



# CONNECTIONS

Sept, 2012

## SAFETY MATTERS

### HEART HEALTH

UMC is sponsoring two teams in the American Heart Association Heart Walk on October 20<sup>th</sup>. One of the purposes of the Walk is to raise awareness of the issue of heart disease. Consider these facts:

- 85% of American adults do not achieve AHA's recommended levels of moderate aerobic exercise, which is 30 minutes per day.
- 70% of Americans have been told, by a healthcare professional, to make lifestyle changes. 35% have been told both that they need to exercise more and that they are overweight.
- 20% of adults are smokers.
- 40% of adults rarely eat the recommended 4.5 cups of fruits and veggies daily or eat fish at least 2 times per week.

The AHA has developed the **Simple 7** program to give easy guidance to those who want to improve their heart health and work toward a long and productive life:

#### **GET ACTIVE**

Daily physical activity increases your length and quality of life. If you get at least 30 minutes of moderate physical activity each day (like brisk walking), five times per week, you can almost guarantee yourself a healthier and more satisfying life while lowering your risks for heart disease, stroke and diabetes. Parents, your children need 60 minutes of activity per day—every day—so when you get active, you're also modeling healthy living for the next generation.

#### **CONTROL CHOLESTEROL**

If your cholesterol is 200 mg/dL, or higher, you need to take action. High cholesterol causes plaque-lined arteries and veins that become less flexible and do not deliver as much blood to your body. Blocked arteries can cause heart attacks and may raise blood pressure.

#### **EAT BETTER**

A healthy diet is one of your best weapons for fighting cardiovascular disease. When you eat a heart-healthy diet (**foods low in** saturated and trans fat, cholesterol, sodium and added sugars, and **foods high in** whole grain fiber, lean protein, and a variety of colorful fruits and vegetables) you improve your chances for feeling good and staying healthy—for life!

#### **MANAGE BLOOD PRESSURE**

High blood pressure is the single most significant risk factor for heart disease. When your blood pressure stays within healthy ranges, you reduce the strain on your heart, arteries, and kidneys which keeps you healthier longer.

#### **LOSE WEIGHT**

If you have too much fat — especially if a lot of it is at your waist — you're at higher risk for such health problems as high blood pressure, high blood cholesterol and diabetes. And you're not alone! More than 2/3 of our American adult population is overweight, with 1/3 of us in the obese category. **Your BMI:** Body mass index (BMI) assesses your body weight relative to height. It's a useful, indirect measure of body composition because it correlates highly with body fat in most people. If your body mass index is 25.0 or higher, you will benefit by bringing your number down below 25. If your BMI is 30.0 or higher, you are at significant risk for heart health problems. [Calculate your BMI now.](#)

#### **CONTROL YOUR BLOOD SUGAR**

If your fasting blood sugar level is below 100, you are in the healthy range. If not, your results could indicate diabetes or pre-diabetes. Most of the food we eat is turned into glucose (or blood sugar) that our bodies use for energy. Your body makes a hormone called insulin that acts like a carrier to take your food energy into your cells.

When your body stops making insulin or the insulin stops doing its job, your energy supply and blood sugars are no longer stable and serious health problems like diabetes can result. Over time, high levels of blood sugar can damage your heart, kidneys, eyes and nerves.

## Heart Health (cont'd)

### STOP SMOKING

Cigarette smokers have a higher risk of developing cardiovascular disease. If you smoke, quitting is the best thing you can do for your health. Smoking is one of our nation's top causes of early death, but your lungs can begin to heal as soon as you quit

Get your health assessment and read more about these **Simple 7** steps at the American Heart Association website:

<http://mylifecheck.heart.org/Multitab.aspx?NavID=3&CultureCode=en-US>

## NEW UMC TEAM MEMBERS



John Bryon started work 8/28/12 as a Project Manager in the Special Projects Group, reporting to Steve Brooks. John worked previously for McKinstry for eight years as a Project Manager, in their SPG and Major Construction Groups. Before that he spent five years at ACCO in Seattle and two years with Emerald Aire. John hails from England originally and his interests include playing keyboards and guitar in a Progressive Rock band once a week and an occasional round of golf.

# STRATEGIC INITIATIVES

## WORKFORCE DEVELOPMENT

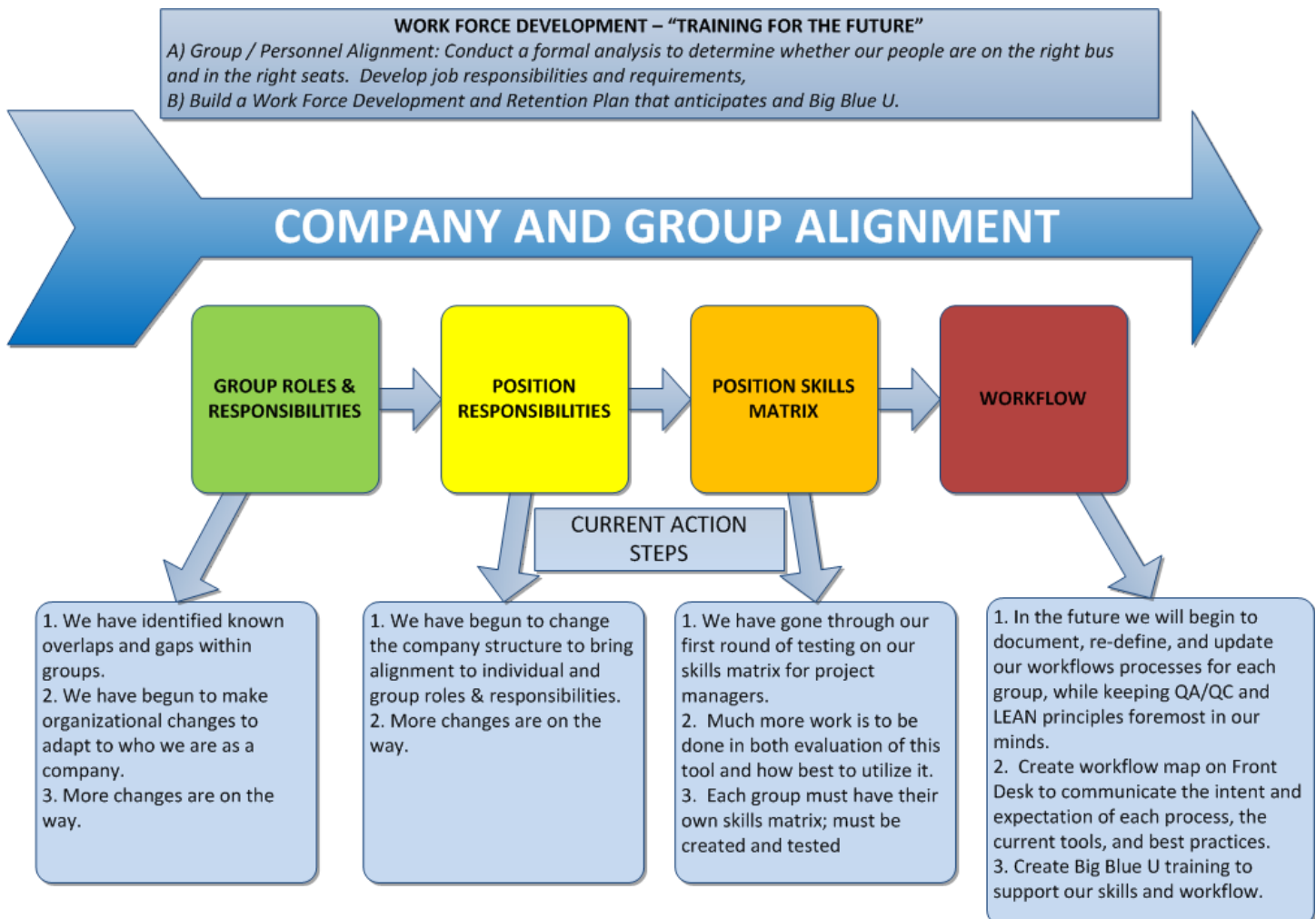
UMC is focusing on three specific strategic objectives: Leverage our Innovation, Build a Sales Organization and Workforce Development. The objectives key in on UMC's strengths in these areas. This month's update focuses on Workforce Development Objective



### Workforce Development

See the following process flow chart for our current plans and actions steps. This objective is a long-term project under development.

Workforce Development is always evolving with the people, process, technology, and economics. If you have a desire to help with this initiative or have ideas please send them to [dbabington@umci.com](mailto:dbabington@umci.com).



## LOOK WHAT'S HAPPENING

### 2012 EVENTS CALENDAR

#### SEPTEMBER

Golf Tournament

**Sunday, 9/9**

7:30am shotgun start

Harbour Pointe Golf Course

Mukilteo



MCAWW Conference

**Thursday, 9/27**

WA State Convention Center

Seattle

#### OCTOBER

Trick or Treat

**Tuesday, 10/30**

3pm-5pm

UMC

#### DECEMBER

Santa Party

**Thursday, 12/13**

5pm-7pm

UMC

#### JANUARY

Holiday Party

**Saturday, 1/12/13**

6pm-Midnight

Lynnwood Convention Center

### "HAPPY BIRTHDAY"

#### September

- 5 Mary Bouck
- 6 Karen Langeberg
- 8 Grant Young
- 13 Ned Miller
- 18 Troy Turpin
- 20 Leah Holden
- 28 Lloyd Lagutang
- 29 Mike McNeil

#### October

- 1 Bryan Eppler
- 1 Mario Puzzo
- 1 Marj Schmidt
- 2 Ted Granston
- 7 Mark Shipley
- 9 Ian McFarland
- 15 Brian Burton
- 19 Renee Leon
- 21 Jenni Gregg
- 28 Pat Stephens
- 31 Keegan Hollister

### YEARS OF SERVICE

#### **15 Years:**

Bruce Freeman (Sept)

#### **10 Years:**

Michael Yonich (Oct)

#### **5 Years:**

Greg Ferguson (Sept)

Richard Farmer (Sept)

Ian Footer (Sept)

