

March 2010

ST. LUCIE COUNTY FIRE DISTRICT

"Our Family Serving Yours"



Retirees Honored at Fire Board Meeting



Recent retirees were honored at the February Fire Board Meeting, left to right, Pam Daniels, Karen Jones, Will Padrick, Tim Munson, Chief Parrish, Mike Weiss, Todd Evans, Christ Russakis, and Gary Charles. Not pictured Puddin Race and J.P. Smith.

Budget Retreat Planned for March 17

Join us for a Budget Retreat on Wednesday, March 17 at the IRSC Treasure Coast Public Safety Complex. The meeting will start with the regular monthly Fire Board Meeting at 11 a.m. After a break for lunch, the Budget Retreat will start at 1 p.m. All meetings will be held in the Fee Training Building main meeting room.

*Don't forget Employee Forum, March 2 & 4
- See email from Chief Parrish for more details*

Employee and Firefighter of Quarter Honored



Katrina Bridges, left and Jeff Lee, right, were recognized by Chief Parrish and the Fire Board for being named Employee of the Quarter and Firefighter of the Quarter. To make a nomination for either employee or firefighter, send an email to: Employee of Quarter through the SLCFD email system.

Congratulations
to recently released
primary paramedics:
Justin Smith
Craig Stolzer
Robert Mancuso

Quitting takes hard work and a lot of effort, but you can quit smoking.

Nicotine: A Powerful Addiction

If you have tried to quit smoking, you know how hard it can be. It is hard because nicotine is a very addictive drug. For some people, it can be as addictive as heroin or cocaine.

Quitting is hard. Usually people make many quit attempts before finally being able to quit for life. Each time you try to quit, you can learn about what helps and what hurts.

Good Reasons for Quitting

- Quitting smoking is one of the most important things you will ever do.
- You will live longer and live better.
- Quitting will lower your chance of having a heart attack, stroke, or cancer.
- If you are pregnant, quitting smoking will improve your chances of having a healthy baby.
- The people you live with, especially your children, will be healthier.
- You will have extra money to spend on things other than cigarettes.

Five Key Steps for Quitting

Studies have shown that these five steps will help you quit and quit for good. You have the best chances of quitting if you use them together.

1. Get ready- Set a quit date!
2. Get support- Talk to family, friends, and your health care provider. Get individual, group, or telephone counseling. The **Florida Quit-for-Life Line (1-877-822-6669)** is only a toll-free phone call away! Or you can call your local health department for information about programs in your area.

3. Learn new skills and behaviors- Change your routine. Go for a walk. Drink lots of water. Plan something enjoyable to do every day.
4. Get medication and use it correctly- Medications can help you stop smoking and lessen the urge to smoke. Ask your health care provider for advice and carefully read the information on the package. If you are pregnant or trying to become pregnant, nursing, under age 18, smoking fewer than 10 cigarettes per day, or have a medical condition, talk to your doctor or other health care provider before taking medications.
5. Be prepared for relapse or difficult situations- Most relapses occur within the first 3 months after quitting. Don't be discouraged if you start smoking again. Remember, most people try several times before they finally quit.

Here are some difficult situations to watch for:

Alcohol. Avoid drinking alcohol. Drinking lowers your chances of success.

Other Smokers. Being around smoking can make you want to smoke.

Weight Gain. Many smokers will gain weight when they quit, usually less than 10 pounds. Eat a healthy diet and stay active. Don't let weight gain distract you from your main goal- quitting smoking. Some quit-smoking medications may help delay weight gain.

Bad Mood or Depression. There are a lot of ways to improve your mood other than smoking.

If you are having problems with any of these situations, talk to your doctor or other health care provider.

See next page for List of Cessation Classes offered in March

MARCH BIRTHDAYS

ADAMS, SCOTT C
 BEACH, DANA M
 BERK, LISA M
 BIRTH, ALEXIA F
 BROWN, JERETT C
 CASSON, JOSEPH J
 CIVITA, ALLEN M
 CROOKS, KENNETH C
 FLOYD, WILLIAM K
 FOGAL, BRIAN C
 GABELMANN, MICHAEL H
 HASKELL, FRANK R
 KARNS, CHRISTOPHER R
 KNUPP, DEBORAH J
 LEISEN, MICHAEL R
 LONGO, CHRISTOPHER
 LOPRESTI, MICHAEL
 MACPHERSON, IAN
 NOLL, PATRICK A
 PHARES, BRIAN K
 POTTER, ERIC A
 RIVAS, MICHAEL P
 ROBERTS, BRIAN S
 SMITH, JUSTIN P
 SMITH, SAMUEL P
 SPENCER, CAROL A
 SPINOSI, JOSEPH A
 TAYLOR, TAMARA L

Health Tip: Avoid Salt

– from the University of Miami, Miller School of Medicine

Bad news about salt keeps pouring out of research labs. A RAND study funded by Harvard University and published in the September/October issue of the Journal of Health Promotion is the most recent. It concluded that if Americans followed the USDA-recommended guidelines of no more than 2,400 mg of sodium a day, our country could save \$18 billion annually in healthcare costs and improve quality of life with lowered incidence of high blood pressure and stroke. Most Americans eat closer to 4,000 mg sodium or more each day.

We need a small amount of sodium in our diet to maintain fluid balance, transmit nerve impulses and influence contraction and relaxation of muscles. Sodium sources are 77 percent from processed foods, 12 percent from natural sodium in foods, 6 percent added while eating and 5 percent added while cooking. A half of teaspoon of salt contains 1,150 mg sodium.

The hidden salt in processed foods is a problem for people with hypertension. A September study in hypertension examined 12 people with "resistant hypertension" who were on medication and thought they were eating a low-sodium diet. When their sodium intake was lowered, their blood pressure went down. Bones are another reason to reduce sodium. For every 2,300 milligrams of sodium eaten, about 40 milligrams of calcium is lost in the urine.

The first step in lowering sodium intake is to eat more fresh foods and read the labels of processed foods. Buy fresh or frozen poultry and meat that isn't "enhanced" with sodium solutions. Experiment with herbs, spices and other low-sodium seasonings. And watch the condiments: one tablespoon of ketchup has 190 mg of sodium. Salt is an acquired taste, so slowly reducing intake retrains taste buds. Some people toss spilled salt over their left shoulder for good luck -- and it just might be if it keeps it out of your food.

Quitting takes hard work, but you can quit smoking

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Free Cessation Classes starting in March:

March 9

Keiser University
10330 South U.S. 1
Port St. Lucie, FL 34952
5 p.m. to 6 p.m.

March 11

Florida Community Health Centers
1505 Delaware Ave.
Ft. Pierce, FL 34950
5 p.m. to 6 p.m.

For Information or to Register:

Call Terri Schneider
Cessation Specialist
772-461-1402 x 179

If you have a health tip, email it to Catherine Chaney for the next newsletter