



Pasadena I.S.D. Wellness Newsletter

March 2015

A newsletter for all PISD employees, with information and updates regarding employee benefits, health and wellness.

Employee Health and Wellness Fair is coming!

Our Annual PISD Employee Health and Wellness Fair is rapidly approaching. We will have our annual Employee Health and Wellness Fair on: **Wednesday April 1, 2015 at the Dr. Kirk Lewis Career and Technical High School from 3:30 p.m.-5:30 p.m..**

This year we are excited to have sponsorship from Aetna for fantastic prizes such as **iPod shuffle, iPod Touch, a Samsung tablet, and exercise equipment!**

The employee health fair continues to be a great success. It is a wonderful opportunity for employees to obtain wellness information from vendors in our area. Vendors for this year's fair include Allendale Bone and Joint Clinic, Pasadena Eye Associates, Sam's Club and Eclipse Massage. Come by and pick up valuable information from wellness resources in our area.

All attending employees will receive a gym bag and collapsible cooler (*while supplies last*). **YOU MUST PRESENT YOUR EMPLOYEE ID BADGE at time of registration.**

Employees who attend are eligible to win door prizes, awarded by all the vendors. The Health Fair is open to all P.I.S.D. employees *and* their families, but only employees are eligible to win door prizes.

If you have any questions about the health fair, please contact the Benefits Office, 713-740-0110.

March is National Nutrition Month:



National Nutrition Month is a nutrition education and information campaign created annually in March by the Academy of Nutrition and Dietetics. The campaign focuses attention on the importance of making informed food choices and developing sound eating and physical activity

habits. The theme for 2015 is "**Bite into a Healthy Lifestyle,**" which encourages everyone to adopt eating and physical activity plans that are focused on consuming fewer calories, making informed food choices and getting daily exercise in order to achieve and maintain a healthy weight, reduce the risk of chronic disease and promote overall health.

"Daily physical activity is a crucial part of everyone's healthy lifestyle, but unfortunately most of us don't include enough movement in our daily routines," says registered dietitian nutritionist and Academy Spokesperson Jennifer McDaniel. "Regular physical activity strengthens bones and muscles, reduces the risk of chronic illness and fosters overall well-being."

Regular Physical Activity is a Must

Most health benefits come from at least 150 minutes a week of moderately intense physical activity, with added advantages from increased exercise and intensity. Endurance and muscle-strengthening activities like lifting weights, working with a resistance band or doing pushups are also beneficial. "A physically active lifestyle offers you many rewards, from a slimmer body to a healthy heart," says McDaniel, who is also a board certified sports dietitian. "And these physical benefits are only the beginning. Additional advantages include stress relief, better sleep and even a more positive mental outlook."

Everyday Ways to get Moving

Physical activity is important for everyone at every age. "The key is to find activities that are both sustainable and enjoyable. For some, this may mean a light yoga class, while for others it may mean training for a marathon. Bottom line: Find manageable ways to move more," McDaniel says.

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Ways to get moving:

- Use the buddy system: Join a walking group or attend fitness classes.
- Participate in social and competitive sports like soccer or flag football.
- Plan a hiking or canoeing trip instead of a beach vacation.
- Sign up for a 5k run/walk with friends or family.
- Sneak in exercise at your desk like leg lifts and calf raises – or even buy a desk that allows you to stand while working.
- Take a 15-minute walk on your lunch break (or walk up and down the stairs when weather's bad).
- Find an activity monitor to assess movement through the day—gadgets are very motivating for some!

Food is Vital for Energy

To maintain a physically active and healthy lifestyle, stay nourished before, during and after exercise. "Before exercise, look for foods high in carbohydrates, adequate in protein and moderate in fat and fiber, like oatmeal with bananas, almonds and fat-free milk," McDaniel says. "Drink water before, during and after physical activity since dehydration can cause fatigue and impair performance," McDaniel says.

Human Resources —
Benefits Office
1515 Cherrybrook
Pasadena, TX 77502
713-740-4022 fax

HOURS
Monday—Friday,
8:00am—4:30pm

Staff:
Vonnie Conde,
Benefits
Coordinator
713-740-0121

Cecilia Beltran,
Admin Asst.
713-740-0110

Nancy Silvestre,
Admin Asst.
713-740-0120



Dr. Jaime Hurtado Shares ...

Influenza 2015, Get the Facts.

This year, Influenza activity has been higher than usual with more affected people, more hospitalizations, and more complications and deaths. The last Weekly U.S. Influenza Surveillance Report from CDC on January 17th, shows that widespread influenza activity was reported by 44 states including Texas which is experiencing high Influenza-like Illness activity. The highest rate of hospitalization was among adults aged ≥65 years, followed by children aged 0-4 years. Among all hospitalizations, 97% were associated with influenza A(H3N2) virus. The majority (94%) of hospitalized adults reported underlying medical condition as cardiovascular disease, diabetes mellitus, and obesity; among pediatric patients were asthma, obesity, neurologic disorders, and immune suppression. Among the 146 hospitalized women of childbearing age (15-44 years), 40 were pregnant.

A total of 56 influenza-associated deaths have been reported during the 2014-2015 season in 24 states (Texas reporting the higher number: seven). Eleven influenza-associated pediatric deaths has been reported. Antiviral treatment is recommended as early as possible for patients with confirmed or suspected influenza who have severe, complicated, or progressive illness; who require hospitalization; or who are at high risk for serious influenza-related complications.

So far this season, the flu vaccine has been only about 23% effective. Individuals who have not yet been vaccinated against the flu this season — including those who might have already had the flu — should still get vaccinated, the CDC says, as doing so can protect against viruses that are currently circulating or might circulate later.

Dr. Jaime Hurtado
Pasadena ISD Wellness Center

P.I.S.D. Wellness Center

Monday, Wednesday, Friday: 8 am—4 pm

Tuesday and Thursday: 1pm—8pm

Saturday: 8am—1pm

Call 713-740-5300 for an appointment

Services are at no cost for employees and family members covered on our medical plan. Employees NOT on our medical plan may still receive services, but will have a \$50 copay (this does not include cost of xrays, bloodwork, etc.)

**The PISD Wellness Clinic will not see patients under 2 years of age.*

WALK-INS: Any walk-in visits to the Wellness clinic (Tues-Sat) will be seen as long as you arrive prior to the last 30 minutes of the day.

Walk-in Cutoff time:

M/W/F	3:30pm
T/Th	7:30pm
Sat	max 20 walk-ins

Smart Snack Options:

100 Calories

- * 1 hard-cooked egg (75) with half a slice of toasted wheat bread (34)
- * 1/2 cup ice milk or sherbet (100)
- * 1 large rectangular graham cracker (60) with 1 1/2 tsp peanut butter (45)
- * 1 slice (1 oz) angel food cake (70) with 1/2 cup fresh strawberries (25)
- * 1/2 cup wheat-flake cereal (55) with 1/2 cup nonfat milk (45)
- * 1 cup chicken-noodle soup (75) with 2 saltines (25)
- * 1 small (4") whole-wheat pita (74) with 1 Tbsp hummus (24)
- * 1/2 cup cranberry juice cocktail (72) and 1/4 cup nonfat plain yogurt (34) blended with ice
- * 1 slice whole-wheat bread (69) with 1 oz sliced turkey breast (28) and mustard
- * 1/2 cup 1% lowfat cottage cheese (80) with 1 cup cherry tomatoes (30)
- * 1 cup baby carrots, celery and bell peppers (30) with 2 Tbsp light dressing (70)
- * 1/4 cup 1% lowfat cottage cheese (40) with 1 cup canned peaches in water (60)

200 Calories

- * 6 oz nonfat fruit yogurt (160) mixed with 1 Tbsp raisins (30)
- * 1 slice whole-wheat bread (69) with 1 Tbsp peanut butter (90) and 1 tsp jelly (19)
- * 1 oz peanuts (166) with 1/2 oz pretzels (50)
- * One 8" flour tortilla (150) with 2 oz sliced turkey (55), lettuce, tomato and balsamic vinegar
- * 1 medium baked potato (161) with 1/4 cup 1% lowfat cottage cheese (40)
- * 1 container Fantastic Foods Hearty Cups Vegetable Barley soup (150) with 4 saltines (50)
- * Subway Veggie Deluxe 6" sandwich without cheese (230)
- * Thai Kitchen Mushroom Medley Rice Noodle Bowl (188) 1/2 cup lowfat frozen yogurt (114) with 3/4 cup sliced fresh fruit (75)



Lemon Orzo Salad with Asparagus and Tomatoes

Ingredients:

12 oz orzo
1 bunch fresh asparagus, cut into 1 inch pieces
1 pint grape or cherry tomatoes, halved
1 lemon, zested and juiced
4 tbs extra virgin olive oil
1 clove garlic, minced
2 tbs. fresh parsley, minced
kosher salt
ground pepper
grated parmigiano reggiano



Bring 2 large pots of water to boil. Add a big pinch of salt in each. To one pot, add asparagus and blanch, about 2 to 3 minutes, depending on the thickness of your asparagus. Place blanched asparagus in a bowl of ice water to stop the cooking and keep them green.

To the second pot, add the orzo. Cook per package instructions. When tender, drain and place in a large bowl. Add blanched asparagus and tomato halves.

Mix olive oil, lemon zest, lemon juice, garlic, salt and pepper in a small bowl. Stir into orzo and vegetables. Stir in parsley and grated Parmigiano Reggiano.

This can be served warm, room temperature or cold.

From www.sparkrecipes.com

Wellness Credit 2015:



To receive your monthly \$25 discount, you must do TWO things:

- 1) **Complete a Biometric Screening**
This includes any screening completed this calendar year, by your primary care physician. Or, you can schedule a biometric screening appt. at our Wellness Clinic.
- 2) **Complete the online Health Risk Assessment at www.aetna.com.**

For screenings done at your own physician's office, go online to the benefits website, and download the "physician form" you will need to take to your doctor to fill out. **We do NOT need that physician form sent to our office.** You will use those numbers/results to complete the online health assessment. If you have the biometric screening done at our clinic, you will be mailed those results to your home address.

Go online to www.aetna.com, create your online account (if you don't have one already) and select "Begin New Health Assessment." You will complete the questionnaire, which asks you for numbers from your test results. Once you've completed that piece, YOU ARE DONE! Aetna will send you notification that you have finished both pieces, and you will receive the wellness credit. You will see the credit on the check of the 15th of every month.

If coverage is for employee and spouse, BOTH must complete each piece. You will still just receive \$25 credit, **not \$50.** 'Family coverage' only requires employee and spouse to do Biometric Screening and Online Health Assessment.

The deadline to receive credit for January and February has passed. Any screenings and health assessments completed after March 1, will receive the credit for the following month, and so on. The deadline to complete both portions and receive credit for the rest of the year is **May 31, 2015.**

If you have questions, please contact the benefits office. Or go online to www.pasadenaisd.org/departments/benefits/Biometric-Screenings2014-2015 for more details about the Wellness Credit.



We hope you find the Wellness Newsletter helpful. If there is anything we can do to improve our publications, or any ideas you may have for future topics, send us an email to cbeltran@pasadenaisd.org.