



Denver Drywall Company  
Since 1945

# DENVER DRYWALL COMMUNICATOR

August 2003



Welcome Aboard the DDC Train Michelle & Michaela!

Michelle Schueller is the company's wonderful new voice of DDC. She is the new secretary/receptionist for the company. We welcome her positive attitude and professional demeanor to the team.

Michaela Lucente was brought on as a site project engineer for the Progressive Insurance project down in Colorado Springs. She brings many years of experience to the team and is a welcome addition.

Let's all welcome these two new employees to the DDC Team.

## A Little Slice of Safety



With the dog days of summer screeching to an end, it is time for kids to start heading back to school. We need to be aware of these children when driving to and from work every day. Keep the following things in mind:

- Be on the look out for children. They can appear -- suddenly and without notice -- out from behind stopped school buses.
- Obey the posted speed limit in school zones. Children may be present in the area at any time, but are especially present when the lights on the school zone sign are flashing.
- Keep your eyes out for crossing guards when children are walking to and from school. Failure to stop for a crossing guard carries the same penalty as failure to stop for a traffic light or a stop sign.
- When the yellow warning lights on the bus flash, this lets motorists know that the bus will be stopping to load or unload students. Slow down and prepare to stop, instead of speeding up to pass the bus.

## A Little Slice of Safety continued...

Print this guide, cut it out, pin it to your wall, Xerox it for a friend or place a copy in your purse or wallet as a reminder of the basic steps of CPR!

### **CALL**



**CALL 911**

### **BLOW**



**TILT HEAD,  
LIFT CHIN,  
CHECK  
BREATHING**



**GIVE TWO  
BREATHS**

### **PUMP**



**POSITION  
HANDS IN THE  
CENTER OF  
THE CHEST**



**FIRMLY  
PUSH DOWN  
TWO INCHES  
ON THE CHEST  
15 TIMES**

**CONTINUE WITH TWO BREATHS  
AND 15 PUMPS UNTIL HELP ARRIVES**

Facts about CPR:

Sudden cardiac arrest is the leading cause of death in adults. Most arrests occur in persons with underlying heart disease.

CPR doubles a person's chance of survival from sudden cardiac arrest.

75% of all cardiac arrests happen in people's homes.

The typical victim of cardiac arrest is a man in his early 60's and a woman in her late 60's.

Cardiac arrest occurs twice as frequently in men compared to women.

There has never been a case of HIV transmitted by mouth-to-mouth CPR.

In sudden cardiac arrest the heart goes from a normal heartbeat to a quivering rhythm called ventricular fibrillation (VF). This happens in approximately 2/3rds of all cardiac arrests. VF is fatal unless an electric shock, called defibrillation, can be given. CPR does not stop VF but CPR extends the window of time in which defibrillation can be effective.

CPR provides a trickle of oxygenated blood to the brain and heart and keeps these organs alive until defibrillation can shock the heart into a normal rhythm.

If CPR is started within 4 minutes of collapse and defibrillation provided within 10 minutes a person has a 40% chance of survival.

The information provided in the "A Little Slice of Safety" of Denver Drywall's monthly newsletter is provided in good faith, and not intended to be a substitute for proper medical care provided by a physician, nor is it intended to override a physician's recommendations. Denver Drywall assumes no responsibility for any circumstances arising out of the use, misuse, interpretation, or application of any of the information supplied in this article.

## HEALTH EDUCATION CORNER

### Fueling A Healthy Brain

Do you ever find yourself in the middle of a thought and suddenly it's gone, or maybe in the middle of the afternoon your mind begins to wander?

A healthy brain needs fuel just like the rest of the body. Sometimes lack of fuel or even the foods we choose can make a difference in how the brain works. Since the brain cannot store glucose, it needs a continuous source of fuel from food. The best choices are complex carbohydrates including whole grains, vegetables and beans and small amounts of protein.



Many things affect memory. Researchers are looking at the role phytochemicals might play. Certain foods that contain phytochemicals like blueberries, strawberries, prunes and fatty fish show a positive benefit to short-term memory.

Try to consume more of these foods by mixing fruit in cereal, yogurt or pancake batter, and consuming fatty fish two times a week.

### Midweek Fatigue

Midday and midweek slumps happen to everybody. If fatigue is more regular, check your nutrition.

Crazy schedules and fast-paced living can disrupt eating and exercise routines. Get your energy back by trying a few lifestyle changes:

- Make it a habit to eat breakfast. Starting the day with fuel is how your body performs at its best.
- Get a good night's sleep
- Fuel up every three to four hours
- Keep portions in line. When you're tired, it's easy to overeat, which can cause a feeling of lethargy.
- Get some type of physical activity most days of the week

Maintaining a healthy lifestyle may seem like more effort and time than you have, but the benefits actually increase your energy and help you feel and perform better.

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Congratulations to the following folks who have hit their respective anniversaries with Denver Drywall in the month of August



Kip Franz	"31" years	Gary Cummings	"21" years
Bob Kellerman	"18" years	Greg Bohney	"18" years
Don Goldtrap	"17" years	Stefan Urbalejo	"13" years
Ricardo Garcia Paz	"6" years	Ricardo Balderrama	"6" years
Juan Quinones	"5" years	Ruben Guerra	"4" years
Tracy Fisher	"3" years	Robert Podoll	"3" years
Alberto Cordova	"3" years	Keith McGuire	"2" years
Nicolas Rivera		"1" year	

# THOUGHTS FOR THE MONTH

The purpose of life is to be useful, to be responsible, to be honorable, and to be compassionate. It is, after all, to matter: to count, to stand for something, and to have made some difference that you lived at all.

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Fear less, hope more; whine less, breathe more; talk less, say more; love more, and all good things will be yours.

