Hydration Challenge Winners!

100 lucky winners were randomly drawn from the 298 hydration challenge calendars that were received. To see if you were a winner, see page 2 of the newsletter.

Find The Fun in Pinellas County

Looking for something active to do in Pinellas County? Check out the new website www.FindTheFunNow.com. There is a “Fun To Do” and a “Fun To Eat” section. This great website is part of the Communities Putting Prevention to Work grant that the Pinellas County Health Department and Pinellas County Schools are a part of, along with other partners.

Check it out!
www.FindTheFunNow.com

Meet Maureen

Maureen Sullivan-Tevault, RN is the Humana Clinical Advisor who works onsite in Risk Management solely for Pinellas County Schools account. She has her BSN and is a Certified Diabetes Educator. She coordinates our PCS Diabetes CARE program.

Please contact Maureen for any of the following:

- Enrollment into the Diabetes CARE program (waived co-pays on diabetic supplies for staff)
- Questions related to diabetes
- Patient Advocacy Issues (plan coverage issues, medication concerns, Humana website, etc.)
- Questions related to Humana Wellness Programs (Diabetes, Tobacco Cessation, Healthy Beginnings, Telephonic Coaching)

Maureen can be reached at 588-6137 or at pcs.sullivantevaultm@pcsb.org through Outlook.

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

Note the Quote

“It has been suggested that as much as $5.6 billion would be saved annually to the medical care system if 10% of sedentary adults began a walking program.”

~The Physician and Sportsmedicine

Train to Walk or Run a 5K

Have you ever wanted to push yourself to finish a race? Did you run in the past but its been awhile since you last put on your tennis shoes? Now is the time to start thinking about setting this as a goal for 2012! We found in the 2011 wellness survey that several staff were interested in training for a 5K but now we need to narrow down the locations where there is interest. If you are interested in working with a running coach and a group of other motivated PCS employees, please take this quick survey!

http://www.surveymonkey.com/s/Train5K

All previous SMART START newsletters can be found online at www.pcsb.org/wellness!
And the winners are…

Congratulations!!!
Your water bottle will be placed in the pony by early next week.

Dee Arose    Curtis Fundamental
Heather Ball  Stephens Exceptional
Katherine Baquero  Osceola Middle
Flo Bellhorn  Bernice Johnson Center
Stacy Bello  Plumb Elementary
Tia Blunt    Clearwater Bus Compound
Patti Borland  Gulfport Elementary
Norman Brim  WSPC Paint Dept.
Lenora Burnett  Madeira Beach Fundamental
Rebecca Buidens  Pinellas Park Middle
Tony Calandra  Melrose Elementary
Amy Canavan  Dundein High
Anne Carter  Administration
Ginny Carey  Nina Harris Exceptional
Lori Celli  Pinellas Park Middle
Daniel Cerio  Palm Harbor Community
Brianne Chance  Shore Acres Elementary
Natalie Christensen  Nina Harris Exceptional
Laurie Cicero  Lake St. George Elementary
Kathleen Clarke  Starkey Elementary
Crystal Cisby  Carwise Middle
Dawn Dean  Walsingham Elementary
Mary Devine  Clearwater High
Michelle Digman  Dixie Hollins High
Mary Jo Ferretti  Stephens Exceptional
Danielle Flynn  Oak Grove Middle
Mary Footman  Pinellas Secondary
Kathy Ford  High Point Elementary
Francine Giannotti  Gibbs High
Harry Glover  Lealman Intermediate
Delores Hallett  Anona Elementary
L. Harless  Lakewood High
Jasmine Herritt  Belcher Elementary
Dianne Hess  East Lake High
Karen Hogan  Palm Harbor University High
Sheila Brown Hunter  Clearwater Bus Compound
Kim Jacobs  Curlew Creek
Marie Jantschek  Osceola High
Carrie Johnson  North Shore Elementary
Belinda Joseph  Region 5 Office
Mary Joy  Palm Harbor University
Frieda Juron  Administration
Lynn Keiser  Dixie Hollins High
Olga Kelcourse  Administration
James Kiblinger  Northeast High
Tim Kraut  Coachman Bus Compound
Kawn Kwatkowski  Sexton Elementary
Claire LaChance  Palm Harbor University
Zehra, Lakhani  Pinellas Central Elementary

Winners continued...

Robin Livernois  Frontier Elementary
Tracy Lumsden  Osceola Middle
David Martinez  Belleair Elementary
Meredith McClughe  Belleair Elementary
Sharon McCullough  Pinellas Park Elementary
Chris Metcalf  Jamerson Elementary
Patricia Miller  Mt. Vernon Elementary
Barbara Molfetta  Administration
Linda Mossey  PTEC-Clearwater
Robin Murphy  WSPC Maintenance
Nancy Napierala  East Lake High
Mary Ann Nickle  San Jose Elementary
Mary Anne Palmatier  East Lake High
Lindsey Peters  Safety Harbor Elementary
Katrina Peterson  Clearwater Bus Compound
Alicia Prevost  Madeira Beach Fundamental
Janet Rawl  Hamilton Disston
Shaquina Reese  Campbell Park Elementary
Zulma Rodriguez  Clearwater Intermediate
Beth Rogers  Northwest Elementary
Victoria Rosado  Nina Harris Exceptional
Heather Ross  Rawlings Elementary
Lisa Roth  Belcher Elementary
Tina Russell  Lealman Intermediate
MaryAnn Sanitate  PTEC-St. Petersburg
Patti Scaglione  Belleair Elementary
Althea Sciarra  Orange Grove Elementary
Michelle Shepard  Osceola Middle
Shirley Shields  McMullen Booth Elementary
Michelle Shorter  Gibbs High
Leola Simmons  Administration
Gary Smith  49th Street Bus Compound
Janice Smith  49th Street Bus Compound
Optal Smith  Pinellas Secondary
Stacey Simmons  Tomlinson Adult
Rene Spaight  Pinellas Park High
Kathy Sprecker  Fuguit Elementary
Erin Springer  Palm Harbor High
Lazarina Johnson  Belleair Elementary
Marianna Steriadis  PTEC-Clearwater
Mariana Theresa  Tarpon Springs High
Margaret Thornton  49th Street Bus Compound
Chelsy Trimbile  Anona Elementary
Debby Vanderwoode  Tomlinson Adult
Sally Waldron  San Jose Elementary
Brenda Walker  Maximo Elementary
Kathy Walker  PTEC-St. Petersburg
Joanne Williams  Tarpon Bus Compound
Rufus Woodward  Clearwater Bus Compound
Dennis Wray  Lealman Bus Compound
Deneen Wyman  Campbell Park Elementary

The hydration challenge may have ended but keep up your habit of drinking plenty of water each day!

Check out the Hydration Challenge comments below! Thanks for the great feedback!
Sandy – It’s easy to get 8 if you start at breakfast.
Ann – I know I need to drink eight 8 oz. glasses a day. Until this challenge I didn’t realize how little I really drink. This was an eye opener.

Shaquina – Using the hydration challenge helped me to stay aware of my intake. I am a nursing mom, so it really helped.

Carole – Adding cucumbers to H2O smells good as you bring the glass to your mouth. It also tastes refreshing and helps move your bowels, if that’s an issue. Cut out sodas by drinking Canada Dry seltzer water.
Angela – This is a great program! We all need reminders to keep us healthy and for making good choices.
Sherry – I have never drunk as many glasses of water in my life until this challenge. I am truly more aware of my consumption and I believe I lost some weight during this time.

Tracy – This chart helped me get my 8 glasses on the weekends. Weekdays are easy as I am a P.E. teacher.
Kathryn – I finally realized how little water I was used to drinking. It was an eye opening experience!
Michelle – Whew! I did it!!! Drinking my 8 glasses a day has helped my overall well being. I’ve eaten less because of being full most of the time.
Mary – This really helped me with my water intake for my training of the 3-Day walk. Also it reminded me to drink more water and less soda.

Jennifer – I found myself paying more attention to how much I was drinking at work. Prior to the challenge I often went home with headaches because of not drinking enough water during the day.

Annie – Great way to hydrate in the summer.
Gayle – I feel so much better when I drink 7-8 glasses of water a day. Juices are good also. Sodas are maybe two a month. My flavor of choice is still chocolate.

Janet – Yahoo! Lost 5 pounds this month … just by adding more water.
Sandy – This is always a good challenge. It is amazing how different my body feels when I do drink the eight 8 oz. glasses. I am more energized and have fewer cravings. I do not consume as much food.

Flo – I find drinking at least 8 glasses of water easy. I drink 20 oz. before I leave for work in the morning with my daily medications. I fill a 44 oz. cup with spring water when I get to work. I drink that before I go home for the day. So I have my 64 oz. done. After work I usually drink two more glasses. It’s all a matter of habit and discipline.
Carl – I enjoyed the water challenge. It has boosted my water intake and made me drink less soda and sugary drinks that I am trying to delete from my daily liquid intake. I need to convert my 15 year old son to drink less sugar also. It made a difference for me. I can feel it because my body feels cleaner and I lost a few pounds from less sugar in my daily drinking and eating habits.
Sherry – I am a water drinker. That’s all I drink. Once in a great while I’ll have ice tea.

Mary – I noticed the following changes due to better hydration: Clearer, smoother complexion. I am more energized for the day. I eat less. (less snacking)
Sandi – Thank you for organizing this challenge. What a great time of year to hold it. When the air is less humid, we need to be more hydrated. Thank you for all of your challenges and keeping us more aware and healthy!

Gloria – It goes down a lot easier when I add orange or lemon slices to the water.
Suzanne – I have always tried to drink a lot of water, tea, etc. I have water with me everywhere I go. (car, meetings, etc.) The first thing I do when I get up in the morning is drink two big glasses of water. I bring in a 101.4 oz. container of water every day to work. We have a filtration system at home so I keep filling it up so as not to recycle plastic. I also drink herbal tea and some soda and I do enjoy a good cup of coffee in the morning after my 2 cups of water. Thank you for doing this. We are fortunate we have fresh, healthy water to drink, cook and bathe in the U.S.

Jennifer – Ever since I started running and training for a 5K I have been drinking a minimum of 8 – 10 glasses of water a day. Since then I ran two 5K’s and have started my training for a 10K. Water is all I drink now. This is a great challenge.

Christine S. – Great way to keep track! Created a good awareness!
Myra – This was a fun way to drink more water. My staff and I challenged each other daily. This was a great group activity.

Christine – It takes a real effort to remember to keep drinking each day!

Diane – My knee joints feel much better.

Nancy – I found out that 64 oz. does not hydrate me. I am currently up to 80 oz. a day minimum. Thanks for this challenge and having me measure my ounces!

Opal – My comments relate to my mother who has, for years, resisted drinking water. Her excuse—“It makes me go to the bathroom too much.” The lack of hydration resulted in my mother becoming dehydrated! So dangerous was her situation that she was hospitalized by our family doctor. Fifteen days of inpatient care, thirteen days at home with 24 hour nurses and now physical rehabilitation at a local facility for who knows how long! She can’t walk! Please continue the hydration challenge for us as it is important for us to realize that without and adequate water supply, our bodies can “dry up and wither” just like plants, grass, etc. when they lack water. Homeowners have suffered at least 3 years of water restrictions due to municipalities’ concerns about adequate water supply. Complaints about dead lawns, dry soil, etc. abound. Just imagine how much our bodies complain when we neglect their need for water too!
♦ The top 5 individual fundraisers will receive a $100 gift card from HSN.

♦ The first 250 paid registrants will receive a $5 gift card from Pollo Tropical!

Register Today!
You can start your own team or join our Doorways Dream Team and help students right here in Pinellas County achieve their dream of a college education. All proceeds will remain in Pinellas County to purchase Florida Prepaid scholarships for economically disadvantaged students in Pinellas County Public Schools.

LOCALLY SPONSORED BY

Saturday, November 19th
Registration: 8am • Run Starts: 9am
Eagle Lake Park
1800 Keene Road
Largo, FL 33771

Be part of a statewide effort to help raise awareness and college scholarships for Florida’s low-income and deserving youth. Take Stock in Children helps break the cycle of poverty through college scholarships, caring volunteer mentors and hope for a better life. So, put on your sneakers and invite your friends and family to take strides for education!

Doorways - Your Local TSIC Partner

For event details and sponsorship opportunities, call (727) 588-4816 or visit Give.TakeStockInChildren.org