



Lancaster City Housing Authority Safety Committee

March 2010

Hermie's Safety Message

Online: www.lcha.ws/newsletters.htm

HERMIE says: "Yesterday's debris clutters tomorrow's dreams."

March is Workplace Eyes Health & Safety Month

Research Shows Diets Rich in Nutrients Can Save Sight

Prevent Blindness America Stresses Importance of Healthy Eating to Help Protect Against Blinding Eye Disease



CHICAGO – A diet filled with green leafy vegetables is good for the waistline. But many people may not be aware of the health benefits to the eyes. Diets rich in certain antioxidants, including lutein and zeaxanthin can help protect the eyes against age-related macular degeneration, a potentially blinding eye disease for which there is no cure. **Prevent Blindness America** invites

the public to visit "The AMD Learning Center" at preventblindness.org/amd, developed as a free online resource that provides a variety of educational tools including AMD risk factors, treatment options and the Adult Vision Risk Assessment quiz. Information is available through the **Prevent Blindness America** toll-free number, (800) 331-2020.

March is National Nutrition Month

CHICAGO – It's common knowledge that a healthful diet is an important part of a healthful lifestyle, but most people have trouble figuring out what to do when planning a complete diet overhaul. During National Nutrition Month®, the American Dietetic Association reminds everyone that an easy way to focus on eating better is to start with the basics: build your nutritional health from the ground up. **1) Focus on Fresh Fruits & Veggies 2) Buy Locally Grown Fresh Food 3) Make Calories Count 4) Try Adding New Healthy Foods 5) Treat Yourself to a Treat.**



Hermie Says Thank You!

A Big Thanks to our LCHA Maintenance Staff

Thanks to our LCHA Maintenance Staff for clearing all the snow from our sidewalks and parking areas left there from the **February Fury** of snow storms. No slips, falls, or injuries were reported. **Great work, guys!**

Upcoming: 2010 Safety & Wellness Day

Co-Sponsored by the LCHA Safety Committee & the LCHA Wellness Committee
Thursday, June 24, 2010

"Making The World Safer"

is our theme for 2010.

Join us for an energetic, informative and fun-filled day.

Great topics, speakers, prizes, awards and food!

After Lunch we will be **Bowling** at **Leisure Lanes**. Bowl a **"Turkey"** for a prize!



Lancaster County Industrial Safety Council
Dedicated to providing the safest possible work environment
A Member Since 1995

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