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

Quick Fall Minestrone

- 1 tablespoon vegetable oil
- 1 cup chopped onion
- 2 garlic cloves, minced
- 6 cups vegetable broth
- 1.5 cups (3/4 inch) cubed peeled butternut squash
- 2.5 cups (3/4 inch) cubed peeled baking potato
- 1 cup (1 inch) cut green beans (about 1/4 lb)
- 1/2 cup diced carrot
- 1 tsp dried oregano
- 1/2 tsp freshly ground black pepper
- 1/4 teaspoon salt
- 4 cups chopped kale
- 1/2 cup uncooked orzo (rice shaped pasta)
- 1 (16 ounce) can cannellini beans or other white beans, rinsed and drained
- 1/2 cup (2 ounces) grated fresh Parmesan cheese

Heat oil in a large Dutch oven over medium-high heat. Add onion and garlic, sauté 2.5 minutes or until tender. Add broth & next 7 ingredients (broth through salt); bring to a boil. Reduce heat & simmer 3 minutes. Add kale, orzo & beans; cook 5 minutes or until orzo is done and vegetable are tender. Sprinkle with cheese.

Earn \$20 in 20 minutes!



The road to wellness starts with a **Humana Health Assessment**.
A great starting point for a healthier you!

To earn a \$20 American Express gift card, simply complete the online Humana Health Assessment from **October 13** through midnight of **November 12**. This offer is for all PCS employees and retirees that have Humana Insurance with PCS.

To earn your gift card and get valuable information from the Health Assessment:

1. Go to www.MyHumana.com, register and log-in.
2. Click "Health Assessment" under the Health & Wellness section on the right side of the page.
3. Complete the assessment. (If you have already completed the assessment in 2010, skip to #4).

Your gift card will not be delivered without completing the next step.

4. After completing the assessment, go to www.RewardAndRebateCenter.com/Humana and enter your name and address. Gift cards will be mailed the 2nd week of December.

For more information, visit

<http://www.pinellas.k12.fl.us/HR/Risk/Wellness1.html>

and look under Current promotions.

Nutritional Information for Quick Fall Minestrone

Calories: 212
 Fat: 5g (sat 1.6g, mono 1g, poly 1.2g)
 Protein: 9.6g
 Carbohydrates: 36g
 Fiber: 3.9g
 Cholesterol: 5mg
 Iron: 1.9mg
 Sodium: 961 mg
 Calcium: 164mg



Recipe from Cooking Light.

October is Domestic Violence Awareness Month

In these troubling times, more employees than ever are affected by domestic violence. These victims typically have higher stress levels, need to take more time off work, have reduced productivity, and may be fearful for their lives or their family's lives while at work.

Domestic violence costs American employers between \$3-5 billion in lost productivity every year and 27% of all incidents of workplace violence is due to domestic violence. It's important to be aware of the reality of domestic violence and how to prevent it from negatively impacting the workplace.

Recognizing Domestic Violence

It's a behavior someone uses to control a spouse, partner, date, or elderly relative through fear and intimidation. It can involve emotional, sexual, and physical abuse, as well as threats and isolation. In most cases, men are the abusers.

Why Victims Stay in Abusive Relationships

It may be difficult to understand why a victim would stay with the abuser. Here are a few of the reasons why:

- **Fear** - Of additional violence if they leave.
- **Children** - Wanting to keep the family intact.
- **Love** - They still love the abuser.
- **Self-esteem** - Can be whittled away and may start to think they deserve the abuse.
- **Support** - Have emotional and financial needs.
- **Belief that the abuser will change** - Abusers promise that the abuse won't happen again.
- **Don't know where to go or what to do** - Family and friends may be too scared to let the victim stay with them and resources may not be known.

Use a Workplace Safety Plan to Prevent Domestic Violence

If domestic violence has touched you or one of your coworkers, create a safety plan to protect your workplace from potential harm done by an abuser. It's important for the victim to:

- Talk to supervisors about the situation. Make sure others are aware and have pictures of the abuser.
- Not walk alone. Possible changes to their work schedule may help.
- Inform coworkers and supervisors of the name and number of an emergency contact.

It's not easy to end any relationship, whether abuse is involved or not. Support is available when someone chooses to leave. If you or someone you know is being abused, connect them with the domestic violence shelters and prevention programs in the community. Contact the EAP at 800-327-9757 for free support. For more information on domestic violence go to:

www.pinellas.k12.fl.us/HR/Risk/EAP.html

and click on the Corporate Care Works website.



McMullen Booth Elementary staff participated in the Susan G Komen Race for the Cure on Saturday, October 2nd. They had 16 participants and were the third highest fundraiser in the "SCHOOLS" category raising almost \$1,500!

Educate Yourself

“Breast Cancer: A Woman’s Biggest Fear”

Monday, October 18, 6pm

Mease Countryside Hospital, 3231 McMullen Booth Road, Safety Harbor

Meeting Rooms 1 & 2

Speaker Robert Davidson, MD, Surgical Oncologist

“Latest Options in Breast Reconstruction After Breast Cancer Surgery”

Monday, October 18, 6pm

St. Anthony’s Hospital

1200 Seventh Ave N., St. Petersburg

Auditorium

Antonio J Gayoso, MD, Plastic Surgeon

RSVP by calling 727-253-4103

Note the Quote

“Just because you’re not sick doesn’t mean you’re healthy.”

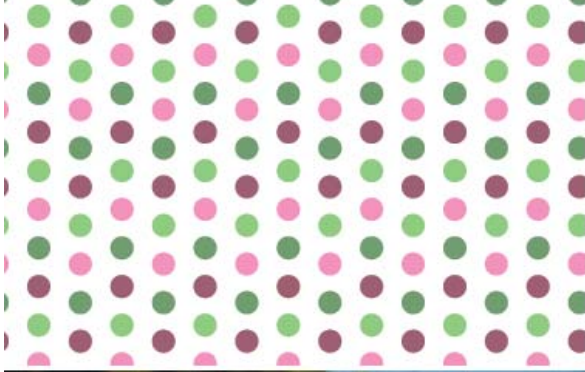
-Author unknown

“To avoid sickness eat less.
To prolong life worry less.”

-Chu Hui Weng

PCS female employees...a screening event just for YOU!

Co-payment will apply for mammography.



Breast Cancer Screening Event

For Female Employees of the District School Board of Pinellas County

Screening Dates and Locations October 15, 16 and 20, 2010

BayCare Outpatient Imaging
Bardmoor Outpatient Center
8787 Bryan Dairy Road, Largo

BayCare Outpatient Imaging
St. Anthony's Outpatient Center
(Carillon)
900 Carillon Parkway, St. Petersburg

BayCare Outpatient Imaging
Olympia Center
1064 Keene Road, Dunedin

Space is limited, so call
(727) 461-8555 today to
schedule your appointment.

Be sure to say that you are an
employee of the District School
Board of Pinellas County!

There is no sure way to prevent breast cancer. But there are things you can do to help find cancer at an early, more treatable stage. In addition to a healthy lifestyle, performing a monthly breast self-exam and getting a clinical breast exam in conjunction with a screening mammogram as recommended are all key components for the earliest detection of breast cancer.

In honor of October being Breast Cancer Awareness Month, BayCare Health System is offering employees of the District School Board of Pinellas County a special breast cancer screening event, where you will receive:

- A screening mammogram
- Instructions on the proper way to perform a monthly breast self-exam, along with other important health information
- Light refreshments served in a special area just for the District School Board of Pinellas County employees
- A fun "goodie bag" to take home

Important note: To participate, you must be eligible for your annual mammogram according to your insurance policy. Check with your insurance provider if you are unsure of your eligibility.

Co-payment will apply for mammography.



BayCare.org