



WORKSITE WELLNESS NEWS

VOLUME 3, ISSUE 10

JUNE 1, 2011

SPECIAL POINTS OF INTEREST:

- Health & Safety Expo
- My Head Hurts! Seminar Planned

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Upcoming 3 CPR & DDC Classes

Health & Safety Expo this Month!

The City of Bryan along with the City of College Station and Brazos County will be hosting the annual Health & Safety Expo on June 16th. This event provides employees from all three entities the opportunity to visit with health and safety related professionals here in our community, receive free health screenings and take part in the Backhoe Rodeo!

June 16th
10am-2pm
Brazos Center

Attend for a chance to win the grand prize!



Backhoe Rodeo will be held from 10am-2pm!

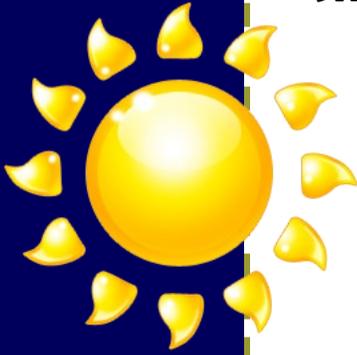
MY HEAD HURTS!



Do you suffer from migraines or nagging tension headaches? Kim Oas, FNP-BC, of St. Joseph Neurology will be on hand at a seminar this month to discuss common causes of headaches and effective treatments. Please join us for this educational seminar!

Headaches: Common Causes and Cures
June 10th in the MOB Basement
2-3pm

Speaker: Kimberly Oas, FNP-BC, St. Joseph Neurology
RSVP by calling 209-5050 or email lbecker@bryantx.gov



Keep your Skin Safe in the Sun!

Skin Cancer Awareness and Prevention Seminar

St. Joseph's Cancer Data Services Manager, Linda Kenyon, and Oncology Nurse, Cassandra Thornton, will present about the dangers of sun exposure, different types of skin cancer and ways to keep your skin safe in the sun this summer!

June 23rd

2:00-3:00pm

MOB Basement Training Room

RSVP by calling 209-5050 or email lbecker@bryantx.gov

Try this Yummy Garden Pasta Salad

6 Servings

Ingredients:

- 2 cups whole-wheat rotini, (6 ounces)
- 1/3 cup reduced-fat mayonnaise
- 1/3 cup low-fat plain yogurt
- 2 tablespoons extra-virgin olive oil
- 1 tablespoon red-wine vinegar, or lemon juice
- 1 clove garlic
- 1/2 teaspoon salt
- Freshly ground pepper, to taste
- 1 cup cherry or grape tomatoes, halved
- 1 cup diced yellow or red bell pepper, (1 small)
- 1 cup grated carrots, (2-4 carrots)
- 1/2 cup chopped scallions, (4 scallions)
- 1/2 cup chopped pitted kalamata olives
- 1/3 cup slivered fresh basil



Preparation:

1. Bring a large pot of lightly salted water to a boil. Cook pasta, stirring occasionally until just tender, 8 to 10 minutes, or according to package directions. Drain and refresh under cold running water.
2. Whisk mayonnaise, yogurt, oil, vinegar (or lemon juice), garlic, salt and pepper in a large bowl until smooth. Add the pasta and toss to coat. Add tomatoes, bell pepper, carrots, scallions, olives and basil; toss to coat well. Cover and refrigerate. Enjoy!

Source: www.eatingwell.com

Know Your Benefits

A reminder about the City of Bryan’s Employee Assistance Program...

The City of Bryan’s Employee Assistance Program (EAP) is administered by Deer Oaks. EAP provides free and confidential assessments , short-term counseling, prevention, education and referral services to you and your dependents.



What types of problems does EAP cover?

- Stress, tension, anxiety
- Depression, grief
- Anger management
- Marital/family problems
- Work-related difficulties
- Legal/financial concerns
- Health & wellness issues
- Substance abuse

EAP Services

- Short-term counseling
- Crisis intervention
- Community & health plan referrals
- Online tools, tips & videos
- Wellness education
- Legal & financial consultations
- Child/eldercare resources

24 hour access is available at 1-866-327-2400 or at www.deeroaks.com

City of Bryan Employee Health Center News



- You are now able to have your weekly allergy shots administered at the center. Please coordinate with your Allergist and our clinic staff to arrange this.
- Does your child need a school physical? Call the center for an appointment to have this done!
- New patient registration forms are now available on the City’s wellness website. Please click here to be directed to the site. Complete and print these prior to your first visit to streamline the registration process.
- Employees and dependents are encouraged to call ahead for appointments if possible. Limited same day appointments are available .

Appointment Line:
821-7690

Hours:
Monday-Friday
8am-5pm (closed from noon-1pm and on City holidays)

CPR, First Aid & Defensive Driving Classes

CPR & First Aid (first time)
June 22nd
8am-5pm @ the MSC

CPR (renewal)
June 24th
1-2pm @ the MSC

First Aid (renewal)
June 23rd
1-2pm @ the MSC

Defensive Driving
June 20th, 21st or 22nd
8am-4pm
Fire Station #5
2052 E. Villa Maria Rd.

June 23rd & 24th
8am-11:30am
Municipal Service Center
1111 Waco St.

Call Howard Hart at 209-5056 to register.

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 and on the wellness website at www.bryantx.gov/wellness.