

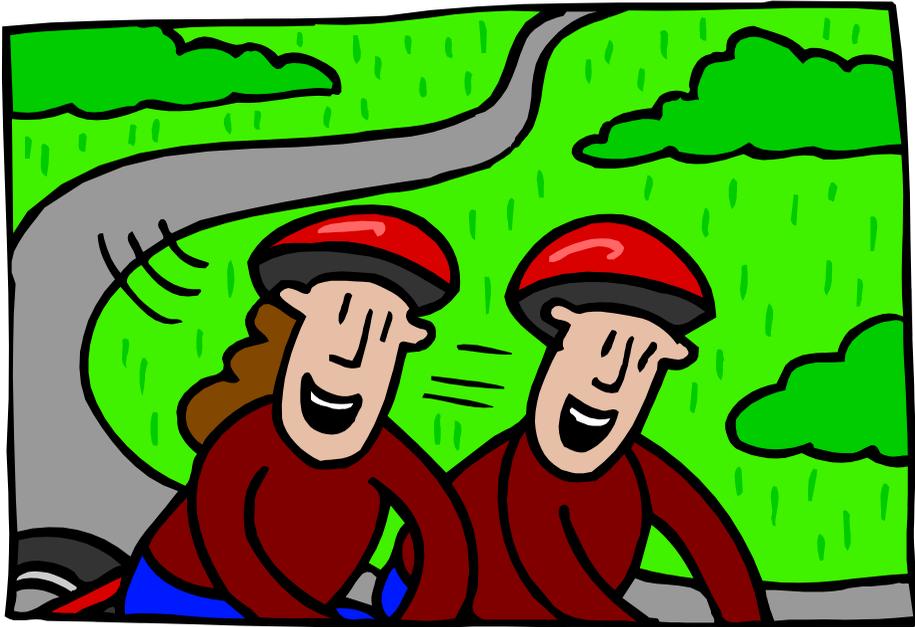
Wellness Pointers

Emotional | Environmental | Financial | Mental | Occupational | Physical | Social | Spiritual

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Environmental Wellness



For safety is not a gadget but a state of mind.

~Eleanor Everet



EMPLOYEE WELLNESS
Southern Adventist University

R.A.D. RISK REDUCTION STRATEGIES

Since personal safety is a concern for each one of us, the information on this page has been provided in an effort to arm you with knowledge for taking the necessary steps toward your own safe environment.

These strategies are taught by R.A.D. instructors. They are used as a preventative measure to increase your safety.

Please email to inform us of your interest. We will send you information on upcoming classes.

HOME

Windows:

Are there locks on your windows? Do you use the locks? Windows are an often used entry point for criminals. Even on second floors!

Knock on door:

Before opening the door, check through the peep hole, and consider calling out "Who is it"? It is a good idea to check and verify all delivery personnel or other professionals, including police by checking identification or calling a dispatcher.

VEHICLE

Visual Scan:

After scanning the vehicle and it appears safe, unlock the door and check the back seat and the floor area. If it is clear, go ahead and get in. Know exactly how to operate your remote access locking system, and if one does not exist, consider having it installed.

Once Inside:

Remember to lock all doors, and consider keeping the windows rolled up as far as the weather permits. Place your carry bag or valuables out of sight to reduce "smash and grab" type theft.

R.A.D. (Rape Aggression Defense) Systems is a program of realistic self-defense tactics and techniques for women. The R.A.D. is a hands-on course for women that begins with awareness, prevention, risk reduction and risk avoidance, which are key concepts of self-defense. While R.A.D. is not a martial arts program, the class also progresses to several physical defense techniques, which are practiced and repeated during the class. The course is taught by nationally certified R.A.D. Instructors and provides each student with a program manual. This manual outlines the entire basic physical defense program for reference, continued personal growth, and is the key to R.A.D.'s free lifetime return and practice policy for graduates!

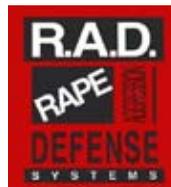
The R.A.D. Basic Physical Defense course, the cornerstone of R.A.D. Systems, has its foundations in education and awareness. The course includes lecture, discussion and self defense techniques, suitable for women of all ages and abilities. Classes range from 9-12 hours in length.

In a perfect world, we will be free from harm. Until that time, women should seek out and develop their options of self defense, so they may become viable considerations if they are attacked.

Please don't hesitate to call or email us with your questions!

Out & About:

- Keep your head up and eyes open
- Wherever you are, locate your exits.
- When using earphones: Either use only one or keep noise low so you can hear around you.



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SIGNS OF BEING STALKED

Stalking is a repeated behavior that is harassing or threatening by one person toward another. A stalker can be a complete stranger, an ex-spouse or ex-lover, or even a family member. Stalking is defined more comprehensively by the laws of each state, but generally any repeated contact that is not wanted by the victim and instills fear or hostility may be a case of stalking.

Has anyone tried to gain information about you from a person you work with, live with, friend or relative?

Do you get continuous phone calls in which the person may or may not talk when you answer?

Signs that you may be the victim of stalking and should seek help:



If someone is spying on you or following you.

If someone is giving you repeated unwanted gifts.

If someone is damaging or vandalizing your property.

If someone is sending repeated letters, phone calls, emails, faxes, or instant messages.

If someone is repeatedly appearing for no legitimate reasons wherever you are.

If someone is threatening you or someone close to you, particularly your significant other.

The crime of stalking can happen to anyone, not just strangers and celebrities. Stalking can interrupt the way that you go about your life, the way that you commute, and the places that you frequent. Victims can be so afraid that they begin to fear for their lives or the lives of their loved ones, including their children. In short, stalking is every bit of a crime as any other type of violence. If you believe that you are the victim of stalking, please do not hesitate to contact the police.

A bright idea for bikers

Make your bike easier to see at night by attaching a glow light that illuminates the ground and makes your bike visible from all angles, not just the front and back.

The lightweight (less than a pound) tube light fits onto the middle of the bike frame, is easy to install and remove, and will give you an edge when it comes to safety.

~adapted from Hope Health Letter Vol. 30, No. 10, October 2010, p. 5

A WORD FROM THE EDITOR

Often we think of environmental wellness in a global perspective. However, though the global environment is important to remember, it's also important to know what you can do to enhance your wellbeing in your personal environment. This issue was put together for your personal environmental wellness.

Upcoming Event:
Nov. 20 Laural Brook Outing
Mark your calendars!

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GRANOLA BAR RECIPE

Since we don't all have the same preferences with food, I have generalized the ingredients so that you can insert your favorite of that type of food into the recipe. Enjoy!



1/2	cup	Nut Butter
1/2	cup	Honey
1	cup	Crispy Cereal
1/2	cup	Oatmeal or Granola
1/2	cup	Nuts, chopped
1/2	cup	Dried Fruit, chopped
1/4	tsp	Salt
		Vegetable Oil for Greasing

- 1. Put nut butter and honey in small saucepan over medium heat for 2-3 minutes or until they melt together; whisk to combine.**
- 2. Put crispy cereal, oatmeal/granola, nuts, dried fruit and salt in a bowl and add mixture of nut butter and honey; stir well to combine.**
- 3. Grease a 7- or 8- inch-square baking dish with a little oil and line it with plastic wrap. Spread the granola mixture evenly into the dish, pressing down gently, and cover with more plastic wrap; refrigerate until set, at least 1 hour. Once set, remove by lifting the edges of the plastic wrap out of the dish; peel off the plastic and cut the bars to any size you like.**

Yield: 16 to 20 granola bars.

Start! Eating Healthy Day

Celebrate at Your Workplace!

As part of our continued effort to fight heart disease and stroke, the Chattanooga office of the American Heart Association is proud to announce Start! Eating Healthy Day. This day is specifically designed to help companies large and small equip their employees with the knowledge necessary to make better choices when eating.

November 3

Access the free Start! Eating Healthy Day tools:

<http://www.startwalkingnow.org/StartEatingHealthyDay.jsp>

Tools offer eating tips that are easy to implement into a busy life and work schedule.

More tools will become available, including a "Eating Healthy Widget"
This tool will also be free.

Help us fight heart disease and stroke!
Two of our most preventable diseases.



If your company will be participating in Start! Eating Healthy Day, please register here: <http://sehworkregister.heart.org/>
There is no cost obligation.

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~adapted from Announcement from American Heart Association