

SMART START Newsletter



August 15, 2016

Move

Discounts at Local Gyms for PCS Employees

All PCS employees and their families can receive discounted gym memberships at local gyms throughout the county. These gyms include:

[Anytime Fitness](#) **

[BayCare Wellness Centers](#) **

[Orange Theory](#) **

[Shapes](#) **

[YouFit](#) **

[YMCA](#) **

[100 Mile Club-Walking Program](#)

[Curves](#) **

[Jazzercise](#)

Download the PCS flyer for the gym of your choice and present it to the gym. Flyers are available at <http://www.pcsb.org/fitness-center-discounts>.

**Vitality Health Club Partner. Earn 15 Vitality Points for each day that you workout when you join a partner health club.



Registration opening soon! PCS Kickball League!

More details will be announced soon about days, times, locations and instructions on how to register.

Keep an eye out for announcements in an upcoming SMART START.



Pinellas Park High School—Spring 2016 CHAMPS!

EAT

YMCA Diabetes Prevention Program

New FALL Session begins the week of August 22, 2016—spots are limited, register today!

Program Overview

If you meet the minimum qualifications (see below) and are serious about changing your lifestyle to improve your health and reduce your chance of developing type 2 diabetes, the Pre-Diabetes Prevention Program may be right for you. The YMCA's Diabetes Prevention Program is led by a trained Lifestyle Coach at local YMCA's throughout the area. Classes meet weekly for 16 weeks and then once per month for the remaining 8 months (one year total). By participating in the program, you will:

- Take control of your health and your life
- Learn how to eat healthier, increase your physical activity and lose weight
- Receive a FREE YMCA gym membership during the initial 16-week portion of the program
- Earn 16 component points and 350 Humana Vitality points

For more information on the program, visit www.ymca.net/diabetes-prevention

Qualify and Commit to Participate for FREE

Qualifications:

You must meet one or more of these requirements to be qualified to participate:

- Overweight (BMI greater than or equal to 25)
- At risk for developing type 2 diabetes, or diagnosed with prediabetes.

Please note: If you have been diagnosed with type 1 or type 2 diabetes you do not qualify for this program. However, you may qualify for the DiabetesCARE program offered through PCS. See page 8 and/or Contact Gina DeOrsey at 588-6137 or gdeorsey@humana.com.

Your commitment:

Once enrolled, you are required to pay \$50, which will be refunded to you in the form of a \$50 Publix gift card when you complete the program and have attended 12 out of the 16 initial classes. Vitality points and component points will be awarded after you have completed a minimum of 12 classes. Those who do not complete the program will forfeit their initial \$50 payment.

Class Locations

- Clearwater YMCA, 1005 S. Highland Ave., Tuesdays 6:00p-7:00p, begins August 23rd.
- Bardmoor YMCA, 8495 Bryan Dairy Rd, Largo Wednesdays 6:00p-7:00p, begins August 24th.
- Greater Palm Harbor YMCA, 1600 16th St., Palm Harbor Wednesdays 6:30p-7:30p, begins August 24th.
- St. Pete YMCA, Jim and Heather Gills ****CLASS FULL****
3100 1st Ave. South, St. Pete.
Tuesdays 6:15p-7:15p, begins August 23th

YOU CAN TAKE CONTROL

REDUCE YOUR RISK TODAY

YMCA'S DIABETES PREVENTION PROGRAM



Call today to register!

Contact the YMCA for more information and to register for the program:

Palm Harbor/Clearwater sites:
Summer Cruff/Joyce Chiavetta:
727-772-9622

Bardmoor/St. Pete sites:
Kieran Gabel at 727-697-7155

Questions? Contact Dawn Handley at handleyd@pcsb.org or 588-6151

Last session's 16 week results

- Average % weight loss: 5.5%
Average # of physical activity minutes: 144 per week
- Many participants lowered their glucose levels, no longer on blood pressure or cholesterol medicine.
- Testimonials available from participants about their personal successes and how the program changed their lives.

Humana Vitality

+350 Vitality Points!



FOR HUMANA MEMBERS ONLY

Learn to manage your diabetes and get your supplies for FREE!

Program Details and Commitment

Medical research and breakthroughs have made it possible for most diabetics to live with their condition by modifying their lifestyle. These modifications typically mean a change in diet, taking prescribed medications, and being more mindful of eye and foot health. There are no participation fees. All you have to do is:

Commit to a healthier lifestyle – Set a personal goal for yourself, such as making a commitment to improve your diet, begin to or increase exercise, take your medications properly, quit smoking, monitor your blood sugar, or check the health of your feet daily.

Attend an approved diabetes education program. Attend an 8-10 hour educational program and a 2-hour refresher course each year thereafter.

Receive recommended annual screenings, including A1C, blood pressure, foot exam, retinal (dilated) exam, cholesterol and lipid profile, and urine test for kidney disease.

Enroll in Humana's Disease Management program

Benefits of Participation

As a member of the Diabetes CARE program, you will continue to get your prescription diabetes supplies at a zero co-pay for one year as long as all requirements are met. When you consider all the supplies diabetics need -- lancets, blood glucose test strips, urine test strips, needles and syringes – your co-pays can add up fast. That makes your participation very valuable. Here is an overview of your CARE participation benefits.

- Learn to manage and control your diabetes and improving your health for life
- Covered diabetic supplies with no co-pays under the PCSB pharmacy benefits
- Coupons for free diabetes education courses at select facilities
- Access to Humana's 24/7 nurse line

Ready to get started?

Contact Gina DeOrsey at 588-6137 or PCS.DEORSEYG@pcsb.org.

MENTAL HEALTH

Why self-care is important for caregivers

While caring for a friend or family member who needs long-term help can be rewarding, it can also be overwhelming. However, it's important to know you are not alone. According to the [National Alliance for Caregiving](#), nearly 44 million people in the U.S. provide care for a friend or family member who is chronically ill, disabled or elderly.

It's also important to remember that caring for a loved one can take a lot of time and energy, which means it's critical that you take good care of yourself. Many caregivers are so busy doing what has to be done for their loved one that they often put their own needs last on the list of priorities and don't make time for themselves. Taking care of yourself is crucial in order to maintain balance and stay healthy, which will help you provide the care your loved one needs. If you or someone you know is currently providing care for a friend or family member, here are a few practical tips to keep in mind:



Build a support team—You can't do it alone, so take some time to build your support team. This should include your loved one's doctor, family members, friends, church or community organizations, and anyone else you can turn to in a time of stress. Don't be afraid to meet with your family to ask them to share in the day-to-day responsibilities and/or the cost of care.

Connect with other caregivers—Check out online caregiving forums, websites and support groups to find others who truly understand the ups and downs of caregiving and can offer encouragement.

Get a checkup—You most likely are much more focused on your loved one's health than your own. But stress takes a toll on your immune system, so don't ignore your own health. Be sure to make and keep appointments for your annual checkups and screenings, and don't hesitate to visit your doctor if you're starting to feel under the weather.

Healthy eating—Even if you don't feel hungry or think you don't have time to eat, try not to skip meals. Healthy food can help give you the energy you need during busy days. Keep nutritious snacks like fresh fruits and vegetables available. Also, consider asking a friend or family member to help you prepare meals when you don't have a lot of spare time to cook.

Fit in a workout—Research has shown that one of the best ways to manage stress is through exercise. Take some time out of your day and go for a 10-minute walk to clear your mind, fight stress and maintain good cardiovascular health. You can also try some stretching exercises to release muscle tension.

Call it a night—It's important for you to get enough sleep so that you can be alert and awake to keep up with caregiving duties. If your caregiving responsibilities tend to interrupt your sleep, try taking a 15-minute power nap during the day.

Take a breath—Consider meditating, listening to guided relaxation recordings, or putting on relaxing music when things get stressful or tense.

Take a time-out—Take a little time for you—treat yourself to a stress-reducing massage or dinner out with a friend or family member. It can help you recharge and relieve tension.

Get help when you need it—Figure out what you can reasonably do and what resources or help from others you may need. Luckily, there are many resources available to help caregivers. Consider reaching out to the following organizations for assistance:

- As a PCS employee, you have access to our EAP+Work/Life program. A specialist can help you locate a counselor who can address concerns like stress and anxiety, as well as help you locate caregiving help, support groups and other resources in your area.
- The **National Family Caregivers Association** is a nationwide service that helps older adults and their caregivers find local services for seniors. To get started, visit thefamilycaregiver.org.

Remember, taking a little time for yourself can help you be a better caregiver.

HealthAdvocate™

EAP+Work/Life
Call: 877-240-6863

- Confidential support for personal & work/life issues
- There is no cost to use this service
- Your privacy is protected
- Can be accessed 24/7

Healthy Living



Reach Silver Status by August 31, 2016 to **EARN** up to **\$400** next year!

Lock in your 2017 Premium Discount! Reach Silver Status by August 31, 2016!

Employees who achieve silver status by August 31, 2016 will receive the following Vitality wellness premium credit for 2017 health insurance coverage beginning with the first payroll in December 2016*:

- Employee Only \$10 per pay period (**\$200 annually**)
- Employee + Spouse \$15 per pay period (**\$300 annually**)
- Employee + Children \$15 per pay period (**\$300 annually**)
- Employee + Family \$20 per pay period (**\$400 annually**)

*This Vitality Wellness premium credit will remain in effect through November 2017, while enrolled in PCS health insurance as an active employee policy holder.

5 ways to achieve Silver Vitality Status:

1. Complete the Health Assessment (500 points)
2. Get a Vitality Check® (up to 2000 points)
3. Get your preventative screenings (up to 400 points)
4. Compete in athletic events (up to 500 points)
5. Activate a personal goals (earn 100's to 1000's of points)

Download a complete list of ways to get to Silver Status:

[Ways to Reach Silver Status & Points Values](#)

A NEW VITALITY YEAR BEGINS SEPTEMBER 1, 2016—LEARN WHAT TO EXPECT

Scan this code or click here

<https://www.youtube.com/watch?v=ttZr45Elwb4>

to watch a short video on what to expect when the new Vitality year begins September 1.



Kara got new towels for FREE when she used her bucks on \$100 worth of Macy's gift cards!

What did you buy with your Bucks?

Let us know!

Email hagerk@pcsb.org

Healthy Living

Break the Habit: Free classes to quit smoking

Register now, space is limited!

99% of participants indicated they received the tools and resources needed to become and stay smoke free!

Any PCS employee, spouse, or family member (18 yrs or older) who is ready to quit tobacco, can receive the tools and support needed to quit smoking for good, AND earn \$50 gift card for completing the program to be used for continuing your nicotine replacement therapy (must attend 5 out of 6 classes to receive the reward)!

WHAT'S IN IT FOR YOU?

- FREE Nicotine Replacement Therapy
- Group support and tools to become tobacco free
- Trained Facilitator and behavior change specialist
- \$50 gift card for completing the class



Class Times and Locations:

St. Pete YMCA, Jim and Heather Gills

3100 1st Ave. South, St. Pete

Wednesdays: 7-8 pm

Begins September 7

Bardmoor YMCA

8495 Bryan Dairy Rd, Largo

Tuesdays: 6-7 pm

Begins September 6

To register, contact:

Nicole Kelly

Phone: 813-929-1000 ext. 204

nkelly@gnahec.org





Healthy, Easy Recipe

Artichoke, spinach and white bean dip

Ingredients

1. 2 cups artichoke hearts
2. 1 tablespoon black pepper
3. 4 cups chopped spinach
4. 1 teaspoon minced dried thyme
5. 2 cloves garlic, minced
6. 1 tablespoon minced fresh parsley
7. 1 cup cooked white beans
8. 2 tablespoons grated parmesan cheese
9. 1/2 cup reduced-fat sour cream

Directions

Heat oven to 350 degrees.

Mix all ingredients together. Put in a glass or ceramic dish and bake for 30 minutes.

Serve with vegetables or whole-grain bread or crackers.

Nutritional analysis per serving

Serving size :About 1/2 cup

- Calories 123
- Total fat 3 g
- Saturated fat 1.5 g
- Trans fat 0 g
- Monounsaturated fat 1 g

- Sodium 114 mg
- Total carbohydrate 16 g
- Dietary fiber 7.5 g
- Added sugars 0 g
- Protein 8 g

Dietitian's Tip:
"You can puree the beans if you want the dip to have a smoother consistency."



Your journey to better health starts here.

EMPLOYEE WELLNESS IS BACK FOR THE NEW SCHOOL YEAR!

1. Look for new program announcements throughout the year.
2. Talk to your Employee Wellness Champion about onsite programs and classes.

Check out our website for a complete list of programs and more!

<http://pcsb.org/wellness>

Share your story!



Have you been successful in meeting a wellness goal because of a PCS Wellness Program? Have a recipe you'd like to share or topic you'd like to see in an upcoming issue? We'd love to hear about it! Contact Kara Hager, Employee Wellness Coordinator, at hagerk@pcsb.org.

Read how one employee changed his life because our wellness programs!



Scan this code or visit pcsb.org/wellness