



# WORKSITE WELLNESS NEWS

VOLUME 9, ISSUE 1

SEPTEMBER 1, 2016

## SPECIAL POINTS OF INTEREST:

- Health Assessments Due in November!
- Nurse Practitioner Psencik to Become Full-Time

## INSIDE THIS ISSUE:

Naturally Slim Update 2

Eye Health Seminar 2

Upcoming CPR & DDC Classes 2

Easy Salmon Cake Recipe 3

Small Loan Program Seminar 3

Know Your Benefits 4

## Health Assessment Season in Full Swing!

In preparation for the City of Bryan's 2017 Insurance Plan Year, Risk Management has been meeting with City departments to discuss the annual health assessment process and to distribute packets. As a reminder, by participating in the annual health assessment program, you will be eligible to receive the "Healthy Lifestyles" health insurance premium. You may have your screening completed through your own medical provider, onsite or at the City of Bryan/BISD Employee Health Center. If you wish to have your screening completed by your own



provider or at the Employee Health Center, please call them directly for an appointment. The Employee Health Center will not accept walk-ins for screenings. If you are planning to have your screening completed at one of the onsite locations, you may schedule a time by calling 209-5050 or email [lward@bryantx.gov](mailto:lward@bryantx.gov). Click [here](#) to view the on-site schedule. If you have not received a packet, check with your supervisor to see when your department's meeting will be held or contact Risk Management to obtain a packet. All health assessments must be completed by November 11, 2016. You will be notified if you qualify for the program or if you need to follow up in order to do so. If a follow-up is required, you will have until December 13, 2016 to complete this. If you have any questions about the Healthy Lifestyles Program, please contact Risk Management at 209-5050.

*Exception for Police & Fire: You may utilize your 2016 FitLife results if you prefer. If not, you may elect to have the entire assessment and screening completed onsite, at the City of Bryan/BISD Employee Health Center or through your own medical provider. If you do not wish to utilize your FitLife results, you may pick up a packet in Risk Management.*

### **EHC Provider, Haley Psencik, Full-Time Beginning September 6th**



The City of Bryan/BISD Employee Health Center is happy to announce Nurse Practitioner Haley Psencik will begin seeing patients full-time at the Center beginning on Tuesday, September 6th. Haley joined the staff in January on a part-time basis and has enjoyed getting to know employees and their families. If you would like to make an appointment with Mrs. Psencik or Mrs. Hutzler, please call the Center at 821-7690.

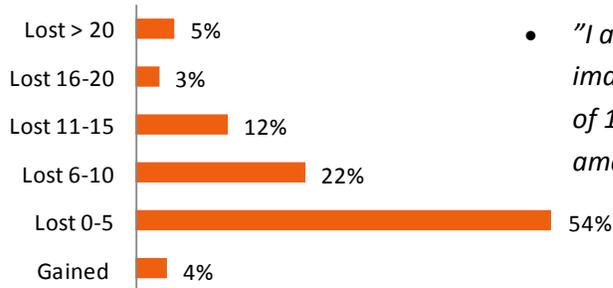
## Naturally Slim Program Update

# Have your *steak* and lose weight too.



On July 11, 2016 a group of employees began the Naturally Slim Program. Naturally Slim focuses on metabolic syndrome and offers participants methods to help create changes in behavior. The program is designed to help develop a lifestyle of eating your favorite foods while improving health and losing weight. The 10-week journey is halfway over and here are the midpoint results along with a few testimonials:

### Weight Loss Categories By Pounds



- "End of Week 3 and I'm down 13 pounds!"
- "I am seeing better results than ever imagined possible at 56! I've lost a total of 10 pounds in just 2 weeks! I am amazed how easy it is too! "

Stay tuned for the final results in the coming weeks!

## Common Eye Diseases: What You Need to Know

Join us for an informative seminar to learn about diseases and conditions of the eyes, how to treat them and what you can do to keep your eyes healthy as you age.

Tuesday, September 20th

1:00-2:00pm

MOB Basement Training Room

Speaker: Dr. Le Gist of Brilliant Eye Care

Click [here](#) to register.



## Upcoming CPR, First Aid & Defensive Driving Classes

### Defensive Driving

September 22nd  
8am-4pm at the MSC

### CPR & First Aid-First Time

October 26th  
8am-3pm at the MSC

### CPR Renewal

October 26th  
3-5pm at the MSC

To register for a class, click [here](#).

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



# Easy Salmon Cakes

## Ingredients

- 3 teaspoons extra-virgin olive oil, divided
- 1 small onion, finely chopped
- 1 stalk celery, finely diced
- 2 tablespoons chopped fresh parsley
- 15 ounces canned salmon, drained
- 1 large egg, lightly beaten
- 1 1/2 teaspoons Dijon mustard
- 1 3/4 cups whole-wheat breadcrumbs
- 1/2 teaspoon freshly ground pepper
- Creamy Dill Sauce (see recipe below)
- 1 lemon, cut into wedges

## Directions

1. Preheat oven to 450 °F. Coat a baking sheet with cooking spray.
2. Heat 1 1/2 teaspoons oil in a large nonstick skillet over medium-high heat. Add onion and celery; cook, stirring, until softened, about 3 minutes. Stir in parsley; remove from heat.
3. Place salmon in a medium bowl. Flake apart with a fork. Add egg and mustard; mix well. Add the onion mixture, breadcrumbs and pepper; mix well. Shape the mixture into 8 patties, about 2 1/2 inches wide.
4. Heat remaining 1 1/2 teaspoons oil in the pan over medium heat. Add 4 patties and cook until the undersides are golden, 2 to 3 minutes. Using a wide spatula, turn them over onto the prepared baking sheet. Repeat with the remaining patties.
5. Bake the salmon cakes until golden on top and heated through, 15 to 20 minutes. Meanwhile, prepare Creamy Dill Sauce. Serve salmon cakes with sauce and lemon wedges.



## Creamy Dill Sauce

### Ingredients

- 1/4 cup reduced-fat mayonnaise
- 1/4 cup nonfat plain yogurt
- 2 scallions, thinly sliced
- 1 tablespoon lemon juice
- 1 tablespoon finely chopped fresh dill, or parsley
- Freshly ground pepper, to taste

1. Combine mayonnaise, yogurt, scallions, lemon juice, dill (or parsley) and pepper in a small bowl and mix well.

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



## Financial Wellness Seminar: Small Loan Program

Representatives from the Brazos Valley Community Loan Center will be on hand this month to discuss their small loan program and how you as a City of Bryan employee may benefit from the program. Discussion topics include how to access the small dollar loan, benefits and enhancements of the program, and basic loan information.

Thursday, September 22nd

Noon-1:00pm

MOB Basement Training Room

A light lunch will be provided. Please click [here](#) to register.

# Know Your Benefits



## Introducing Online Enrollment for 457 Plans

Learn how ICMA-RC can help you save and invest for your financial future.

Online enrollment allows you to enroll through the ICMA-RC website using a desktop computer, laptop, or tablet. You can choose the "Express" or "Comprehensive" enrollment method:

### Express

You can enroll by entering only basic personal information. Once enrolled, you can sign into your account to designate a beneficiary and to select an investment option. This enrollment method is also available through the ICMA-RC mobile app. You can also quickly enroll by downloading the ICMA-RC mobile app on your smartphone.

### Comprehensive

You can complete the entire enrollment process, including designating a beneficiary, selecting an investment option, and creating an Account Access user ID.

Once enrolled, you will submit your contribution amount through the online enrollment process. Current Plan Participants can change their Contribution Amount via Account Access.

A 30-day email reminder will be sent to employees who enroll online but haven't provided beneficiary designations, selected an investment option, or contributed to their account.

For more information about online enrollment, and to help understand the process, view the [flyer](#).

Click on the below educational videos to learn more.

[ICMA-RC City of Bryan Payroll Deduction Roth IRA](#)

[ICMA-RC City of Bryan 457 Deferred Compensation Plan](#)

[City of Bryan Your ICMA-RC Certified Financial Planner](#)



***ICMA will host various seminars at the City of Bryan in October. Dates and times will be announced soon!***

If you have questions about your ICMA-RC Plan or would like to enroll, please contact:

Tiffani Keeling  
Retirement Plans Specialist  
Phone: 1-866-339-8791

If you have questions about other employee benefits, please contact Flo Galaviz at 209-5053 or email [fgalaviz@bryantx.gov](mailto:fgalaviz@bryantx.gov).



CITY OF BRYAN/BISD  
EMPLOYEE HEALTH CENTER

Open Monday-Thursday 7:30am-5:30pm (closed Noon-1pm)

Friday 7:30am-3:00pm (open Noon-1pm)

Saturday 8am-Noon (minor acute illness only-call for appt.)

Limited walk-ins accepted from 7:30-8:30am during the week (acute illnesses only)

Call 979-821-7690 for an appointment!  
Questions or concerns? Email [CityOfBryanHealth@st-joseph.org](mailto:CityOfBryanHealth@st-joseph.org)

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:

Lesley Ward

Wellness Coordinator

979-209-5050

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

<http://wellness.bryantx.gov>