



# WORKSITE WELLNESS NEWS

VOLUME 2, ISSUE 3

NOVEMBER 6, 2009

## SPECIAL POINTS OF INTEREST:

- Register to win a Thanksgiving Turkey!
- Alzheimer's Seminar to be held
- Open Enrollment going on now!

## INSIDE THIS ISSUE:

Alzheimer's Awareness Month	2
Healthy Recipe	2
Could you Recognize Diabetes?	2
Know Your Benefits	3
Weight Watcher At-Work Program	3

## Great American Smokeout:

*Do you smoke or have a loved one that smokes?*

On November 17, 2009, the City of Bryan will participate in the Great American Smokeout. The American Cancer Society held its first event in 1977 and it was designed to challenge to people who smoke to stop for 24 hours in hopes that their decision will last forever. The City of Bryan and the Region 7 Prevention Resource Center will host an educational seminar as part of the day's festivities. Attendees will hear information regarding the effects of smoking, see several interesting displays and be registered to win a Thanksgiving turkey just for attending. Also, be sure to drive by the Bryan High Stadium on November 19th to see the Great American Smokeout display as well sponsored by the Prevention Resource Center Region 7.

### Smoking Cessation Seminar Tuesday, November 17, 2009 9-10am, MOB Basement 3-4pm, MSC Training Room

Come hear all about the harmful effects of smoking and about our smoking cessation medication coverage, take a look at interesting displays (including Clem's Phlegm and Pig's Lungs), and register to win a "Cold Turkey" just for attending!

Please RSVP to Lesley Becker by November 13, 2009.

## Healthy Lifestyles Premiums Effective January 1, 2010



Participants in the City of Bryan's Healthy Lifestyles Program will begin receiving their discounted health insurance premiums on January 1, 2010. ***If you were required to follow-up with a Primary Care Physician, you have until December 9th to return your Physician's Statement to Risk Management.*** If you have questions regarding your qualification status, please contact Lesley Becker at 979-209-5050 or by email at [lbecker@bryantx.gov](mailto:lbecker@bryantx.gov). Don't miss out on the opportunity to participate in the Health Lifestyles Program!

# November is National Alzheimer's Disease Awareness Month



Did you know that as many as 5.3 million Americans are living with Alzheimer's Disease and that it is the sixth leading cause of death? While aging may increase your risk of developing Alzheimer's, it is not a normal part of aging.

As part of National Alzheimer's Disease Awareness Month, the City of Bryan and the Alzheimer's Association will be hosting an educational seminar entitled "Know the 10 Signs." Please join us to learn more about this disease.

## **Educational**

### **Seminar**

November 23rd  
10am-11am

MOB Basement  
Training Room

Please RSVP to Risk Management!

## *Try these with your Thanksgiving Feast...*

### **Crispy Green Beans**

#### **Ingredients:**

- 1 pound fresh green beans, tips removed.
- 1 tsp. minced garlic
- 2 tbsp olive oil
- 1 tsp parsley
- 2 tbsp grated parmesan cheese



Blanch beans in boiling water for about 2 minutes. Drain and pour olive oil into a large nonstick fry pan and heat. Add beans and spices. Cook until beans are nicely browned and slightly crisp. Top with Parmesan Cheese.

## **Could You Recognize the Signs of Diabetes?**

There are 26 million Americans who have diabetes with many additional cases going undiagnosed. As with many chronic diseases, early detection and treatment is best and can decrease the chances of developing serious complications.

- |                      |                       |
|----------------------|-----------------------|
| ◆ Frequent Urination | ◆ Unusual Weight Loss |
| ◆ Excessive thirst   | ◆ Increased fatigue   |
| ◆ Extreme Hunger     | ◆ Blurred Vision      |

Contact your physician if you are experiencing any of these symptoms and make your physician aware if you have a family history of diabetes.



Source: American Diabetes Association

# Know Your Benefits

## City of Bryan Open Enrollment Meetings for 2010!

<u>Date</u>	<u>Time</u>	<u>Location</u>
November 5th	7:00am 8:30am 10:30am 1:30pm 5:00pm	MSC Training Room Central Fire Station Horizon Building Central Fire Station BTU-Dansby Plant
November 6th	7:30am 8:30am 10:30am 2:00pm, 2:45pm	MSC Training Room Fleet Break Room IT Conference Center Justice Center
November 9th	6:00am, 7:00am, 6:00pm, 7:00pm	PD Shift Briefing
November 10th	6:00am, 7:00am, 6:00pm, 7:00pm 8:15am 10:00am	PD Shift Briefing Bryan Library Municipal Golf Course
November 11th	6:00am, 7:00am, 6:00pm, 7:00pm 10:00am	PD Shift Briefing MOB Basement
November 12th	8:30am 2:00pm 6:30pm	CS Library MOB Basement MOB Room 305
November 13th	7:00am	BTU Meter Shop
November 17th	8:00am 9:30am	BTU Distribution BTU Transmission

\*\* All City of Bryan Employees are welcome to attend any of the above Open Enrollment Meetings. The meeting scheduled for November 12th at 6:30pm is open for employees to bring their spouses. RSVP is required for this meeting.

For all Open Enrollment questions, please contact Florencia Garcia at 209-5053  
or by email [fgarcia@bryantx.gov](mailto:fgarcia@bryantx.gov).

**Call 209-5050 for more information about our Weight Watchers At-Work Program!**




**Retiree Luncheon  
December 2nd  
MOB  
11am-1pm**

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](mailto:lbecker@bryantx.gov)  
Copies of this newsletter are available in Risk Management.