

'Take VPP Home' theme of Safety & Total Health Day

Safety isn't just for work anymore. Well, really, it never was, but too often people park their safety habits at the office door when they leave. Safety & Total Health Day hopes to change that thinking a bit.

Managers have been asked to carry the theme, "Take VPP Home," forward in planning for their own organization's activities, and the idea is further carried out in the spectacular array of booths and speakers that will be part of the day, October 20.

What started out as a modest project some four years ago has grown into the most important employee-driven event on site, and, most participants agree, it gets better every year. This year will be no exception.

Besides a stellar group of speakers, much creativity has gone into the planning of booths and demonstrations. And, as the theme suggests, much of the information and training will be applicable at home as well as at work.

More than 50 booths will be on display, many of them new this year. For

example, if the person at the car care booth looks familiar, it's because it will be Scotty Kilmer of KHOU-TV (Channel 11), best known as the Saturday morning "Car Talk" host, and he'll be here to share auto tips.

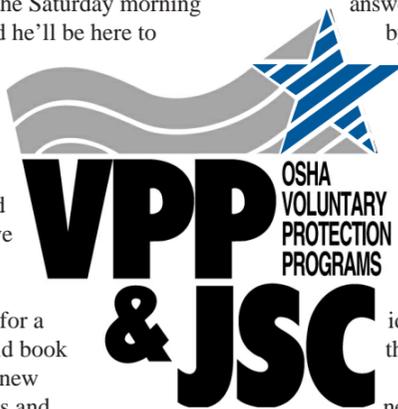
M*A*S*H* "The Swamp" booth is sure to draw a crowd too. You can get first-aid information and have your questions answered by a real M.D. Also, register for a free top-line, first-aid book valued at \$50. Two new booths, Men's Issues and Women's Issues, will also be available for specific questions. Never lose your money to a con-artist again. The financial booth will inform you about scams and how to spot them. Traveling to Russia? You'll find the latest on travel in that country, and you can even learn safety phrases you may need while there.

You can also get your cholesterol screened and visit the M. D. Anderson booth to get cancer questions answered. And, just for fun, stop by the Wheel of Fortune booth and try your luck at answering safety and health questions to win an award.

Other great booths and demos to look for can be found at the Safety & Total Health Day Web site, along with many, many ideas and suggestions for the day's activities.

If you're serious about fitness, get a group together and take part in training for the Health Run/Walk. If enough show up, you just might win a "George Award" for your directorate to display the entire year.

Finally, remember one of the most important of all events – the Safety & Total Health Day Blood Drive. It is a gift of life for which there is no substitute. ■



Health run caps off day's activities



NASA JSC Photo S98-14249

Runners get a good start for last year's Safety and Total Health Day Run.

Of all the options available for better health and longer life, the greatest benefit is achieved by improving physical fitness.

Physical exercise, such as walking and jogging, produces a long list of health benefits, both mental and physical, and helps you feel good. To recognize the importance of physical fitness in JSC employees' health and well-being, Safety and Total Health Day will feature the fourth annual "Training for Health" Walk/Run October 20.

Two routes have been mapped out, a two-kilometer course for walkers and a five-kilometer course for runners. The event begins at 3 p.m. at the Gilruth Recreation Center. The physically challenged are welcome. Refreshments will be provided at the pavilion following the event.

All participants must register for the event. There is no charge to participate, but registrants may pay \$6 to order a commemorative T-shirt (\$7 for size XXXL). The first 200 registrants will receive a free water bottle waist pack. Registration ends promptly at 1:30 p.m. October 20.

Participation in the walk/run is voluntary. Employees should check with their directorate or organization for details on participating in this event.

The walk or run you complete might be the start of a daily exercise program that could benefit your health and well-being for the rest of your life. ■

For further information call Greta Ayers at x30302 or Jennifer Jones at x32608.

Next blood drive is on Safety & Total Health Day

Now a tradition, JSC employees and contractors will be able to donate blood as part of their Safety and Total Health Day activities on October 20, or the following day.

This yearly event has become the most popular, as well as the most productive, of all JSC's on-site blood drives. In each of the last two years, JSC employees donated 508 and 598 units of blood, respectively. The donations have been used throughout the community in treating patients with a variety of medical conditions and include some JSC employees and their family members.

Experienced blood donors know that they can, if they desire, designate a person for whom their blood is donated. For example, last year many JSC employees donated blood for 4-year-old Brooke Hawes, neighbor of Information Systems Contract employee, Pat Doerr.

Hawes has been fighting cancer for a good part of her young life. Those who do not recall her story can read about it on the

blood drive Web site under "Testimonials." Blood donations have been a big help to Hawes and her family in their ongoing battle. She will soon undergo a bone marrow transplant,



NASA JSC Photo S98-14254

An employee takes time out to donate blood during last year's Safety and Total Health Day.

combined with her other treatments such as chemotherapy and radiation. At last count she still needed nearly 500 units of blood to replace those she has already used during the course of her treatments.

Donors may go to the Teague Auditorium lobby from 7:30 a.m. - 4 p.m., includ-

ing lunchtime, on October 20 or 21. Alternate donor locations will be set up to provide some relief for those who like to donate but cannot wait on the lines that often form at the Teague during this particular event. Check the blood drive Web site, located on the Human Resources Office homepage, for an announcement on alternate locations.

Anyone participating in the Safety and Total Health Day Walk/Run on October 20 is encouraged to give blood on October 21.

The procedure for drawing whole blood generally takes about 45 minutes, with plasma and platelet donations taking longer. Plasma and platelets, which require special processing, will only be drawn on the second day of the drive this year.

Call Donna Stuart at x33032 to make an appointment.

Prospective donors who have questions about how a medical condition may affect their ability to give blood may call St. Luke's Blood Donor Center at 713-791-4483. For details on the JSC Blood Drive call Dan Mangieri at x33003. ■

SAFETY AND TOTAL HEALTH DAY SEMINAR SCHEDULE October 20, 1999				
TIME	BUILDING 2 TEAGUE AUDITORIUM	BUILDING 30 AUDITORIUM	BUILDING 8 ROOM 2100	BUILDING 8 ROOM 248
7:30 a.m.	VIDEO			
8:00 a.m.	Colonel John Casper			
8:30 a.m.	Dr. Dave Williams			
8:50 a.m.	Dr. Tom Marshburn "Cholesterol"			
9:00 a.m.	OPENING: Mr. George Abbey			
9:05 a.m.	Introduction by Dr. Dave Williams			
	Dr. Robert Conn Morning Keynote			
	"SMARTRISK ACCIDENT PREVENTION"			
10:00 a.m.			Houston Police Department	
			30 Minute Seminars beginning	
			every hour on Crime Prevention	
10:15 a.m.	VIDEO			
		Dr. Larry Wier		
		"PHYSICAL FITNESS, THE ESSENTIAL		
		ELEMENT IN TOTAL HEALTH"		
10:30 a.m.	Austin Davis "COMEDY DEFENSIVE			
	DRIVING AND CROSS WALK SAFETY"			
11:00 a.m.			HPD Seminar	
11:30 a.m.	VIDEO			
		Dr. Andrew (Tony) Jackson		
		"ROLE OF FITNESS IN THE		
		PREVENTION OF BACK PROBLEMS"		
12:00 p.m.	Houston Police Department			
	Debra Stefek			
	"PROTECTING OUR CHILDREN"			
	AND "CYBERSAFETY"			
12:30 p.m.				
12:45 p.m.		Employee Assistance Program		
		Speaker Dr. Malinda Lea		
		"STRESS: ARE YOU Y2K PREPARED?"		
1:00 p.m.	VIDEO			
1:30 p.m.	John Drebing			
	Afternoon Keynote			
	"SAFETY COMMUNICATIONS MAGIC"			
2:00 p.m.			HPD Seminar	
		Employee Assistance Program		
		Sharon H. Burns, MA, LPCI, SOTP		
		"HELPING YOUR CHILD BE SAFE		
		IN TODAY'S SOCIETY"		
2:30 p.m.	CLOSING			
	Perry Bennett, Chuck Sawin			

