



WORKSITE WELLNESS NEWS

VOLUME IV, ISSUE 9

MAY 1, 2012

SPECIAL POINTS OF INTEREST:

- Health & Safety Expo Coming Soon!
- Teen Helpline Provided through EAP

INSIDE THIS ISSUE:

Asian Chicken Salad Recipe 2

Women's Health Week 2

Upcoming CPR & DDC Classes 2

Know Your Benefits 3

10 Ways to Stop Stress this Minute 3

Health & Safety Expo Scheduled for June

Thursday, June 21st

10am-3pm

Brazos Center

Backhoe Rodeo from 10am-2pm

Come visit booths offering lots of great health & safety information.

- Blood pressure checks
- Benefit information
- BMI assessments
- Cholesterol screenings
- Glucose screenings
- And more!



The backhoe rodeo will feature a new event this year—come out and try it! All employees of the City of Bryan, College Station and Brazos County are welcome. You must attend in order to be entered in a drawing for the grand prize and a t-shirt.

How to help a friend or loved one suffering from a chronic illness

If someone you love is diagnosed with a life-threatening or chronic disease, you may feel desperate and completely helpless. But it doesn't have to be that way.

Research has shown us that family and friends can play a huge role in helping patients deal with a chronic illness. When a person is suffering from a chronic illness, it's important that they feel truly cared about. What matters most is how people interact with the sick person.

Here are some ways that patients and their families can get the kind of support they want from others:

- **Put an end to family secrets.** In other words, honesty is still the best policy. We often try to protect our families and loved ones from bad news, but hiding a person's serious illness from the rest of the family can backfire. Communicate directly and be open with family members.
- **Include your children.** Although their understanding of the situation may be limited, children still appreciate being told what's going on around them. Children can sometimes view themselves as the cause of problems or major events that happen around them. They may view a parent's illness as being caused by something they did. Be open, honest, let children know it's ok to ask questions. This will help relieve some of their anxiety. Remember, a child can be a great source of laughter and warmth for a sick individual.
- **Be selective.** Everybody under the sun doesn't need to know about your illness or your loved one's illness. Choose who you share your news with carefully. Some relationships will prosper and some will become strained. What's important is that you feel sharing the information with an individual will provide a stronger sense of support and strength.
- **Be clear about how family and friends can help.** People want to feel useful. Don't be ashamed to ask for help or favors, such as cooking a meal or helping with the school carpool.

Finally, if someone you love is suffering from a chronic illness, learn about the disease, help out with daily errands and chores, and give emotional support.

This article was provided by the American Psychological Association.

Asian Chicken Salad with Peanut-Soy Dressing Recipe

Peanut-Soy Dressing

3 tablespoons reduced-sodium soy sauce
 3 tablespoons cider vinegar
 2 tablespoons honey
 1 tablespoon creamy peanut butter
 1/2 teaspoon crushed red pepper
 1/2 teaspoon grated gingerroot

Asian Chicken Salad

6 cups coleslaw mix
 3 cups washed fresh spinach leaves
 3 cups cut-up cooked chicken
 1 medium bell pepper, cut into bite-size strips
 1 can (8 ounces) bamboo shoots, rinsed and drained



Find more great recipes
 like this at
www.eatbetteramerica.com

1. In a small bowl, beat all dressing ingredients with whisk until blended.
2. Toss salad ingredients in a large bowl; drizzle with dressing. Enjoy!

Women's Health Week Kicks Off on Mother's Day! May 13th-May 19th

The U.S. Department of Health and Human Services has coordinated a weeklong health observance, Women's Health Week, beginning on Mother's Day. Women of all ages are encouraged to take simple steps to improve their physical and mental health and lower their overall risk for certain diseases. Consider taking these steps as a woman or encourage a special lady in your life to do the following:

- Visit with a healthcare provider for a regular check-up and discuss any preventive screenings that may need to be done. Click [here](#) to view the interactive screening chart listed on their website.
- Get active. Regular activity helps reduce a woman's risk for certain diseases.
- Eat healthy.
- Pay attention to mental health, including getting enough sleep and managing stress.
- Avoid unhealthy behaviors.

Visit www.womenshealth.gov/whw for more information.

CPR, First Aid & Defensive Driving Classes

CPR & First Aid (first time)

May 23rd
 8am to 5pm at the MSC

CPR & First Aid (renewal)

May 24th
 1-3pm at the MSC



Defensive Driving

May 24th & 25th
 8am-4pm at the MSC



Please contact Howard Hart at 209-5056 or hhart@bryantx.gov to register.



Know Your Benefits

Adolescent/Parenting Issues?

Deer Oaks, the City of Bryan’s Employee Assistance Program (EAP), offers a Teen Helpline for you and your family. You can receive FREE and confidential assessments, counseling and referrals.

Contact the Teen Helpline at 1-800-396-2467



Looking for childcare?

With summer around the corner, Deer Oaks EAP can also assist you in finding childcare in your area. They will research regulated facilities for you and provide you with referrals. They can also assist with helping you find other childcare resources and information. Call 1-866-EAP-2400 or visit their website at www.deeroaks.com (password & username: cityofbryan)

Ten Ways to Stop Stress This Minute

We all have stress in our lives and to some degree we need stress to function. Learning how to handle stress appropriately is the hard part. Try these simple ideas to help eliminate stress in your day-to-day lives.



1. Take a deep breath
2. Relax
3. Take inventory & prioritize
4. Stretch
5. Listen
6. Focus
7. Meditate
8. Visualize
9. Show gratitude
10. Get some exercise

Source: WELCOA, Wellness Councils of America



Open Monday-Friday 8am-5pm
(closed from noon-1pm)

Call 979-821-7690 for an appointment!

There is no co-pay at the clinic and it is available to all employees, dependents and retirees on the City’s health insurance plan.

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
www.bryantx.gov/wellness

Copies of this newsletter are available in Risk Management.