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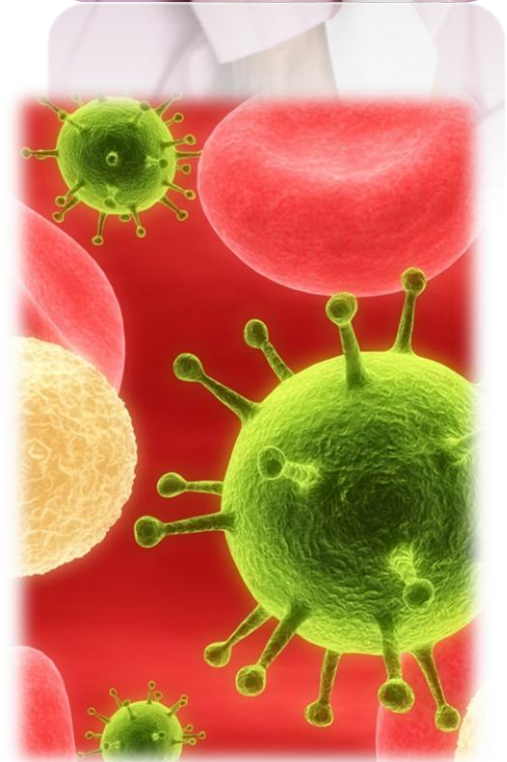
'TIS THE SEASON

The flu kills up to 49,000 people a year. 200,000 are hospitalized, according to the CDC. This year's annual flu shot will offer protection against the pandemic H1N1 flu (swine flu) virus, in addition to two other influenza viruses that are expected to be in circulation this winter. The Centers for Disease Control and Prevention (CDC) now recommends that ***everyone 6 months of age or older be vaccinated annually against influenza.***

If you have not yet received a flu shot, it's not too late.

IF YOU GET THE FLU

- * ***Stay at home***
If you come down with the flu, stay at home. Do not go to work, shopping, travel, social events, and public gatherings. You should stay away from work from the first onset of symptoms until twenty four hours after your fever is gone. You are most likely to spread the virus to co-workers and residents alike during this time.
- * ***Get plenty of rest***
Stay hydrated and get plenty of bed rest. Take over the counter medications to ease the aches and pains and lower your fever.
- * ***Drink plenty of fluids and keep proper nutrition***
Even though you may not feel like it at the time, be sure to keep your body strong by eating well. Small, healthy meals eaten throughout the day will help you keep up your strength and fight the virus.



KING INTRODUCES SAFETY GRANT PROGRAM FOR 2013

Since the beginning of KING's operation, an annual awards program rewards members that experienced no claims and indemnity claims during the policy year. KING will continue to recognize members annually that have experienced no claims or indemnity claims, however this year the cash prize will be replaced with an investment of up to \$10,000 to fund the KING Safety Grant Program.

The Safety Grant Program is designed to fund specific member safety needs and initiatives that will enhance a culture of employee and resident safety within the member organization. Grants will be awarded in three categories:

- EQUIPMENT - up to \$1,000 per award
- TRAINING - up to \$500 per award
- INNOVATION - up to \$1,000 per award (think outside the box!)

One grant application per member each year may be submitted. If a member is awarded a grant, they may not apply again in any category the following year. **Members who are awarded a Safety Grant must agree to provide matching funds.**

Grant applications will be accepted from January 1 through February 28 with the Grants awarded in March 2013.

Return/email to Leading Age Kansas, 217 SE 8th Ave. Topeka, KS 66603
785-233-7443 | kevin@leadingagekansas.org

KING TO OFFER OSHA 10-HOUR OUTREACH TRAINING AGAIN IN 2013

Due to the popularity of the program first offered in 2012, KING will sponsor another one and one half day OSHA Ten Hour Outreach training program in 2013. The sessions will be held June 4-7 in both central and western Kansas. Locations will be announced closer to the training dates.

Subjects will include OSHA mandated topics as well as topics that are tailored specifically to our work environment. Certificates of attendance and OSHA cards will be provided to all who attend the full session.

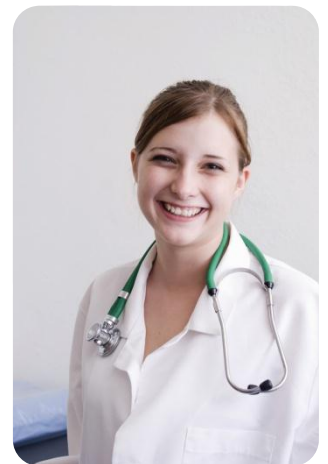
WELLNESS CORNER

This feature is dedicated to your personal health and well being.

When Talking With Your Doctor

The most important way you can stay healthy is to be an active partner of your own health care. Research has shown that patients who have good relationships with their doctors tend to be more satisfied with their care. Give information. Don't wait to be asked.

- ✓ You know important things about your symptoms and your health history.
- ✓ It is important to tell your doctor personal information.
- ✓ Bring a "health history" list with you, and keep it up to date.
- ✓ Always bring any medications you are taking, or a list, and at what strengths.
- ✓ Tell your doctor about any herbal products or alternative medicines or treatments you receive.



Editor's Note:

The KING Safety Matters newsletter is published monthly to provide general safety information. It is not a substitute for adequate safety training, or intended to provide complete safety information or training, on any specific subject. The information contained herein is intended to assist safety efforts, and increase safety awareness.

In order to ensure the contents of the newsletter are helpful and important to you, please feel free to send comments, suggestions and feedback to:

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