



WORKSITE WELLNESS NEWS

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SPECIAL POINTS OF INTEREST:

- **Clinic Provider Selected**
- **Upcoming Wellness Seminars**
- **New Fitness Program**

INSIDE THIS ISSUE:

February is **2**
Go Red Month

13th Annual **2**
Walk Across Texas

Know Your **3**
Benefits

Healthy **3**
Recipe

Health & **3**
Safety Expo:
Save the Date

CLINIC PROVIDER SELECTED

The City of Bryan is happy to announce that our employee clinic provider has been selected. The Clinic Oversight Committee recently interviewed candidates for the position. Elizabeth Ellis, DNP, APRN, FNP-BC, FAANP has been selected, and she is thrilled to have the opportunity to take care of City of Bryan employees and their families. Dr. Ellis currently works at the St. Joseph Express Clinics and has an extensive educational background and nearly

20 years of experience in primary care, occupational health and wellness related areas. Just prior to St. Joseph Express, she worked as a clinic provider for the University of Texas Health Services. She will work in collaboration with a Medical Director who will be announced in the near future. Risk Management will be visiting each City Department to introduce Dr. Ellis in in the near future and to talk about clinic operations. Please welcome her to the City of

Bryan family when you see her. Stay tuned for more clinic updates as the opening approaches!



Elizabeth Ellis, Clinic Provider

February Wellness Seminars

“Improving Your Health Using Herbs, Vitamins & Aromatherapy”

Thursday, February 10th
4-5pm
Council Chambers

Teresa Gregurek, R.N., will discuss common illnesses and what common herbs & vitamins can be used to help you.

“All About Sleep”

Wednesday, February 23rd
2-3pm
MOB Basement Training Room
Speaker: Sandy Brott-Garner
St. Joseph Sleep Lab

To RSVP to a seminar, contact Lesley Becker at 209-5050 or lbecker@bryantx.gov.

February is Heart Month

Do You Know the Warning Signs of a Heart Attack?

- Chest discomfort—pressure, pain, squeezing or fullness
- Pain in other areas of upper body—jaw, neck, back, both arms or stomach
- Shortness of breath
- Nausea
- Profuse sweating
- Vomiting
- Lightheadedness

Minutes matter if you are experiencing these symptoms. Call 9-1-1!

Participate in the City of Bryan's GO RED Day!

Donate \$5 to wear jeans & red to work on Thursday, February 3rd. All donations will go to the American Heart Association! Your donation can be dropped off to Lesley Becker in Risk Management.



13th Annual Walk Across Texas Kicks Off this Month!

What? Walk Across Texas is a FREE eight-week physical activity program that was created by the Texas AgriLife Extension Service to help Texans establish the habit of regular physical activity. The goal is to walk 830 miles across the state. Of course, participants can also get from El Paso to Orange by jogging, swimming, biking, roller blading and using cardio machines at the gym. Even dancing and gardening count. Visit www.brazoswat.com to check out the fun!

When? February 12th– April 9th

How? Participants form teams of up to eight people and keep track of their physical activity for an eight-week period. Each team will have a captain who is responsible for logging each team member's amount of activity into the Walk Across Texas! website. The goal is for the team to collectively log at least 830 miles.

If you would like to form a team or be placed on a team, please contact Lesley Becker at lbecker@bryantx.gov or 979-209-5050.

Come out to the Kick-Off Event!
Saturday, February 12th at 10am
Post Oak Mall (near JC Penney)

Walk your first mile, purchase your t-shirt and be entered in the drawing to win cool door prizes!

Know Your Benefits

New Fitness Program offered by Blue Cross Blue Shield!

- Available to all BCBSTX members and their covered dependents (age 18 and older).
- Flexible membership, no long-term contract required.
- Enroll for a one-time fee of \$29 and \$29 per month (+tax).
- Easy online enrollment; automatic monthly payment withdrawal.
- Earn Blue PointsSM- up to 400 points per week. Redeem them for fitness items, merchandise gift cards, electronics, airline miles and much more.
- **Unlimited** access to a nationwide network of participating fitness centers.



Log on to www.bcbstx.com or call 1-888-762-2583 to enroll. You may also contact Risk Management at 209-5050 if you have questions.

Try this Heart Healthy Recipe

Modern Tuna-Pasta Casserole



- 4 ounces dried whole-wheat rotini
- Cooking spray
- 1 16-ounce bag frozen mixed vegetables, such as broccoli, carrot, cauliflower blend, thawed
- 2 5.5-ounce cans low-sodium chunk light tuna, packed in water
- 1 10.75-ounce can low-fat condensed cream of chicken soup
- 1/2 cup chopped bottled roasted red bell peppers, rinsed
- 1/2 cup fat-free half-and-half
- 1 teaspoon all-purpose seasoning blend
- 3/4 cup lightly crushed low-sodium whole wheat crackers
- 1/4 cup shredded or grated Parmesan cheese

- Preheat the oven to 350°F. Lightly spray a 2-quart glass casserole dish with cooking spray.
- Prepare the pasta using the package directions, omitting the salt and the oil. Drain well. Transfer to a large bowl
- Stir the vegetables, tuna, soup, roasted peppers, half-and-half, and seasoning blend into the pasta until combined. Transfer into casserole dish. Sprinkle with crackers and Parmesan.
- Bake, uncovered, for 25 to 30 minutes. Enjoy!

Source: American Heart Association



Save the Date!

2011 Health & Safety Expo
June 16th @ the Brazos Center
10am-3pm

If you have wellness news to share with others and would like to have it spotlighted in our next newsletter, please feel free to submit it to:

Lesley Becker
Wellness Coordinator
(979) 209-5050
lbecker@bryantx.gov

Copies of this newsletter are available in Risk Management.