August Issue Includes

- National Immunization Awareness Month
- National Night Out (August 4)
- Eye Health and Safety Month

National Immunization Awareness Month
Did you know immunizations aren't just for children? Immunization means giving all or part of a germ, or a changed piece of the germ, to cause the body to make an immune response that is just like the one acquired after natural infection.

The idea is that the person getting an immunization ends up with lifelong protection against a disease or partial protection. Some vaccines must be given more than once. A person's immune status, age and overall health must be considered when deciding which type of vaccine is given.

Killed vaccines contain dead viruses or parts of a virus that have been completely disabled and can no longer cause disease. Our immune systems are still able to build an immune response against the dead virus, so anyone can respond well if they come in contact and become infected with that virus at any time.

Visit StayWell Online at https://uclivingwell.online.staywell.com and type "immunizations" in the Search box to learn more.

National Night Out
August 5th is National Night Out (NNO). Neighborhoods will come together to celebrate NNO with a variety of events and activities such as potlucks and visits by local police and fire departments. NNO has proven to be an effective and inexpensive program to promote neighborhood spirit to fight for safer neighborhoods around the nation.

To learn more or to register for an Organizational Kit, visit www.nationalnightout.org/nno.

Eye Health and Safety Month
Half of all blindness can be prevented. A vision screening does not replace an eye doctor's exam, but it can help identify people who are at risk for eye disease. The following is a list of how long you should go between getting your next eye exam:

<table>
<thead>
<tr>
<th>Age</th>
<th>Caucasian</th>
<th>African-American</th>
</tr>
</thead>
<tbody>
<tr>
<td>20-39</td>
<td>Every 3 - 5 years</td>
<td>Every 2 - 4 years</td>
</tr>
<tr>
<td>40-64</td>
<td>Every 2 - 4 years</td>
<td>Every 2 - 4 years</td>
</tr>
<tr>
<td>65 or older</td>
<td>Every 1 - 2 years</td>
<td>Every 1 - 2 years</td>
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</tbody>
</table>

To learn more about eye care, visit http://www.preventblindness.org
Monthly WellTips

August

National Night Out (August 4)

National Night Out began in 1984, when The National Association of Town Watch (NATW), a nonprofit, crime prevention organization which works in cooperation with thousands of crime watch groups and law enforcement agencies throughout the country, proposed a national program which would be coordinated by local crime prevention agencies and organizations - but that would involve entire communities at one time.


NATIONAL NIGHT OUT is designed to:

- Heighten crime and drug prevention awareness
- Generate support for, and participation in, local anticrime programs
- Strengthen neighborhood spirit and police-community partnerships
- Send a message to criminals letting them know that neighborhoods are organized and fighting back

Along with outdoor lights and front porch vigils, neighborhoods ‘celebrate’ NNO with a variety of events and activities such as:

- block parties
- cookouts
- visits from local police and sheriff departments
- parades, exhibits
- flashlight walks
- contests
- youth programs

NNO has proven to be an effective and inexpensive way to promote neighborhood spirit and police-community partnerships in our fight for a safer nation.

Don't delay. Be sure your community is part of the nation's largest annual crime/drug prevention event. Complete and submit the online NNO 2009 Registration form today.

Resources:

National Night Out
www.natw.org/nno

Additional Resource:

StayWell Online
https://uclivingwell.online.staywell.com