City of Bryan
Healthy Lifestyles

Worksite Wellness News

VOLUME 6, ISSUE 12 AUGUST 1, 2014

SPECIAL POINTS OF INTEREST:

- Upcoming Health Assessments
- Sign-Up to Receive Emergency Alerts on Your Cell Phone

INSIDE THIS ISSUE:

August Lunch 'N' Learn: Pre-Planning a Funeral 2
School Physical Information 2
August is Immunization Awareness Month 2
Upcoming CPR & DDC Classes 2
Know Your Benefits 3
Back To School Tips 3
5-Minute Safety Talk 4

Health Assessments Planned for Fall

The City of Bryan's Healthy Lifestyles Program offers employees discounted health premiums for participating in an annual Health Risk Assessment and Biometric Screening. Risk Management will begin conducting meetings this month with each department to discuss the program and to distribute packets. Check with your Supervisor to see when your departmental meeting will be. Screenings will be held onsite again this year at several locations for your convenience. You may also have your screening completed through your personal physician or at the City of Bryan Employee Health Center by appointment only.

On-Site screenings will be held:

October 16th & 17th– MSC Training Room (6:30-8:30am)

October 21st & 22nd– MOB Basement Training Room (7:30-9:30am)

October 23rd– BTU Distribution (7:00-9:00am)

You will have an opportunity to sign up for an onsite date at your department meeting.

What tests will be done?

Blood Pressure, Total Cholesterol, HDL, LDL, Triglycerides, Glucose, Height & Weight.

(Values reported July 1, 2014 and after will be accepted)

EMERGENCY NOTIFICATION SYSTEM: *THIS COULD BE THE CALL THAT SAVES A LIFE. WILL YOU BE ANSWERING YOUR PHONE?*

The Brazos County Emergency Notification System was created to notify citizens of local emergencies that occur day or night. Until now the system was only able to reach out to businesses and residences with a landline phone. However, many people no longer have landlines in their homes, choosing to rely on just their cell phones.

The ability to register your cell phone is now possible with the new Self Registration Portal (SRP) website: brazos.onthealert.com. Register your cell phone and your email address at this website so that you can have more options to be notified in case of an emergency situation in Brazos County. An email is necessary for the system to contact you periodically to verify that your information is still correct. Register today-it could save your life!

August Lunch 'N' Learn:

It's Good To Know It's All Taken Care Of

Pre-planning a funeral is not something that we necessarily want to think about, but by doing so, you can help alleviate a burden for your family or friends when the time comes. Join us for an informative seminar on pre-arranging your own funeral or the funeral for someone in your care. Cody Jones of Callaway Jones Funeral Home and Crematory will discuss options and expenses associated with pre-arrangement.

Thursday, August 14th
Noon-1pm
MOB Basement Training Room
A light lunch will be served. Must RSVP.

Click here to register.

Does Your Child Need a Sports Physical?

Call the Employee Health Center today for your child's appointment.

979-821-7690

Child must be on City of Bryan's Insurance Plan and you must take Physical Form with you to appointment. Check with your child's school for form availability.

August is National Immunization Awareness Month

We all need immunizations to help protect us from serious diseases. Immunizations can prevent serious diseases like the flu, measles, and tuberculosis. It's important to know which shots you need and when to get them. Click here to see what immunizations you or your family members might need and check with your medical provider at your next visit. Many immunizations can be given at the City of Bryan Employee Health Center.

CPR, First Aid & Defensive Driving Classes

CPR & First Aid (first time)
August 27th
8am-3pm at the MSC

CPR & First Aid (renewal)
August 27th
3-5pm at the MSC

To register, click here.

Defensive Driving
August 29th
8am-4pm at the MSC

Know Your Benefits

If you were unable to attend one of the ICMA-RC Seminars a few weeks ago led by Certified Financial Planner Rick Stern, we would like to remind you that ICMA has several archived webinars available for you to view. You can even view the material utilized in the recent "live" classes.

Click on the links below to view previously recorded webinars:

Minding Your Money

Do your emotions get in the way of smart investing decisions? It may be related to how your brain is wired and daily chats about the market can distract you further. This webinar explores ways to refocus and to help you become a smarter investor.

Roth Roadmap

Does giving up a tax benefit or paying a tax bill now make sense to get potentially tax-free earnings later? You need a roadmap to guide your Roth contribution and conversion decisions. This webinar will give you information on Roth IRAs and help you make the right decision.

10 Question Retiree Guide

Transitioning into and through retirement can be rewarding but challenging. So having a plan is key. This webinar will focus on 10 key questions you should ask and help you answer them.

Your Financial Questions Answered

Have you ever wondered how to plan for your child's college education or how to reduce debt? During this webinar, a Certified Financial Planner answers investment, savings and retirement questions.

You may also find ICMA-RC's "Realize Retirement: Helping Public Sector Employees Build Retirement Security" website helpful. Click here to visit the site. If you would like to speak to directly with our ICMA-RC Financial Planning Manager, Rick Stern, you may contact him at 1-866-265-5504 or email rstern@icmarc.org.

For any other benefit related questions, please contact Flo Galaviz at 979-209-5053 or email fgalaviz@bryantx.gov.

Help Ease the Back to School Butterflies for Your Child

Transition kids into a school-night routine a few weeks before school starts. Also make sure they:

- Get enough sleep-establish a reasonable bedtime so they'll be ready to learn in the morning.
- Eat a healthy breakfast-they will be more alert and do better in school if they eat a good breakfast every day.
- Write down the need-to-know info to help them remember details such as their locker combination, what time classes and lunch start and end, their homeroom and classroom numbers, teachers' and/or bus drivers' names.
- Use a wall calendar or personal planner to record when assignments are due, tests will be given, extracurricular practices and rehearsals will be held.
- Have them organize and set out what they need the night before—homework and books should be put in their backpacks by the door and clothes should be laid out in their bedroom.

Source: www.kidshealth.org

5-Minute Safety Talk

Biting and Stinging Insects: Don't Let 'em BUG You

Outdoor workers have enough to contend with besides bugs that bite and sting. For most people, bug bites cause temporary redness and pain. But for others, bites and stings may trigger a life-threatening emergency.

Avoid the insect world's most wanted

Mosquitoes, fleas, black flies, mites, chiggers and ticks use their mouth to suck blood from humans. Bees, hornets, yellow jackets, wasps and scorpions use a stinger to inject their venom. Spiders and ants both sting and bite.

Bug bites give most people minor skin reactions like swelling, redness, pain and itching. Sometimes there is excessive swelling at the bite site. Bites can also cause headaches and vomiting.

Tick bites do not usually cause an immediate reaction, but are dangerous because they can transmit many diseases. Always check for ticks especially after working in a wooded, swampy or grassy area.

Don't be a bug bistro

The best way to avoid bites is to make yourself unappetizing to bugs. Sweet smells attract insects. Don't leave out food or open drinks. Never drink from a can or bottle that might have an insect inside. Do not use colognes, perfumes, scented soaps or hairsprays. Do apply insect repellent. Cover up with long pants, long-sleeve shirts, socks, shoes and a hat. Dress in pale colors.

Be aware of insects' nests. Yellow jackets nest in the ground and in walls. Hornets and wasps nest in bushes, trees and under the eaves of buildings. Spiders prefer dark areas.

Plan an attack against pests

Worksite emergency action plans should cover bites and stings. An individual trained in first aid should be available on site to treat allergic reactions of various kinds. An emergency rescue plan would call for off-site trained individuals, such as paramedics.

Some basic first aid steps can relieve bite pain and help prevent infection. Clean the area around the bite with soap and water and apply ice. If the stinger is still in the wound, remove it before washing and icing the area by scraping the surface with something stiff like a credit card. Do not squeeze the area or the stinger will release more venom. If the bite is from a spider or scorpion, seek medical attention.

When removing ticks, use a pair of tweezers to grasp the tick close to the skin. Pull very gently to tent the skin until the tick lets go. Wash the area with soap and water, then apply an antiseptic such as rubbing alcohol. Seek medical attention if a rash appears or the victim experiences chills, joint pain or other flu-like symptoms.

Act on allergies

Individuals who have an allergic reaction to bites and stings experience severe symptoms that require emergency and medical attention.

One severe reaction, called anaphylaxis, causes a person's eyes, nose, lips, throat and tongue to swell, possibly resulting in difficulty breathing. If this occurs, call 911 immediately.

Source: National Safety Council

City of Bryan
Employee Health Center

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

**last patient accepted at 11:30am and 4:30pm daily, walk-ins accepted from 9-10:30am(acute illnesses only)*

Remember: all clinic closings are posted at http://wellness.bryantx.gov/?page_id=10

Call 979-821-7690 for an appointment!

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 Ward
Wellness Coordinator
(979) 209-5050
lward@bryantx.gov
http://wellness.bryantx.gov

Copies of this newsletter are available in Risk Management.