

# SAFETY & WELLNESS UPDATE



## OCTOBER 2019

### Chronic Obstructive Pulmonary Disease Management

What is chronic obstructive pulmonary disease (COPD)? This is a lung disease that makes it difficult to breathe. Millions of Americans are affected by this disease. In fact, it is the third leading cause of disease-related death in the U.S. The good news is that you can find support to help you make lifestyle changes, better manage your COPD and enhance your quality of life! **If you or a family member have COPD and need assistance finding resources to help you manage this disease, feel free to contact Michelle Peryea, RN, at (518) 775-5420 to schedule your FREE Health Support Visit.**



#### Living with COPD

It is inevitable that your life will change after being diagnosed with COPD. It may not be as easy to do the things you used to do before. Not only are there physical challenges, there are emotional challenges too. Let's talk about the actions that can be taken to protect the lungs of you or your loved one who is diagnosed.

#### Protecting Your Lungs

The lungs are different from most of the other organs in your body because their delicate tissues are directly connected to the outside environment. Anything you breathe in can affect your lungs. Since the lungs of people who have COPD are already compromised, reducing your exposure to anything that could make your COPD worse or cause an exacerbation or flare-up is important.

#### Avoid Possible Triggers

**Smoke:** Smoking causes lung cancer, COPD and many other illnesses. To protect your lungs:

- Don't start smoking, and if you do smoke, quit. Need assistance to quit smoking? Lexington can help by providing you with the NYS Butt Stops Here program FREE! Just call Michelle to find out more.
- Avoid secondhand smoke.

**Industrial Compounds:** If you are exposed to dust and fumes, talk to your doctor about what can be done to minimize or eliminate the exposure.

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#### RESOURCES:

WELLNESS ARCHIVE:  
[LEXINGTONCENTER.ORG/WELLNESS](http://LEXINGTONCENTER.ORG/WELLNESS)

TELEMEDICINE  
PROVIDER:  
[UNITED CONCIERGE MEDICINE](http://UNITEDCONCIERGE MEDICINE)

LEXINGTON  
MEDICAL PLAN AND  
CAFÉ WELL LIFE  
POINTS PROGRAM:  
[CDPHP](http://CDPHP)

MANAGERS, PLEASE  
POST THIS  
INFORMATION AND  
SHARE IT WITH  
YOUR STAFF.

## Protect Your Health

Taking steps to protect your overall health will also help protect your lungs from viruses and infections that could make you sick. With COPD, a cold or other respiratory infection can become very serious. There are several things you can do to protect yourself:

- Wash your hands often.
- Use hand sanitizer.
- Avoid crowds during the cold and flu season.
- Ask that extended family members and friends be considerate of your COPD and only visit when they are healthy, which helps you protect yourself from infection.
- Good oral hygiene can stop the germs in your mouth from leading to infections. Brush your teeth at least twice a day and see your dentist at least every six months.

Get vaccinated against flu and pneumonia and encourage family and those around you to do the same.

*Managing COPD.* (2019, February 4). Retrieved from <https://www.lung.org/lung-health-and-diseases/lung-disease-lookup/copd/>.



## **Attention, Employees Enrolled in Lexington's Medical Plan!**

Engage in CDPHP Life Points on [www.cdphp.com](http://www.cdphp.com)! Taking the CDPHP Personal Health Assessment on Café Well personalizes your Life Points. The Café Well program offers tools and resources to help you and your family members make healthy lifestyle changes. By engaging in the activities offered, not only do you gain personal knowledge, but you may earn a combined total of 365 Life Points in 2019. Each Life Point is equal to \$1 in retailer gift cards of your choice in CDPHP's Café Well Program. It is not too late! Get started today!

**CDPHP LIFE POINTS MUST REDEEMED BY DECEMBER 31, 2019!**

**If you need assistance, please contact Michelle Peryea, Safety and Wellness Coordinator, at (518)775-5420.**

## October, Fire Prevention!

Since 1922, the National Fire Protection Association (NFPA) has sponsored the public observance of Fire Prevention Week. In 1925, President Calvin Coolidge proclaimed Fire Prevention Week a national observance, making it the longest-running public health observance in our country. During Fire Prevention Week, children, adults and teachers learn how to stay safe in case of a fire.

### Did You Know?

In a typical home fire, you may have **as little as one to two minutes to escape safely** from the time the smoke alarm sounds. Escape planning and practice can help you make the most of the time you have, giving everyone enough time to get out. (Source: NFPA, 2019)

### Basics of Escape Plan

1. Have each member of the household identify at least two ways out of their room and out of the home.
2. Each member of the household should know the importance of alerting everyone that a fire is present, where the fire is and to get out!!
3. Each member of the household should know where the SAFE AREA is outside of their home and the importance of getting accountability of everyone at the safe area.
4. Always call 9-1-1 when safely able to do so and as quickly as possible.
5. Just like we drill at Lexington, it is strongly advised to conduct evacuation drills at your own home.

### Fire Prevention Tips / Electrical Safety Focus:

- Keep electrical cords out of areas where they will be damaged by being kicked or stepped on.
- Never plug appliances such as coffee pots, microwaves, toasters, refrigerators, etc. into surge protectors (multi-plug adaptors). Only electronics such as TVs, stereos, VCR/DVD players, computers, video game sets, etc. should be plugged into surge protectors.
- Turn electrical appliances off with the switch.
- Turn all appliances off before leaving for the day.
- Remember to “pull the plug, not the cord.”
- Never run electrical cords under rugs or other floor coverings.
- Electrical extension cords can only be used on a temporary basis (holidays, etc.), and when not in use, they should be unplugged.

**BE SAFE!!! BE READY!!!**

**DO YOU HAVE ANY QUESTIONS ABOUT LEXINGTON SAFETY AND WELLNESS? PLEASE CONTACT:**

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