



# WORKSITE WELLNESS NEWS

VOLUME IV, ISSUE 3

NOVEMBER 1, 2011

## SPECIAL POINTS OF INTEREST:

- Health Assessments Due this Week!
- Open Enrollment Meeting Schedule

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## Health Assessments Due this Week!

If you are interested in participating in the City of Bryan's Healthy Lifestyles Program, and have not yet completed your health assessment, you have until this Friday to do so. All initial assessments must be completed by Friday, November 4th. We have completed all of the onsite assessments; however, you may have still have your assessment completed through your own physician or at the Employee Health Center.

You may return your completed packet to Risk Management or to the City of Bryan Employee Health Center. After completing the initial assessment, you will be notified via mail as to whether you have qualified for the program or if you need to follow-up with a medical provider in order to qualify. You will have until December 9th to follow-up if needed. Remember: completing the assessment and having any potential problems

addressed will qualify you to receive our Healthy Lifestyles Insurance Premiums which are \$50 less than that of a non-participant. Please contact Risk Management at 209-5050 if you have any questions about the Healthy Lifestyles Program.



## American Heart Association Heart Walk this Month

The American Heart Association will host its annual Heart Walk on Saturday, November 12th. This walk, along with other AHA events, helps raise awareness and money that are used to fund research, education and advocacy efforts. Come walk with the City of Bryan and show your support for the work that the American Heart Association does right here in our community! There will be a 5k and one mile walk/run. If you are interested in walking with the City of Bryan team, please email [lbecker@bryantx.gov](mailto:lbecker@bryantx.gov).



**Saturday, November 12, 2011**  
**On the Texas A&M University Campus**  
**Lot 50 @ Polo Rd.**  
**(near Bonfire Memorial)**  
**Kick-Off: 7:30 a.m. Walk/Run: 8:30 a.m.**

# Simple Tips for a Healthier Thanksgiving

With Thanksgiving right around the corner, it is important to be mindful of what we are cooking and eating. The calories in a Thanksgiving meal can quickly add up, but there are ways that you can cut calories while still enjoying many of the foods that actually are nutritious. Start the holiday season off right by trying some of the following tips this Thanksgiving:

**Turkey:** Turkey is a lean protein and provides selenium, which is an antioxidant. Although the skin is a good source of iron and zinc, remove this before eating for a healthier option.

**Mashed Potatoes:** Save yourself some work, leave the skins on as they provide fiber and potassium. Avoid adding whole milk, or sour cream. Try using fat-free milk or fat-free plain yogurt along with salt-free seasoning mixes to flavor.

**Stuffing:** Use whole-wheat bread for a great source of whole grains along with fresh herbs and vegetables such as carrots, onion and celery for flavor.

**Green beans:** Use fresh green beans with herb-only seasoning, such as Ms. Dash®. Avoid adding cream soups and fried onions.

**Cranberries:** These are full of antioxidants and easy to cook on the stove. Try eliminating at least half of the sugar found in most recipes.



Source: [www.mayoclinic.com](http://www.mayoclinic.com)

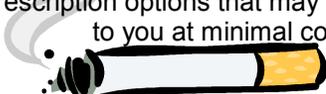


## It's not too late to get your Flu Shot!

All City of Bryan employees along with covered dependents and retirees can still get a flu shot at the City of Bryan Employee Health Center located at 2010 E. Villa Maria, Suite B. You do not need an appointment, but should check the center's calendar for any posted closures due to onsite activities, staff in-services or holidays. Click [here](#) to view the calendar.

### Great American Smokeout November 17th

Pledge to quit smoking on this date, or if you don't smoke, support a family member or co-worker in their efforts to quit. If you are on the City of Bryan's Health Insurance Plan, you may take advantage of smoking cessation programs through Blue Cross Blue Shield. Also, check with your medical provider about over-the-counter and prescription options that may be available to you at minimal cost.



### CPR, First Aid & Defensive Driving Classes

<b>CPR &amp; First Aid (first time)</b> November 16th 8am-5pm @ the MSC	<b>First Aid (renewal)</b> November 17th 8-10am @ the MSC
<b>CPR (renewal)</b> November 18th 8-10am @ the MSC	<b>Defensive Driving</b> November 15th 8am-4pm @ the MSC

Classes are held on a monthly basis. Contact Howard Hart at 209-5056 to register.

# Know Your Benefits

Beginning today, Risk Management Staff will be hosting various meetings to discuss the City of Bryan’s benefit plan for the upcoming year as part of the City’s annual Open Enrollment. This is the time of year to learn about your benefit options, consider your personal situation and choose the benefits that best fit your needs. Outside of Open Enrollment, you can make changes to your benefit selections and add dependents only if you contact us within 31 day of a significant life event – such as birth, marriage or divorce. Please mark your calendar for one of these educational meetings which will assist you in making the proper benefit choices for 2012.

<u>Date</u>	<u>Day</u>	<u>Time</u>	<u>Location</u>
11/1/2011	Tuesday	7:00 am - 7:30 am 10:00 am - 10:30am 1:30 pm - 2:00 pm	MSC Training Room Fire Central Station Fire Station #5
11/2/2011	Wednesday	7:00 am - 7:30 am 8:00 am - 8:30 am 10:00 am - 10:30 am 1:30 pm - 2:00 pm	MSC Training Room MSC Training Room Fire Central Station Fire Station #5
11/3/2011	Thursday	8:00 am - 8:30 am 10:00am - 10:30 am 1:30 pm - 2:00 pm	Municipal Office Building Basement Fire Central Station Fire Station #5
11/4/2011	Friday	7:30 am - 8:00 am	MSC Training Room
11/8/2011	Tuesday	8:00 am - 8:30 am 10:00 am - 10:30 am	Clara B. Mounce Library MOB Basement
11/9/2011	Wednesday	8:00 am - 8:30 am 10:30 am - 11:00 am 11:30 am - 12:00 pm	College Station Library Municipal Court-Secondary Court Rm. Municipal Court-Secondary Court Rm.
11/10/2011	Thursday	7:30 am - 8:00 am 10:00 am - 10:30 am 11:00 am - 11:30 am	BTU Distribution BTU Admin. Conference Rm. BTU Admin. Conference Rm.
11/11/2011	Friday	2:00 pm - 2:30 pm 5:00 pm – 5:30 pm	Municipal Office Building Basement BTU Dansby Plant
11/16/2011	Wednesday	6:00 pm - 6:30 pm	Municipal Office Building Basement *Spouses encouraged to attend



## ***Fall Fitness Tip:***

*Take advantage of the cooler temperatures. Get outside for some exercise. Take a jog, a walk or a bike ride through one of our many local parks!*

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:

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[lbecker@bryantx.gov](mailto:lbecker@bryantx.gov)