about your personality. Even if you aren't consciously aware of the symbolic meanings of certain colors, your subconscious is. What one color means to you may have a completely different meaning to me. Here's a guide to what the color of your clothing may be saying about you (with or without your knowledge):

**Black colors:** Black symbolizes extremes — all or nothing — and is a color of strength, power, sophistication, elegance, and authority.

**Blue colors:** Blue soothes and cools. When you wear blue, you're broadcasting creativity, positivity, peace, loyalty, and you're saying that you've decided to live by your own rules, and by your own truth. Because blue wearers think for themselves, they're smart, have a quick wit, and are independent.

**Brown colors:** When you wear brown, you're representing all things solid and grounded such as the color of the earth. Brown is the color that people associate with someone who's stable, smart, and dependable (like the UPS driver).

**Grey shades:** One thing we all know is that there are many different variations, shades if you will, of grey. Wearing grey can wash you out, and make you seem indifferent, depressed, and apathetic. It can also seem suppressive and give off the impression of a lack of confidence. There's a reason the classic color of sweatpants is grey.

**Red colors:** If you want to stand out and grab the spotlight, wear red. It's the color of energy and is the symbol of life. An Indian bride wears red instead of white. Wearing red is empowering and can give you confidence. Red is also the color of sensuality, aggression, passion, and boldness.

**Orange colors:** Orange is known as the color that makes new possibilities happen. It's creative, enthusiastic, and is associated with good times, warmth, and ambition. If you wear orange, you like to be the life of the party, and are in a positive, energizing, and engaging mood.

**Pink colors:** Pink is very much associated with femininity, but when a man is comfortable with both the masculine and the feminine side to his personality, he can really rock a pink shirt or jacket. Pink is the unconditional love color and it's known to soothe out aggression.

**Purple colors:** Prince's nickname of His Royal Purpleness is kind of redundant as purple is the color of royalty and is a symbol of wealth. If you want to convey that you're rich — both of possessions and spirituality — then wear purple. Purple shows that you have a rich inner life, are intuitive, artistic, creative, and have great instincts about people.

**Yellow colors:** There's no mistaking yellow, as it's logical, happy, cheerful, and optimistic. It has the power to bring out creativity, but is completely overpowering if too much is used (you don't want to dress head to toe in yellow or you'll look like Big Bird). Yellow encourages intelligence and inspiration, and is a good color to wear when you need that added boost to finish a work project or ace those exams.

**Green colors:** Nature and money are green and both things are very important. Green is a calming color and is associated with generosity, healing, and a rejuvenated state of mind. People who wear green are charismatic and care deeply about the feelings of others.

**White shades:** Wearing white signifies cleansing and new beginnings. When you put on a white shirt or skirt, you feel as if you're starting the day with a clean slate, and you appear to have a fresh and bright outlook. White is the color of balance, harmony, purity, and courage.

The color of clothing we wear tells the world and ourselves a little bit about us. We can use those colors to feel better and brighter. Once you know, you'll have a secret method to feeling good about yourself and your day, even if that wasn't the way it started out.



# SUMMER VACATION

Puzzle by Frank A. Longo  
 Edited by Will Shortz

## ACROSS

1. Have fun outside on a summer day
5. Homes away from home during the summer
10. Battery liquid
14. Singer/politician  
Sonny
15. Regions
16. "WKRP in Cincinnati" actress Anderson
17. What you can do on summer vacation nights: 3 wds.
19. Mouth off to
20. Frequently
21. Substance violinists apply to their bows
22. Oboe's relative
25. Actress West of old films
27. Communist leader  
Mao \_\_\_-tung
28. "It's no \_\_\_!"
29. Summer vacation getaway
31. Hog's home
32. \_\_\_ Beach, Florida (summer 29-Across)
35. Waiters carry them
37. Fun place to visit during summer vacation: 2 wds.
42. Blinding light
43. Swords used in an Olympic event
45. Summer \_\_\_ (student's money source)
48. Turns away, as the eyes
51. "Don't \_\_\_ on it!"
52. When the plane is expected to land, approximately: Abbr.
53. Homer's neighbor on "The Simpsons"
54. Wheel covers
57. See 13-Down
59. Hazard
60. Tiny bit
61. Holiday date during summer vacation: 2 wds.
66. Vehicle stored away during the summer

1	2	3	4	5	6	7	8	9	10	11	12	13
14				15					16			
17				18					19			
			20					21				
22	23	24				25	26		27			
28				29		30				31		
32			33	34		35			36			
	37				38	39				40	41	
			42					43				44
45	46	47		48			49	50		51		
52				53			54		55	56		
57			58			59						
60					61	62				63	64	65
66					67				68			
69					70					71		

© 1999, The New York Times

67. Love, Italian-style
68. Tiresome person
69. Not his
70. Didn't 71-Across
71. Enjoy the pool during summer vacation

## DOWN

1. "Sesame Street" network
2. Parking \_\_\_
3. Santa \_\_\_\_, California
4. Toys that go up and down
5. Hostage holder
6. "Journey to the Center of the Earth" actress Dahl
7. Unkind
8. "Wheel of Fortune" host Sajak
9. Direction from Dallas to Houston; Abbr.
10. Furthermore
11. Beach-lovers' summer vacation spots
12. Not take "no" for an answer

13. With 57-Across, themed vacation spot in Orlando, Florida
18. "The X-Files" sighting
21. Key in again
22. 22 Beach \_\_\_ (lover of 11-Down)
23. Cambodia's continent
24. Sewing line
25. Daybreak, for short
26. "I smell \_\_\_!": 2 wds.
30. Have control of the wheel
33. Coffee container
34. Summer vacation destination, often
36. Tree drippings
38. Overhanging part of a roof
39. Talking horse of TV: 2 wds.
40. Country singer  
McEntire
41. "\_\_\_ up the good work!"
44. Avenues: Abbr.

45. Like most Tel Aviv residents
46. "Lawrence of Arabia" star Peter
47. Trade
49. "\_\_\_ here!" ("Poltergeist" catchphrase)
50. Enjoyed the waves in summer
55. High school class, for short
56. Not diamonds, hearts or spades
58. Schoolboys
59. Walk heavily
61. Jay Leno's prominent facial feature
62. "The Avengers" co-star Thurman
63. Use the oars
64. Prefix meaning "three"
65. 65 Sewing line



**SUMMER VACATION**  
 Puzzle by Frank A. Longo  
 Edited by Will Shortz



P	L	A	Y		C	A	M	P	S		A	C	I	D	
B	O	N	O		A	R	E	A	S		L	O	N	I	
S	T	A	Y	U	P	L	A	T	E		S	A	S	S	
				O	F	T	E	N			R	O	S	I	N
B	A	S	S	O	O	N		M	A	E		T	S	E	
U	S	E			R	E	S	O	R	T		S	T	Y	
M	I	A	M	I			T	R	A	Y	S				
	A	M	U	S	E	M	E	N	T	P	A	R	K		
				G	L	A	R	E			E	P	E	E	S
J	O	B			A	V	E	R	T	S			B	E	T
E	T	A			N	E	D		H	U	B	C	A	P	S
W	O	R	L	D			P	E	R	I	L				
I	O	T	A		J	U	L	Y	F	O	U	R	T	H	
S	L	E	D		A	M	O	R	E		B	O	R	E	
H	E	R	S		W	A	D	E	D		S	W	I	M	

© 1999, The New York Times