June 2019

SWOSU Bulldog Wellness Committee

Description

National Safety Month

Injuries are the leading cause of death for Americans ages 1 to 44. The good news? Everyone can get involved to help prevent injuries. During National Safety Month, SWOSU is working with community members to help reduce the risk of injuries. This June, we encourage you to learn more about important safety issues like preventing poisonings, transportation safety, and slips, trips, and falls.

Follow this and additional works at: https://dc.swosu.edu/wellness

Part of the Dietetics and Clinical Nutrition Commons, Health and Medical Administration Commons, Health Information Technology Commons, and the Medical Education Commons

Recommended Citation


This Book is brought to you for free and open access by the Newsletters at SWOSU Digital Commons. It has been accepted for inclusion in SWOSU BULLDOG WELLNESS by an authorized administrator of SWOSU Digital Commons. An ADA compliant document is available upon request. For more information, please contact phillip.fitzsimmons@swosu.edu.
National Safety Month
Injuries are the leading cause of death for Americans ages 1 to 44. The good news? Everyone can get involved to help prevent injuries. During National Safety Month, SWOSU is working with community members to help reduce the risk of injuries. This June, we encourage you to learn more about important safety issues like preventing poisonings, transportation safety, and slips, trips, and falls.

- Poisonings: Nine out of 10 poisonings happen right at home. You can be poisoned by many things, like cleaning products or another person’s medicine.
- Transportation safety: Doing other activities while driving – like texting or eating – distracts you and increases your chance of crashing. Almost 1 in 6 crashes where someone is injured involves distracted driving.
- Slips, trips, and falls: More than 1 in 4 older adults fall each year. Many falls lead to broken bones or head injuries.

State law requires all SWOSU employees, including student employees, receive safety training at least four times a year. Anybody receiving a paycheck through SWOSU falls under this requirement. The purpose of these trainings are to:

- Reduce worker's compensation claims costs by educating employees in safe work practices and heightening safety awareness.
- Help provide a safer work environment for all employees through education.
- Foster good relations between employer and employees.
- Provide quarterly training for all university employees in compliance with state law.

Also, June swim lessons at the Great Plains Family YMCA are now open for registration! They offer various classes teaching safety around swimming pools that include water introduction and safety for babies, master swim programs, swim team, water aerobics, certifications & training and more. Check out their page at https://www.gpfymca.org/programs-aquatics/aquatics/ to get signed up today!

Family Fitness Day
Family Health & Fitness Day is celebrated on June 8, 2019, the second Saturday in June each year. This special day promotes the importance of parks and recreation in keeping communities healthy. Agencies everywhere are encouraged to participate by inviting families to get active at their local park or recreation center, or by hosting an event, such as a health fair or family fun run. Members of the healthcare community are encouraged to participate, as well, even as sponsors.
The Wellness Committee has created a challenge to celebrate this day by getting fit with your family! Click the following link—Family Fitness Spreadsheet to record your name, which activity you performed and for how many minutes that day. The contest will end Saturday, June 8th at midnight and the winner with the most minutes completed will win a prize!

Don’t forget to utilize our previously featured “Apps of the Month” when you’re out being active! Track your steps and set fitness goals with this challenge to celebrate Family Fitness Day.

SWOSU Summer Picnic
A fun-filled alumni and friends day is planned Friday, June 14, at Southwestern Oklahoma State University in Weatherford. All alumni and friends are invited to participate in the busy day of activities. A golf tournament, tour of a private car collection, summer picnic, car cruise and happy hour are planned for June 14.

- The golf tourney is a four-person scramble at the Prairie West Golf Course in Weatherford. Start time is 8 a.m. Cost is $100 per player and the fee includes a lunch following the round of golf.

- A tour of Arden Dorney’s private car collection will be held at 3 p.m. with alumni and friends meeting at the Burton House on the SWOSU campus and car-pooling to the location near Weatherford.

- The summer picnic will be held at the Burton House lawn, beginning at 6 p.m. Food and drinks will be provided. The picnic is being held in conjunction with the Weatherford Area Chamber of Commerce Car Cruise that will start at 7:30 p.m. and motor past the picnic.

- At 9 p.m., alumni and friends will gather for happy hour at the Lobby Lounge, located at the Best Western Hotel in Weatherford.

For additional information and to register for the events, contact the SWOSU Foundation and Alumni Office at 580.774.3267.

Summer Camps
SWOSU is offering 31 youth camps on the Weatherford campus. Check them out on the website here https://www.swosu.edu/resources/summer-camps.aspx

App of the Month
Discover the best running routes, save and share your favorites, and get inspired to reach new running goals with a community of over 50 million runners. Whether you’re a beginner looking to log your first mile or a seasoned runner, you’ll find the features and tools you need to stay on track and motivated along the way. MapMyRun also integrates with a variety of major wearable trackers, as well as the My Fitness Pal app, so you can sync your diet and exercise info together for a clearer picture of your health.

To find more information regarding health and wellness provided by SWOSU check out the Wellness page at https://www.swosu.edu/bulldog-wellness/index.aspx