It’s Time to Stop
Dangerous Distracted Driving

Distracted driving is any activity that diverts attention from driving, including talking or texting on your phone, eating and drinking, talking to people in your vehicle, fiddling with the stereo, entertainment or navigation system—anything that takes your attention away from the task of safe driving.

In 2015 alone, 3,477 people were killed, and 391,000 were injured in motor vehicle crashes involving distracted drivers.

Help keep America’s roads safe by committing yourself to stop driving while distracted and encourage others to do the same.

Are you signed up to be an organ donor?

Unknown to most, signing up on your drivers license is NOT ENOUGH.

Go to one of the following links to sign up to be added to the national organ donor list.

https://www.organdonor.gov/register.html

https://www.unos.org/donation/register-to-be-an-organ-donor/
LifeSaver
Check out this app

LifeSaver uses GPS monitoring and a rewards system to help drivers break dangerous distracted driving habits. The app blocks the ability to use your phone while driving, and automatically lets loved ones know once you've safely arrived at your destination.

Stop Driving to Get Moving
Check out this Exercise

When taking long drives it is so important stop and stretch your muscles every two to three hours to relieve tension and keep your blood circulating.

Employee Spotlight
Diane Tappe
Director of Student Health Services

"I think the data clearly supports the link between being distracted while driving and the huge increase in traffic fatalities. This seems to have become such a scary and dangerous national problem!! I would support legislation that would broaden the texting penalty to include supporting only hands-free devices.”

Her thoughts on self care...
“I really try to make a habit of daily prayer and reflection as part of my morning routine, even if only for 10 minutes. I also keep a prayer pebble in my office to remind me to take 3 deep full breaths :)

Greek Yogurt Chicken Salad

- 2 cups leftover rotisserie chicken
- 1/2 cup diced red onion
- 1/2 cup diced apple
- 1/2 cup grapes, halved
- 1/4 cup dried cranberries
- 1/4 cup slivered almonds
- 1/2 cup plain Greek yogurt
- 1 tablespoon freshly squeezed lemon juice, or more, to taste
- 1/2 teaspoon garlic powder
- Kosher salt and freshly ground black pepper

Directions
1. In a large bowl, combine chicken, red onion, apple, grapes, dried cranberries, sliced almonds, Greek yogurt, lemon juice, garlic powder, salt and pepper, to taste.
2. Serve sandwiches on bread with chicken mixture and lettuce.