

May 2015
Volume 2, Issue 5



Emergency Plan for Safety:

Disasters can happen at any time. Do you know where to find safe shelter when away from home? What is the emergency procedures for school or workplace? Will people who count on you know what to do if you can't reach them? Do you have a plan? Contact your school and workplace to know their emergency plan. Does the community have a plan and shelters? Check with insurance for coverage of emergencies.
www.do1thing.com

Chocolate Dipped Apricots

Per serving :21 Calories; 1 g Fat; 0 g Sat; 0 g Mono; 0 mg Cholesterol; 4 g Carbohydrates; 0 g Protein; 1 g Fiber; 0 mg Sodium; 45 mg Potassium

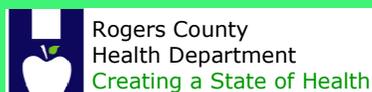
- 1/2 cup bittersweet chocolate chips
- 36 dried apricots
- 2 tablespoons chopped pistachios

Line a baking sheet with parchment or wax paper. Place chocolate chips in a small glass bowl. Microwave on Medium for 1 minute. Stir, then continue microwaving on in 20-second intervals until melted, stirring after each interval. (Alternatively, melt in the top of a double boiler over hot, but not boiling, water.) Dip half of each apricot into the melted chocolate. Let the excess drip back into the bowl. Place the dipped fruit on the prepared baking sheet. Sprinkle pistachios over the chocolate. Refrigerate until the chocolate is set, about 30 minutes

www.eatingwell.com



MOVE IT!! Stretching is a powerful part of any exercise program. It helps improve the range of motion for your joints and boosts circulation. When stretching, keep it gentle. Breathe free, don't bounce or hold a painful stretch. If you feel pain, you've gone too far. Move slowly, gradually for dynamic stretches.
www.mayoclinic.com



Path to Health

Oklahoma Tobacco Helpline

1 800 QUIT NOW

1-800-784-8689 OKhelpline.com

Concerns with E-Cigs Liquid:

- The packaging is frequently not child-resistant.
- Liquid is often colorful, scented, and flavored which makes it attractive to children.
- Inadequate or nonexistent warning labels.
- Inadequate/nonexistent studies or data on what long-term exposure to inhalation of propylene glycol vapor does to humans.
- Nicotine can be absorbed into the body by inhaling, swallowing, or through the skin.
- E-liquid is not regulated by the federal authorities.

OK Poison Center

**PICK YOUR NO'S:
Say "NO" to DRUG ABUSE
FREE TRAINING/EVENT**

The Rogers County Prescription Drug Abuse Task Force and Rogers County Sheriff's Office are offering two events in an effort to reduce prescription drug abuse and overdose deaths.

Naloxone (Narcan) awareness and training, Claremore Community Center, May 20th, 6:00 pm. All Rogers County residents are invited. Gail Box, mother of former OU player, Austin Box, is guest speaker and dinner is provided as well as door prizes.

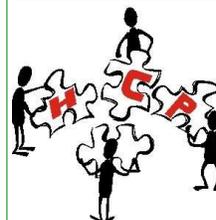
The Mobile Take Back Event, May 30th. Rogers County residents will call the hotline number (918)342-9727, and uniformed officers will come to their homes to retrieve any unwanted, leftover medications.

Both events are FREE to persons residing in Rogers County. For additional information, contact the task force at (918) 256-7518.

ENERGY DRINKS-CAUTION:

Energy drinks are typically not recommended if you have an underlying condition such as heart disease or high blood pressure, ask your doctor if energy drinks may cause complications. **Teenagers, pregnant women and women who are breast-feeding may want to avoid or especially limit consumption** of these beverages. The American Academy of Pediatrics recommends that adolescents get no more than 100 milligrams of caffeine a day. Younger children shouldn't drink caffeinated beverages on a regular basis.

www.mayoclinic.com



**Healthy
Community
Partnership**

ROGERS COUNTY

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Claremore, OK 74017