

CLINIC View

Newsletter

Family Care Center Highlights

January 2023 Vol. 3, Issue 5

Inside This Issue

- ❖ A Word from the Clinic
- ❖ National Healthy Weight Awareness Month
- ❖ January is Glaucoma Awareness Month

Important Dates

- ❖ Clinic Closed January 16

COVID UPDATE 2/23

- ❖ Positive cases isolate for a minimum of 5 days with pay
- ❖ Released from isolation after being fever free for 24 hours without fever-reducing medication
- ❖ Continue to wear mask for 10 days
- ❖ Employee will use employee portal to electronically self-report to provide your direct supervisor and payroll preparer with positive COVID-19 results
- ❖ Must show positive PCR test or Rapid test result

Smart Goals for Exercise in the New Year

- ❖ I will take a 20-minute walk after work each day (or during lunch)
- ❖ I will exercise for 45 minutes, 3 times a week, spending 20 minutes using resistance bands and 25 minutes on my exercise bike
- ❖ I will sign up for an exercise class (yoga, spin, boxing, etc.) and go once a week
- ❖ I will schedule walking meetings once a week
- ❖ I will take a hour long bike ride outdoors once a week and if the weather is bad I will spend an hour on the treadmill instead
- ❖ I will do cardio exercise for 30 minutes, 4 times a week, and sign up and complete a 5K in 2 months
- ❖ I will have Meatless Mondays to reduce my fatty meat intake

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National Healthy Weight Awareness Month

Being physically active is very important to your health and well-being. Inactive people can improve their health by becoming active on a regular basis, mixed with healthy eating habits.

Identifiable Benefits

- ❖ Control weight
- ❖ Reduced risk of cardiovascular disease
- ❖ Reduced risk of type 2 diabetes
- ❖ Reduced risk of some cancers
- ❖ Improve your mental health and mood
- ❖ Strengthened bones and muscles

Tips To Get You Started

- ❖ Shop the perimeter of the store
- ❖ Don't shop hungry
- ❖ Breakfast is the most important meal of the day

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January is Glaucoma Awareness Month

Glaucoma is a leading cause of vision loss and blindness in the United States. Glaucoma has no early symptoms – that's why half of people with glaucoma don't know they have it.

The only way to check for glaucoma is to get a comprehensive dilated eye exam. There's no cure for glaucoma, but early treatment can often stop it from damaging people's vision.

Anyone can get glaucoma, but some people are at higher risk, including people who:

- ❖ Are over age 60
- ❖ Are Black/African American and over age 40
- ❖ Are Hispanic/Latino
- ❖ Have a family history of glaucoma

The National Eye Health Education Program is encouraging people at higher risk for glaucoma to make a New Year's resolution to take care of their eye health by getting a dilated eye exam.

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