

# SMART START Newsletter



August 29, 2016

## Move

### **Registration now open for the PCS Kickball League! Games begin Sept. 15!**

This league is open to all PCS employees and is completely free of charge to participate. You can join as an individual and be randomly placed on a team, or you can contact your worksite's Wellness Champion to see if they've formed a team for your worksite. You have the choice to play at two different fields and each game will be 1 hour:

#### **Location 1:**

Eddie C Moore Softball Complex  
3050 Drew St., Clearwater, FL 33759  
Thursdays starting 9/15 at 5pm and 6pm

#### **Location 2:**

Woodlawn Park  
1450 16th St. North  
St. Petersburg, FL 33704  
Fridays starting 9/16 at 5pm, 6pm, and 7pm



### **Registration Instructions:**

1. Follow the registration link:  
<http://www.tampabayclubsport.com/league/14006/details>
2. Select the field you prefer to play at and click on "Individual"
3. Select "Create a new account"
4. Under "Play with Friends", select "Just me, thanks!" or "yes, I have one or more friends that are also playing", if you'd like to be teamed up with specific people.
5. Under Additional Info, type in the name of the team you would like to be placed on and if you have a preferred position. If you choose to leave these fields blank, we will place you on a team.
6. Click "Continue"
7. Agree to the terms and conditions and select "Continue"

Once your registration is complete, you will receive an email confirmation.

### **Questions?**

Contact Carly Houman at [carly@tampabayclubsport.com](mailto:carly@tampabayclubsport.com) or call 877-820-2582

# EAT

## YMCA Diabetes Prevention Program

A few spots are still available—call 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](http://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](mailto: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 30th.
- 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](mailto: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!



## Apple Dumpling

By Mayo Clinic Staff

Serves 8

### Ingredients

Dough:

1. 1 tablespoon butter
2. 1 teaspoon honey
3. 1 cup whole-wheat flour
4. 2 tablespoons buckwheat flour
5. 2 tablespoons rolled oats
6. 2 tablespoons brandy or apple liquor

Apple Filling:

1. 6 large tart apples, thinly sliced
2. 1 teaspoon nutmeg
3. 2 tablespoons honey
4. Zest of one lemon

*Dietitian's Tip:*

*“Use tart baking apples, such as Granny Smith, R.I. Greening or Northern Spy.”*

### Nutritional analysis per serving

**Serving size :1 Dumpling**

- Calories 178
- Total fat 2.5 g
- Saturated fat 1 g
- Trans fat 0 g
- Monounsaturated fat .05 g

- Sodium 14 mg
- Total carbohydrate 36 g
- Dietary fiber 6 g
- Added sugars 5 g
- Protein 3 g

### Directions

Heat the oven to 350 F.

Combine butter, honey, flours and oats in food processor. Pulse a few times until mixture looks like a fine meal. Add brandy or apple liquor and pulse a few more times until mixture starts to form a ball. Remove mixture from food processor, wrap tightly in plastic and refrigerate for two hours. Mix apples, nutmeg and honey. Add lemon zest. Set aside. Roll out refrigerated dough with extra flour to 1/4-inch thickness. Cut into 8-inch circles. Use an 8-cup muffin tin and lightly coat the muffin tin with cooking spray. Lay a circle of dough over each lightly sprayed cup. Push dough in gently. Fill with apple mixture. Fold over sides and pinch at top to seal. Bake for 30 minutes at 350 F, until golden brown.

# MENTAL HEALTH

## How your pets can improve your health

Last Friday was National Dog Day, a celebration of how these furry friends make our lives better and an opportunity to promote adoption so more dogs can find loving homes. However, as anyone with a pet will confirm, animals of all types provide many benefits to the people they share their lives with. Did you know pets can also improve your health?

Here are just a few of the ways pets benefit and improve our physical, mental and emotional health:

**Increased exercise.** Dogs and some other pets require frequent walks and exercise, which means their owners also reap the benefits. It's much harder to press snooze or sink into the couch when someone with a leash in their mouth is persistently nuzzling you to get up! And more movement leads to other positive changes, including reduced blood pressure and cholesterol, a decreased risk of obesity, and even greater mobility for older adults.

**Fewer allergies.** Studies have shown children who grow up around animals like cats, dogs or horses are less likely to develop allergies and asthma. Many scientists believe frequent exposure to dirt and other allergens that are common with pets may help strengthen kids' immune systems, a huge benefit.

**Less stress.** Spending time with pets is often calming (which is why many dogs and other animals provide emotional support for those impacted by tragic situations), and research even shows people with pets are better at dealing with stress than those without. By reducing stress, you also reduce your risk of high blood pressure and other cardiovascular issues.

**Improved self-esteem.** Pets are always there for us when we need us and provide unconditional love, which can help bolster our self-esteem and even decrease depression and loneliness. (Think how fantastic it would feel to rescue and save an animal who needs your help!) And because few people can resist coming to say hi to an adorable pup, they help us socialize more as well. For children especially, having a pet also helps develop empathy toward others, further enhancing social skills at a young age.

Sharing your life and home with a pet brings a wide variety of health benefits, and ongoing research shows there is enormous potential for even more—studies show dogs have the ability to detect diseases like cancer and diabetes and can even notify their owner if they are about to have a seizure, in addition to their longtime work as therapy and service animals. But for many of us, the best benefit is having a wonderful companion who offers love and affection.

And if you still need to be convinced, or to learn more about the benefits of pets and how to adopt a new best friend, visit any of these sources for more information:

[National Dog Day](#)

[Centers for Disease Control and Prevention](#)

[WebMD](#)

[Humane Society](#)

[The Shelter Pet Project](#)

### Did you know your EAP can help you find a pet sitter?

Visit the PCS online EAP portal at <https://members.healthadvocate.com/> for pet care information resources or contact a Work/Life specialist for help finding a pet sitter and other resources in your area.



**HealthAdvocate<sup>SM</sup>**

**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 access 24/7

## What you need to know about the Zika Virus

**ABOUT ZIKA:** Zika virus spreads to people primarily through the bite of an infected mosquito. Zika can also be passed through sex from a person who has Zika to his or her sex partners and it can be spread from a pregnant woman to her fetus. People can protect themselves from mosquito bites and getting Zika through sexual contact.



**HOW ZIKA SPREADS:** A mosquito becomes infected when it bites a person already infected with Zika. That mosquito can then spread the virus by biting more people. Zika virus can also spread through sexual contact; from a pregnant woman to her fetus during pregnancy or around the time of birth; and likely through blood transfusion.

**ZIKA SYMPTOMS:** Many people infected with Zika won't have symptoms or will only have mild symptoms. The most common symptoms are fever, rash, joint pain, red eyes, muscle pain and/or headache. Symptoms can last several days to a week.

**WHY ZIKA IS RISKY FOR SOME PEOPLE:** Zika infection during pregnancy can cause a fetus to have a birth defect of the brain called microcephaly. Other potential birth problems could include defects of the eye, hearing deficits, and stunted growth.

**HOW TO PREVENT ZIKA:** There is no vaccine to prevent Zika. The best way to prevent mosquito borne diseases is to protect yourself and family from mosquito bites. Here are some tips:

- Wear long-sleeved shirts and long pants
- Mosquito-proof your home: use screens on doors and windows; use air conditioning; eliminate standing water to keep mosquitos from laying eggs.
- Use EPA-registered insect repellents (always follow the product label instructions). Do not use insect repellents on infants younger than 2 months old.
- Prevent sexual transmission of Zika by using condoms or abstaining from sex

Again, as information continues to be released by the DOE and DOH, it will be disseminated. Until further updates are received, please refer to the below attachments and internet links for some resources:

<http://www.cdc.gov/zika/comm-resources/toolkits.html> - Choose Elementary-High School Tab

<http://www.cdc.gov/zika/fs-posters/#pregnancy> – CDC Zika/Pregnancy Posters

<http://www.floridahealth.gov/diseases-and-conditions/spill-the-water/> - DOH Spill The Water campaign

# Healthy Living



## Wednesday, August 31st, is the last day to reach Silver Status!

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](#)

## What to do on 9/1/2016 when your HumanaVitality Program Year Renews:

**Step 1:** Take your online Health Assessment (Earn 250 bonus Vitality points by completing your health assessment by 11/30/2016!)

**Step 2:** Get your Vitality Check (biometric screening). Get a [Vitality Check](#) by going to Walgreens using the [Vitality Check Voucher](#) or check with your Wellness Champion to see if there will be a Vitality Check at your worksite.

**Step 3:** Spend Bucks or let them roll over for 3 full years. 100% of your bucks will roll over this plan year, and 10% of your points will roll over from last plan year.

## What to Expect When Your HumanaVitality Plan Year Renews 9/1/2016:



Scan this code or click here  
<https://www.youtube.com/watch?v=ttZr45Elwb4>  
to watch a short video the new Vitality year.



# 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](mailto:nkelly@gnahec.org)





*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](mailto:hagerk@pcsb.org).

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



Scan this code or visit [pcsb.org/wellness](http://pcsb.org/wellness)