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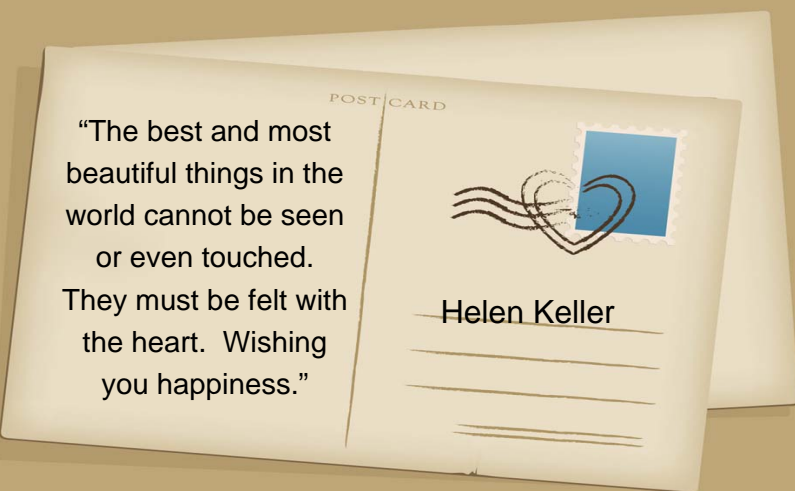
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Please share this information with staff who may not have computer access!

Thinking of Giving?

Want to make sure your charitable donation is being used to its fullest? Check out the CharityWatch website. To quickly find the top-rated charities that spend 75% or more of their budgets on programs, spend \$25 or less to raise \$100 in public support, [and] do not hold excessive assets in reserve, click on this link.

<http://www.charitywatch.org/toprated.html>



Traveling Bandanas Club

Are you planning a get-away and will be doing some form of activity or exercise?

Join the **NEW Traveling Bandanas club!** For a limited time, we will be giving a blue bandana (yours to keep) to any staff member who contacts us with plans to exercise in some way while "traveling".

Help us see how far our logo can go!
See page 3 of the newsletter for more details.

Nutrition & Fitness Resources from CCW

Corporate Care Works (CCW), our Employee Assistance program, has several nutrition and fitness related resources on its website that are great and worth checking out. While you're there, take a look around at the rest of the website. There are lots of useful resources!

Some other offerings include:

Quizzes - Healthy Eating, Healthy Activities, Surgical Options for Obesity, etc.

Courses - Nutrition

Videos - Cardio Training, Weight Loss Strategies, Weight Training, etc.

Articles - Low Impact Training, Food Basics, Nutrition, etc.

FAQ's - Complications of Obesity, Healthy Eating, Healthy Activities, etc.

To access, go to www.pcsb.org/employee-assistance-program
and follow the directions to access the Corporate Care Works website.

Roasted Sweet Potato Cubes

Serves 4; about 2/3 cup per serving

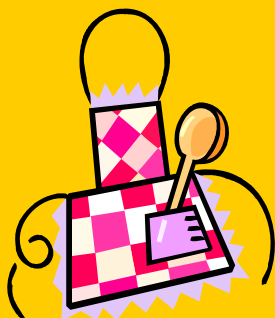
- Cooking spray
 - 1 pound sweet potatoes, peeled and cut into 3/4-inch cubes
 - 2 teaspoons canola oil
 - 2 tablespoons dark brown sugar
 - ¼ teaspoon ground cinnamon
 - 1/8 teaspoon salt
1. Preheat oven to 425°F.
 2. Line a baking sheet with aluminum foil. Lightly spray foil with cooking spray. Put sweet potatoes on foil.
 3. Drizzle with oil. Toss gently to coat. Arrange in a single layer.
 4. Sprinkle with remaining ingredients.
 5. Bake for 15 minutes. Stir. Bake for 10 minutes, or until very tender when pierced with a fork.

Cook's Tip: For the best texture, be sure to cook the potatoes for the full amount of time recommended.

Nutrients Per Serving

Calories 145
Total Fat 2.5 g
Saturated Fat 0.0 g
Trans Fat 0.0 g
Polyunsaturated Fat 0.5 g
Monounsaturated Fat 1.5 g
Cholesterol 0 mg
Sodium 137 mg
Carbohydrates 30 g
Fiber 4 g
Sugars 11 g
Protein 2 g
Dietary Exchanges: 2 starch

© American Heart Association



Flexible Spending Accounts

Use It or Lose It!

Please note the 2011 Flexible Spending Account (FSA) plan year ends **12/31/2011**.

In order for an eligible expense to be considered for reimbursement from your 2011 allotment the services must be rendered and completed on or prior to 12/31/2011. If you are continuing with the FSA program in 2012 your new allotment will be available in full to you 01/01/2012, New Years Day. You will ***not be issued*** or need a new card as the Visa cards have an expiration date of 12/31/2012 or later. After 12/31/11, you should not use your debit card for services that occurred in 2011.

All claims submitted to Humana for 2011 must be faxed or postmarked by 3/31/11. We recommend you do not wait until the last week to submit your claims, in the event your request for reimbursement is incomplete or needs additional documentation. Exceptions beyond the deadline cannot be granted according to IRS regulations and plan rules.

For additional information on eligible Medical Expenses, including over the counter medication, please see the attachment. Over-the-counter medication, (only those IRS eligible) must be submitted through a manual claim form.

If you have questions regarding your FSA account or need balance information please contact Humana Spending Accounts at 800-604-6228 or on line at Humana.com.

Holiday Safety Tip

Please consider printing the attachment called "Lost Wallet" that was included with this newsletter email. It is a lost/stolen wallet inventory and emergency checklist that you would keep in a safe place. If your wallet is ever missing, you will know who to call, what to say, etc.

Click here for the Humana Spending Account Reimbursement Claim Form:

https://www.pcsb.org/images/stories/Risk_Management/files/Benefit-Forms/Health_Care_Dependent_Care_Humana_Reimbursement_Form.asp.pdf

See email **attachment** to view list of eligible FSA expenses.



TRAVELING BANDANAS

Are you planning a get-away and will be doing some form of activity or exercise? Maybe walking, skiing, biking, kayaking, swimming, hiking, running a race, snowshoeing or even a scavenger hunt?

Join the **NEW Traveling Bandanas club!** For a limited time, we will be giving a blue bandana (yours to keep) to any staff member who contacts us with plans to exercise in some way while “traveling”. Help us see how far our logo can go!

Simply email the info below to kempfc@pcsb.org and while supplies last, you will be sent a bandana to take with you. In return, you promise to email us a picture of you and the bandana doing whatever exercise you love to do! You will be featured on our website and possibly in the SMART START Newsletter. Because supplies are limited, please only request a bandana if you are going to be able to send a picture in to us in the next 3 months.

Request A Bandana!

Email Christina Kempf, Employee Wellness Coordinator, at kempfc@pcsb.org the following:

- Your name
- Worksite & Pony route
- Where you plan to go
- When you plan to go
- What type of activity / exercise you plan to participate in
- Your commitment to email a photo back to us!

