City of Bryan
Healthy Lifestyles

Worksite Wellness News

VOLUME 7, ISSUE 9 MAY 1, 2015

SPECIAL POINTS OF INTEREST:

- **Check out the Apps available to help you manage your benefits!**

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May is American Stroke Month: Spot a Stroke F.A.S.T.

More than half of all Americans know someone who has had a stroke. Be prepared to identify a stroke.

F.A.S.T. is an acronym for recognizing and responding to the sudden warning signs of a stroke. The letters stand for:

- **Face Drooping**– Ask the person to smile. Does one side of the face droop or is it numb?
- **Arm Weakness**– Ask the person to raise both arms. Is one arm weak or numb? Does one arm drift downward?
- **Speech Difficulty**– Ask the person to repeat a simple sentence, like "the sky is blue." Is the sentence repeated correctly? Are they unable to speak, or are they hard to understand?
- **Time to call 9-1-1**– If the person shows any of these symptoms, even if the symptoms go away, call 9-1-1 and get them to the hospital immediately.

Additional symptoms to look out for:

- Sudden numbness or weakness of the leg
- Sudden confusion or trouble understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination

If you think someone is having a stroke, immediately call 9-1-1 so an ambulance can be sent. Also, check the time so you'll know when the first stroke symptoms appeared.

Why is it critical to act right away?

A clot-busting drug may improve the chances of getting better but only if you get them help right away.

A TIA or transient ischemic attack is a "warning stroke" or "mini-stroke" that produces stroke like symptoms. TIA symptoms usually only last a few minutes, but if left untreated, people who have TIAs have a high risk of stroke. Recognizing and treating TIAs can reduce the risk of a major stroke.

Source: http://www.strokeassociation.org/STROKEORG/

Cool off with this Watermelon Sorbet Recipe

Makes 8 servings

Ingredients:

- 1/4 cup water
- 4 cups pureed watermelon (about 1/2 of a seedless watermelon
- 1 cup 99% fat free vanilla yogurt
- 2 tablespoons Splenda no calorie sweetener
- 1 tablespoon lime juice

Directions:

1. Cut the watermelon in half
2. Remove the flesh and place in the bowl of a food processor or blender. Process or blend until smooth.
3. Measure 4 cups and set watermelon puree aside.
4. Dissolve Splenda in water.
5. Pour watermelon puree through a fine mesh strainer to remove any pulp or seeds.
6. Add the sweetened water to the strained watermelon puree.
7. Whisk in lime juice and fat free vanilla yogurt until smooth.
8. Pour mixture into a 9-inch metal baking dish and freeze overnight, or until firm.
9. Let the frozen watermelon sorbet soften at room temperature for about 5 minutes.
10. Using a butter knife, break the frozen sorbet into 2-inch pieces.
11. Place frozen pieces in a food processor or blender and process until smooth. Store the sorbet for up to 1 week.

Source: http://www.extension.org/

"Text Neck" -The Physical Effects of Texting on the Body

Is your smartphone literally giving you a pain in the neck? Join us as Dr. Mehta, Director of the NeuroErgonomics Lab at Texas A&M University, discusses the physical effects continuous use of a smartphone can have on the body.

Wednesday, May 6th
2:00-3:00pm
MOB Basement Training Room
To register, click here.

CPR, First Aid & Defensive Driving Classes

CPR & First Aid-First Time	CPR Renewal	Defensive Driving
May 28th	May 28th	May 27th
8am-3pm at the MSC	3-5pm at the MSC	8am-4pm at the MSC

To register for a class, click here.

Full CPR courses must have a minimum of four participants to make.

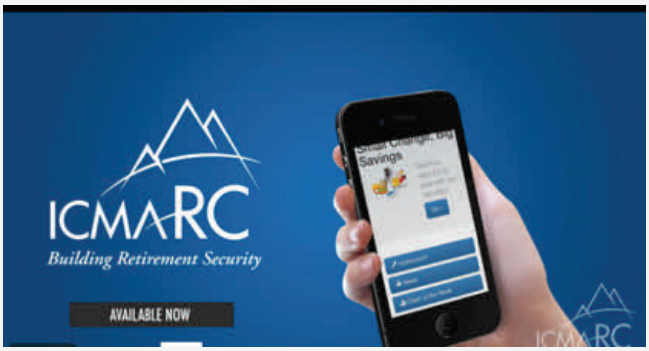
Know Your Benefits

There's an App for That!
Employee Benefit Mobile Apps

CVS Caremark

- Refill and renew mail service prescriptions for yourself and family members
- ID unknown pills with the pill identifier
- Check for potential drug interactions among medications
- Check order status and view your prescription history
- Check drug coverage and cost under your plan
- Find local pharmacies in your plan's network

ICMA-RC



-View your account balance, year-to-date account activity, fund performance, and retirement income projection.
-Review messages within your retirement savings account to stay current on updates and features.
-Check out RealizeRetirmentSM financial education with a variety of videos, calculators, and other easy-to-us tools to help you save and invest for your retirement.

Blue Cross Blue Shield

BCBSTX App
Features: Member resources, Find Doctors or Hospitals near you, Shop for Plans
-Text BCBSTX APP to 33633 to download*

New Award Winning Centered App for iPhone
Features: Stress management through activity and meditation and allows you to set daily & weekly goals. Learn how to become more centered.
-Text CENTERED to 33633 to download*

Super Foods for Super Health

From retaining strength to reducing wrinkles, the foods you eat can positively impact your long-term health. Consider incorporating some of the following super foods into your diet to support super health.

Almonds: contain agility promoting vitamin E. They are also a great source of omega-3 fatty acids, which our body needs for heart health.

Blueberries: are full of antioxidants and phytoflavinoids which can help lower LDL (bad) cholesterol levels. They are an excellent source of Vitamin C, have anti-inflammatory properties and are excellent for eye health.

Tomatoes: are an excellent source of vitamin C and lycopene which help boost the immune system.

Apples: are an excellent source of fiber, and contain pectin which has been shown to lower cholesterol and blood glucose. Make sure you eat the skin to obtain the full health benefits.

Spinach: is high in fiber and vitamins C and K. Spinach is also important for eye health, since it contains lutein, which is important for preventing macular degeneration.

Source: http://www.health-and-fitness-source.com/

Don't Miss the 2015 Health & Safety Expo!

Thursday, June 18th

10am-2pm at the Brazos Center

Lots of educational booths, health assessments, backhoe rodeo-new female category this year! Plus, you will receive a t-shirt and be eligible to win the grand prize by attending.

City of Bryan
Employee Health Center
Open Monday-Friday 8am-5pm
(closed from Noon-1pm & on City holidays)
*last patient accepted at 11:30am and 4:30pm daily
Walk-ins accepted from 9-10:15am (acute illnesses only)
Call 979-821-7690 for an appointment!

If you have wellness related 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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http://wellness.bryantx.gov