



SMART START Newsletter

Produced by Risk Management - Christina Kempf, Employee Wellness Coordinator

November 14, 2014

In this issue:

- Financial Fitness Challenge
- Health Matters at Work
- Humana Vitality
- October Target Health Winners
- Diabetes Prevention Program
- Cornbread and Sausage Stuffing
- Aspire Lifesaving App
- At-Risk for Diabetes?
- Note the Quote
- Get Real About Spending

Please share this information with staff who may not have computer access!

Financial Fitness Challenge

There is still a little over a week to complete any remaining classes within the Financial Fitness Challenge that you have started. The deadline to finish is November 21 at midnight. Those that complete the full course with a 70% will be eligible for the stock drawing. Please note, the stock drawing has been moved to **December 3** and winners will be notified by email on that date. Go to www.FFCProgram.com to access the courses. Any tech questions should be directed to support@educatedinvestor.com.

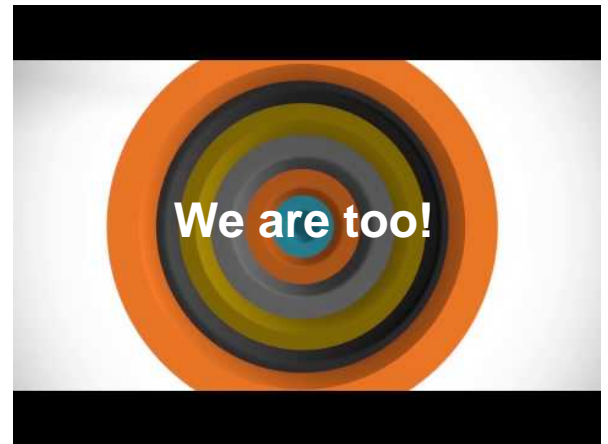
Health Matters at Work

Health Matters at Work is an award-winning web and workplace -based health initiative that the PCS Wellness Program has partnered with to expand our resources. It is designed to help businesses, employees, and their families access and use the credible health information, resources and support of the nation's most respected health charities. The site offers 4 main components:

- ★ Charity Locator: Find local and state charities for numerous different health conditions. Community Health Charities take the guess work out of figuring out which charities use their funds wisely by only allowing those that spend less than 25% on administrative costs and fundraising on their website. This information is evaluated yearly. This makes the Charity Locator useful for finding a charity you may be in need of or for a charity you may want to donate time or money toward.
- ★ Community Connections: Support groups, programs and services provided by health charities can be found here. Ex: Diabetes Bag of Hope, Workplace Weight Loss Program by American Diabetes Association, etc.
- ★ Resource Library: Numerous resources that provide credible health information on topics from Alzheimer's disease to cancer to multiple sclerosis to obesity and much more.
- ★ Podcasts & Webinars
- ★ Health Alerts: A monthly newsletter is available for those interested.

www.healthmattersatwork.org/pcsb

Ready to
EARN REWARDS
for
HEALTHY BEHAVIORS?



The Humana Vitality Rewards program starts **January 1**.

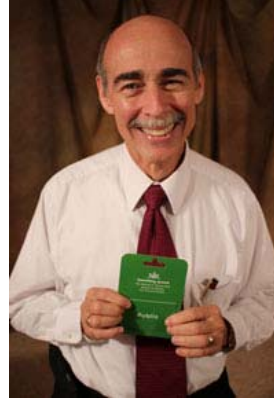
Go to
www.pcsb.org/Vitality
to learn more. Plus watch for more information to come in December and in 2015!

October Target Health Winners

Ten more lucky winners have won a **\$250** gift card of their choice in the random Target Health drawing of those who had an annual exam completed and a Target Health form signed by their physician. There is one more chance to win in the final drawing on January 13. Go to www.pcsb.org/wellness , Current Promotions to print form. To be eligible to win one of the 10 gift cards to be drawn for on January 13, you must turn in a completed and signed Target Health Form before **January 13**. The drawing will take place on January 13 so late entries arriving by pony, fax or mail will not be eligible to win.

Good luck! Hope to see YOUR picture in the January issue of the newsletter announcing the new Target Health winners!

WINNER Lori Burke
Bernice Johnson Center,
Records Retention Clerk



WINNER Norm Kelton
Administration Building,
Administrator on Special Assign.



WINNER Dale Koning
Pinellas Park High,
Teacher



WINNER Kerry Marks
Lakeview Fundamental,
Kindergarten teacher



WINNER Alzena Patten
Leila G. Davis Elem.,
Secretary/Bookkeeper

Photos Not Available:

WINNER Nancy Frederick.
McMullen Booth Elementary,
Teacher

WINNER Bonnie Mettetal.
Lealman Ave. Elementary,
Kindergarten teacher



WINNER Janet Price
Paul B. Stephens School,
P.E. teacher



WINNER Marilyn Scott
Fitzgerald Middle School,
Bookkeeper



WINNER Michele Burt
Lake St. George Elem.,
ESE Pre-K Teacher

Diabetes

Prevention Program

If you are prediabetic and have been giving serious thought to 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 and is a one year program. The first 16 sessions are weekly followed by 8 monthly sessions.

Program qualifications include:

- Overweight (BMI greater than or equal to 25, or 22 for Asian individuals)
- At risk for developing type 2 diabetes
- Or diagnosed with prediabetes.

(Individuals who have already been diagnosed with either type 1 or type 2 diabetes do not qualify for this program but do qualify for the Diabetes CARE program. Diabetics should contact Heather Keegan at 588-6137 or hkeegan@humana.com for more information).

The program goals include:

- Reduce body weight by 7%
- Increase physical activity to 150 minutes per week, which can be achieved in small amounts most days of the week.

How you benefit:

- Take control of your health, take control of your life
- Take part in a research based program that has show to reduce the number of new diabetic cases by nearly 60%
- Save \$379 by committing to take the class through PCS rather than paying for the class on your own
- Learn how to eat healthier, increase your physical activity and lose weight
- FREE YMCA gym membership during the initial 16-week portion of the program
- Earn 16 component points (course # 8005011C) and 350 Humana Vitality points
- Meet others in the small supportive classroom setting who are prediabetic

The Commitment

The program cost is \$429 for individuals paying the YMCA directly. However, because Pinellas County Schools understands the importance of preventing the development of type 2 diabetes, we are willing to offer scholarships to fifty of our employees who are willing to pay a nominal fee of \$50 to attend the program and who are willing to sign a commitment statement stating they will attend and participate in the majority of sessions, defined as 12 out of 16 sessions. Those that attend the majority of the sessions will receive a \$50 Publix gift card at the end of the 16-week course. The PCS Wellness team is looking for PCS employees who have the **time, energy and desire** to commit to this program. Each scholarship granted to one employee is one we cannot give to another so it is important only those apply that are ready to meet this challenge and make some changes in their health status. Please don't deny another the opportunity if you are not fully ready to take on this commitment.

For Information and to Apply For Scholarship

For more information or to apply for the scholarship, contact on of the following Program Directors.

Palm Harbor / Clearwater sites: Summer Dodge at 727-772-9622.

Bardmoor / St. Pete sites: Kieran Gabel at 727-895-9622 x219.

For general program information, visit www.ymca.net/diabetes-prevention/.

Don't forget to also register for component points on MoodleLMS, Course # 8005011C.

Class Locations:

- Greater Palm Harbor YMCA, 1600 16th St., **Palm Harbor** (Wednesdays, 6pm, begins January 28th)
- Clearwater YMCA, 1005 S. Highland Ave., **Clearwater** (Tuesdays, 6pm, begins January 27th)
- Bardmoor YMCA, 8495 Bryan Dairy Rd., **Largo** (Wednesdays, 6pm, beginning January 28th)
- Jim & Heather Gills YMCA, 3200 1st Ave. S., **St. Petersburg** (Thursdays, 6pm, begins January 29th)

Class Info:

Classes begin the week of January 26. All classes 6:00-7:00pm. The class day is listed next to location. Date or time doesn't fit your schedule? Call the coordinator below to discuss other options!

Put prediabetes in reverse.



Cornbread and Sausage Stuffing

This delicious recipe uses Italian turkey sausage (spicy turkey sausage if you want a little kick) instead of pork, and omits all the butter and cream to cut the fat by two-thirds. It's easy to make, lower in sodium and can be prepared up to a day in advance (steps 1-3).

Ingredients

- 1 pound sweet Italian turkey sausage (about 4 links), casings removed
- 2 cups finely chopped onion
- 1 1/2 cups finely chopped celery
- 1/4 teaspoon salt
- Freshly ground pepper, to taste
- 2 pounds prepared cornbread, cut into 3/4-inch cubes (about 12 cups)
- 1/4 cup chopped fresh parsley
- 1 tablespoon chopped fresh sage
- 1 1/2 - 3 cups reduced-sodium chicken broth

Preparation

1. Preheat oven to 325F. Coat a 9"x13" baking pan with cooking spray.
2. Cook sausage in a large nonstick skillet over medium-high heat, stirring and breaking up with a wooden spoon, until browned, about 10 minutes. Add onion and celery; cover, reduce heat and cook, stirring occasionally, until tender, about 10 minutes. Transfer the mixture to a large bowl. Season with salt and pepper. Add cornbread, parsley and sage.
3. Bring broth to a simmer in a small saucepan. Pour 1 cup over the stuffing mixture and toss gently (the cornbread will break into smaller pieces). Add as much of the remaining broth as needed, 1/2 cup at a time, until the stuffing feels moist but not wet. Spoon the stuffing into the prepared pan and cover with foil.
4. Bake the stuffing until thoroughly heated, about 25 minutes. Serve warm.

Recipe from EatingWell.com.

Humana News

Would you know if you are at risk for Diabetes?

November is Diabetes Awareness Month and whether diabetes runs in your family or not, according to the Centers for Disease Control & Prevention (CDC) you may be at risk for developing the condition based on a number of risk factors, including being overweight and not being physically active at least three times a week.

Are you at risk? Take this [simple test](http://www.cdc.gov/diabetes/prevention/pdf/prediabetestest.pdf) from the CDC.

<http://www.cdc.gov/diabetes/prevention/pdf/prediabetestest.pdf>

Here are risk factors for someone who is more likely to develop pre-diabetes and type 2 diabetes:

- Age (especially after age 45)
- Being overweight or obese
- A family history of diabetes
- Having an African American, Hispanic/Latino, American Indian, Asian American, or Pacific Islander racial or ethnic background
- A history of diabetes while pregnant (gestational diabetes) or gave birth to a baby weighing nine pounds or more.

If you are at risk for diabetes or diabetic, contact your onsite Humana patient advocate for more information about Humana's clinical programs and what you can do to reduce your risk.

Heather Keegan, RN
727-588-6137
pcs.keeganh@pcsb.org

Aspire Lifesaving App

Aspire is a new app designed to look like a generic news app but is actually a potentially lifesaving domestic violence alert system.



The front page of the app looks and functions like a real news page but also contains a "Help" section on the page that provides a list of local domestic violence resources and a "Go Button", that once pressed, alerts the user's chosen contacts, local authorities and service providers about the violent or potentially violent situation.

Available for iPhone or Android.

Note the Quote

"When I started counting my blessings,
my whole life turned around."

~Willie Nelson

Get Real About Spending!

Do a Financial Reality Check Before Holiday Shopping

Find ways to celebrate the season joyously but also within your means. Watch this MoneyTalkNews video clip for some holiday shopping ideas.

<http://www.moneytalksnews.com/thinking-about-holiday-shopping-do-a-financial-reality-checkup-first/>

