



WORKSITE WELLNESS NEWS

VOLUME 9, ISSUE 2

OCTOBER 3, 2016

SPECIAL POINTS OF INTEREST:

- **Protect Yourself Against the Flu!**
- **ICMA-RC Meetings this Month!**

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Onsite Health Screenings this Month!

Onsite Screenings will be held on the following dates:

Thursday, October 13th-BTU Distribution (7:00-9:00 am)

Tuesday, October 18th-MSD Training Room (6:30-8:30 am)

Wednesday, October 19th-MSD Training Room (6:30am-8:30 am)

Thursday, October 20th-MOB Basement Training Room (7:30-9:30 am)

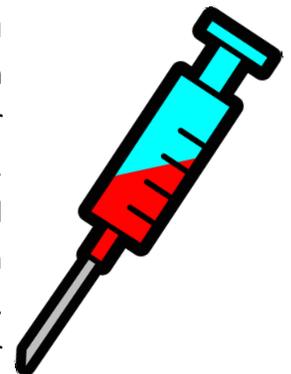
Friday, October 21st-MOB Basement Training Room (7:30-9:30 am)



If you have not received your initial assessment packet and are interested in participating in the Healthy Lifestyles Program which allows you to receive the City's Healthy Lifestyles Premiums, please contact Risk Management at 209-5050 or email Lesley Ward at lward@bryantx.gov. The deadline to complete your screening is November 11, 2016. You may also have your screening completed through your own physician or at the City of Bryan Employee Health Center (by appointment only). If you have already completed your screening and were asked to follow-up for any reason, you will have until December 13th to do so. If you would like to schedule an appointment at the Employee Health Center, please call 821-7690. Walk-ins will not be accepted for screenings or follow-ups.

Flu Shots Now Available at the EHC

If you or your covered dependent were unable to attend one of the onsite vaccination clinics held in September, you may still go to the City of Bryan/BISD Employee Health Center to have your vaccine administered. Call the Center at 821-7690 to schedule an appointment with the nurse. The vaccine is free for all City of Bryan employees as well as dependents (age 5 and up) enrolled in the City's health insurance plan. Click [here](#) for the required consent form. Please take your completed form with you to your appointment. For more information about the 2016-2017 Flu Vaccine [click](#) here.



October is Breast Cancer Awareness Month

- Excluding cancers of the skin, breast cancer is the most common cancer among US Women, accounting for 29% of newly diagnosed cancers.
- Men are generally at low risk for developing breast cancer; however, they should report any change to a physician.
- The American Cancer Society recommends that average-risk women should undergo annual screening mammography beginning at age 45. Talk with your medical provider about your risk and when you should begin getting screened.



Interested in Walking to Raise Awareness?

American Cancer Society Making Strides Brazos Valley Walk

Sunday, October 30, 2016

Atlas Discovery Center at Traditions

Registration: 12:30 pm and Walk: 2:00 pm

Click [here](#) if you would like to join the team. Fundraising is optional.

Pumpkin Beef Stew Recipe

Ingredients

- 2 pounds stew meat, cut into 1-inch cubes
- 3 tablespoons cooking oil, divided
- 1 cup water
- 3 large potatoes, cut into 1-inch cubes
- 4 medium carrots, sliced
- 1 large green pepper, cut into 1/2 inch pieces
- 4 garlic cloves, minced
- 1 medium onion, chopped
- 2 teaspoons salt
- 1/2 teaspoon pepper
- 2 tablespoons beef bouillon granules
- 1 can (14-1/2 ounces) diced tomatoes, undrained
- 1 pumpkin (10-12 pounds)



Directions

1. In a Dutch Oven, brown meat in 2 tablespoons oil. Add water, potatoes, carrots, green pepper, garlic, onion, salt and pepper. Cover and simmer for 2 hours. Stir in bouillon and tomatoes.
2. Heat oven to 325°. Wash pumpkin. Cut a 6 to 8 inch circle around top stem. Remove top and set aside. Discard seeds and loose fibers from inside. Place pumpkin in a shallow, sturdy baking pan. Spoon stew into pumpkin. Replace top.
3. Brush outside of pumpkin with remaining oil. Bake at 325° for 2 hours or just until pumpkin is tender. Do not over bake. Serve stew from pumpkin, scooping out a little pumpkin with each serving. Enjoy!

Know the 10 Signs of Alzheimer's Disease

If you or someone you know is experiencing memory loss or behavioral changes, it's time to learn the facts. Early detection of Alzheimer's gives you a chance to begin drug therapy, enroll in clinical studies and plan for the future. Join us for this informative workshop to learn more.



Monday, October 10, 2016

12:00-1:00 PM

MOB Basement Training Room

Speaker: Josh Fuller, Brazos Valley Alzheimer's Association

A light lunch will be provided for registered attendees.

Click [here](#) to register.

What Did You Say?

Hearing Loss Seminar



Hearing loss can be frustrating. It not only affects the person suffering from it, but also their friends and family. During this one hour seminar, representatives from Texas ENT and Allergy will discuss common causes of hearing loss as well as treatment and prevention methods.

Monday, October 17, 2016

12:00-1:00 PM

MOB Basement Training Room

Speakers: Dr. Janet Wilson & Natalie Sosa

A light lunch will be provided for registered attendees.

Click [here](#) to register.

Office Safety During Flu Season



Wash your hands frequently



Cover your cough



Keep frequently touched surfaces like keyboards clean



Stay home if you are sick!

Upcoming CPR, First Aid & Defensive Driving Classes



Defensive Driving

October 27th

8 am-4 pm at the MSC

CPR & First Aid-First Time

October 26th

8 am-3 pm at the MSC

CPR Renewal

October 26th

3-5 pm 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

Learn more about how you can save for retirement!

Join ICMA-RC for the following seminars held at the City of Bryan this month.

Why Invest Early: (Early Career) You're saving for your future and that's a critical first step. Next, how you invest those savings can have a huge impact on your future account balance. We'll review six considerations for investing early in your career.

- *Wednesday, October 12th from 11:00-12:00pm in the Municipal Office Building Basement OR*
- *Thursday, October 13th from 9:00-10:00am in the BTU Administration Training Room*

How to Pay Off and Prevent Debt: Don't let debt weigh you down. You need a plan to pay it down wisely and in a way that doesn't negatively impact your other financial goals.

- *Wednesday, October 12th from 2:30-3:30pm in the Municipal Office Building Basement*

I am Nearing Retirement. Now What? Managing Your ICMA-RC Retirement Accounts: If you are retiring soon, you probably have many questions about your retirement accounts. Learn what you should consider next.

- *Thursday, October 13th from 1:30-2:30pm in the Justice Center Training Room*

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



City of Bryan's Open Enrollment Period will take place in November!

More info to come!

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



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

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

<http://wellness.bryantx.gov>